



MOUNTAIN SHEPHERD ADVENTURE SCHOOL

CRAFT-YOUR-OWN WOMEN'S ADVENTURE

Adventurous women, unite! Are you looking for weekend getaway for you and some of your friends/sisters/colleagues? Do you want to try something new and adventurous? Let us craft the perfect weekend adventure for you and your group! We'll focus on empowering and energizing you and your group by introducing you to the seven priorities of wilderness survival, and helping you use your newfound skills to navigate several challenging scenarios. In addition to the survival training, we'll provide craft-your-own adventure outings as part of your adventure weekend. Activities and excursions include hiking and backpacking, camping, kayaking, stand-up paddleboarding, mountain biking, caving, yoga, outdoor rock-climbing, and deluxe campfires with tasty treats.

Adventure Highlights

- 2 days/2 nights
- Survival training
- Choose Your Own Adventure outing(s)
- Adventure prep
- All meals included
- Memories to last a lifetime
- Small groups (10 maximum)
- Hands-on experience

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 6 pm Friday evening. The course concludes by 4 pm on Sunday.

Activity Level

We can make this as easy, or as challenging adventure as you would like! Our survival essentials course is listed easy to moderate, with some short, steep climbs, as we hike around the property. We have lots of options for activities and excursion, both on and off the property. Contact us to plan your dream itinerary.

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. You will leave prepared to help yourself and others while on any adventure, with knowledge and confidence that may benefit you in daily frontcountry life in surprising ways.

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 (from classic s'mores to Mountain Shepherd's famous dutch oven peach cobbler).

Overnight accommodations

This is your adventure! You may choose to fully embrace the experience by spending the night in an improvised survival shelter. It's also totally fine to sleep in a tent, a hammock, or a bunk in the lodge. The choice is yours.





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PACKING LIST

- Seasonally appropriate clothes:
 - Good fitting and broken-in hiking boots/shoes
 - Hiking socks (wool or synthetic recommended)
 - Active T-shirt (synthetic or merino wool recommended—avoid cotton)
 - Lightweight insulating top layer (a light, long-sleeve synthetic fleece or wool shirt, sweater, or jacket)
 - Second insulating top layer (an additional synthetic, wool, or fleece shirt, jacket, or vest)
 - Consider a third, heavier insulating layer such as a puffy jacket or thicker fleece (not needed in summer)
 - Rain jacket (hood and ventilating zippers recommended)
 - Hiking pants (durable, quick drying synthetic pants are ideal)
 - Bottom base layer, e.g. midweight synthetic or merino wool long john pants (not needed in summer)
 - Warm winter hat and gloves or mittens (not needed in summer)
- Water Bottle – fresh drinking water for refills provided
- Optional Gear List:
 - Backpack
 - Sleeping Bag
 - Sleeping Pad
 - Pillow
 - Flashlight or headlamp
 - Knife – fixed and/or folding blade
 - Whistle
 - Signal Mirror
 - Cooking pot and utensils
 - Notepad/pen

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.

