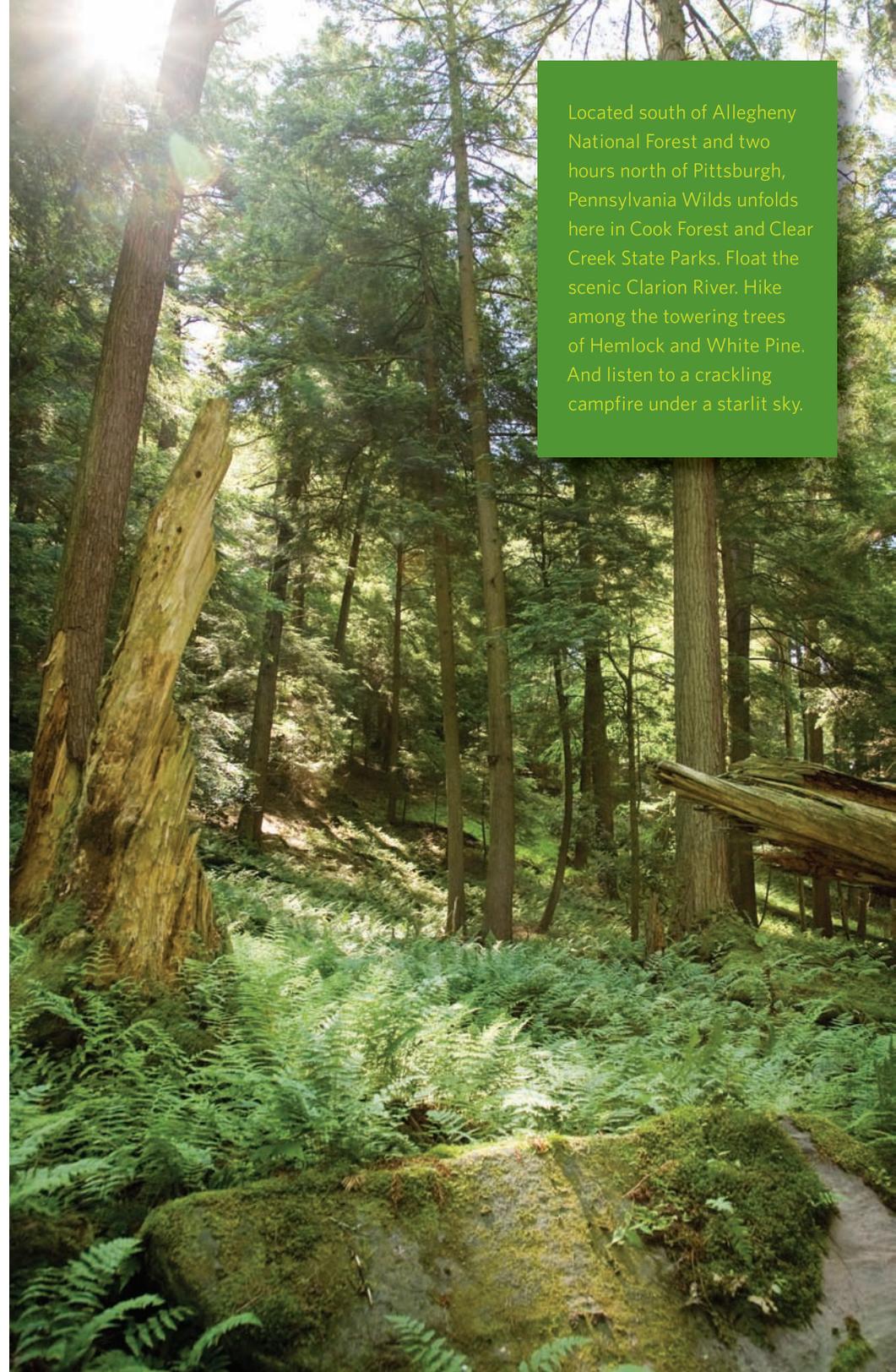


You deserve a *break.*

RETREAT TO THE PA WILDS!



Experience
a retreat that
slows your
pace, *quiets*
your mind,
and *awakens*
your senses.



Located south of Allegheny National Forest and two hours north of Pittsburgh, Pennsylvania Wilds unfolds here in Cook Forest and Clear Creek State Parks. Float the scenic Clarion River. Hike among the towering trees of Hemlock and White Pine. And listen to a crackling campfire under a starlit sky.

About *us*

GATEWAY LODGE, RESTAURANT, & SPA

Step into an atmosphere of simpler times at Gateway Lodge. Enjoy farm-to-table foods inside a cozy cabin. Breathe in a summer's night around a crackling fire. Hike the beautiful forest nearby, and unravel with a massage at our spa. Your group will enjoy spacious rooms, a private log-lined meeting room, and evenings in intimate common areas. We believe in treating each guest with our best to give you a restful and renewing experience. www.gatewaylodge.com

QUIET CREEK HERB FARM

Wander through beautiful, lush gardens of organic herbs, vegetables, and edible flowers at Quiet Creek Herb Farm. Our workshops will share with you a community-building mindset, offer healthful living practices and equip you with conservation tools because we sincerely believe in living sustainable lives. We hope you'll take what you learn at the farm and use it to nurture and "grow" your own world back home. www.quietcreekherbfarm.org

COOK FOREST & CLEAR CREEK STATE PARKS

Hike through stands of old growth White Pine and Eastern Hemlock trees at Cook Forest State Park, a national natural landmark. The Clarion River connects Cook Forest to Clear Creek State Park. At Clear Creek, discover a crystal clear stream that flows through the tract and Beartown Rocks, a scenic overlook. Experience the Pennsylvania Wilds with guided recreational activities and develop a deeper appreciation for the outdoors. www.dcnr.state.pa.us



- Large Common Area
- 23 Spacious Suites
- 11 Nearby Cabins
- Onsite Restaurant
- Private Meeting Space
- Wireless Internet
- Onsite Aveda Spa
- Outdoor Seating Areas
- Billiards Room
- Outdoor Campfires

- Organic Herb Garden
- Vegetable Gardens
- Private Walking Trails
- Earthen Oven Meals
- Workshop Spaces
- Renewable Energy System
- Outdoor Pavilion
- Shiitake Mushrooms
- Local Goods Gift Shop
- Bottle Brick Yurt

- Scenic Clarion River
- 13,500 Total Acres
- Part of PA Wilds Region
- Old Growth Forest
- Scenic Overlooks
- History of Conservation
- Open Year-Round
- Over 50 Hiking Trails
- Dark Night Skies
- Views of Wildlife



Our *activities*

WELLNESS & SPA

MASSAGES

The Woods Spa offers Aveda-inspired massage treatments with your choice of Elemental Nature, Stress-Fix, Stone Fusion, or Head and Foot Massage.

YOGA

Take part in a private group session of yoga, indoors on our radiant-heated floor or outdoors surrounded by the forest. Multiple sessions or a singular session can be tailored to your preferences.

MEDITATION

Let go of your stress and tension with a guided group session of visualization and breathing techniques.

HEALTHFUL LIVING

COOKING

Cook with Herbs **SU, F**
Earthen Oven Pizza
Gluten-Free Baking
Pre + Pro Biotic Foods
Simple Cheeses
Whole Foods
Wild Mushrooms **SU, F**

WILDCRAFTING

Herbal Remedies
Herbal Soapmaking
Herbal Teas
Wreath Making **W**
Wild Edibles **SP, SU, F**

CONSERVATION

Earthen Building **SP, SU, F**
Energy Efficiency
Mushrooms **SP, SU, F**
Organic Gardening **SP, SU, F**
Stewarding Soil **SP, SU, F**
Wind + Solar Energy

PA WILDS RECREATION

GUIDED HIKES

Ancient Growth
Mountain Laurel **SP**
Fall Foliage **F**
Snowshoeing **W**

ACTIVITIES

Canoeing **SU, F**
Cross-Country Skiing **W**
Geocaching **SP, SU, F**
Horseback Riding **SP, SU, F**
Kayaking **SU, F**
Paddleboarding **SU**
Photo Walks

ECO TOURS

Birding Basics **SP**
Forest Ecology **SU, F**
Owl Prowl **SU, F**
Wildflowers **SU**

Some activities are only offered during specific seasons.

SPRING: SP SUMMER: SU FALL: F WINTER: W

Your *retreat*

MIDWEEK RETREAT PACKAGE

Package includes event coordination, use of private meeting room with audio and visual equipment, wireless internet, overnight stay in a luxury suite Monday–Thursday, three meals for a one-night stay, six meals for a two-night stay, breakout snacks, and beverages. Catering menu is presented at time of event planning and scheduling.

Please call 814-744-8017 x505 to speak with an Events Coordinator. We will develop a proposal based upon your expressed interests.

Reservation and Lodge Policies

A nonrefundable 25% deposit is required to reserve event services and accommodations. Six weeks prior to your event, another 25% is due. Final payment is due at conclusion of your stay.

Gateway Lodge is a pet-free and smoke-free facility. Because of our liability as a licensed liquor service facility, bringing your own alcohol into the lodge is prohibited.

Midweek Package Pricing Per Person

Two Nights	399
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Single Night	225
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Package Add-Ons Per Person

Wellness Services & Spa	15-85
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Healthful Living Workshop	35
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PA Wilds Recreation	15-30
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Design: Ernest Fesco, **Photography:** Page 2: Jumping Rocks Photography,

Page 4: Rhododendron + Red Eft Trail by Kaltenbaugh Photography,

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Contact *us*

CONTACT GATEWAY LODGE AT 814-744-8017 TO PLAN YOUR GROUP GETAWAY!

We want our visitors to feel renewed after a retreat to the PA Wilds. Our “wellness” activities and package offerings are a result of a collaboration between local businesses, nonprofits and state parks.

**GATEWAY LODGE
14870 RT 36, PO BOX 125
COOKSBURG, PA 16217**

**WWW.GATEWAYLODGE.COM
814-744-8017**



pennsylvania WILDS™ 

*Quiet Creek
Herb Farm*