

A WILDERNESS RETREAT

Wilderness Tours – Forrester Falls, May 27 – 29, 2022



Breast Cancer Action Kingston is pleased to announce their Wilderness Adventure Retreat for breast cancer patients, thrivers, survivors and supporters. This weekend getaway to the Wilderness Tours facility in Forrester Falls on the Ottawa River will be held May 27 to May 29th, 2022.

The cost of \$300.00 for BCAA members; and \$350.00 for non members) includes transportation to and from Forrester Falls, all meals, double occupancy accommodation*, a 5-hour beginners white water rafting experience (tame, you shouldn't fall out of the raft), workshops and loads of outdoor fun and camaraderie all weekend long!



The Adventure is open to friends of all ages – we already have some young and some not quite so young survivors joining us!

Weekend Itinerary:

Fri., May 27

1:00 p.m. Clark's party bus departs BCAA
4:45 p.m. Arrive Forrester Falls and check in
6:00 p.m. Dinner in Pavilion
7:30 p.m. Get together on the spa patio
Live entertainment on the pavilion patio

Saturday, May 28

7 – 7:45 a.m. Breakfast
8:00 a.m. Depart for whitewater rafting
(those remaining behind have access to standup paddle boards or kayaks, hiking trails, water sports, etc.)
Noon – 2:00 p.m. Lunch
3:00 Watchmaking in the pavilion
4:30 Beach volleyball tournament
6:30 Dinner in Pavilion
Live entertainment on the pavilion patio

Sunday, May 29

7 - 8:00 a.m. Breakfast
9:00 A morning of beauty aids – Bea
11:30 Prepare to depart
12:00 Lunch
1:00 p.m. Bus leaves Forrester Falls
4:45 p.m. Bus arrives BCAA

*Accommodation: Based on double occupancy in a basic cabin, 2 double beds and no toilet in the cabin (toilets are a short walk away on a well lit path). There is a trundle bed if 3 wish to share the cabin.

Meals: All meals are served buffet style in an open air pavilion. There is a bar and alcohol is available for purchase. Both Friday and Saturday nights there will be live entertainment in the pavilion following dinner.

On Saturday, May 14 we will be hosting a car wash to raise funds for the Wilderness Adventure. It will be at Petrie Ford from 10 a.m. until 4 p.m. We encourage you to come out (dressed in pink), bring your family and wash cars with us. We also encourage you to pass the word about the car wash to family and friends. The cost is a donation to BCAA.

We would like to acknowledge and thank Lafarge Canada, Cupido Construction Limited and BCAA for their generous contributions to this initiative.

For more information, contact Serena Taylor or Wendy Barrette: email.bcak@gmail.com