

WINTER WONDERLAND RETREAT: FEB 21 - 23, 2025

Greetings,

Welcome to the 2nd Annual IWF Winter Wonderland Retreat at Camp Yowochas. On behalf of YWCA Edmonton's staff and board of directors, we want to warmly welcome you to our beautiful 62-acre property located on the shores of Wabamun Lake on Treaty 6 Territory and Region 4 of the Metis Nation of Alberta.

Our 117-year-old organization has been operating outdoor education programming on this lake since 1916. This retreat is an opportunity to slow down, connect with IWF members and friends and get back to nature. Our home is your home during your stay! We've attached the retreat agenda and packing list.

Feel free to adjust the schedule to your needs. We've built in adventure time, relaxation time and lots of yummy meals. We have cross[1]country skis and snowshoes available for everyone to use; feel free to bring your own ice skates if you would like to skate on the lake.

Please talk to me or a Camp Yowochas staff member if there is something we can do to make your time with us more enjoyable. Camp Yowochas' motto is "A Place to Return." Hope to see you again!

Sincerely,

Katherine O'Neill
YWCA Edmonton CEO

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CLOTHING SUGGESTIONS

- Clothing: layers and long sleeves
- Several pairs of socks
- Sleepwear / pyjamas
- Jacket
- Outdoor footwear
- Swimsuit & towel for sauna
- Optional: vest, rainproof jacket, windbreaker
- Indoor shoes / slippers

**we recommend having layers to wear for personal comfort*

BEDDING

- Pillow
- Warm blankets or sleeping bag
- Sheet to cover mattress (if using blanket instead of sleeping bag)

Don't forget these!

- TOILETRIES: soap, towels, shampoo, toothbrush, toothpaste, etc.
- Reusable water bottle
- Travel mug for warm beverages
- Personal items
- Indoor shoes or slippers
- Medications
- Yoga Mat

OPTIONAL EQUIPMENT

- Flashlight
- Headlamp
- Book
- Personal items
- Hobby items or games for downtime
- Extension cord or power bar for any personal devices



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FRIDAY, FEBRUARY 21

- 7:00 Arrival and Welcome Reception (Snacks will be provided)
- 7:30 Orientation & Icebreakers
- 8:30 Campfire or Fireside Lounge
- 9:30 Camp Yowochas staff say "goodnight"
Optional outdoor activity led by the CEO

SATURDAY, FEBRUARY 22

- 7:30 Sunrise coffee & snack (waterfront)
- 8:00 Morning Meditation (Dining Hall)
- 8:30 Breakfast (Dining Hall)
- 9:30 Outdoor activity (either hike, skating or cross country skiing)
- 11:30 Break
- 12:30 Lunch
- 1:30 Outdoor activity (Low ropes, zipline or high-rope course)
- 4:00 Break
- 5:30 Long table dinner (Dining Hall)
- 6:30 Free time
- 8:30 Campfire and/or Movie night
- 9:30 Camp Yowochas staff say "goodnight"
Optional outdoor activity led by the CEO

SUNDAY, FEBRUARY 23

- 7:30 Sunrise coffee & snack (waterfront)
- 8:30 Breakfast
- 9:30 Outdoor activities (TBD)
- 11:00 Retreat Wrap-Up (Dining Hall)
- 12:00 Departure

- The waterfront sauna will be open between 7am - 9pm and can be used at anytime.
- Camp Yowochas designated quiet times are between 10pm - 7am.
- The Fireside Lounge is open 24/7 for your quiet enjoyment. Alcohol will be permitted in designated areas; please drink responsibly and respect others. Smoking is permitted in a designated outdoor area by the main parking lot.
- A refrigerator is available for items that need to be kept cool during your stay



HOW TO GET TO CAMP YOWOCHAS



- Take Highway 16 to Range Road 52 (west of Wabamun / East of Entwistle)
- Turn south on Range Road 52
- Follow the green and white signs through the Hamlet of Fallis to our parking lot
- Speed limit through Fallis is 30km/hr and is enforced throughout the year by RCMP