

# West Virginia Mountain Retreat Itinerary

<b>Saturday, 4/25</b>	
Noon	All meet in WV at site
Noon - 12:30PM	Settle in
12:30 - 3PM	Lunch + overview of weekend + Bread Activity #1
3 - 4PM	~~~ free time ~~~
4:30 - 6:30PM	Bread activity #2 + dinner prep
6:30 - 8PM	Dinner (outside on the porch)
8 - 8:30PM	Clean up and break
8:30 - 9PM ish	Fireside Nutrition Talk
10:30PM - 6:30AM	Quiet/lights out
<b>Sunday, 4/26</b>	
8 - 9:30AM	Communal Breakfast
9:30AM - 1PM	~~~ Tea time (led ceremony) and/or free time ~~~
1 - 1:30PM	Bread activity #3 (prepare bread over fire!)
1:30 - 3PM	Prepare and eat lunch with freshly made bread from Saturday
3 - 5PM	~~~ free time ~~~
5 - 8PM	Final dinner
8 - 8:30PM	Clean up and break
8:30PM -	Open fire pit
10:30PM-6:30AM	Quiet/lights out
<b>Monday, 4/27</b>	
8AM	Light breakfast + wrap up
9:30AM	Pack up + head home