



MOUNTAIN SHEPHERD ADVENTURE SCHOOL

FAMILY ADVENTURE WEEKEND

Family, Food, Campfire and Fun! Enjoy a weekend in the great outdoors, and let us do all the work so you can maximize family time. On Saturday, we'll explore the Mountain Shepherd trail system on a family-friendly nature hike, have some splashy fun in the creek, and end our day with a cookout, campfire, s'mores, and story time. Choose your level of adventure with the option to tent out under the stars, or reserve a bunkroom for your family in the lodge. Sunday morning we'll fuel up with Mountain Shepherd's famous pancakes before learning survival skills to stay safe while playing outside. Lodging, camping gear, and all meals provided.

Adventure Highlights

- 2 days/1 night
- Survival training
- Hiking with Kids prep
- All meals included
- Memories to last a lifetime
- Family friendly
- Small group environment (5 families max)
- 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 Saturday morning. The course concludes by 1:00 on Sunday.

Activity Level

Easy

This weekend is truly a choose your level of adventure weekend. You'll have the opportunity hike around 2-3 miles over the course of the weekend around the Mountain Shepherd property, as we learn survival and outdoor skills, along with nature-themed activities.

Who Chooses This Course

This adventure is for family adventurers, looking to gain skills and outdoor knowledge, and the confidence to spend more time outside with their families.

Families of all kinds are welcome, but guided activities will be tailored to kids 10 and under.

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! From tents to sleeping bags to sleeping pads, we've got everything you need aside from clothing and tennis shoes. Find details on the packing list below, and reach out with any questions. Never fear, we've got the gear!

Meals

All meals and snacks are provided, with plenty of options and dietary accommodations available. Fuel up with hearty home cooking while at the Mountain Shepherd lodge, and let us share some of our favorite outdoor snacks and recipes!

Overnight accommodations

This is your adventure! You may choose to fully embrace the experience by spending the night in your own tent, or you can borrow a tent or even hammocks for each of your family members! It's also totally fine to sleep in a bunk room in the lodge. The choice is yours.





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PACKING LIST

- Seasonally appropriate clothes:
 - Good fitting hiking boots or tennis shoes
 - 1-2 pairs of socks
 - 1-2 sets of undergarments
 - T-shirt (synthetic or wool is great if you have them)
 - 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 if the weather forecast is for chilly weather)
 - Rain jacket (hood recommended)
 - Pants (durable, quick drying synthetic pants are ideal)
 - Pajamas or long johns/base layers to sleep in
 - Warm hat and gloves or mittens
- Personal toiletries and medications.
- Water bottles (1/2- 1 Liter per person)
- Any gear you already own that you'd like to use. No need to buy anything for the adventure, we've got you covered. Could include things like:
 - Backpack
 - Sleeping Bag
 - Sleeping Pad
 - Pillow
 - Flashlight or headlamp
 - Knife – fixed and/or folding blade
 - Whistle
 - Optional: one luxury item to camp with (e.g. a slim book or magazine, journal or sketchpad, deck of cards, small games for the kids, etc)
 - 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.

