

# **Winter Destination – ReCreation Weekend** **at Graymoor**

**February 21 - February 23, 2020**  
**(Friday evening – Sunday afternoon)**

**Features:** Cross-country skiing at Fahnestock State Park  
Hiking (bring boots) if insufficient snow

**Leader:** Skip Doyle



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, and instills a sense of gratitude for our healthy beings.

The weekend begins Friday evening with a group activities (see schedule). The heart of the retreat is the cross-country skiing on Saturday for both beginners (free clinic) and experienced skiers. Saturday evening we will enjoy sharing and meditation – and a movie *Touching the Void*. Sunday begins with an outdoor tour of Graymoor including a visit to the Saint Francis chapel, time for services or reflection, and concludes with lunch.

Given snow is unpredictable, if conditions are not ripe for skiing, 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. For hiking, be sure to bring hiking boots, traction aids, gaiters, backpack, and proper clothing layering – the instructor is available beforehand to answer any questions (OutdoorSkipper@gmail.com). No special gear is needed for cross-country skiing other than layered clothing since you will need to stay warm during instruction and shall generate much heat when skiing.

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

- To register for the weekend, [GSLC@atonementfriars.org](mailto:GSLC@atonementfriars.org) (845) 424-2111
- Mention whether you need to rent equipment and your skiing level (lesson or no lesson).  
The accommodations/meal cost is \$300 for a single room, \$225 if sharing a room.  
(See the registration form below.)
- Fahnestock fees are \$15 for the park pass and \$25 for equipment rental (skies, poles, boots).  
Rentals are done on Saturday only if there is snow, so there are no Fahnestock fees if we hike.

**For more information about:**

Graymoor                      [graymoorcenter.org](http://graymoorcenter.org)    [GSLC@atonementfriars.org](mailto:GSLC@atonementfriars.org)    (845) 424-2111

Fahnestock State Park    <https://parks.ny.gov/parks/147/details.aspx>                      (845) 225-3998

Winter Nature Retreat    [OutdoorSkipper@gmail.com](mailto:OutdoorSkipper@gmail.com)

Public transportation: Graymoor is a 15 minute taxi ride from the MetroNorth Peekskill train station.

Friday		Saturday		Sunday	
6:00 pm (onward)	Registration - First floor Welcome Center	8:00 am	Breakfast (15 minute silent meditation)	8:00 am	Breakfast (15 minute silent meditation)
7:00	Welcome / Orientation	8:30	Pick-up bag lunch (Beauties of the Day)	9:00	Grounds tour - I am here / it is now
7:30	Cross-country skiing primer Traction aids Gear and clothing	9:00	Set off for Fahnestock (or hike: Storm King / Croton Dam / Beacon)	9:30	St. Francis Chapel Beauties of the Day
8:00	Workshop (teams): Place in the Hudson Valley - most scenic - most spiritual - most adventurous	9:30 – 4:00	X-C Skiing • beginner's clinic • ski groups (or individual) [Croton Dam to Teatown hike - 8 miles, 800 ' elevation gain]	11:00	Mass (Pilgrim Hall) or Reflective time
9:00	Evening meditation - not the self - relaxation of the body	5:00	Supper Evening service: Gratuities of the day - most scenic - most spiritual - most adventurous	12:15	Lunch  Share: Beauties of the Day
		6:30	<i>Touching the Void</i>	1:00	Departure (bedding to hallway)
		9:00	Evening meditation - Beauties of the day - rest the mind / relax the body		

\* Clothes appropriate to the day including layered clothing, wool socks, wicking fabric undershirt (non-cotton), fluids (at least one liter). Fahnestock has a café with light food and drinks.