



Michael Caron M.ED; SGX; Certified Unbeatable Mind Coach; Sealfit Basic Training Certified; CEO and Founder Get Burly LLC

GET BURLY CUSTOM-TAILORED RETREAT FOR WAKE UP WARRIOR: Thursday July 29th through Sunday Aug 1st

This Itinerary is subject to possible minor changes

Day1- Thursday

- Fly into Bangor International Airport on Day 1
- We will pick you up from the airport and transport you to the campground. Drive from airport to campsite approx. 1.5 to 2 hour drive.
- We will serve you a BBQ Dinner upon arrival
- Attendees will get situated in their tents with sleeping bags etc.
- Fireside Chat and Briefing reviewing rafting policies and procedures
- Camp Out

Day 2- Friday

- Breakfast
- Gear up for rafting
- Raft from mid morning until noon then stop along the river for lunch (opportunities for team building and leadership development)
- Continue rafting through the afternoon
- Back to campsite for dinner
- Fireside chat ceremony
- Camp Out

Day 3- Saturday

- Breakfast
- Head to Debsconeag Lakes Wilderness Area for guided hiking of Rainbow Loop Trail

<https://www.mainetrailfinder.com/trails/trail/debsconeag-lakes-wilderness-area-rainbow-lake>

- Stop and have lunch along the trails
- Head back to campsite for final night---kickass dinner and closing ceremonies by the fire etc.
- Camp Out

Day 4 - Sunday

- Breakfast
- Closing statements
- Staff to drive guests back to the airport to catch flight