



# Outdoor Active Retreat — Sept. 15-18, 2023



## ITINERARY

**Day One:** Arrival and getting acquainted. Afternoon on high ropes course located at BOEC's program site.

**Day Two:** Paddling on scenic Lake Dillon and/or hiking.

**Day Three:** Adaptive cycling at Keystone, Colorado then an afternoon to relax and unwind.

**Day Four:** Morning departure.

*\*BOEC reserves the right to screen all applicants for appropriateness.*

*\*\*Event activities and dates are subject to change.*

The Breckenridge Outdoor Education Center (BOEC) will be hosting a Summer Retreat designed for adults living with Parkinson's disease. This retreat is a four day three night getaway for anyone who is looking to get outside, try new activities and meet other adults who are also living with Parkinson's disease and their spouses, friends or caretakers.



Based out of the BOEC's Scott Griffith Lodge in Breckenridge, Colorado, activities will feature hiking, paddling, ropes course or rock climbing. All specialty equipment, instruction, fun, fellowship, home-cooked meals, and laughs are included in all of our programs. This is a great opportunity to enjoy the outdoors, be active, and challenge yourself physically.

Each retreat is facilitated by experienced trained staff, and support people creating a vibrant, supportive atmosphere. Participants can expect a highly active, fun-filled, and social week, in a beautiful and inspiring setting in Colorado.



## REGISTRATION

Registration is currently open and applications will be accepted up until one month prior to course start. Applicants will be screened for appropriateness by BOEC upon receipt of a completed application packet and deposit. Space is limited to 10 participants. Please contact Claire DiCola at 970-453-6422 or [claire@boec.org](mailto:claire@boec.org) to request an application packet.

## COST

\$750 per participant. Scholarships may be available. Transportation to/from Denver may be available for an additional cost.