

**FSU  Campus Recreation
OUTDOOR PURSUITS**

Trip Itinerary + Log

QUICK FACTS	
Trip name:	Meditation & Self Reflection Retreat - Lake Seminole
Trip date(s):	10/7 – 10/8
Pre trip meeting date and location:	10/4/2011 at the FSU Rez Wet Classroom
Trip leaders:	Michael Hooten
Trip cost:	\$20 FSU Student / \$30 Non-student
Activity:	Hike, reflection (optional meditation & Qi Gong instruction) Difficulty rating (circle) 1 2 3 4 5
Location (include State Park website, if applicable):	http://www.gastateparks.org/Seminole
Please provide any unique features of this trip:	Group & individual beginner meditation and Qi Gong instruction provided by Level 2 certified Qi Gong instructor. Also, there will be a lake to swim in, some possible geo-caching, and we will have a screened-in "tree house" pavilion for meditation in a secluded forest.

TRAVEL INFORMATION	
Method of travel:	1 Van 2 Vans Bikes Other _____ Trailer(s)? _____
Departure time:	10:00am Saturday
Departure location:	REZ
Any prominent stopping points?	
Anticipated arrival time to site:	11:30am
Anticipated return time to FSU:	6:00pm Saturday

OVERNIGHT LODGING – please indicate where you will be lodging, the type of site (primitive campsite, primitive shelter, group campsite, cabin, hotel, other), and any other information that will help identify your site (park name, campsite #, etc.)	
Night 1	"Tree-House" campsite
Night 2	
Night 3	

GEAR	
If paddling trip, what type of vessel is being used?	Kayak Canoe Both Sailboat
Do participants need to bring any special type of gear?	Pillow or yoga matt, water, food for cooking and snacks, bug spray, swimsuit, towel, headlamp.

**FSU  Campus Recreation
OUTDOOR PURSUITS**

Trip Itinerary + Log

Any other special instructions?

	Mileage/time	Route traveled/trail used	Water availability	Terrain/ trail conditions	Campsite
Day 1	63 miles; approx. 1.5 hours	US 27 & GA 253	Lake Seminole swim area	30min situate in park; 1 hr meditate teach & practice; 1hr free/personal time; 1hr qi gong teach & practice; 1 hr free	Tree house screened-in for overnight
Day 2	63 miles; approx. 1.5 hours	US 27 & GA 253			
Day 3					

Other special considerations for this trip: