



VA Camping & Hiking Retreat

June 16th - 18th, 2023

Shenandoah National Park

Frequently Asked Questions:

What is included in the cost? Everything!* All meals are included: Dinner Friday evening, Breakfast, Lunch and Dinner on Saturday, and Breakfast and Lunch on Sunday. Sunday's kayak rental is also included. Transportation cost is *not* included. If necessary, we can help coordinate carpools with other retreatants. Simply mark your interest in helping with carpools, or needing a ride, on your registration.

**cost does not include \$30 vehicle park fee*

When does it start and end? Retreat starts at 4:00 PM on Friday, June 16th and ends after lunch/kayaking around 2pm on Sunday, June 18th.

Where are we staying? We'll be camping at [Dundo Group Campground](#) at the Shenandoah National Park.

Do I need my own tent and gear? No. Each person will only need their own sleeping bag and flashlight, and camping mat or mattress if desired. But if you do have your own tent and camping gear and are willing to share, that would be extremely helpful! You can let us know in your pre-registration form

What are we eating? Food will be cooked over a fire! We will do our best to accommodate any allergies, but for more severe allergies we recommend bringing some of your own food if needed.

Who is this for? This is a young adult retreat, which we roughly classify as 18-35. Both single and married young adults are welcome!

What level of hiker is this for? Any level, from expert to newbie.

How are we retreating? A cornerstone of this retreat is the spiritual food, facilitated by our chaplain, who will be present the entire time. You'll be able to participate in daily Mass, adoration and a discussion on John Paul II's teaching to young people.

What can I expect from this retreat? Connecting with God and rejuvenating yourself through sacrament and prayer, nature, physical activity and nature, community and fellowship with others.

Packing List? Yes, we will be sending a recommended packing list to all participants about a week before the retreat.

What is the drinking policy? If you're over 21, you'll enjoy the drinks at night. If you're under 21, you'll enjoy other beverages.