

ROCKY MOUNTAIN FAMILY ECO-VACATION

AN INTERGENERATIONAL EXPERIENCE



SHADOWCLIFF, GRAND LAKE, COLORADO

JUNE 23-28, 2012

An Educational Family Eco-Vacation at Shadowcliff in the Rocky Mountains

A fun filled eco-vacation designed as an intergenerational opportunity to learn and play together with the backdrop of Rocky Mountain National Park, the town and waters of Grand Lake and the fifty year history of Shadowcliff Lodge. Leaders include professional educators, park rangers, naturalists and experienced retreat coordinators who love sharing this beautiful natural setting with others. Program geared to age 7 through elders with hikes of no more than 2 miles.

Costs: All-inclusive meals, 5 nights lodging and activities (except optional ones) for \$800 for the first two people in a room and \$200 for each additional person).

Contact: carl@shadowcliff.org or 970-627-9220

Saturday June 23, 2012

3:00-5:00 Check-in and registration
5:00-6:00 Informal reception and get-acquainted time
6:00-7:00 Evening meal
7:15-8:15 Seeing the Connections- (an eco game)

Sunday June 24, 2012

7:30-8:30 Breakfast buffet
9:00-10:00 Exploring the Commons (an exercise/game)
10:00-10:15 Break
10:15-11:30 National Parks, Forests, Air, Water and More
12:00-1:00 Lunch
2:00-4:00 Hike with Rocky Mountain National Park Ranger
6:00-7:00 Evening Meal
7:30 Miniature Golf Tournament (optional)
10:00 Quiet Time

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Monday June 25, 2012

7:30-8:30	Breakfast buffet
9:00-10:00	The Gorilla in the Room-(a story/tale)
10:00-10:15	Break
10:15-11:30	Trees, Rocks and Plants (tree rings, tree coring, rocks and a little geology)
12:00-1:00	Lunch
1:30-3:00	Waste=Food (a hike in Rocky Mountain National Park exploring nature's laws)
6:00-7:30	Dinner
7:15	Bowling Tournament (optional)
	Non-bowlers Movie on site: Alpha and Omega
10:00	Quiet Time

Tuesday June 26, 2012

7:30-8:30	Breakfast Buffet
9:00-10:30	"Water, Water, Everywhere" (an interactive exercise exploring waters and watersheds)
10:30-10:45	Break
11:00	Boat Tour on Grand Lake (Headwaters of the Colorado)
12:30-1:30	Lunch
1:30-6:00	Free time (opportunities include hikes, Alpine Water Slide, Hot Sulphur Springs, go-carts, kayaks, Canoes, horseback rides and more)
6:00-7:00	Evening Meal
7:15-8:30	Talking with nature (story and exercise)
10:00	Quiet Time

Wednesday June 27, 2012

7:00	Bird hike or Fishing (leaders provided)
10:30-11:45	Testing our water (Grand Lake and mountain streams)
12:00-1:00	Lunch
1:15	Journey to the Top of the World (A drive to the top of Trail Ridge Road, the nation's highest continuous highway at over 12,000 feet including stops along the mighty Colorado River and the Continental Divide)
6:00-7:00	Evening Meal
8:00-9:00	Astronomy 101 on Shadowcliff's magnificent "Point"
10:00	Quiet Time

Thursday June 28, 2012

7:30-8:30	Breakfast Buffet
8:45-10:00	Closing
11:00	Check-out