

ACCOMMODATIONS...

The rustic wood cabins each have overhead electric lighting and are furnished with double and/or single beds and simple furnishings. 1, 2 & 3 bed cabins are available. No bedding or linen is provided. Although cabins are not heated, campers stay comfortable even if temperatures drop into the 40's, as long as plenty of warm clothing and bedding are packed for the trip. A few insulated cabins, with better heat retention, are also available on a first come, first served basis and are *reserved quickly*. Insulated cabins are #'s 26-30 and 58-66.

Only insulated cabins have AC outlets. No cabins have running water. Modern lavatory buildings provide showers with plenty of hot water and wall outlets for electric razors and hair dryers. Cabins are 25-100 ft from bathroom facilities.*

Accessible cabins are numbers 1, 2, 3, 9H, 64, 65, and 66.

Camp Sacramento offers amenities including a laundry facility and camp store with limited toiletries and snacks and many common areas for relaxing, socializing and more!

*Camp maps available online at www.campsac.org or upon request.

TRANSPORTATION...

For those campers who plan to remain in camp all week, a chartered bus is available to transport you to and from camp. The bus leaves from the Hart Senior Center in midtown Sacramento. The bus will be filled first come, first served, up to its 48 seat capacity.

Campers planning to participating in activities away from camp should bring their own vehicles to camp to travel to and from activity sites. The City of Sacramento does NOT provide any form of transportation once at camp. While we encourage carpooling to the outings, we cannot guarantee non-drivers a ride.

REGISTERING...

Complete and mail in the enclosed registration form with a \$20 per person *non-refundable* deposit.

Your registration will be processed within 48 hours of receipt and you will receive confirmation letter with your cabin assignment, balance due, a time line for payments and other camp preparations. Camp fee balances are due July 30th, 2010.

Deposits will only be refunded if you are placed on a waiting list and we are unable to accommodate you.



RATES PER PERSON...

Non-Insulated Cabins:

Singles rate	\$305
Multiple occupancy rate	\$265

Insulated Cabins (limited):

Singles rate	\$325
Multiple occupancy rate	\$285

City of Sacramento residents (determined by address) will receive a \$20 per person discount on their camp fees.

Bus Fee	\$25
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MAILING ADDRESS

City of Sacramento
50+ Wellness
2921 Truxel Road
Sacramento, CA 95833



SENIOR ADVENTURE CAMP

CAMP SACRAMENTO
AUGUST 30 - SEPTEMBER 3, 2010



CITY OF SACRAMENTO
50+ WELLNESS PROGRAM
2921 TRUXEL ROAD
SACRAMENTO, CA 95833
916-808-1593

SENIOR ADVENTURE CAMP

Join us for Senior Adventure Camp, at Camp Sacramento in the Eldorado National Forest along Highway 50, just 18 miles west of Lake Tahoe. At an elevation of 6,500 feet, the tall pines, clear blue sky, and meandering river provide a scenic setting that offers a wonderful way to relax in the mountains. Senior Adventure Camp is an opportunity for adults 50 years of age and older to enjoy the beauty of the majestic Sierras.

Experience this world famous area with its many recreational activities. Hike the Eldorado National Forest and Lake Tahoe Basin. Explore the areas many lakes and vistas. Or relax in Camp Sacramento's serene setting. You can participate in the scheduled activities or consider Senior Adventure Camp your **base camp** to experience outdoor activities of your own choosing. It's up to you!

Your Senior Adventure Camp registration fee includes 5 days, 4 nights at camp, meals, hikes, many in-camp activities, social events and all the fresh air you can take!

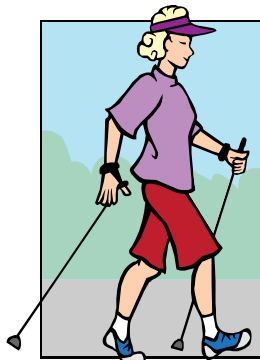
ACTIVITIES...

The many scheduled activities and outings may include:

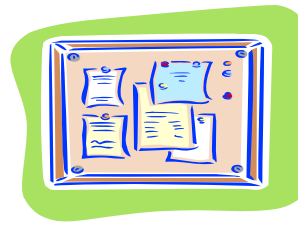
- Day hikes*
- Nature walks*
- Painting
- Writing/journaling
- Clay work
- Wine social
- Variety show
- Campfire
- Chair yoga
- Chi Gong
- Crafts
- Archery
- Kayaking (\$)*
- Horseback riding (\$)*
- Biking (\$)*
- Nordic walking (\$)*
- Fly fishing (\$)*

* These activities are held away from camp. See "Transportation" section for more info.

All activities are optional! The \$ indicates a fee for these activities. The fees for these activity are **in addition to** the camp registration fee and will be collected at camp.



Please be aware that activity schedules overlap and participating in each one will not be possible.



SAMPLE DAILY ITINERARY...

- 7:30 Morning stretch
- 8 Chi Gong
- 8 Pajamarama Breakfast!
- 8:45 Kayaking at Emerald Bay
- 9:30 Day hike
- 10 Clay work
- 10 Writing & Journal making workshop
- 10 Nature walk @ Horsetail Falls
- 11:30 Chair Yoga
- 12:30 Lunch
- 1:30 Introduction to Chinese Medicine
- 1:30 Painting
- 2:30 Archery
- 4:30 Gentle Yoga
- 5:30 Dinner
- 7:30 Variety Show
- 9:00 Campfire & Poetry

While some campers want to fit in as many activities as possible each day, some come for the simple pleasure of enjoying naps on the patio, reading and visiting in a relaxed setting, playing games or working on independent projects. The point is, you can do as much or as little as you'd like!

HEALTH CONSIDERATIONS...

Although Senior Adventure Camp is not meant to be excessively strenuous, it may be taxing for those with medical limitations. Please be aware that Camp Sacramento has an elevation of 6500 feet and is not recommended for campers with health issues affected by high elevation and uneven terrain. No medical personnel will be on site. Should a camper decide to leave camp for any non-emergency reason (e.g. minor injury/illness, cold weather, etc.), he or she will be responsible for making arrangements for transportation home. No refunds will be given in these situations. In medical emergencies, camp staff will arrange for transportation to a local medical facility and all costs will be the responsibility of the camper.

SPECIAL DIETS...

Several options are available for each meal served at Camp Sacramento, including vegetarian. Special diets can also be accommodated, provided we receive the request at least 2 weeks prior to camp.

