



Mother & Daughter Retreat Information

ARRIVAL/DEPARTURE:

- **Arrival:** Please arrive between 6 and 7 pm on Friday and follow the signs for your lodge.
- Be sure to stop for dinner on the way – we don't offer an evening meal as people will be arriving throughout the evening.
- **Departure:** We will be wrapping up around 11 am on Sunday.

LODGING:

- You'll be staying in cozy lodging with twin sized bunk beds and a private bath and shower.

MEALS:

- **Schedule:** Meals begin with breakfast on Saturday at 8 am in the Nisqually Center Dining Room. The final meal will be brunch at 9:30 am on Sunday.
- **Dietary Restrictions:** If you have special dietary needs, please notify us in advance so we can be prepared to help you have a healthier stay with us.

NOTES:

- Please notify us if you have any last minute changes or if you need to cancel.
- Outstanding balances must be paid two weeks prior to arrival. To pay, either (a) log on to your online account, (b) mail a check, or (c) provide your card information and authorize a payment by calling the office or emailing registrar@cascadescamp.org.

Please let us know if you have any questions - see you soon!