

**Winter Nature Retreat at Graymoor**  
**A Weekend of Conservation – Recreation – Education**  
**February 22-24, 2008 (Friday evening – Sunday afternoon)**  
**Sponsored by the Appalachian Mountain Club**  
**and the Graymoor Spiritual Life Center (Garrison, NY)**

**Features:** Cross-country skiing at Fahnestock State Park  
Ice skating and possibly other outdoor activities – bring hiking boots

**Leader:** Skip Doyle



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This vigorous winter weekend of exploration promises to be an opportunity to fully experience the spirit of nature, is relaxing for the mind, includes social interaction, nature education, and instills a sense of gratitude for our healthy beings. It is through conservation that we have nature for our enjoyment, and it is through enjoying nature that we learn the importance of conservation.

The weekend begins Friday evening with a group activity (see retreat schedule). The heart of the retreat is the cross-country skiing on Saturday for both beginners and experienced skiers (see details below). Saturday evening we will enjoy hot chocolate while watching an outdoorsy film. Sunday begins with a tour of Graymoor, time for Mass or reflection, and after lunch, and afternoon of ice skating.

Given snow and ice are unpredictable, if conditions are not ripe for skiing or skating, we shall offer hiking instead. The Appalachian Trail runs through the Graymoor property and there is access to many hiking trails in the nearby Hudson Highlands as well. Bring clothing appropriate to the sports: especially a non-cotton base layer.

Activity sign-up is separate from accommodations/meals sign-up; be sure to do both.

- To register for the weekend, contact Skip Doyle at skipnewyork@yahoo.com.
- To reserve a room and meals, contact the Graymoor Spiritual Life Center at 845-424-2111. (See the registration form below.) The accommodations/meal cost is \$150 for a single room, \$110 if sharing a room.
- Fahnestock fees are \$8 for the park pass and \$16 for equipment
- Skating at Bear Mountain State Park is \$6 for parking, \$4 for skate rentals, access to the ice rink is free for those with their own ice skates.

For more information about:

Graymoor	<a href="http://atonementfriars.org/page/lifecenter_sch.htm">atonementfriars.org/page/lifecenter_sch.htm</a>
Fahnestock State Park	<a href="http://nysparks.state.ny.us/parks/info.asp?parkID=129">nysparks.state.ny.us/parks/info.asp?parkID=129</a>
Bear Mountain State Park	<a href="http://nysparks.state.ny.us/parks/info.asp?parkID=55">nysparks.state.ny.us/parks/info.asp?parkID=55</a>
Winter Nature Retreat	<a href="mailto:skipnewyork@yahoo.com">skipnewyork@yahoo.com</a>

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