

General Itinerary:

Thurs: 8:00 A.M.— Hiker orientation and breakfast in Ashland's beautiful Lithia Park
At this time we will discuss trip details, go over safety tips, check hiker gear, and enjoy an energy packed breakfast of green smoothie and fresh fruit! ☺

10:00 A.M.—Hikers get one hour to do any last minute preparations

11:00 A.M.— Load up the Van and head for the Trail

12:20 P.M.—Arrive at trailhead, grab some tasty snacks lunch and begin to hike.

5:00 P.M.— Stop for the day, set up camp, preparation of raw feast.

6:00 P.M.— Dinner

Note: After dinner is free time, hikers are free to go swimming, practice Slack-lining (a balance building activity), take part in the many games that will be played, even trade massages by an open fire!

Friday: 7:00 A.M.—Morning Yoga, personal stretch time, cold water plunge (water permitting)

8:00 A.M.— Breakfast

9:00 A.M.— Pack up camp and begin hiking

12:30 P.M.— Lunch (here we will take a break and create a delicious meal with the wild edible we gathered)

2:00 P.M. — Resume hiking

5:00 P.M.— Stop for the day, set up camp, preparation of raw feast.

6:00 P.M.— Dinner

After dinner is free time—slack-lining, music, games, etc.

Saturday: 7:00 A.M.— Morning Yoga, personal stretch time, cold water plunge (water permitting)

8:00 A.M.— Breakfast

9:00 A.M.— Pack up camp and begin hiking

12:30 P.M.— Lunch (here we will take a break and create a delicious meal with the wild edible we gathered)

2:00 P.M. — Resume hiking

5:00 P.M.— Stop for the day, set up camp, preparation of raw feast.

6:00 P.M.— Dinner

After dinner is free time—slack-lining, music, games, etc.

Sunday: 7:00 A.M.— Morning Yoga, personal stretch time, cold water plunge (water permitting)

8:00 A.M.— Breakfast

9:00 A.M.— Pack up camp and begin hiking

12:30 P.M.— Lunch (here we will take a break and create a delicious meal with the wild edible we gathered)

2:00 P.M. — Resume hiking and finish trail

3:00-4:00 P.M.—Arrive at van pack up and leave to do some last minute sightseeing. Depending on the hike, we will either be visiting Crater Lake (The deepest lake in the United States) or some beautiful Oregon water falls

5:30-6:00 –Light dinner and closing circle. After this we head back to town. Once in town it has been a tradition to visit Jackson Wellsprings and absorb the last bits of each other's company while sauna-ing and soaking in hot springs.

Please note that this is optional and therefore not part of the hike. Hot springs goes will have to pay an additional \$5.00 to use hot spring facilities!

This is going to be another great year!

*Happy trails,
Sergei Boutenko*