

Women in the Wild

Women's Weekend Camping Retreat

Downriver Canoe Company · Goldenrock Campground · Bentonville, Virginia

FRIDAY · September 25, 2026

3:00 PM	Check-In Opens Head to the lower campground, set up your tent & get settled in
4:00 PM	Welcome Gathering Meet your fellow retreaters at the main fire area, introductions & weekend overview
5:00 PM	Free Time Explore the campground, walk down to the river, or relax at your site
6:00 PM	Dinner On Your Own Head into Front Royal or bring your own, local restaurant suggestions provided at check-in
8:00 PM	Campfire Social S'mores, stories & stargazing, come hang around the fire as long as you like

SATURDAY · September 26, 2026

7:30 AM	Breakfast Bagels, granola bars, yogurt, fruit & coffee
9:00 AM	★ Adventure Add-On Choose your Saturday adventure: River Float (3.5-mile self-guided Shenandoah float, boats & shuttle included), Mountain Biking, Hiking, or Guided Rappelling
12:00 PM	Return & Freshen Up Rinse off, change & recharge back at camp
12:30 PM	★ Bagged Lunch Grab your packed lunch & relax at your site · Lunch add-on
1:30 PM	Free Afternoon Rest, hammock, explore the trails or head back to the water
5:30 PM	★ Catered Dinner Dinner catered by Vibrissa Brewery, served on-site. Dietary options available.
7:30 PM	★ Nighttime Yoga One-hour outdoor yoga session under the stars · Yoga add-on
9:00 PM	Campfire Night Wind down around the fire, optional late-night swim or stargazing

SUNDAY · September 27, 2026

8:00 AM	Breakfast Bagels, granola bars, yogurt, fruit & coffee
9:00 AM	Pack Up & Free Time Tear down your site, take a final walk to the river, say your goodbyes
11:00 AM	Checkout Reminder All sites must be cleared by noon, return any rental gear to staff
12:00 PM	Checkout Safe travels! Tag us in your photos #WomenInTheWild

★ **Gold star items** are optional add-ons selected at registration