

# Winter ReCreation Weekend at Graymoor

February 3 - February 5, 2017  
(Friday evening – Sunday afternoon)

Sponsored by the Appalachian Mountain Club  
and the Graymoor Spiritual Life Center (Garrison, NY)



**Features:** Cross-country skiing at Fahnestock State Park  
Hiking (bring boots) if insufficient snow

**Leader:** Skip Doyle



This vigorous winter weekend of exploration promises to be an opportunity to fully experience the spirit of nature, is relaxing for the mind, includes social interaction, and instills a sense of gratitude for our healthy beings.

The weekend begins Friday evening with a group activities (see schedule). The heart of the retreat is the cross-country skiing on Saturday for both beginners (free clinic) and experienced skiers. Saturday evening we will enjoy sharing and meditation. Sunday begins with an outdoor tour of Graymoor including a visit to the Saint Francis chapel, time for services or reflection, and concludes with lunch.

Given snow is unpredictable, if conditions are not ripe for skiing, we shall offer hiking instead. The Appalachian Trail runs through the Graymoor property and there is access to many hiking trails in the nearby Hudson Highlands as well. Bring clothing appropriate to the sports: especially a non-cotton base layer for the outdoors, gaiters, and loose clothing for exercising and stretch.

### **Activity sign-up is separate from accommodations/meals sign-up; be sure to do both:**

- To register for the weekend, contact Skip Doyle at [OutdoorSkipper@gmail.com](mailto:OutdoorSkipper@gmail.com).
- Mention whether you need to rent equipment and your skiing level (lesson or no lesson).
- To reserve a room and meals, contact the Graymoor Spiritual Life Center register on line at [www.graymoorcenter.org](http://www.graymoorcenter.org) or call (845-424-2111).

Sheets and towels provided by Graymoor. Rooms are akin to a college dorm.

The accommodations/meal cost is \$275 for a single room, \$200 if sharing a room.

(See the registration form below. Phone registrations with a credit card are accepted.)

- Fahnestock fees are \$10 for the park pass and \$20 for equipment rental (skies, poles, boots). Rentals are done on Saturday only if there is snow, so there are no Fahnestock fees if we hike.

### **For more information about:**

Graymoor                      [www.graymoorcenter.org](http://www.graymoorcenter.org)                      (845) 424-2111

Fahnestock State Park   <http://nysparks.state.ny.us/parks/147/details.aspx>                      (845) 225-3998

Winter Nature Retreat   [OutdoorSkipper@gmail.com](mailto:OutdoorSkipper@gmail.com)

Public transportation: Graymoor is a 15 minute taxi ride from the MetroNorth Peekskill train station.

**Schedule of Events – The 5<sup>th</sup> floor library is our home base for the weekend**

<b>Friday</b>		<b>Saturday</b>		<b>Sunday</b>	
5:00 pm (onward)	Registration	7:30 am	Breakfast	7:30 am	Breakfast
6:00	Light buffet snacks (eat before arrival)	8:00	Pick-up bag lunch (beauties of the day)	8:30	Grounds tour
7:00	Welcome / Orientation	8:30	Set off for Fahnestock (or hike Beacon)	9:30	St. Francis Chapel and prayer directions
7:30	Cross-country skiing primer Traction aids Gear and clothing	9:00 – 4:00	X-C Skiing • beginner's clinic • ski groups (or individual)	11:00	Mass (Pilgrim Hall) or Reflective time
8:00	Workshop (teams): Place in the Hudson Valley - most scenic - most spiritual - most adventurous	5:30	Supper	12:15	Lunch
9:00	Evening meditation - not the self - relaxation of the body	7:00	Evening service: Gratitudes of the day - most scenic - most spiritual - most adventurous	1:30	Departure
		8:30	Evening meditation - I am here / it is now - beauties of the day		

\* Clothes appropriate to the day including layered clothing, wool socks, wicking fabric undershirt (non-cotton), fluids (at least one liter). Fahnestock has a café with light food and drinks.

**Registration Form**

**Winter Nature Retreat: February 3 – February 5, 2017**

**Make check payable to:** Friars of the Atonement

**To Register:**    **phone:** 845-424-2111  
**mail:**            Route 9-Box 300 Garrison, New York 10524-0330  
                           If registering by mail please confirm space is available by calling 845-424-2111.  
**web:**             www.graymoorcenter.org

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone** \_\_\_\_\_

**E-mail** \_\_\_\_\_

**Cost:**    (Accommodations and meals) single \$275                      double (per person) \$200

Double room requests require you to have a roommate, if no roommate is available you will be charged for a single room.

Name: \_\_\_\_\_