



GRACE 
ADVENTURES®
Experiences That Live On

Women's Retreat 2023



Welcome

We are so glad that you will be joining us for the Renew, Restore, Refresh Women's Retreat at Grace Adventures! We want this weekend to be relaxing, enjoyable, and fun.

Please feel free to ask any staff member for assistance during the weekend. Our goal is to be able to remove distractions so that you can focus on connecting with God and other women.

Check-In: 6:00PM-7:45PM

- Your group may arrive separately or together as a group
- Each individual lady must check in at our office when they arrive
- Upon Check-In, each person will receive a Women's Retreat booklet that contains the weekend schedule, workshop information, campus map, activity options and more. Please hang on to your booklet for the duration of the weekend
- Upon Check-In, each person will receive a name badge. We ask that you wear these badges all weekend so that we know you are participating in the event and so that you can get to know other women
- If you know that you or your group will be Checking In after 8:00PM, please call our office so we can offer assistance with Check-In when you arrive
- Please do not arrive before 6:00PM on Friday as we may be serving other groups at that time



Final Attendance and Balance

Two Weeks Before:

Final payment for your group is due 2 weeks prior to the retreat.

Please have your group leader make a single, final payment.

Individual registrant's final balance is due 2 weeks before event.



Costs During The Event:

Most activities are included in your reservation fee. Activities with an added cost include particular crafts, 10-minute massages, and horseback trail rides. It is also a good idea to bring spending money for the Camp Store (which will be open at different times throughout the weekend).

Meal Information



Friday Night Snack

A light snack will be available during your Check-In process.

If you require a more substantial meal on Friday night, please plan to visit one of the fast food locations or restaurants located just off the Hart/Mears exit.

Weekend Meal Times

This year, we are able to have all our attendees eat in the same meal time due to our brand new Lakeview Commons Dining Center!



Health and Safety

Grace Adventures takes the health and safety of our guests and staff very seriously.

To view our current health practices and safety information, please visit the Women's Retreat webpage at www.graceadventures.org/women

Housing

On-Campus

- Housing is assigned by Grace Adventures Staff based on group size. Special requests may only be made if there is a need for handicap accessible housing. Please make your need clear and in full on your online Health Form
- **Groups will receive their housing assignment when they Check-In**
- All Housing units are smoke-free. Please only smoke/vape in the designated areas on campus.
- **Our housing is primarily twin-size bunkbeds.**
- While we utilize bottom bunks as much as possible, some attendees may need to sleep on top bunks in housing units.
- On-Campus attendees must bring their own bedding (See Packing List on page 7)
- All housing units are heated and have bathrooms and showers located inside the building
- We try our best to not have separate groups share housing units

Commuter

- Groups choosing to Commute are not assigned housing on campus
- Commuters may stay for the duration of the program during each day
- Parking is free
- Groups/Individuals are responsible for their own transportation to Grace Adventures

Hotel

- We partner with multiple hotels in the Silver Lake Area to give our participants a discounted hotel experience. Hotel rooms are reserved by Grace Adventures. Special requests that will be considered are for physical handicaps. Please make sure that your need is indicated on your registration (and, if applicable, communicated to your group leader)
- Hotel rates are based on two people per room. There is an upcharge of \$112.00 for a single occupancy room
- Hotel attendees will be housed at the Dunes Waterfront Resort or Sierra Sands Family Lodge during the event. Please choose your hotel preference during registration.
- You may Check-In to your hotel starting at 4:00PM on Friday or choose to Check-In after the evening events
- Hotels require the names of individual guests for room assignments, please have your group members confirm their name and contact information online by two weeks before the retreat date. Group Leaders must send a rooming list to our Registrar (registration@graceadventures.org), two weeks before the retreat date as well.
- Grace Adventures partners with the hotels for these events, please be respectful and considerate of all other guests and hotel staff during your stay
- Check-Out at the hotel is at 11:00AM on Sunday. Please check out before the last session on Sunday.
- Groups/Individuals are responsible for their own transportation from the hotel to Grace Adventures

Weekend Activity Info

Open Activities

Open activities are available for you to enjoy during the specified open times and have no extra cost. You'll receive the full list of activities and times in your booklet at Check-In, activities are subject to change.

- Rock Climbing Tower
- Ropes Course
- Zipline
- Trap Shooting
- Archery/Rifle Range
- Axe Throwing
- Kayaking/Canoeing
- Wagon Rides

Massages – Sign-Up Friday Evening \$10/10 Minutes. Please Bring Cash

Relax with a massage from a professional massage therapist. Limit one session per person. Information to sign up for a massage will be emailed to all retreat participants prior to the retreat. All spots are on a first-come, first-serve basis. You will pay the therapist directly at the time of your appointment.

Horseback Trail Rides – \$25

Come ride a horse at Paradise Ranch! We'll take you on a ride through our vast system of trails for a chance to enjoy the beauty of autumn in Michigan.

To Sign Up:

Information to sign up for a trail ride will be emailed to all retreat participants prior to the retreat. All spots are on a first-come, first-serve basis. Payment is required prior to check in. All payments for trail rides are non-refundable.

Please Wear:

Long pants and closed-toe shoes are required for riding.

Special Notes:

Participants must be able to mount the horse unassisted in order to ride. Participants with recent surgeries or joint problems should avoid riding.

Crafts – No Sign-Up Required - \$10- \$30 Please Bring Cash

Get creative with a craft to take home. Craft to be determined.





Sample Schedule

FRIDAY

6:00PM Registration, Move-In, Snack
8:00PM Session 1
9:30PM Evening Activities
11:00PM Courtesy Quiet Hours



SATURDAY

7:30AM Open Breakfast until 9:00AM
9:15AM Session 2
11:00AM Workshops, Trail Rides, Group Activities
12:00PM Lunch
1:30PM Afternoon Free-Time Activities
5:30PM Dinner
7:00PM Session 3
8:30PM Evening Activities
11:00PM Courtesy Quiet Hours



SUNDAY

8:00AM Open Breakfast until 10:00AM
10:00AM Session 4
12:00PM Depart



Connect, Share, and Tag Us

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 [@grace_adventures_mears](#)

 [/GraceAdventuresVids](#)

Packing List

- ☐ Bedding - Including Sleeping Bag/Sheets and Pillow (On-Campus Attendees Only)
- ☐ Toiletries (Including Towels, Comb or Brush, Toothbrush, Toothpaste)
- ☐ Warm, Outdoor, Comfortable Clothes
- ☐ Rain Gear (Just in case)
- ☐ Pajamas, Lounge Clothes
- ☐ Bible, Notebook, Pen, Highlighter
- ☐ Closed-Toe Shoes (for Horseback Riding and Rock Climbing)
- ☐ Flashlight
- ☐ Water Bottle
- ☐ Spending Money for Camp Store, Massages, Crafts

MEDICATION

Any necessary medication should be kept in a safe and secure place where others can't access it. Grace Adventures does not store or distribute medication.

DO NOT BRING

Alcohol, Tobacco, Marijuana, Firearms, or Weapons

Non-Prescription or Illegal Drugs

Fireworks or Prank Items

Pets

We recommend that you “unplug” during this retreat. Cell phones and other electronics can be a distraction. We will require that phones and other electronics are silenced during sessions and events. Anything brought on campus, including electronics, are the owner's responsibility. We are not responsible for items lost, stolen, or broken.

Grace Adventures desires to provide a safe environment for all employees, campers, and guests and to create an environment where they can focus on and learn more about a deepening relationship with Christ. Grace Adventures has zero tolerance for illegal substances and intoxicants, including marijuana and alcohol, on all our properties, in all our facilities and vehicles, and at all our events. All such substances are strictly prohibited.

Frequently Asked Questions

1. WHAT DOES THE REGISTRATION FEE INCLUDE?

The registration fee covers your housing, meals, sessions, and most activities. The only extra money you may need is for horseback trail rides (\$25), massages (\$10), craft supplies, and extra snacks and drinks at our Camp Store during the weekend.

2. IS WI-FI AVAILABLE DURING THE RETREAT?

We now have wifi available in the Keep (where the sessions are), but recommend that you use it on an emergency basis so you are able to be present throughout the weekend.

3. WHAT IF ANY OF US HAVE SPECIAL DIETARY NEEDS?

We are happy to accommodate some dietary needs and restrictions that our guests may have. We are pleased to offer Gluten Free, Tree Nut/Peanut, Dairy and Vegetarian menu options. If your allergy/dietary needs fall into any of these four categories please inform us at least one week prior to your experience by filling out those needs on your online Health Form. If your allergy/dietary needs exceed those listed above please contact our Registrar at registration@graceadventures.org or 231-873-3662 to make arrangements to bring your own food with you.

4. DO WE HAVE TO PARTICIPATE IN ALL OF THE ACTIVITIES?

No you do not. This retreat is yours to Renew, Restore, Refresh your mind, body, and spirit. You don't have to participate in any of the activities if you don't want to.

5. HOW MANY PEOPLE USUALLY COME TO THE WOMEN'S RETREATS?

Every weekend is different and will have a variable number of people. Our weekends range from 175-250 people.

6. ARE YOUR BUILDINGS HANDICAP ACCESSIBLE?

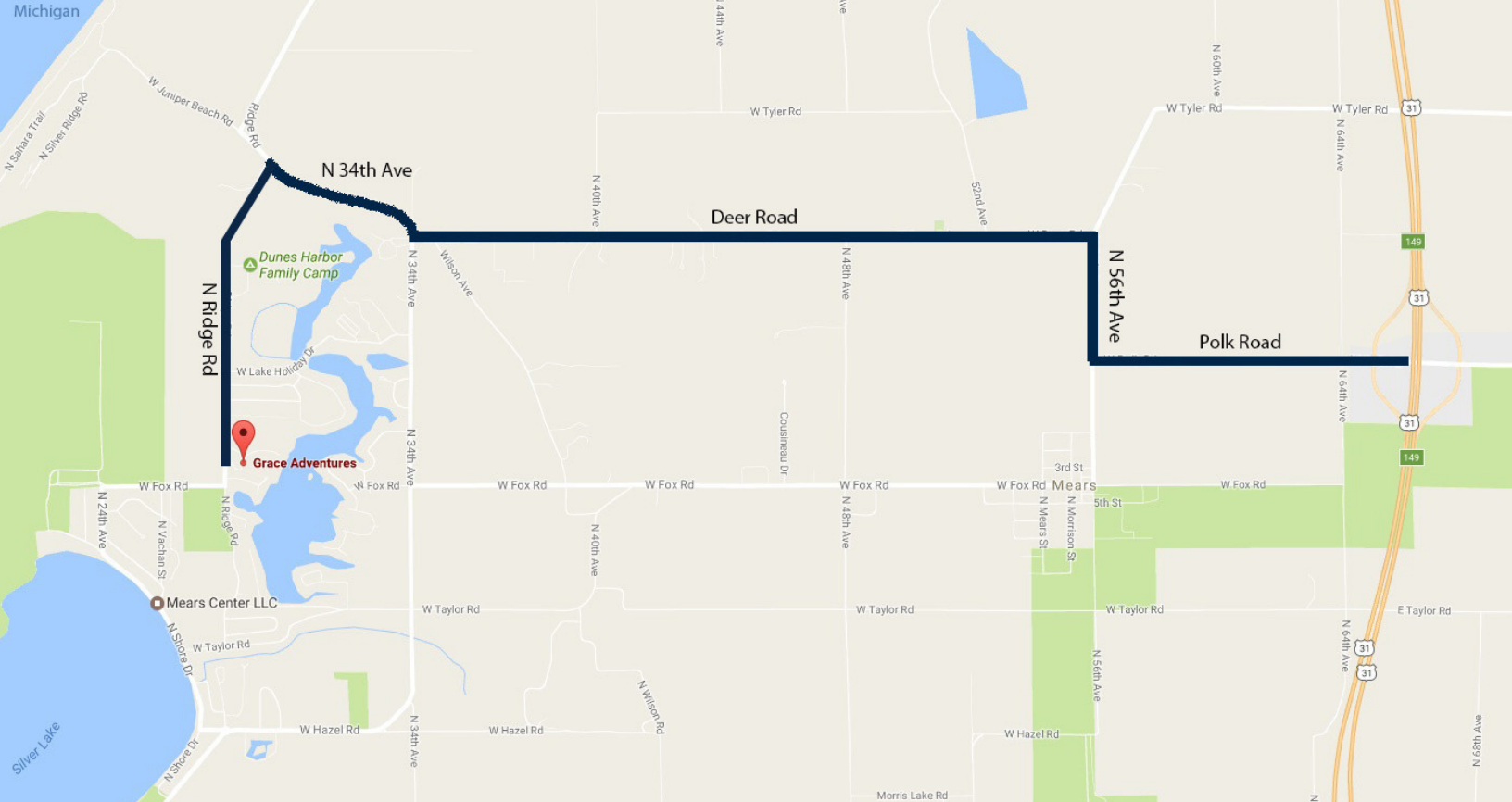
Many of our buildings and housing units are handicap accessible, but not every housing unit and activity site. We have paved sidewalks that go between the main session space, gymnasium, Dining Center, the Lodge housing unit, and the Retreat Center housing unit. There is a significant amount of walking required to get around campus. If you require handicap accessible lodging or accommodations, please let our staff know ahead of time on your online Health Form.

7. CAN I BRING MY NURSING INFANT OR SMALL CHILD?

We ask that you do not bring any infants or small children to the Women's Retreat. These weekends are designed for women to get away from their everyday life to connect together and with God.

8. WHAT SHOULD WE DO IN CASE OF AN EMERGENCY?

In the event of an emergency, please call 911 and inform a Grace Adventures staff member. Make sure your women have the proper insurance and medical information on hand. At Check-In you'll be given more information on how to reach a staff member at any time. The nearest hospital is Mercy Health Lakeshore in Shelby, MI. (72 S State St, Shelby, MI 49455)



Directions

Grace Adventures is located about 35 miles North of Muskegon, 20 miles South of Ludington, and 80 miles Northwest of Grand Rapids. Grace Adventures is on Upper Silver Lake, almost 7 miles West of US-31.

Traveling from Grand Rapids

Follow I-96 West toward Muskegon and take the exit for US-31 North toward Ludington, follow US-31 Northbound to Hart/Mears (Exit 149). Turn Left (West) and stay on this road until it stops (approx 1 ½ mile) and follow the signs.

Traveling from Holland

Follow US-31 Northbound to Hart/Mears (Exit 149). Turn Left (West) and stay on this road until it stops (approx 1 ½ mile) and follow the signs.

Traveling from Ludington

Follow US-31 Southbound to Hart/Mears (Exit 149). Turn Right (West) and stay on this road until it stops (approx 1 ½ mile) and follow the signs.

Grace Adventures 2100 N Ridge Rd. Mears, MI 49436 (231) 873-3662