

RETREAT to MONTANA
Fly-Fishing, Hiking / Trail-running, & CrossFit*
August 9 - 15, 2008 or August 16 - 23 2008

We're excited about the upcoming RETREAT to Montana at Sweetwater Ranch on the Yellowstone River. During the week, we'll fish a variety of different waters under a variety of conditions. Of course, the retreat is not just about fishing! There will be plenty of time for wine on the porch, delicious meals at the house, long walks around the ranch, CrossFit training, hiking, and enjoying each other's company.

The house is located on the Vermillion Ranch in Sweetgrass County, Montana, in some of Montana's finest fly-fishing country. The ranch sits on the banks of the Yellowstone River in "Blue Ribbon" trout-fishing territory, and is a short drive from the Boulder River, the Stillwater River, and numerous alpine lakes. The Vermillion Ranch also has several ponds inhabited by eager trout, bass, and sunfish. During our stay we'll fish many of these famed waters with the fishing guides.

We'll stay at the Harrison House – the oldest home in Sweetgrass County. The recently renovated homestead has been placed on the National Historic Register. The house is very comfortable, and we will have the entire place to ourselves. Our chef will prepare all meals for us and is happy to design a 'zone-friendly' menu and food that suits our tastes.

There will be two days of guided fly fishing and two days of hiking / trail running in the nearby Beartooth Mountains and The Crazy Mountains. Each day, a CrossFit workout will be scheduled in addition to the other activities. When we aren't fishing or hiking, we can relax on the screened porch at the house, inner-tube down the river, swim or fish in the pond, or explore the grounds on foot.

Schedule

Day 1: After airport pickup, stop for lunch (on your own) in Livingston, then pick up fly fishing gear at the Sweetwater Fly Shop. Arrive at the Harrison House in the late afternoon/early evening. Settle into our rooms, and then enjoy wine and appetizers on the porch before dinner in the Harrison House dining room.
Optional: CrossFit workout or explore the ranch on foot. (D)

Day 2: We'll begin with an introduction to fly fishing, then begin guided fishing on the river in drift boat. Fishing instruction will take place on the water, so we'll learn as we go. CrossFit. (B, L, D)

Day 3: 6 – 8 mile hike in nearby mountains. Optional fishing along the way. CrossFit. (B, L, D)

Day 4: Full day of guided fly fishing on the river in drift boat. CrossFit. (B, L, D)

Day 5: 6 – 8 mile hike with optional fishing along the way. CrossFit. (B, L, D)

Day 6: Day of leisure: Choose between relaxing at the house *or* soak in Chico Natural Hot Springs in Paradise Valley, north of Yellowstone National Park. (B, L, D)

Day 7: Depart for airport after breakfast. (B)

Included: Airport pickup and drop off, fly casting clinic, guided fly fishing and hiking, beer and wine, all lodging and meals as indicated (B,L,D), CrossFit, zone diet instruction, evening group life coaching.

Not Included: Airfare to and from Bozeman, MT, lunch the first day, fishing license and fishing gear rental, entrance fee to hot springs, gratuities, alcohol.

Flight Information

Fly to and from Gallatin National Airport, Bozeman, Montana.

Equipment and Licenses

You are responsible for bringing or renting fishing equipment and purchasing a Montana Fishing License.

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