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# Press Release

February 4, 2022

Thomas Carey Cowart  
Co-owner/Office Manager/Head Camp Counselor  
**22 VIKINGS Camp and Cabin**

DOLAN SPRINGS, AZ  
**702-343-5148**

FOR IMMEDIATE RELEASE

**“At 22 Vikings Camp and Cabin, a former healthcare worker finds a new calling, caring for the caregivers.”**

Although **22 VIKINGS Camp and Cabin** welcomes everyone to come stay the night, a special focus and priority has been reserved for the needs for frontline healthcare workers and their families, feeling traumatized by the hard realities of all this is involved in caring for virus patients long term.

Situated on a beautiful 2 acre property at the foot of Mt Mitten and Antelope Canyon in the scenic NW Arizona town of Dolan Springs, just minutes away from the Grand Canyon, the Colorado River, Hoover Dam, and Lake Mead National Recreation Area, Route 66, and more..

Plenty of options to camp out with spaces for an RV/Camper, Car/Tent camping, a glamping dome, and a A-Frame cabin or two, giving visitors options to best suit their needs and comfort level.

Plan your own adventure, with so many choices of activities. Hiking/climbing, horseback riding, mineral and rock hunting, bird/animal watching, mountain biking, and ATVs / dirt biking activities, local tour companies and outfitters. Or, if you choose, keep your days free and meditative, with many quiet spaces to escape to, or join our planned yoga and ecstatic dance sessions, private massage, reiki, and guided meditation sessions.

Volunteers and donations of materials, labor, and equipment are welcomed and accepted.

**PROJECTED OPENING SPRING 2022**

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***“Sudden panic attacks, bursts of emotion, not caring what happens....that was me after last December 2020...i had just left working at the hospital after 30 years. I began by rebuilding my self through solitude and fortitude, in addition to all the busy daily building work around our own cabin. I am thankful daily that my family, friends, and music, has brought my heart and soul back to where it should be. Now i want to share this place, for the weary travelers needing a spot to sleep, to the curious explorers seeking adventure in nature, and especially to the healthcare and frontline workers that are still dealing with the effects of fighting this pandemic.***

***i know, i was one of them.” - 22 VIKINGS Camp and Cabin Founder ,Thomas Cowart***

This Camp and retreat project is, by design and intention, a positive, safe place for all who come to stay.

**Press inquiries** Thomas Cowart SouthSide Multimedia  
702-343-5148

## **LINKS**

<https://gofund.me/623ea6b3>

[https://www.huffpost.com/entry/icu-doctor-omicron-variant-covid\\_n\\_61d6f866e4b04b42ab7cba10](https://www.huffpost.com/entry/icu-doctor-omicron-variant-covid_n_61d6f866e4b04b42ab7cba10)

<https://www.hipcamp.com/en-US/arizona/22-vikings-camp-and-cabin-soon/22-vikings-camp-and-cabin>

[https://www.instagram.com/22vikings\\_campandcabin/](https://www.instagram.com/22vikings_campandcabin/)

<http://www.mohavedevelopment.org/liveandplay/mohave-county-hiking-trails>

<http://www.mohavedevelopment.org/liveandplay/arts-culture/>

<http://www.dolanspringscommunitycouncil.com/welcome-1.html>

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