

# JOURNEYS *with* INTENTION



*outdoor  
adventure*

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Arrival	Breakfast	Breakfast	Morning <b>Stretch</b>
	<b>Mindful Property Stroll</b>	<b>October Mountain Hike</b>	<b>Mountain Biking</b>	Breakfast
	<b>Quiet time in your room</b>	<b>Smoothies at The Roost</b>	Jacuzzi Time	<b>High Wild Woosey</b>
MID-DAY	Lunch	Quiet time in your room	Lunch	Pool Time
	<b>Birding in the Berkshires</b>	Pool Time	<b>Hara Soother</b>	Lunch
	<b>Smoothies at The Roost</b>	Lunch	<b>Way of the Archer</b>	<b>Eagle's Run Zip Line</b>
EVENING	Dinner	<b>Hatchet Throwing</b>	<b>Drinks in the lounge</b>	<b>Berkshire Iron Athlete</b>
	Drinks in lounge	<b>Climbing Wall</b>	Dinner	Quiet time in your room
	<b>Forge a Fire</b>	Dinner	<b>Quiet time in your room</b>	Departure

**MINDFUL TIPS**  
**Make sure to bring your reusable Miraval water bottle with you on all your adventures to stay hydrated.**

*This is a suggested itinerary of how to plan your Miraval stay. All activities and spa services are subject to availability and may be periodically offered. Please refer to the daily schedule and connect with a Miraval Experience Planner to schedule your experiences. We highly recommend booking your activities 4-6 weeks in advance of your arrival date.*