

TOAD RIVER RETREAT

Northern Rockies Fitness

Mar. 18-21, 2021

STONE & FOLDING MOUNTAIN SAFARIS

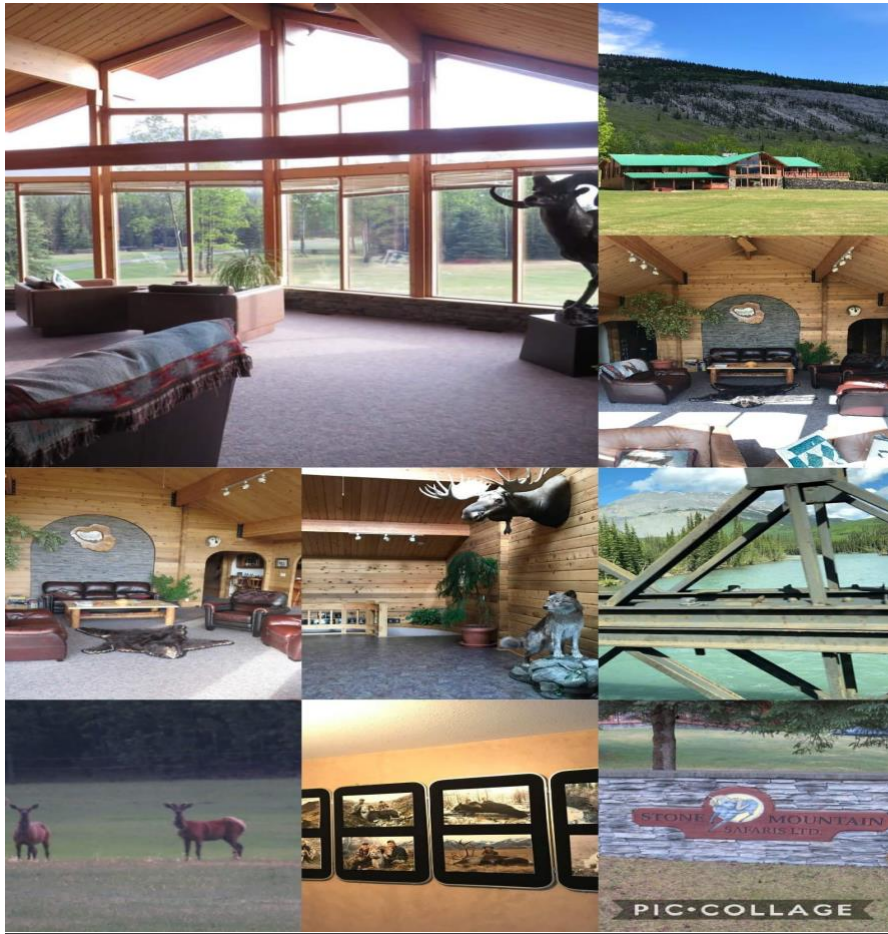


The Muskwa-Kechika Management Area is one of the largest and most diverse wilderness areas in North America. There are expansive forests, spectacular geological formations, lakes, rivers, waterfalls, hot springs, sub-alpine areas and major wetlands.

Our sight-seeing/hiking tours are designed for anyone to explore some of the most breathtaking views in the North.

Come join us for a spectacular weekend of that cure-all mountain fresh air and take a guided tour in the beautiful Muskwa-Kechika area!

Toad River, BC
FOLDING & STONE MOUNTAIN SAFARIS



Their beautiful custom cedar lodge is truly one of a kind. The lodge is over 8500 square feet, with plenty of room for everyone, and is located on a 500-acre ranch set in the scenic Toad River Valley surrounded by mountain views and wildlife.

You'll enjoy home cooked meals expertly prepared. We use wild game where possible to provide a unique dining experience. You can sample the savory taste of elk, moose, caribou, and stone sheep. Their menu varies to accommodate your particular tastes and dietary needs.

Breakfast, lunch, and dinner will be included with your stay from Friday to Monday.

You will meet the lovely Rebecca Miller who will be hosting and cooking our appetizing meals for each day while we stay there. Her presence lights up any room she walks into. She treats everyone like their family and her family means the world to her.

PLEASE ADVISE OF ANY ALLERGY OR FOOD RESTRICTIONS!

SCHEDULE

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Friday, Mar. 18, 2021

Check in: 5:30 PM

Dinner: 6:00 PM

Exploring Around Lodge: 7:00 PM

Saturday, Mar. 19, 2021

Yoga: 8:00 AM – 9:00 AM

Breakfast/Coffee: 9:15 – 10:00 AM

Drive to trailhead (Will use your own vehicle): 10:30 AM

Hike: 11:00 AM - 6:30 PM

Dinner: 7:00 PM - 8:00 PM

Games: 8:30 PM - (Hawaiian Theme)

Sunday, Mar. 20, 2021

Yoga: 8:00 AM – 9:00 AM

Breakfast/Coffee: 9:15 – 10:00 AM

Drive to trailhead (Will use your own vehicle): 10:30 AM

Hike: 11:00 AM – 4:00 PM

Hot Springs: 4:00 PM - 7:00 PM

Dinner: 7:30 PM

Monday, Mar. 21, 2021

Yoga: 8:00 AM

Breakfast: 9:00 – 10:00 AM

Check out: 10:00 AM

PACKING LIST

CLOTHING

- Long underwear top and bottoms (synthetic or merino wool – these are good for an extra layer of warmth, and also used for sleeping in.)
- Synthetic t-shirt
- Pants (quick drying, breathable fabric)
- Winter Jacket/Winter Snow pants
- Warm wool or synthetic socks
- Hat
- Hiking boots/I use muck boots in my snowshoes
- Change of clothing for the days
- Toque and mittens
- Spare socks and underwear
- Swimsuit for lodge and hot springs
- Towel for hot springs

Personal Equipment

- Backpack for day hikes
- Sunglasses -close fitting with good UV protection
- Sunscreen and lip protection with minimum SPF 30
- Water bottle(s)
- Heat packs – Hand warmers
- Small personal first aid kit - band-Aids, moleskin, duct tape, medications, etc.
- Toilet kit including toothbrush, washcloth, comb/brush
- Soap
- Shampoo/conditioner
- Yoga mat
- Snowshoes
- Hiking poles
- Camera

PAYMENT/DEPOSIT

PAYMENT / D E P O S I T

\$250 DEPOSIT – NON-REFUNDABLE TO HOLD YOUR SPOT

\$1250 (INCLUDING DEPOSIT) – LODGE – (8 BEDS AVAILABLE)

- 3 NIGHTS AT THE BEAUTIFUL STONE & FOLDING MOUNTAIN SAFARIS BED & BREAKFAST
- 2 GUIDED SNOWSHOEING TOURS IN THE NORTHERN ROCKIES/MUSKWA KECHIKA
- HEALTHY NUTRITION
- EVENING GAMES/THEME NIGHT (Hawaiian Theme)
- PRIZES/DOOR PRIZES
- HOT TUB/SHOWERS
- MORNING/LIGHT YOGA
- DIP IN THE LIARD RIVER HOT SPRINGS
- MOST IMPORTANTLY RELAX AND REFRESH

TRANSPORTATION IS NOT INCLUDED BUT CAN ARRANGE CAR POOLING IF NEEDED.

YOU WILL NEED TO HAVE THE FULL PAYMENT MADE BY FEBRUARY 1, 2022.

***NO REFUNDS AFTER FEBRUARY 1, 2022.** PAYMENT PLANS CAN BE ARRANGED. *

www.northernrockiesfitness.com & CLICK ON REGISTER NOW TO JOIN IN ON THE ADVENTURE OF A LIFETIME!