



FORAGING WEEKEND EXPERIENCE

ITINERARY

FRIDAY, JULY 31

4:00PM	ARRIVAL AND CHECK-IN
5:00PM - 9:00PM	DINNER IN THE TAMARACK DINING ROOM
9:00PM - 11PM	POST-DINNER DRINKS AT THE BEAR LODGE
11:30PM	BEAR LODGE CLOSSES

SATURDAY, AUGUST 1

7:00AM - 10:00AM	BREAKFAST IN THE TAMARACK DINING ROOM
8:45AM - 12:30PM	ADVANCED HIKE AND LUNCH
9:00AM - 10:30AM	INTRO HIKE
11:00AM - 12:00PM	SOUNDBATH SESSION
12:15PM - 11:15PM	YOGA SESSION
11:00AM - 5:00PM	LUNCH AT THE BEAR LODGE
2:00PM - 3:00PM	YOGA SESSION
6:30PM	FORAGING DINNER IN THE TAMARACK DINING ROOM
9:00PM	POST-DINNER DRINKS AND FIRE AT THE BEAR LODGE
11:00PM	LAST CALL FOR ALCOHOL
11:30PM	BEAR LODGE CLOSSES

SUNDAY, AUGUST 2

8:00AM - 10:30AM	FAREWELL BRUNCH IN THE TAMARACK DINING ROOM
11:00AM	CHECK-OUT AT THE TAMARACK LODGE FRONT DESK