

YMCA TROUT LODGE & CAMP LAKEWOOD

Site of Midwest UU Summer Assembly

Directions • Lodging Dining • Activities

2-3	Driving Directions & Map
4	Map of Property
5-9	Lodging - Rooms & Cabins
10	Dining & Catering
11-17	Activities

DIRECTIONS TO TROUT LODGE & CAMP LAKEWOOD

2

From St. Louis, MO... (just 90 minutes away!)

- I-270 to Tesson Ferry Road (Hwy. 21)
- Hwy. 21 (south) for 18 miles
- Turn left onto Hillsboro Rd/MO Route B for .4 miles
- Turn right onto Hwy. 21 (south) for 29.3 miles.
- Turn right onto Hwy. 8 (west) and go 10.7 miles to State Hwy. AA
- At State Hwy. AA, turn right and go 2 miles and you're at YMCA Trout Lodge!
- or —
- I-270 to I-55 for 22 miles, until you reach Festus and Hwy. 67 (south)
- Exit right onto Hwy. 67 (south), travel for 6 miles to Hwy. 110 (west)
- Turn right onto Hwy. 110 (west), go 6.3 miles to Hwy. 21 (south)
- Turn left onto Hwy. 21 and go 25.5 miles to Hwy. 8
- Turn right onto Hwy. 8 (west) and go 10.7 miles to State Hwy. AA
- At Hwy. AA, turn right and go 2 miles and you're at YMCA Trout Lodge!

From Columbia, MO...

- Hwy. 63 (south) for 26.5 miles to Jefferson City
- Merge onto US-54 W/US-63 S/CF RED WHALEY EXPY toward Jefferson City
- Take the US-50 E/US-63 S ramp
- Merge onto US-63 S for 50 miles
- Turn slight left onto MO-68 for 12.5 miles
- Merge onto I-44 E via the ramp on the left (12.5 miles)
- Take the MO-19 exit (exit 208) toward Cuba/Owensville
- Turn right onto MO-19 for 8.5 miles to Steelville
- At Steelville, take Hwy. 8 (east) for approximately 25 miles
- At Hwy. AA, turn left and go for 2 miles and you're at YMCA Trout Lodge!

Mileage to YMCA Trout Lodge & Camp Lakewood from...

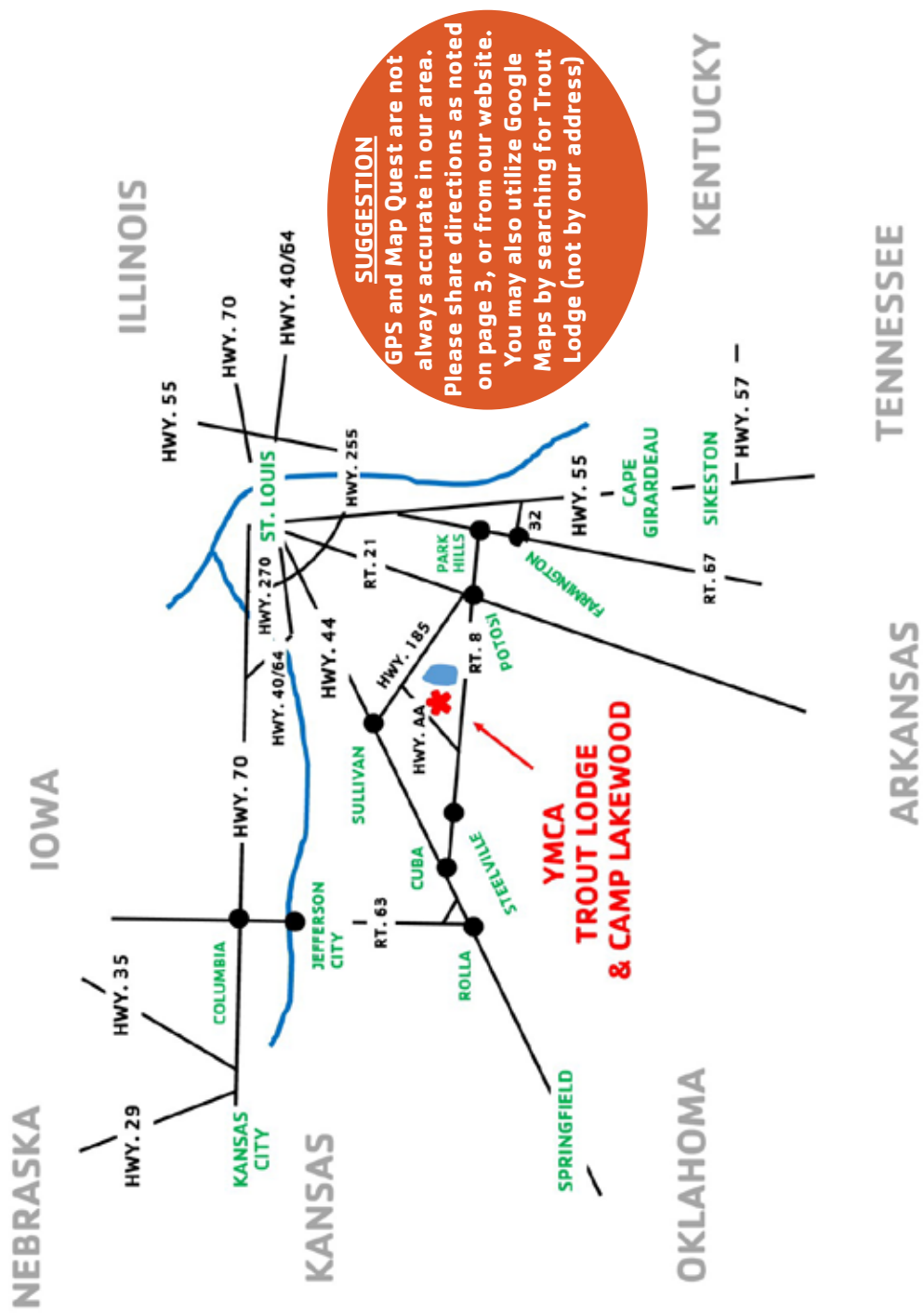
- St. Louis - 75
- Springfield, MO - 155
- Cape Girardeau - 130
- Rolla - 95
- Kansas City - 250
- Jefferson City - 150
- Columbia - 180
- Chicago - 395
- Des Moines - 440
- Little Rock - 305
- Tulsa - 340
- Memphis - 325
- Indianapolis - 320

Via Google Maps

NOTE: In order to receive accurate directions, please enter/type in your destination as **YMCA Trout Lodge or YMCA Camp Lakewood** versus our mailing address. If you should find yourself at our Ranch, please turn around, make a left back out on Highway AA until you reach our main entrance. During NON-SUMMER months, you may also continue through our property until you reach Trout Lodge.

DRIVING MAP

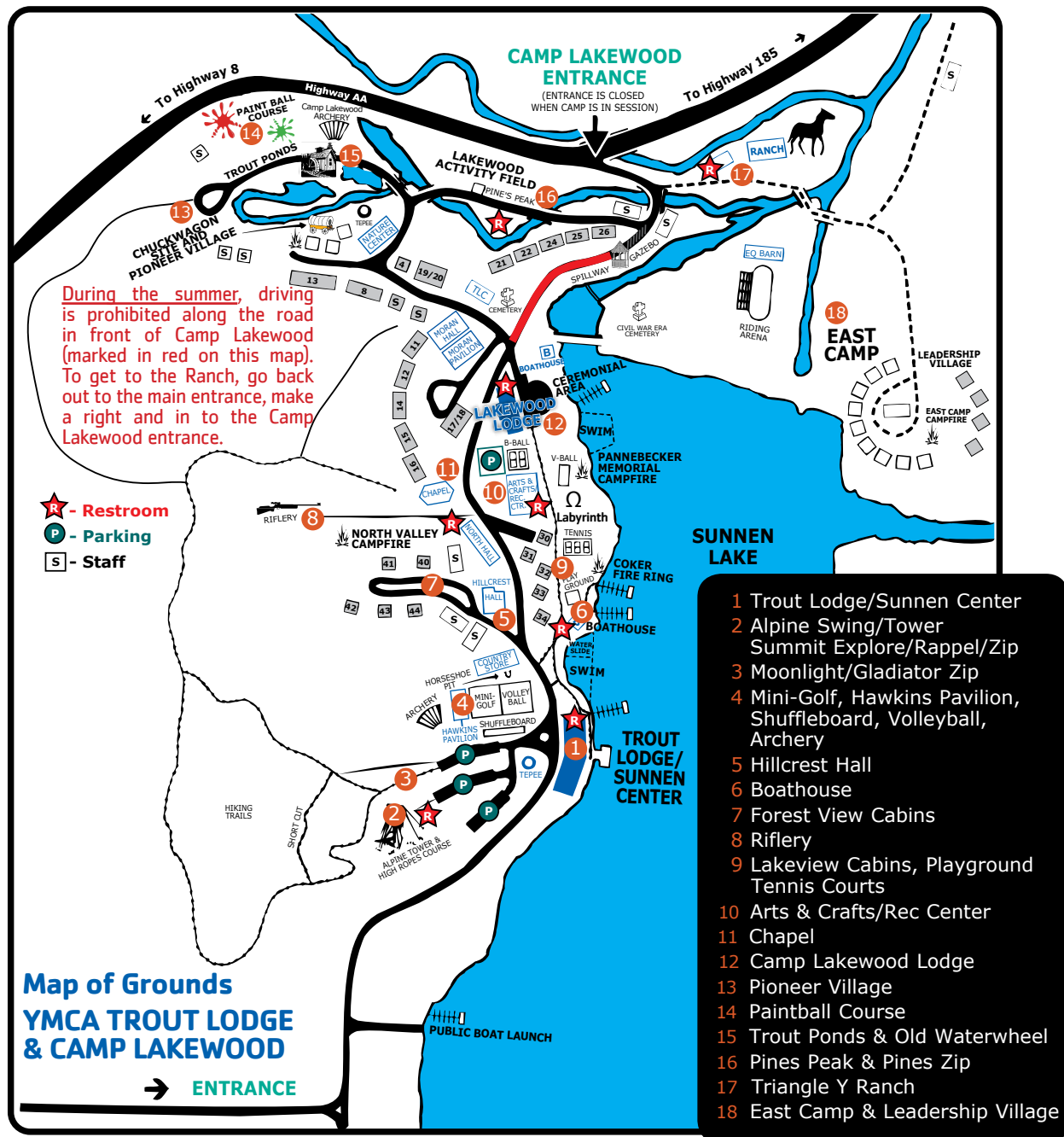
TO TROUT LODGE & CAMP LAKEWOOD



PROPERTY MAP

OF TROUT LODGE & CAMP LAKEWOOD

4



Trout Lodge Amenities, Facility, Lodge Rooms & Cabins

Trout Lodge is the perfect place for a family vacation, business conference, family reunion, group or retreat. Accommodations, three full meals and all free activities are included in our per person rates.

5

YOUR IDEAL LODGING AMENITIES + FACILITY LAYOUT

Trout Lodge Amenities

We offer many amenities, to make your stay away from home – more like home.

Country Store

The Waterwheel Country Store is located next to our mini-golf course and is open year-round with snacks, drinks, ice-cream, gifts, toys, clothing, souvenirs, toiletries, jewelry and more. Activity sign-ups are also located here for those activities not pre-arranged with your group.

Fitness Room

Receive an entry code from the Front Desk for our fitness room. Hand-weights, treadmills, bicycles and step machines are available and is located in the Recreation Center. Children ages 17 and under must be accompanied by an adult.

Housekeeping

Daily maid service is provided in Trout Lodge and the family cabins. Linens are also provided for bunk bed and roll-away beds as well.

Laundry

FREE laundry facilities are located at Hillcrest Hall.

Newspapers

A daily issue of the "Times Digest" (from the pages of the New York Times) is available at the Front Desk.

Room/Cabin Amenities

There are no coffee pots in the rooms, but coffee is available in the Trout Lodge 4th floor lobby beginning at 6:30 a.m. The rooms do not have hair dryers, irons, shampoo, conditioner or phones, but do have bar soap and alarm clocks.

TV Lounge & Movies

The third floor lobby has the only TV hooked up to Dish Network. It has all of your standard channels, and we do get most national sports games. Family movies are shown most evenings in meeting room 5 on the 1st floor. Guest rooms, loft rooms nor cabins have TV, but are equipped with wifi.

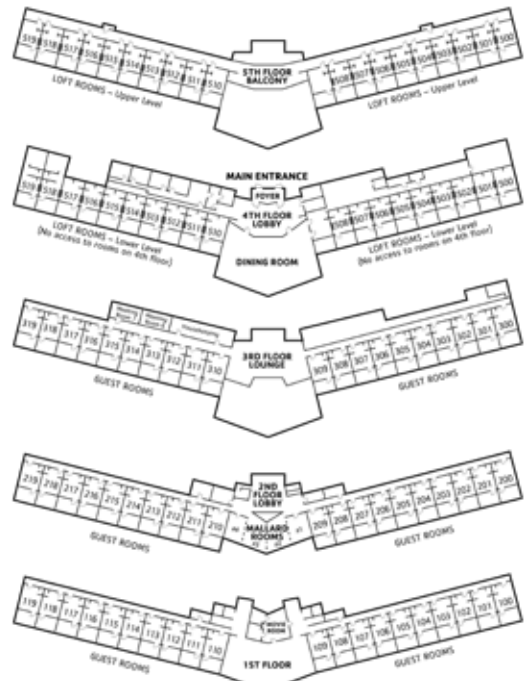
Wireless Internet Service

Signal Areas: All areas of Trout Lodge, family cabins, Tee Pee, Hillcrest Hall, North Hall, Walker Chapel and Lakewood Lodge.

And Much More ...

Trout Lodge Facility Layout

Trout Lodge has five floors. When entering through the front entrance, you are on the 4th floor where Guest Services (front desk) and the dining room are located. The other floors are guest & loft rooms.



YOUR IDEAL LODGING

GUEST ROOMS

6

Guest Rooms in Trout Lodge

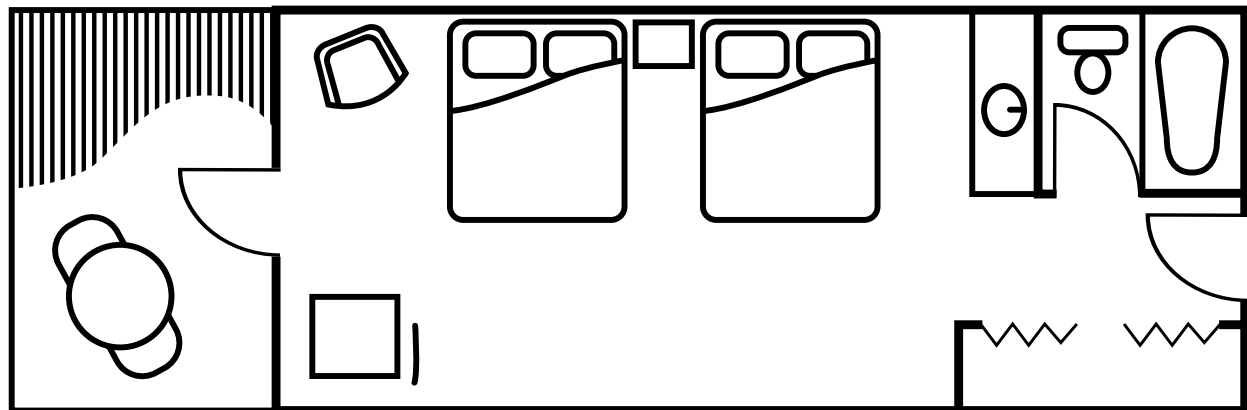
There are a total of 60 guest rooms in Trout Lodge, with maximum of five people per room (regardless of age)

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Each guest room includes:

- Two queen beds, plus one roll-away bed
- Bathroom with separate vanity area
- Workspace with table & chairs
- Walk-out patio with stunning view of Sunnen Lake



YOUR IDEAL LODGING

LOFT ROOMS

Loft Rooms in Trout Lodge

There are a total of 19 loft rooms in Trout Lodge, with maximum of six people per room (regardless of age)

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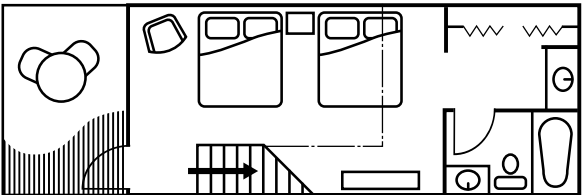
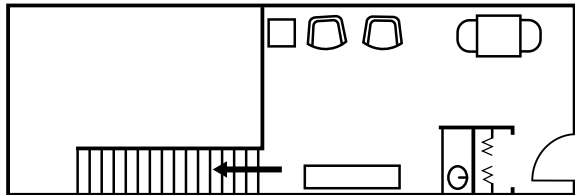
Each guest room includes:

Upper Level

- Two recliners
- One roll-away bed
- Sink & vanity
- Table, chairs & small refrigerator

Lower Level

- Two queen-sized beds
- One roll-away bed
- Bathroom with a separate vanity
- Walk-out balcony/patio with views of the lake



YOUR IDEAL LODGING

FAMILY CABINS

8

Lake View Family Cabins

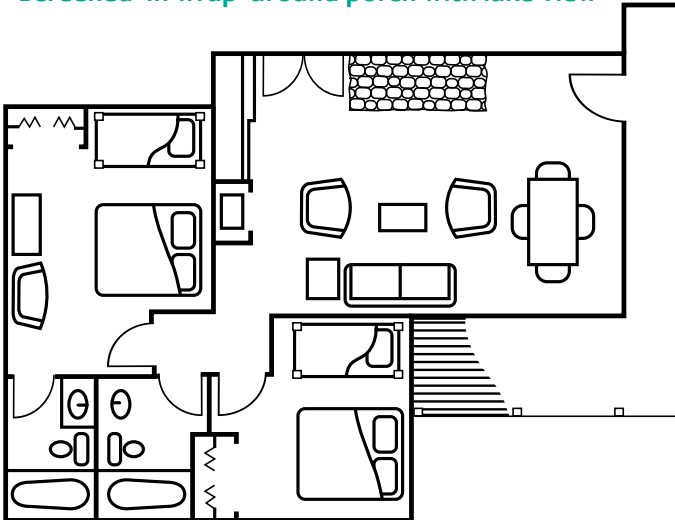
There are a total of 10 lake view family cabins which have two units (single-level duplex) in each building which can be opened up between the two to make one space for larger groups. Each duplex allows for a maximum capacity of 10 people (regardless of age).

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Each single unit includes:

- Two bedrooms, each with one full bed and two bunk beds
- Two full bathrooms with tub and/or shower
- Living area with sofa (not sleeper), table & chairs, small refrigerator, microwave and hand-hewn stone fireplace
- Two roll-away beds & a pack 'n play
- Screened-in wrap-around porch with lake view



YOUR IDEAL LODGING

FAMILY CABINS

9

Forest View Family Cabins

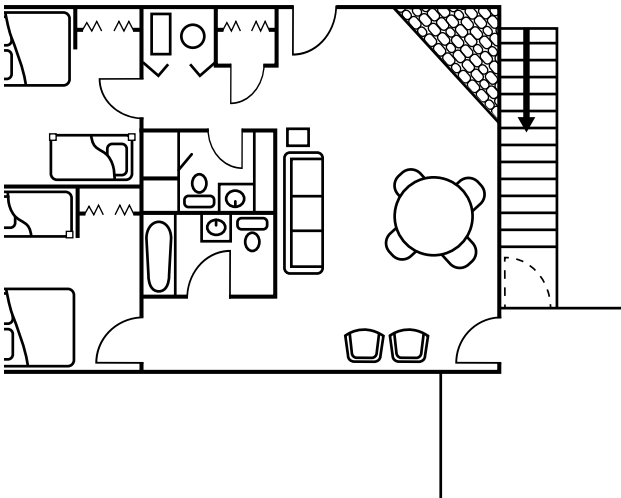
There are a total of 10 forest view family cabins which have two units (above and below) in each building that do NOT connect. Each unit has a maximum capacity of 10 people (regardless of age).

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Each single unit includes:

- Two bedrooms, each with one full bed and two bunk beds
- Two full bathrooms with tub and/or shower
- Living area with sofa (not sleeper), table & chairs, small refrigerator, microwave and hand-hewn stone fireplace
- Two roll-away beds & a pack `n play
- Screened-in porch with chairs



Your Meal Options

Trout Lodge has both buffet-style meals which are enjoyed by all guests as part of their stay. We strive to include dietary restrictions when planning our meals, which include vegan, vegetarian and gluten-free. Please note specific requests on your MUUSA registration form.

10

DINING AND CATERING

Trout Lodge Dining Room

The Trout Lodge dining room is a large open dining area with incredible views of Sunnen Lake thanks to floor to ceiling windows from end to end. No matter which season you stay with us, there is always stunning scenery to accompany your dining experience. Some food items (**not all are listed**) may include:

COLD BAR

Breakfast may include oatmeal, fruit, yogurt, sweet rolls, bagels and hard boiled eggs

Lunch and dinner may include salad bar with various toppings/dressings, soup, chili and fruit

DRINKS

Coffee, hot chocolate, soda, various juices, iced tea and water

DESSERTS

Pies, cakes, cookies, brownies

HOT BAR

Breakfast may include bacon, sausage, ham, potatoes, egg casserole, biscuits & gravy

Lunch may include hot roast beef, chicken, deli bar, hamburgers, hot dogs and brats, taco bar, baked potato bar and more

Dinner may include BBQ ribs, fried chicken, roast beef, fish, spaghetti and other pastas, numerous veggie options and much more.



Planning Your Activities

Trout Lodge has 100+ activities to choose from, depending upon time of year. Because we continually add activities, the following lists may not include every activity offered - speak with planning committee. Activities includes adventure, arts & crafts, boating, creative activities, games, shooting sports, staying active & water activities!

11

ACTIVITIES GALORE – ADVENTURE

Adventure Activities

Adventure activities are those heart pounding, breath-holding and adrenaline-pumping adventures that involve swinging and climbing your way to conquering your challenge. **There is a 280 lb. weight limit. All swings, climbing towers/walls/rappelling and zip lines require the participant to wear a helmet and be harnessed in. Additionally, participants in all climbing towers/walls/rappel activities are held by a belay system (safety rope).**

Alpine/"Superman" Swing: A thrilling combination ride of a brief free fall and swing. Be pulled up by those on the ground to about 30 feet in the air. By letting go of the release cord, you "swing" over a distance of about 60 feet. You decide whether you want the traditional or "Superman" style ride.

Alpine Tower: A 50-ft hourglass shaped climbing structure.

Break Out Room: Unearthed during a recent archaeological dig is the Jesse James Mystery Chest. By solving riddles and puzzles, the locked boxes can be opened to reveal the secrets.

Gladiator Zip: A zip line with a twist - jousting. Run off the platform and zip over the valley trying to hit the target with your lance.

Moonlight Swing: Get lifted up 30 ft into the air for an exciting combination of a brief free fall and swing... in the dark.

Moonlight Zip: A zip line done "by the moonlight", where you will run off the platform & into the night.

Night Alpine Tower: A climb with a twist - at night! Step up to the challenge to try to climb the Alpine Tower, which is a 50-ft hourglass shaped jungle gym with a variety of elements, including rocks, cables and poles - in the moonlight.

Pines Peak: A 35-ft vertical climbing wall which provides a climbing challenge for all experience levels (with new Climbing Wall Volumes).

Pines Peak Rappel: Climb the 35-ft Pines Peak rock wall with new climbing volumes, then rappel 35-ft from the top to the group.

Pines Pole Zip: Climb the 35-ft Pines Peak, cross the beam 35 feet above the ground, then zip down the 250-ft Pines Zip.

Pines Zip: Climb a 35 ft. pole and then zip down a 250-ft. long zip line.

Special Agent Zip: Step up to the zip and test your special agent skills! Try to hit all 10 targets with your paintball marker while zipping through the trees.

Water Blast Zip*: A zip line crossed with a water gun fight. Step up to the zip, run off the platform and get blasted with water as you zip! Great for cooling off on a hot summer's day! *This is a seasonal activity

Choose one of the challenges available on one of the largest and most unique ropes courses in the Midwest:

Summit Explore & Rappel: Explore the course across a number of elements 15 to 40-feet in the air, rappelling out through the giant spider's web.

Summit Zip: A 400-ft zip line. Climb 35 feet up a telephone pole where you'll be attached to the zip line. Next, sit down and "fly" down the cable.



ACTIVITIES GALORE –

ARTS + CRAFTS

12

Arts & Crafts

Let your imagination run wild as you create craft projects as unique as you are. Perfect as a souvenir for yourself or for someone else. You are only bound by the limits of what your creativity can inspire.

Alcohol Ink: Using specially formulated alcohol-based ink, create decorative **coasters** or **pendants**. Choose your colors and let the ink and the alcohol do the work.

Bottle Charm Necklace: Make your own unique keepsake necklace. Starting with a glass bottle, fill a variety of materials from our room or collect materials from nature to create a one-of-a-kind pendant.

Ceramic Jewelry: Put your painting abilities to work as you lovingly paint a ceramic bead with your own style and design, and then thread through a ribbon or suede cord to make a one-of-a-kind necklace you'll be proud to show off.

Ceramics Cups, bowls, plates, animal figures, holiday and many other items are available to you to decorate according to your own creative imagination. (Must be fired overnight).

Copper Enameling: Make your own copper-enameled pendant using powdered glass on a copper base. We fire the pendants in our jewelry kiln, and once they cool, you have a beautiful and durable pendant.

Fabric Crafts: Using fabric paint, create a tote, shopper, wine bag or hat. The only design limit is your imagination. These are great for anyone!

Gel Candles: By selecting the inserts you want in your gel candle, you will create a statement that brings your creativity to life.

Glass Etching: Etch designs on a variety of glassware. A wide array of stencils are provided that will make it truly yours.

Ice Dye: Make a vibrant color ice-dyed shirt, bandana, backpack or hat. A unique take on the tie-dye we all know and love, the process is done using powdered dye over ice for a spectacular look you will fall in love with.

Make & Take Ceramics: If you don't have time to wait for a ceramic to be fired, try our Make & Take Ceramics. They are non-fired and can take once the paint is dry.

Mosaics: Here is where you can truly create anything that your imagination can envision. Make a decoration for your kitchen, garden or anywhere.

Painting with Carey: Come paint along with Carey! Learn new techniques and create a 16x20 OR 9x12 masterpiece with acrylic on canvas. (Advanced sign-up is required).

Sand Candles: A little red here, a bit of blue there and a sprinkle of purple ... Design your own candle made from granulated wax.

Stepping Stones: Design a yard-enhancing stone for your garden, walkway or other outdoor area that will always remind you of your creativity and inspiration. Note: Must stay in mold 36 hours.

Stone Wire-Wrapping: Choose from genuine semi-precious gemstones and learn the basic **necklace** wrap techniques to make it your own. Necklaces come with a silver chain and a genuine stone of choice.

Thumbprint Pendant: Made with polymer clay and personalized with your loved one's thumbprint, this is a lasting keepsake from one moment in time.

Tie Dye: Tie dying is truly an arts & crafts activity that brings the feeling of camp to Trout Lodge. Use your favorite colors and design to create a t-shirt that you can wear for years to come.

Wood Crafts: Make your own keepsake box or any number of other wood crafts, including bird feeders and bird houses.



Number of People: Groups with up to 24 participants can be accommodated at one time in the Craft Shop. Children 13 and under must be accompanied by an adult while in the Craft Shop. Certain activities require the assistance of a parent (ie. gel candles, sand candles and stepping stones).

Time: Most group activities will take one or more hours depending upon the individual. Participants can return to the class area during open hours to work on their project while at the Y. There will be a daily open hour session - morning, afternoon or evening depending upon reserved sessions.

ACTIVITIES GALORE – BOATING

13

Boating Activities

From adrenaline-pumping to relaxing, our boating activities are favored seasonal activities by young and young-at-heart alike. Glide leisurely across the water, or fly across the lake with the wind in your hair and spray in your face. It's up to you.

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Banana Boat: Take a wet and wild ride on Sunnen Lake on our Banana Boat, which is pulled by a special boat and holds up to 12 people. Be prepared to get soaked!

Big Mable: She's big and bad and goes by the name of Big Mable. Big Mable sits three people for a private ride and is pulled by a ski boat. Once the boat clears the dock, the driver hits the gas and the fun begins!

Boat Float: Enjoy a leisurely float on our pontoon boat while indulging in a cool root beer float in a neon collectible cup you get to keep as a souvenir!

Fishing Trip: Want to find the hot spots for fishing on the lake? Take one of our pontoon charters. We even supply the poles, lures and bait.

Funyak: We have smaller funyaks, perfect for kids in the funyak area. There are also larger funyaks which can be taken out on the lake. All of our funyaks are one-person boats.

Jon Boat: For our ages 18+ guests, check out a jon boat and tour the lake in this motorized boat.

Kayak: Grab a paddle and head out on the water in this one or two person boat.

Paddle Boat: This two or four seater boat is propelled by pedal-power. The faster you and your boating partner pedal, the faster you'll go.

Pirate Pontoon: This ride is guaranteed to soak you good! Two opposing pontoons wage a pirate war on each other with water cannons on each boat, with everyone aiming to get the other soaking wet and laughing. You keep your water gun after the trip! This is one of our guest favorites!

Pontoon Tour: This tour of Sunnen Lake gives visitors a different view of Trout Lodge as it meanders about the lake.



ACTIVITIES GALORE – CREATIVE ACTIVITIES + GAMES

14

Creative Activities

It's like combining artistry with a fun activity, all at the same time. Create and experience activities that you help to make with your own two hands.

Balloon Animals: Our staff will teach you, with step-by-step instructions, how to create balloon animals such as tigers, giraffes, alligators and more. Includes instructions, balloons and a balloon pump.

Dart Art: Join us for the opportunity to create a beautiful work of art while perfecting your dart throwing skills. This outdoor activity includes safety instruction, throwing advice and a colorful art piece that you'll create with every toss of the dart.

Kite-Making: Put together your own Delta kite with this easy & fun kite-making kit, and decorate your kite with colorful markers. Our program specialists will assist you with the construction process.

Rocketry: Build your own rocket and watch it launch up to 1,000-feet! Launch engines will only be provided to those who launch their rockets.

(Note: Rocket launching can be unpredictable, therefore we cannot guarantee the success of your rocket launch or your ability to retrieve your rocket after it has been launched.)



Games

There are games and then there are Trout Lodge games. Some are traditional games you may have played before, but others may be brand new and ready for you to try. All of them are big fun!

Bouldering Wall: This is a form of rock climbing that is performed on artificial rock walls without the use of ropes or harnesses, but with mats to soften any falls.

Fun Hoop: It's similar to basketball, but without running down the court. Using playground balls, you'll toss the ball in to the funnel, with different exit holes marked with points. The first person to reach whatever the predetermined score is wins!

Giant Chess Board: It's a monster chess game with on-the-ground board and large pieces that makes this a "think on your feet" game.

Golf at Fourche Valley: Just down the road from Trout Lodge, this nine-hole golf course is the perfect way to get in a great game of golf during your stay. So don't forget your clubs!

Horseshoes: You know the expression that "close is only good in horseshoes", so here's your chance to see just how close you can get.

Mat Ball: It's kickball with a twist, using mats and a sense of adventure.

Medic Ball: It's a twist on an old favorite – Dodgeball.

Mini-Golf: Grab the group and challenge them to a rousing game of 19-hole mini-golf. It's the great equalizer, with no golfing skills necessary – just good aim and lots of laughs.

Ping Pong: Also called Table Tennis, this competitive game is great fun for the whole group.

Remote Controlled Cars: Practice your driving skills on our amazing new remote controlled track. You can do a time trial or face a friend or family member.

Shuffleboard: Located next to the mini-golf area, challenge yourself and others to this game of skill.

Washers: It's in the motion of your arm as you toss to win.



ACTIVITIES GALORE – SHOOTING SPORTS

15

Shooting Sports

Take aim as you participate in our various shooting sports. Whether a beginner or someone who wants to continue honing their skills, these activities are about learning a skill and having fun doing it.

Air Rifle: This program offers instruction on rifle safety and shooting tips (BB's), along with time to shoot.

Archery: Learn how to shoot with a bow & arrow, trying to get the bulls-eye.

Archery Balloon Pop: Come to this special archery time and have tons of fun with a friendly competition to see who can pop the most balloons.

Archery Tag: This is a unique sport that combines elements of dodgeball and paintball games with the timeless skill of archery. Foam-tipped arrows are used to eliminate opposing players from the field of play.

Long Distance Riflery: In this advanced rifle session, you will be using a .22 caliber rifle with scope to shoot at targets at varying distances out on our range.

Paintball: Our "spider's web" woods course is perfect for beginners, and includes a safety orientation, equipment rental and variety of games to play using paintball markers.

Paintball Practice Course: Next to our woodland course, we have created a unique walk-through range. Test your mettle as you knock down and paint targets, and use your skills with our paintball markers at the practice course.

Rifle Safari: Imagine yourself in the wilds of Africa surrounded by balloon predators. Take aim at our Rifle Range for this safari experience.

Riflery: This program offers instruction on rifle safety and shooting tips (22-caliber air rifles), along with time to shoot.

Shotgun Basics – Part 1: Part 1 introduces you to the fundamentals of shooting a shotgun. This educational and interactive activity will give the participant a basic knowledge of shotgun components, proper safety and operation of a shotgun. Each participant will have the opportunity to shoot fixed targets from a seated position. Part 1 is ideal for individuals brand new to shotguns.

Shotgun Basics – Part 2: Part 2 takes shotgun shooting to the next level. Participants will learn the fundamentals of shooting a shotgun at moving clay pigeon targets. This educational and interactive activity will give the participant the basic knowledge of shotgun components, stance/shooting fundamentals and proper range safety. Each participant will have the opportunity to shoot moving clay pigeons from a standing position.

Skeet Shooting: Clay targets will cross in front of you, sometimes two at a time! We recommend beginners start with Shotgun Basics before trying this program.

Tom-A-Hawk Throwing: A tomahawk is a weapon used during the middle-ages by foot soldiers and occasionally knights. Come to our new tomahawk range at Trout Lodge and try your hand at throwing axes and getting the sharpened edge of the head to penetrate the target. You will learn safety and technique, so no experience is necessary.

Trap Shooting: Take five shots at clay pigeons from each of the five trap stations. We recommend beginners start with Shotgun Basics before trying this program.



ACTIVITIES GALORE -

STAYING ACTIVE + TIME FOR FUN

16

Staying Active

Who says you can't relax and be active at the same time? Enjoy many different types of activities geared to get you up and moving, which are really fun and exciting - but ones that definitely do not come to mind when thinking about being active.

Basketball: Head to our gym for a game of basketball.

Biking: Check out a bike to explore the property.

Geocaching Orientation: Armed with a GPS unit, a set of coordinates and a sense of adventure, look for points of interest scattered around the property. We have three courses of varied levels. Must do orientation before you can check out GPS equipment.

Geology Hike: Learn the geological history of Trout Lodge's property through a guided hike.

Hike: Join us on a 1-mile scenic tour of our beautifully-wooded property by foot along our winding trails.

Mud Cave: Explore Trout Lodge's very own cave system where you **WILL** get muddy & see the many "creatures" that live in this ecosystem. (seasonal)

Tennis: Tennis anyone? Check out our equipment and get the blood (and competition) pumping!

Volleyball: Get your group together as you dig your toes in the sand of our volleyball court to lunge and dive and smash the ball for the victory.



Time for Fun

It's play time at Trout Lodge. Check out these fun activities that brings out the kid in us all.

Astronomy: Learn about the location of constellations and planets. Weather dependent. It must be dark at the time of the activity.

Campfire: Programmed: Join us for a campfire with songs, skits & s'mores. Non-Programmed: Enjoy your own private campfire (we will light and extinguish for you).

Drum Circle: Learn how to play a Djembe drum. A program specialist will guide you through various rhythms.

Karaoke: Sing a song from days gone by or choose one of the latest hits. The floor will be yours if you have a special talent to share! If you're not a performer it's just as much fun to watch.

Nature Center: Join us in our "critter corner" for an up close and personal look at a collection of animals that hop, crawl, slither and meander! Kids especially love to look at (and sometimes touch) our animals.

Playground: We not only have an awesome playground for the kids, but one with a gorgeous view of the lake. While the kids are having a blast, you can kick back and take in the view.



ACTIVITIES GALORE –

WATER ACTIVITIES

17

Water Activities

It's fun in the sun where the water is cool, the sun is warm and the lake sparkles, beckoning you to jump on in. These **seasonal** activities are just waiting for you – take a dip, a swim, a paddle, a jump or walk in Sunnen Lake.

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Lake Swing: The lake swing, much like many “watering holes” in rural America, is a long rope which guests swing out on and then let go to splash into the lake.

Paddle Board: Imagine a surfboard that you stand on and move across the water using a paddle and you have a paddle board.

Swimming: Swimming in Sunnen Lake is always a guest favorite for cooling off on a hot summer's day (must pass swim test prior to entering deep end of the roped-off “beach” area).

Water Basketball Hoop: Take your love of water and love of hoops and put them together. Get active and cool off all at the same time.

Water Rock Wall: Climb our water rock wall and see if you have what it takes to get to the top!

Water Slides: Our water slide is a favorite of children of all ages who love being shot into the water.

Water Trampoline: It's literally a trampoline in the water. Jump off or better yet, perch on the far end and fly through the air and into the water when projected by a person jumping on the near end.

Zorb Ball: Here's your chance to “walk on water” with this huge ball that you climb inside of and meander about the waterfront.

