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Women's Colorado Adventure

Winter Park, Colorado

July 13-18, 2010

from \$1,650 pp



Overview

This six-day adventure retreat is a favorite for women returning to Women's Quest, and newcomers alike. Set in the natural splendor of the Rocky Mountains, our inspired staff takes care of everything, so you can truly focus on you. We slow the pace way down, so you have time to meander through meadows of wildflowers, meet new like-minded friends, learn new skills on the bike or on the trail, and soak in the sweeping mountain vista views.

Our activities, whether geared toward the body or the mind, are done at your own pace, according to your own inner wisdom. You only need to contribute an open heart and a playful attitude. If you've ever wanted to put your life on pause, to reengage with the natural world, to decompress, or to reenergize, this is the retreat for you.

We welcome all athletic ability levels and experience. Our adventures are designed to teach attainable skills appropriate to your comfort zone, and you will be grouped with women of similar experience. All activities are optional.

What To Expect from this Retreat

Awaken in a cozy lodge with stunning mountain views. We'll start the day with guided yoga or Qigong, followed by a healthy, hearty breakfast. Then, every day is a little different. We'll discover the joy of running, learning proper form and technique, and practicing drills. Another day, we'll hike through meadows and forests, or take in the views from our mountain bikes. We'll also experience an invigorating ropes course. We'll have daily inspirational talks, heart felt discussion and sharing, visualization, journaling, and creative activities, including the process of self-discovery called Heart's Desire, designed to help us live more fully.



Body

- Incredible running, mountain biking and hiking on trails in beautiful settings.
- Small group sizes for all activities and all ability levels.
- Individual, personalized professional instruction and guidance, safe supervision of all activities and heart-felt support from our staff.
- Nutrition for the body, mind and spirit. Learn about nourishing yourself with healthful foods, as well as supportive internal messages about your body to help you feel good from the inside out.

Mind

- Hear the famous and inspirational lecture/discussion, "The Hero's Journey," from former Olympic marathon medallist Lorraine Moller.
- Expert training tips for every athletic ability. We'll explain things in a way that is relevant to you!
- You'll have the opportunity to participate in a challenge ropes course – a mirror for life's challenge – which develops confidence and individual vision.
- Orienteering, map and compass reading.



Spirit

- Wildflowers galore and amazing expansive views will free your spirit.
- Daily inspirational talks, heartfelt discussion and sharing, visualization, journaling and creative activities.
- We'll help you overcome obstacles and unleash the courage to live your dreams.

- You'll discover a process to identify and realize your Heart's Desire. This can stick with you for a lifetime and always be a pillar of support for you.
- Participate in daily yoga. Relax, strengthen, center, and empower yourself. Dancing and breath awareness exercises will free your mind and body to discover your uniqueness

Accommodations

Your accommodations for this journey are at the Woodspur Lodge in Winter Park, Colorado. The lodge is located on the border of National Forest Land, at an elevation of approximately 8500 feet. The Woodspur is a cozy A-frame log lodge with a magnificent view of the mountains. The mountains turn PURPLE at sunset! The 2-story lodge has a main dining area connected to a large common sitting area. Guest rooms are located in wings off the main area.

Prices quoted are based on double rooms, two people sharing a room. The single supplement is \$175. If you have a roommate preference, you can let us know. Otherwise, we promise to set you up with someone great! Roommates are the way to go-it is a lot of FUN!

Each room has its own bathroom and shower. There are courtesy phones in the lodge, and a fax machine in the office; there are no phones in the rooms. Rooms have two queen beds, or one queen-size bed and a set of bunk beds. The lodge has two hot tubs, a sauna, and laundry facilities.

Cuisine

We prepare healthy, low-fat meals and snacks. We provide entrees with meat (usually chicken or fish) and always have a vegetarian entrée as well. A salad bar is offered with all dinners, and most lunches. Odwalla juices, Luna bars, Green Foods, and Barbara's Bakery sponsor us-providing great snacks. Fresh fruit is always available. Please indicate any dietary restrictions; we can accommodate your special needs. The food is one of the BEST parts of the retreat-"YUM!"

Equipment

We will be using Diamond Back and Schwinn front-suspension mountain bikes (they're great bikes!). Cost of mountain bike rental is included in the retreat fee. Bikes are fitted to each woman based on inseam length and height. We need to receive your sizing information by at least two weeks prior to your retreat in order to arrange a properly fitted bike. We provide high-quality helmets for mountain biking, but you are welcome to bring your own if you prefer. You may bring your clipless pedals and necessary shoes if you wish. All the bikes come with regular pedals, and can be fitted with toe straps.

This Package Includes

Five nights, six days accommodations at Woodspur Lodge in the Rocky Mountains (see "Frequently Asked Questions" for more detail regarding lodging and transportation), with trails out the front door.

- Delicious, healthy food at each meal, with two lunches on your own to experience Winter Park cuisine.
- Women's Quest journal and creative materials.
- Professional instruction and guidance for all activities.
- Mountain bike and helmet rental
- Goodies from our sponsors.

Not Included in Package Pricing

Roundtrip Airfare to Denver International Airport

Transportation to and from the airport is not included in the cost

Items of a personal nature such as laundry services, long distance calls, shopping, alcoholic beverages, spa treatments, tips, etc.

Single Supplement and Roommates

Single people may sign up for accommodations desired on a shared basis; roommates can be chosen from other tour members. If a roommate is unavailable, the participant will be notified of the adjusted price for a single supplement, which is \$175.00.

Deposit Information

A deposit of \$250.00 per person is due at the time of booking, and is non-refundable. Final payment is due on June 18, 2010.

Cancellation Policy

A \$250 non-refundable deposit is due at the time of registration. This deposit must be paid by cash/check. We would really appreciate it if you could send us a check for your remaining balance (Please) or we can take Visa/Mastercard. The remaining balance is due 60 days prior to the retreat. If you cancel less than 60 days prior to the retreat, 50% of the payment, less deposit, will be refunded. We are not able to provide refunds for cancellations within 14 days prior to the retreat. Please note that injury or illness does not disqualify you from the cancellation policy. We are unable to transfer deposits and/or payments from one year to the next. We reserve the right to cancel any retreat and will not be responsible for additional travel costs incurred. In the unlikely event that a retreat is cancelled, we will promptly refund any money you have sent us.

Travel Insurance

We highly recommend travel insurance for this journey. We will be happy to provide you with a variety of quotes to fit your specific travel needs. **1.866.269.2659**.

To Register for this Tour

To register for this tour, please call or email us for a Registration Form. To Book this trip, contact Melinda Johnston at LUX World Travel by calling **1.866.269.2659**, or by email at mj@luxworldtravel.com

www.luxworldtravel.com

Travel for the Journey Inside You

1.866.269.2659

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