

The Mountains Are Calling And I Must Go

October 12-14, 2018 Shrine Mont

Rate: Double Occupancy \$199 / Single Occupancy \$225



“And into the forest I go to lose my mind and find my soul.”

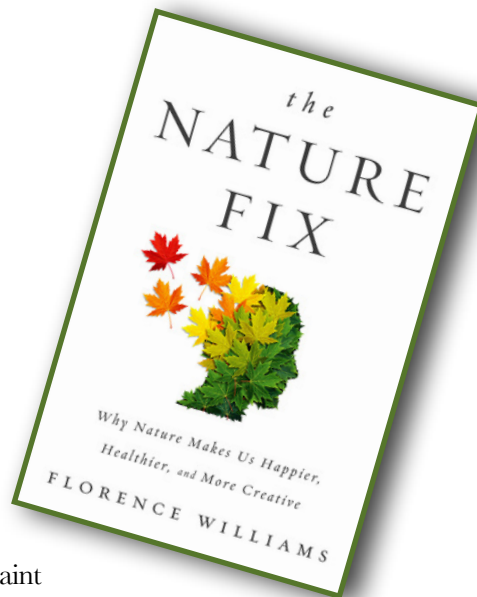
- John Muir

Spend a weekend at Shrine Mont Conference and Retreat Center located in the quaint village of Orkney Springs, Va. Shrine Mont is host to numerous guests from April through November offering home-cooked meals, simple accommodations and the beauty of nature. This mountain weekend will consist of guided hikes by nature enthusiasts. All levels of hikers are welcome. Hikes will range from 2 - 10 miles with elevation change up to 1200 ft. Enjoy the changes in mountain color as the maples, oaks and hickories pop with color.

Imagine the sunlight filtering through the trees in the early morning, the smell of pine trees, the noise your boots make as you hike on a leaf laden trail, and not to mention breathing crisp, clean, fresh mountain air. Research shows that spending time in nature can decrease blood pressure, anxiety, stress and improve attention, memory, sleep and overall happiness.

So let's get hiking — what are you waiting for!?!

*Pick up a copy of
“The Nature Fix”
prior to our retreat*



*Get reading and
we will discuss!*

*Sign up
by September 1, 2018
and receive a free
Shrine Mont
Mountains are Calling
tee shirt*

Name: _____

Address: _____

City: _____

State/Zip: _____

Telephone - Home: _____

Office / Cell: _____

Email: _____

Occupancy: Single Double

Roommate Request: _____

Special Room Needs: _____

For regular updates check here to receive our
monthly Shrine Mont newsletter

Make checks payable to Shrine Mont

_____ Enclosed with this registration form is a check for the full payment or advance deposit of \$150 (non-refundable).

Charge my: Visa MC Discover Amex

\$_____ full payment / advance deposit

Number: _____

Exp. Date: _____ Code: _____

Mail Registration Form to:

The Mountains are Calling

c/o Shrine Mont

P.O. Box 10

Orkney Springs, VA 22845

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