What to Expect...

**Friday, April 13th**

- 6:00-7:00   Check in
- 7:00-9:00   Beginning the Journey –
  - The Light in the Valley

**Saturday, April 14th**

- 8:30-9:00   Alpine Start - *breakfast*
- 9:00-12:00  Small Steps – The Climb
  - Planning the Climb
  - The Tools Needed
- 12:00 -1:00 lunch / *box lunches provided*
- 1:00—4:00   Small Steps – The Peaks
  - The Gifts of the Mountain
  - The Emotional Challenges of the Climb
  - The Climber
- 4:00-6:00   The Summit
  - The View from the Top
  - The Other Side
- 6:00 -8:00 Cascade / *reception - cash bar*