



All Adventures Getaway

Itinerary & important information

What to bring:

- Please bring comfortable active wear for rock-climbing and other outdoor activities: sweats, t-shirts, track pants, yoga clothing, etc.
- Seasonally appropriate clothing for hiking: hiking shoes, hats, jacket, raincoat, sunscreen, sunglasses, sneakers, bug repellent, etc.
- Swimsuit for Spa and swimming pool, water shoes for pool/sauna/steam room.
- Refillable water bottle.
- Journal

Check-in / Check-out:

- Check-in is available any time after 3pm on the first day of your retreat.
- Check-out is at 12:30 pm on the final day of your retreat.

Enhancements:

During your stay, you may add on Spa services or Holistic Healing sessions to enhance your wellness experience. For more information or to schedule, please see contact information below. It is recommended to schedule 1-2 days in advance to ensure availability.

Holistic Healing Sessions contact 845-210-3154 or Earthmind@honorshaven.com
Spa services call 845-210-3087 or spa@honorshaven.com

See next page for full program itinerary.

All Adventures Getaway Itinerary

* Program schedule is subject to change.

FRIDAY

6:00 - 7:00pm – Dinner

7:00pm – Free Time (schedule appointments, or enjoy our on-site amenities)

SATURDAY

8:00 - 9:00am – Breakfast

9:30 - 10:30am – Guided Nature Walk

12:00 - 1:00pm – Lunch

2:00 - 3:00pm – Climbing Wall / Zip Line (zip line may be closed in winter)

3:00 - 5:00pm – High Ropes Course

6:00 - 7:00pm – Dinner

8:00 - 9:00pm – Camp Fire

SUNDAY

8:00 - 9:00am – Breakfast

9:30 - 10:30am – Guided Nature Walk

10:30 - 12:00pm – Free Time

12:00 - 12:30pm – Check Out & Lunch

FREE TIME

During your free time you may use the amenities within the retreat center or schedule an appointment with the spa or Wellness center for any services you may want to utilize (ie, aura reading, private acupressure healing session). Please note some services require additional payment. Contact info can be found on the previous page.

AMENITIES

Pool, Jacuzzi, Sauna, Steam Room, Gym, Nature Trails, Game Room, Basketball Courts, Tennis Courts, Pedal Boats (seasonal), Gardens (seasonal) and more.

POLICY

- Children ages 0-10 are not permitted to participate in the Wellness Classes or Guided Nature Walk.
- Youth ages 11-16 are allowed to participate in the Wellness Classes and Guided Nature Walk with an accompanying guardian.
- To participate in challenge courses guest must be at least 50” tall, weigh no less than 60 lbs. and no more than 250lbs.

