

HUNGRY MOTHER STATE PARK

FIND YOUR Wild

Women's Weekend Agenda

Join us for **Find Your Wild Women's Weekend**, a retreat designed to help you reconnect with nature, yourself and a community of like-minded women. Nestled in the beauty of Hungry Mother State Park, this immersive weekend experience offers a mix of outdoor adventure, relaxation and personal growth.

DAY 1 AUGUST 29

- Yoga on the dam
- Live Music and social

DAY 2 AUGUST 30

- Orienteering
- Fly fishing
- Kayaking or mountain biking
- Owl prowl

DAY 3 AUGUST 31

- Archery or Stand Up Paddle Boarding
- Edible hike
- Forest Therapy

DAY 4* SEPTEMBER 1

- Caving or hiking at New River Trail State Park

**Day 4 is an optional experiential day held at New River Trail State park that cost extra.*

\$200 per person to register. Call 276-781-7400 to register before August 15. Once you are registered, an information sheet will be sent to your email address.