

# DRIVING DIRECTIONS

Approximate Driving Time: 3.5 hours

- Route 3 West to Wilderness
- Turn left onto Route 20 South to Orange
- Turn left onto Route 15 South to Gordonsville
- At Gordonsville enter traffic circle and take the third right out of the circle, and continue on Route 15 South/33 East.
- Take I-64 West towards Staunton
- Take I-81 North. In just 3 miles you will take Exit 225
- Take Exit 225, which is Woodrow Wilson Parkway/Route 262
- Turn left on Route 262 heading West.
- In 4-5 miles, exit onto Route 250/Churchville Ave
- You will be on Route 250 for about 25 miles, going up and over a winding mountain road
- You will come to the town of Head Waters. You will see a little white church on the left and Millers Store on the right
- Go 1.5 miles past Millers Store and turn right onto Cowpasture Road/Route 614.
- After making turn on Route 614, the lodge driveway is exactly 7 miles on the left. You will see a large YDI sign at the driveway entrance.

Headwaters Lodge  
(540) 396-4822

# MEN'S SPRING RETREAT

May 19th-21st  
Head Waters, VA

- **Guest Speaker: Nick Long** is a pastor, church planter, and missionary.
- **What is Head Waters like:** The lodge is located in the Blue Ridge Mountains and is surrounded by woods and streams. The rooming is best described as college dormitory style. The rooms contain bunk beds and there is a community dining room, meeting rooms, and bathrooms.
- **How many are in a room?** The room sizes vary. Some rooms sleep 4, some 6 to 8, others more than 20. The actual number of men per room will be determined by how many register for the retreat.
- **What time do I need to be there?** The first event of the evening is dinner, which will be served at 6:00pm. It would be a good idea to arrive a little before this time so that you can get checked in and become familiar with your surroundings.
- **What is there to do?** Well, that's up to you. You can do as little or as much as you desire. The retreat schedule is such that you will have opportunities for free time & fellowship. During this time, Head Waters offers a ropes course that includes a zip-line, climbing wall, etc. There is a Frisbee golf course and many take a hike up the mountain while some prefer to play board games or relax and talk.
- **What about the food?** The meals at Head Waters are very good and no one has gone hungry in the past. Coffee is always available and there is a soda machine, so bring some change if you'd like to use it while you're there. We will be bringing some munchies for all, but you are welcome to bring your favorite snack. To limit critter visitations please don't eat in your room.
- **When can I expect to get home?** The last scheduled event is lunch on Sunday, which will be at noon. With an average driving time of 3.5 hours, you could expect to arrive in Fredericksburg around 4:30pm.
- **What if I need to leave early?** We hope you won't leave too early, but if you really must, it is not a problem. Just let us know you're leaving.
- **Is there a phone I can use or a number at which my family can reach me in case of emergency?** Yes, to both. The phone number at Head Waters is (540) 396-4822. There is only one phone, however, so it should only be used in an emergency and a phone card is needed. Cell phones have no signal.

## WHAT TO BRING

- Bible, notebook, pen/pencil
- Clothing in layers (temps may vary)
- Tennis shoes/Outdoor shoes suitable for hiking
- Jacket (and if desired, raincoat)
- Toiletries, Towel, Washcloth
- Flashlight (lights go out in the dorms)
- Alarm Clock

## IF DESIRED

- Sporting equipment
- Favorite board game
- Musical instrument
- Camera
- Bicycle
- Camping Chair
- Travel Coffee Mug/Water Bottle
- Your own pillow and blanket
- Earplugs (!!!!)

## REGISTRATION

Cost is \$125 per person

1. Sign up at the info center
2. Complete an Event Registration Envelope (found on the info center)
3. Place payment into the envelope
4. Drop into The Box located in the Fellowship Hall

For questions, contact Ron Ulibarri at [mensministry@ccfred.org](mailto:mensministry@ccfred.org)