



Faced with worry and anxious feelings, Jesus pointed to the flowers, birds, and grass all around his disciples. He pointed to the door: go outside!

In the most ordinary of places, they would see and experience the extraordinary truth about God. He is powerfully and abundantly near to us and knows what we need before we ask. In other words, Jesus told his disciples to go outside of their worry and limited view. He was leading them to a new perspective of faith and a new way of thinking about themselves.

Odyssey is a six-day retreat that takes participants into the learning experience. Odyssey is a wilderness-based adventure. Led by professional guides into the wild, beautiful, remote, and challenging wilderness of central Colorado, participants are taken into the heart of the Rocky Mountains and to a view of God's powerful and abundant presence. This amazing setting serves as a powerful backdrop for reading Scripture, learning from one another, and seeing the sufficiency of Christ Jesus in a new light.

What follows is general information about the trips. If you have any questions, please don't hesitate to contact us. You can find our emails on the website, which is shown at the bottom of each page.

CAN I DO THIS?

We love taking people backpacking who have never been! This trip will be meaningful both for people who have spent time outdoors and camped as well as for those who haven't. People of all physical abilities enjoy this trip. If you follow our advice and prepare your body, you'll be surprised at what you accomplish. That said, **we strongly recommend that you have a physical or consult your doctor if you have any concerns.**

DATES

- Coed Trip June 27-July 3 (Couples and individuals welcome!)
- Men's Trip July 4-10
- Women's Trip July 11-17

COST

- \$650 per person (Deposit \$100 goes toward the total cost)
- Includes: All meals, most gear, professional guides, whitewater rafting, reading materials, and transportation while in Buena Vista, Colorado. We have limited space! Let us know what your travels plans are ASAP.
- Payments can be made in increments

ITINERARY

- **Sunday: Arrive by 4** -- Spending 2 nights in Buena Vista (If flying, we will pick you up in Colorado Springs but not Denver! Make sure you arrive by 1PM.)
- **Monday: Whitewater Rafting on the Arkansas River**
- **Backpacking Tuesday-Friday** (Yes, we carry backpacks. The llamas carry packs, too! They help in making the load a little less heavy!)
- **Spend Friday night in Buena Vista**
- **Depart Saturday morning** -- If you need transportation to the Colorado Springs airport, please do not book your departing flight earlier than Noon.

LODGING

- You need to secure 3 nights lodging in Buena Vista. We work closely with **Vista Court Cabins** there. You can secure a private cabin with them. A less expensive option is to stay in a rented house with us. Call us for more information.

WHAT DO I NEED?

Boots are very important and will cost you between \$60 and \$100. The other items on this list can be bought economically. We recommend the REI Outlet online. This store has good gear and this outlet has it at good prices. We're happy to help you make sense of it all. Give us a call! When you can, borrow gear!

- Boots for hiking three to four days with about 60LBS on your back
- 2 to 3 pairs of Socks (Smartwool™, pure wool with liners, etc)
- Long Underwear (not cotton)
- Stocking hat
- Ball Cap
- Sunglasses with strap
- Mitts (are better than gloves)
- Cup with lid and spoon (a plastic travel coffee mug works great)
- Baby wipes
- Camp Chair (not a must, but a luxury)
- Trash Bags and zip lock bags
- T-shirts (long and short sleeve, avoid cotton)
- Shorts (again, avoid cotton)
- Swimming Suit
- Sandals (not flip flops, something you can walk through a river in)
- Sun block (15spf or higher)
- Fleece Jacket (chilly nights)
- Rain coat or poncho with hood
- Wind or rain pants
- Lip Balm
- Any and all necessary toiletries
- Small Bible with Old and New Testaments
- Small journal with pen or pencil
- Flashlight (the smaller or better) / headlamp is better

- Camera
- Snacks for the trail
- 2 Water Bottles (32oz or more); Nalgene bottles best

OTHER FAQs

Q: How do I get to Buena Vista?

You can either drive (car-pooling is great!) or fly into Colorado Springs. We have limited means by which to transport from the airport; let us know ahead of time.

Q: How hard is it? Do I have to have back-packed before?

It is challenging. You absolutely do not need to have experience. In fact, we love taking first timers out in the wilderness!

Q: I don't have a back-pack, sleeping bag or any equipment... do I have to buy all of that?

No. Noah's Ark provides the gear for the trip. You will need boots and clothing (see checklist). If you have your own equipment, contact us to determine if they will work for this trip.

Q: I'm nervous about white-water rafting. What if I fall out of the boat?

The Noah's Ark guides are well trained river guides who have extensive experience. Their expertise makes for an exciting ride down the Arkansas river, not a dangerous one.

Q: What do we eat while on the trail?

The Noah's Ark kitchen staff prepares really delicious food that they pack for each meal while out on the trail. Let us know if you have any dietary restrictions (i.e. vegetarian, allergies) and they will do their best to accommodate you.

Q: I really want to go but don't have \$650 right now. Is there any way I can still participate?

Yes! We encourage participants to pay it out in installments. You can also pay with credit card through Pay pal (www.herecomebetterdays.org). If you have any more questions about the finances, please contact us.

Q: How can I prepare physically for this trip?

Make sure you are exercising regularly (walking, running, biking... whatever you like to do!), drink a lot more water as the trip approaches (the hydration helps you acclimatize).

Q: How can I prepare spiritually for this trip?

Spend time alone in the Scriptures. Pray & ask that God would use the trip to change you for His glory & that you would be aware of His presence. Ask others you trust to be praying for you and share with them how your preparation for the trip is progressing.