



**MOUNTAIN SHEPHERD
ADVENTURE SCHOOL**

CAMP ADVENTURESS

Camp Adventuress is a grown-up summer camp session for adult women of all ages. Activities and excursions include wilderness survival instruction, hiking and backpacking, camping, stand-up paddleboarding, kayaking, mountain biking, yoga, caving, and outdoor rock-climbing. Camp Adventuress is the perfect place to discover or renew your love for outdoor recreation, and is always a women-only, no-judgement zone. After everyday of adventure comes another girls' night with your new camp friends – chat over dinner, share stories around a campfire, relax with a yoga session, or embark on a stargazing night hike.

Adventure Highlights

- 5 days/4 nights
- Survival training
- Backpacking and Hiking
- Adventure prep
- Stand Up Paddleboarding and Yoga
- Caving and Rock Climbing
- All meals included
- Memories to last a lifetime
- Small group environment (10 maximum)
- Hands-on learning

Travel Arrangements

Your adventure begins and ends at the Mountain Shepherd Lodge in Catawba, VA. The nearest airport is Roanoke (ROA), which is approximately a 30 minute drive time. Arrival time is by 9:30 am on Day 1. The course concludes in the early afternoon on Day 5.

Activity Level

Moderate

Every adventure is suitable for beginners – we'll show you the ropes – and still exciting for avid Adventureesses! We recommend that you come to Camp feeling relatively fit and ready for day-after-day of outdoor activity.

Who Chooses This Course

Outdoor experience levels do not matter. We have students with no experience, to occasional weekend hikers, to warriors of the wilderness. Our fantastic instructors will show you the ropes, and your fellow Adventureesses will always be supportive! We do recommend that you be accustomed to exercising and you should be comfortable in outdoor climate conditions, but if all of our adventure activities are new to you, then you'll be the ultimate Adventureess!

What's Included

Gear

Have your own? Bring it! Don't have your own, or want to try something new before you buy it? Use ours!

Meals

Start each day with a hearty, homemade breakfast, and choose from a range of options for a packed lunch to enjoy while on your adventures. Back at the lodge, enjoy a homemade dinner with dessert around the campfire.

Overnight accommodations

We camp during backpacking excursions, and while at Mountain Shepherd, there is always the option to sleep in a tent or hammock near the lodge instead of in one of our cozy bunkrooms.

Choose your own adventure!





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CAMP ADVENTURES

PACKING LIST

Camp Clothing and Footwear:

- 3 pairs of comfortable, outdoor-appropriate shorts (not too short, not too tight)
- 5 short-sleeved t-shirts (non-cotton, quick-dry fabric is ideal for outdoors)
- 1-2 long-sleeved t-shirts
- 1-2 pairs of jeans or long pants (not yoga pants, leggings, or sweatpants)
- 1 sweatshirt, light sweater, or fleece jacket
- 7 pairs of underwear (5 days + extra)
- 2-3 sports bras
- 7 pairs of socks (5 days + extra)
- 2 sets of pajamas - 1 lightweight set, 1 warmer set
- Rain jacket with taped seams - "Waterproof"
- 1 pair of comfortable, broken-in, closed-toe shoes (in addition to river shoes)
- No sandals or flip flops; lace-up athletic sneakers or hiking boots are preferred over shoes like Vans, Keds, Converse, Toms, and other slip-ons.
- Personal toiletries and medications.
- Water bottles/hydration bladders (32 oz is ideal)
- Flashlight or headlamp with spare batteries
- For water-Based Activities:
 - 1-2 pairs of quick-dry shorts or board-shorts (not too short, not too tight)
 - 1-2 lightweight, quick-dry shirts for sun protection
 - 1-2 swimsuits (one-piece or two-piece, comfortable, "function over fashion")
 - Sun hat or baseball cap, sunglasses
 - 1 pair of old sneakers or closed-toe sandals (KEEN brand-style) *in addition to pair above
 - 1 lightweight towel - microfiber or quick-dry camp towels are great!
- For Caving:
 - Old pair of jeans or heavy duty pants (yoga pants, leggings or sweat pants are not good substitutes)
 - Old Sweatshirt
 - Old tennis shoes

DIRECTIONS

From the North: Interstate 81 South towards Roanoke, Va. Take Exit 141. Take a left at the stop light. The next light is Route 311. You'll see the Orange Market on the left. A BP and Subway on the right. Take a right. Follow Route 311 for 12 miles to a left on Route 621/Upper Craigs Creek Road. Follow Route 621 for 9.3 miles. Set your odometer, as it is a long and winding 9.3 miles to our sign on the right. Our property is lined with a brown wooden fence. Take the right on Hemlock Ridge Lane and stay straight through the red gates. Get a bit of momentum heading up the hill. Parking area is at the bottom of the circle driveway.

From the South: Interstate 81 North towards Christiansburg/Blacksburg, Va. Take Exit 118B US-11/US 460 towards Blacksburg. Follow US 460 approximately 15.8 miles to a right on Route 621/Craigs Creek Road. Watch for a brown Jefferson National Forest sign on the right. The right turn on Route 621 is just past that sign. Follow Rt. 621 for 11.9 miles to our sign on the left. Just before the turn on Hemlock Ridge Lane you will pass a white church on the left. Our property is lined with a brown wooden fence. Take the left on Hemlock Ridge Lane and stay straight through the red gates. Get a bit of momentum heading up the hill. Parking area is at the bottom of the circle driveway.

From the West: Take 460 East to a left on Route 621. (If your GPS directs you to turn on Route 42, avoid it. You will end up on dirt road. Stay on 460 until you reach Route 621!) Watch for a brown Jefferson National Forest sign and a sign for Pandapas Pond on the right. The left turn on Route 621 is just past that sign. Follow Rt. 621 for 11.9 miles to our sign on the left. Just before the turn on Hemlock Ridge Lane you will pass a white church on the left. Our property is lined with a brown wooden fence. Take the left on Hemlock Ridge Lane and stay straight through the red gates. Get a bit of momentum heading up the hill. Parking area is at the bottom of the circle driveway.

From the East: Travel to Interstate 81 and follow the directions above from the north or the south.

