

MT. SHASTA RETREAT 2024

5 DAYS OF
ACTIVITIES



BELL HOLISTIC
CENTER

*Itinerary may change at any time

Day 1- 7/30/24

- + Introduction and delivery of material
- + Hike to Mt. Shasta the path to the middle of the mountain - lunch and class in Shasta
- + Dinner and night of stargazing



Day 2- 7/31/24

- + Visit Burney Falls State Park
- + Walk in the park with class and light lunch - Day at the lake
- + Dinner and Meditation at Castle Lake



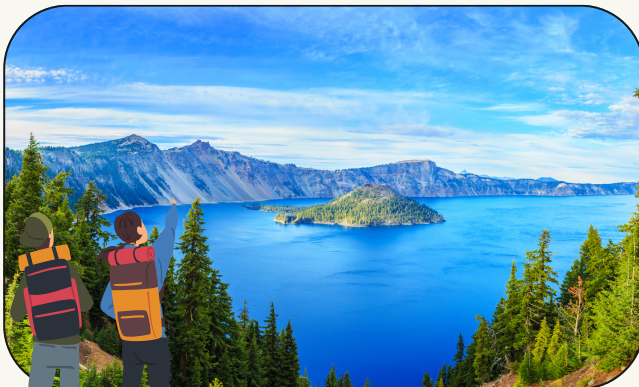
Day 3- 8/01/24

- + Visit Castle Crags State Park
- + Walk to the top of the mountain, lunch and class during the walk
- + Dinner and night of stargazing



Day 4- 8/02/24

- + Getting to Crater Lake set up camp
- + visit the lake - Class and snack during the walk - Lake day
- + Dinner at the camp with a bonfire night under the stars.



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Day 5- 8/03/24

- + Full day visiting several hiking trails in the national park
- + go up to the observatory where we will have a panoramic view
- + Lunch and dinner in the park with a night of stargazing.



Day 6- 8/04/24

- + Farewell and gifts
- + Drive back home



Important information

List of Hotels in Mt. Shasta Please make your reservation to arrive on-Check in- 7/29/24- Check out- 8/2/24

- **Evergreen Lodge - Ask for Barti Phone: 530-925-5693 Discount for you cash only**
- **Strawberry Valley Inn**
- **Best Western Plus Tree House**
- **Shasta Inn**
- **Summit Lofts Boutique Hotels**
- **Many more..**



We will be camping for 2 nights in Crater lake. Please bring a camping tent and all the equipment you will need. Restaurants and shops are limited in Crater lake. Please bring everything you will need.

Questions? call us 323-484-3428 or by Email info@bellhc.com

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