

# WELCOME TO THE 2026 GREAT SMOKY MOUNTAINS RETREAT

APRIL 23 - 26, 2026

Gatlinburg, Tennessee

## ITINERARY

\*weather permitting

### THURSDAY, APRIL 23RD

6pm Greetings and arrivals

7pm Opening Dinner

8:30pm Opening Meeting

10:30pm Hot Tub, Ping Pong, Pool Table, Leisure

### FRIDAY, APRIL 24TH



8am Greetings and Arrivals

8:30am Breakfast in house

9:30am Group Yoga

11am Leave for Dollywood (*included with your ticket*)

1:30pm Lunch at the park

8pm Dinner at Dollywood resort.

10pm Gratitude Meeting

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\*If you are driving and help with carpooling participants around, Gay & Sober will reimburse you for gas. Thank you for your service!

\*\*All items are subject to change.

### SATURDAY, APRIL 25TH

8:30am Breakfast in house

9:30am Meditation and Reflection on the porch

10:30am \*Nature hike at Grotto Falls or Driving Trail

OPTION

10:30am \*Gatlinburg attractions (lunch on own)

OPTION FOR INCLEMENT WEATHER

10:30am House Activities and Wellness Discussions on Topics such as Ageism & Body Dysmorphia, Emotional Sobriety, and Relapse Prevention.

1:30pm \*Spirit Meeting/lunch at the waterfall

OPTION

7pm Gratitude Meeting and Dinner on the porch

9pm Game night

9pm Hot Tub, Pool Table, Leisure

### SUNDAY, APRIL 26TH

7:30am Light breakfast in house

8:30am Meditation and Reflection on the porch

9am Pack up and check exit list for Lodge

10am House Closing Chores and Checkout

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Join us at our next event!

As a retreat participant, you are entitled to a 30% discount at the GSM conference in June. Code is SPECIAL.