



River Mountain

Get Away & Be Well

RETREAT PACKAGES



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It's your journey.

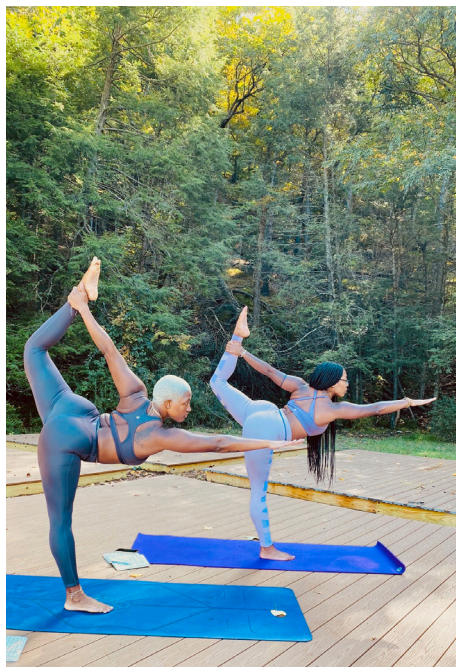
River Mountain is more than a place - it is a transformational, human-centered experience. River Mountain offers open space and fresh mountain air to getaway and be well. It is a place to realign, reconnect, and recharge with one another and the natural world. A place to unwind and enjoy your journey.

**RESERVE & LEARN MORE AT
[RIVERMOUNTAIN.ORG/GATHER](https://rivermountain.org/gather)**



Stress-Free Retreats

We keep it easy for instructors and facilitators - seriously. From planning your itinerary, to reservations and your event website, we have you covered. All you need to do is invite your guests and show up. No stress, be well, and grow your business.





Enjoy the View

Just a few hours from Washington D.C., Baltimore and Pittsburgh - Yet a World Away

River Mountain's 150 acre campus is located in the heart of the Allegheny Mountains of southern Pennsylvania along the banks of Sweet Root Creek. Nestled in a deep valley adjacent to Buchanan State Forest, our secluded sanctuary provides unparalleled access to the outdoors and back-to-nature experiences.



Accommodations

Designed by award-winning architecture firm GWWO in Baltimore, our biophilic designed facilities reduce stress, enhance creativity and clarity of thought, and increase connection to the environment.

Our first-of-their-kind Circadian Rhythm Wellness Cabins are oriented to realign guests to the body's natural rhythm. Rise with the sun shining through expansive floor to ceiling windows, fall asleep with the stars gazing through skylights placed above every guest pillow, and rest easily to the calming sounds of the creek nearby.



Facilities

Our stunning facilities range from historical and restored to brand new. When hosting a retreat, please find all facilities available for your use. Don't worry, we'll assist you in identifying the ideal space for each retreat activity based on group size and retreat flow.

MAIN LODGE Registration and yoga studio space, private classroom, & additional guest spaces.

CIRCADIAN RHYTHM CABINS Total accommodations for up to 32 retreat guests during COVID while operating at 50% capacity.

"BIG RED" BARN Open-air and heated 1860's Mennonite barn. Fully renovated for yoga and community space.

HISTORIC LOG CABIN Hand hewn, 1807 log cabin, restored and captivating as a dining and community gathering space.

OUTDOOR YOGA PLATFORMS Resting along the banks of Sweet Root Creek and looking back at the open meadow to Tussey Mountain.

ENO HAMMOCK HIDEAWAY Chill and hang among the trees.

WARRIOR RIDGE TIPI Meditation and relaxation space.



Experience River Mountain

EXCEPTIONAL CUISINE Great food is essential to our holistic experience. Graze Kitchen at River Mountain, delivers deliciously fresh, regionally sourced ingredients with contemporary flavor.

COMPLIMENTARY HAPPY HOUR Toast the day with our seasonal, rotating local craft brew from Olde Bedford Brewing Company and wine.

SIGNATURE BONFIRE + S'MORES Unwind and connect over the flicker of the flame at our signature bonfire experiences.

LOCAL EXPLORATION River Mountain is located in historic Bedford County, surrounded by the stunning beauty of Pennsylvania's ridge and valley region. Allow us to assist in any local experiences to enhance your retreat.

TRANSPORTATION As a convenience to our guests and to enhance the overall retreat experience, River Mountain offers round-trip transportation to Washington D.C., Baltimore, Pittsburgh and surrounding areas.

SERVICE From guiding an adventure, facilitating group discussion, and planning individual journeys, our team of professionally trained and certified staff is here to support you. The safety, comfort, and happiness of every guest is our highest priority.

AMENITIES Our accommodations include organic cotton sheets and blankets, down comforter, organic towels, and natural eco-friendly bath products. Fresh linens, laundry, and cleaning services are provided by our staff.

A bonfire of logs is burning brightly in the foreground, with flames reaching upwards. In the background, a range of mountains is silhouetted against a sunset sky with warm orange and yellow light. The overall scene is peaceful and inviting.

Plan Your Retreat

ALL INCLUSIVE RETREATS

Bring Your Group, We Take Care of the Rest

We'll handle everything - from website to reservations to on-site operations. We have you covered, simply pick your date and invite your students and friends. We keep it simple, allowing you to be well and grow business.

We're Here for You

REACH OUT ANYTIME We're excited to welcome you to River Mountain. To reserve a date for your group retreat, please contact us:

Meghan

meghan@rivermountain.org or call **(303) 476-0204**

VISIT US AT RIVERMOUNTAIN.ORG



River Mountain

3600 Black Valley Road
Everett, PA 15537
rivermountain.org

