



Women's Wilderness Retreat

6 Days

Day 1 | Medicine Walks

The Forest Classroom

We meet at 9 a.m. at the Acclaim Hotel in Calgary, which is close to the Calgary Airport, and our guide will drive us to the sanctuary of the Painted Warriors Ranch (located one hour from Calgary).

Upon arrival at the ranch, the friendly staff will help us get settled into the cozy canvas glamping tents before a brief group orientation over hot coffee or a cup of tea. Following orientation, we head outside for an enveloping walk in the fragrant forest where we are introduced to the elements, natural navigation, traditional medicinal uses and extracts derived from plants based on Cree culture.

After a wholesome lunch prepared outdoors, we learn about the intricate designs and importance of beadwork as we work on stitching beadwork patterns into our own projects.

Included Meals

Lunch and dinner

Accommodations

Glamping at Painted Warriors Ranch



Day 2 | Traditional Indigenous Living Skills

The Fire Within

After a wholesome breakfast, we experience a smudging ceremony. We take a sacred earth walk, a meditative journey that establishes a positive start to each new day. We learn Indigenous living skills like how to start a fire without matches and the vital role of the firekeeper in traditional societies.

Our guide will demonstrate how resources from the earth are integrated as everyday tools.

After a lunch of swapped stories and good eats, we continue our traditional education in the forest and learn to tie shelter-building knots and about the evolution of shelter construction in the wild.

Later, we have a crash course in raw food preparation for our evening meal. Tonight's menu revolves around the benefits of eating naturally sourced food such as vegetables, nuts and fruits.

Satiated, we absorb the magic of the night sky and relax into some casual social time around the campfire.

Included Meals

Breakfast, lunch and dinner

Accommodations

Glamping at Painted Warriors Ranch



Day 3 | Creating Natural Medicines

The Forest Pharmacy

After breakfast, we have the opportunity to take part in a mindful yoga session.

In the afternoon, following lunch, we learn how to make natural medicines from plants. Learning about the forest pharmacy at our feet is an amazing lesson in self-sufficiency.

It's easy to feel rejuvenated after another healthy dinner and natural spa treatment using the plants that we gathered earlier. We take part in a fun group foot soak and replenishing facial treatment before returning to our tents happily exhausted.

Included Meals

Breakfast, lunch and dinner

Accommodations

Glamping at Painted Warriors Ranch



Day 4 | Archery

Targeted Teaching

After breakfast, we start our day with a sacred earth walk and morning yoga session to properly ground ourselves. The rest of the morning will be spent practicing archery and learning local wildlife identification skills and basic bow hunting techniques.

We spend more time deep in the forest after lunch, learning more about First Nations hunting and gathering traditions as we continue our archery journey on a 3D archery course. We have plenty of time to relax before dinner, and this evening is a sweet one! Our talented raw food chef shows us how to make an irresistible campfire dessert.

Included Meals

Breakfast, lunch and dinner

Accommodations

Glamping at Painted Warriors Ranch



Day 5 | Horseback Riding

Building Confidence

We start our morning with an in-depth session on horsemanship and explore how a horse connects with us and why this relationship is so important. In time, we learn how to read and understand horses from the ground before we begin the beautiful communication process.

As our confidence builds, we learn and practice riding basics so when it's time to hit the trail, we have a full grasp of the safety measures to consider.

Our afternoon will be spent on a short but glorious trail ride where we experience a small taste of backcountry riding! *Yahoo!*

Included Meals

Breakfast, lunch and dinner

Accommodations

Glamping at Painted Warriors Ranch



Day 6 | Blessings

Full Circle

After breakfast together, we gather for a special blessing walk. This final walk is a direct connection and blessing from Mother Earth that we can take with us, always, in whatever direction we take next in life.

A shuttle transports us back to the Calgary airport where we can either continue to explore the bluebird skies and wild expanse of Alberta or catch flights home. We arrive at the airport around noon so please schedule any departing flights accordingly.

Included Meals

Breakfast



Trip Details

Know Before You Go

For all of the logistical details you'll need to know prior to departure—including the packing list, arrival and departure details and suggested tipping information, click [HERE](#).

Itinerary version as of April 12, 2024.