



River Mountain

Get Away & Be Well

RETREAT PACKAGES



R

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.

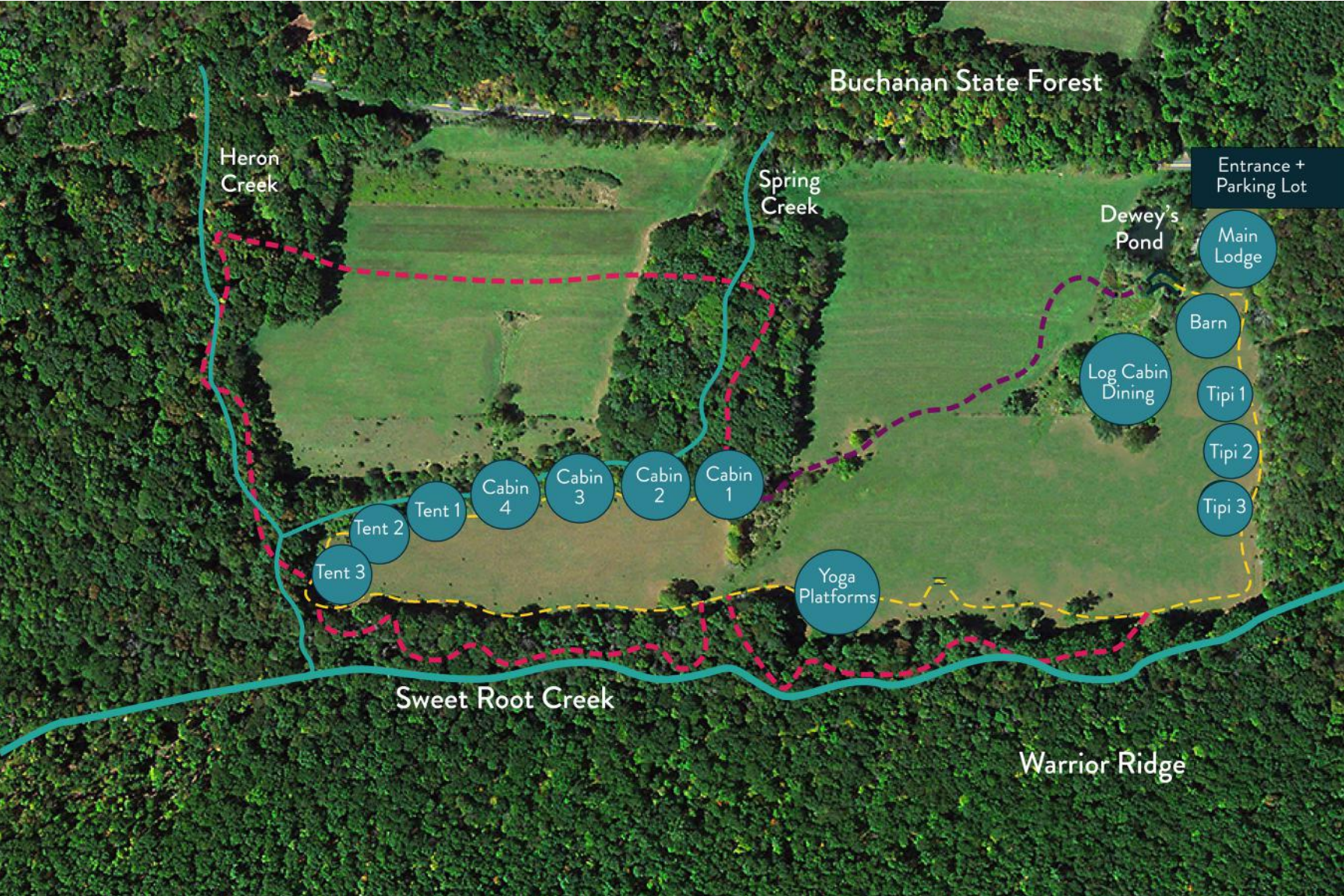




Enjoy the View

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 glamping pods are oriented to realign guests to the body's natural rhythm. Rise with the sun shining through expansive floor to ceiling windows, nestle into private space at the end of the day, and rest easily in your pod surrounded by the calm of nature.



4 CABINS

12 Private Pods per Cabin - 12 People per Cabin

2 MAIN LODGE ROOMS

8 Private Glamping Pods per Room -8 People per Room

3 GLAMPING YURT TENTS

2 Queen Beds Per Tent - 2 People Per Tent

3 TIPIS

2 Queen Beds Per Tipi - 2 People Per Tipi

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 Guest accommodations, lounge or studio space for workshops, private classroom for 1:1 sessions or massage therapy, and courtyard for workshops or practice. The main lounge and front room is ideal for a smaller yoga class of up to 20.

"BIG RED" BARN Open-air and heated 1860's Mennonite barn is utilized year round for yoga classes and workshops. Fully renovated for yoga and community space. This 3600 square foot space accommodates up to 50-60 for yoga.

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

CABIN AMPITHEATER DECK Space for group conversation, workshops, yoga classes, picnic lunch, and beyond.

OUTDOOR YOGA PLATFORMS Resting along the banks of Sweet Root Creek and looking back at the open meadow to Tussey Mountain. These outdoor platforms accommodate up to 32 for yoga, with additional space on the grass.





Meals

There is nothing quite like sitting down to share a meal together. Community happens around the table. Meals are served in our historic 1807 historic dining cabin at our gorgeous community tables, for an intimate dining experience. Our full-service kitchen, Graze, delivers deliciously fresh meals and a menu crafted specifically for each retreat. Our menu options cater to plant-based, gluten-free, and the specific allergies or dietary requests of our guests. Allow us to handle all specific requests and needs for guests prior to arrival to ensure everyone is well-fed and satisfied.



Experience River Mountain

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.

ENO HAMMOCK HIDEAWAY Chill and hang among the trees as a group or solo.

RIVER MOUNTAIN LOOP The hiking trail around River Mountain is approximately 1.25 miles long and runs along Sweet Root Creek, up into the forest, through the meadow, and back around. It is a gorgeous hike, stroll, or wander. We recommend this as a group hike the first day of the retreat so guests can familiarize themselves with their surrounds. We will help guide you, not to worry!

BUCHANAN STATE FOREST River Mountain borders Buchanan State Forest and Pennsylvania's Mid-State Trail. The Mid-State Trail is Pennsylvania's #1 trail which runs from Maryland to New York. Enjoy a half or full day on the trail with your group.

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.

SERVICE From reservations, itinerary planning, guest communication, check-in, and on-site experience, our team of professionally trained and certified staff are here to support you. The safety, comfort, and happiness of every guest is our highest priority.

SAMPLE ITINERARY

THURSDAY

3pm - 6pm Arrival + Check-In
5 - 6pm Happy Hour + Mingle
6pm Dinner
7:30pm Welcome Flow @ Barn
Stargazing, Bonfire + S'mores

FRIDAY

9am Yoga @ Barn
10:30am Breakfast @ Historic Log Cabin
11:30am Nature Hike
1pm Lunch @ Historic Log Cabin
Chill/Rest/Hang
4pm Yoga @ Barn
5-6pm Happy Hour
6pm Dinner @ Historic Log Cabin
Stargazing, Bonfire + S'mores

SATURDAY

9am Yoga @ Barn
10:30am Breakfast @ Historic Log Cabin
Workshop or Chill
1pm Lunch @ Historic Log Cabin
Workshop or Chill
4pm Yoga @ Barn
5-6pm Happy Hour
6pm Dinner @ Historic Log Cabin
Stargazing, Bonfire + S'mores

SUNDAY

8:30am Yoga @ Barn
10am Breakfast @ Historic Log Cabin
11am Depart

SAMPLE MENU

THURSDAY

Dinner

Stuffed Green Peppers (V, GF) - Beans | Rice | Seasonal Vegetables
Stuffed Green Peppers - Ground Beef | Rice | Seasonal Vegetables
S'mores by the Campfire

FRIDAY

Breakfast

Rooted Frittata (V, GF) - JUST Egg Plant-Based Eggs | Roasted Vegetables
Farm Frittata (GF) - Eggs | Roasted Vegetables | Breakfast Sausage

Lunch

Chili | Vegan Chili (V) | Loaded Baked Potato Soup | Cornbread

Dinner

Chickpea Curry | Naan
Chicken Curry | Naan
S'mores by the Campfire

BEVERAGE SERVICE

Breakfast Orange Juice | Cranberry Juice | Coffee | Hot Tea | Oat Milk | Cream

Lunch Infused Water | Unsweet Tea | Hibiscus Tea

Dinner Draft Beer + Sangria | Infused Water | Unsweet Tea | Hibiscus Tea

SATURDAY

Breakfast

Sunshine Frittata (V, GF) - JUST Egg Plant-Based Eggs | Daily Seasonal Vegetables
Mountain Frittata (GF) - Eggs | Daily Seasonal Vegetables | Breakfast Sausage/Bacon

Lunch

Hummus + Veggies Wrap (V) | Fruit | Chips
Chicken Wrap | Fruit | Chips

Dinner

Fall Harvest (V, GF) - Roasted Vegetables | Quinoa | House Balsamic
Fall Harvest + Salmon - Salmon | Roasted Vegetables | Quinoa | House Balsamic

SUNDAY

Breakfast

Chia Power Bowl (V, GF) - Chia | Oat Milk | Blueberry | Coconut
Yogurt Parfait (GF) - Yogurt | Blueberry | Granola

COMMON QUESTIONS

GROUP PRIVACY + FACILITIES If your group is smaller or just simply doesn't book the entire property, that's ok and completely common. I will work with you on the final itinerary to ensure that your group has private space for each activity and event. This has not been an issue and works out very well. Plenty of room for all on 150 acres of land.

GEAR We have yoga mats, blocks, blankets, and a bluetooth speaker.

MEALS Our kitchen serves delicious meals, this is based on all guest feedback. We offer plant-based and animal-based protein for each meal. We also send out a meal form to all guests prior to arrival to ensure each meal accommodates for individual dietary needs and any food allergies. Meals are typically served in our historic log cabin and would be private to your group during meal times. In the event that we have a larger group or multiple groups, we may also serve meals in our barn or main lodge, just to ensure private space for your group.

MIXING ACCOMMODATIONS If you'd like to offer your guests a choice between different accommodations, that's great! It makes sense to offer glamping tents if your group is staying in cabins because they're nearby. If your group is staying in the main lodge, the tipis are closest and we can add those to the group block. Depending on your anticipated group size, we will guide you on best options.

RATES Our rates include all accommodations, meals, facilities use, happy hour, bonfire, and s'mores. There is a 10.9% Pennsylvania state and local tax and fee that is added on top of River Mountain's base rate.



Plan Your Retreat

ALL INCLUSIVE RETREATS

Bring Your Group, We Take Care of the Rest

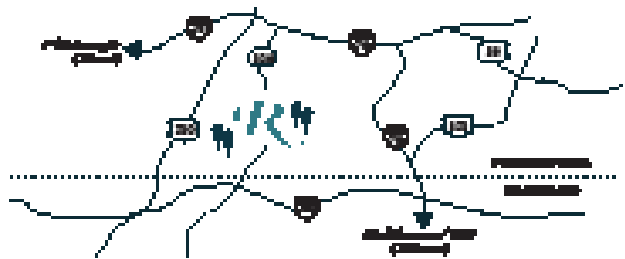
We'll handle everything - from website to reservations to on-site operations. We have you covered, simply pick your date and invite your students and friends. We keep it simple, allowing you to be well and grow business.

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

VISIT US AT RIVERMOUNTAIN.ORG



**River
Mountain**

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