



TRAVEL ITINERARY

RECORD LOCATOR: BRK21-1

GUEST: A.B.
DATE(S): July 16, 2021 to July 18, 2021 (2 nights)

LODGING: Race Brook Lodge (rblodge.com)
864 Undermountain Rd.
Sheffield, MA. 01257

ROOM TYPE: DELUX CABIN WITH PRIVATE PORCH, 2 BEDS

Friday: July 16, 2021

Time: 4PM
Activity: Check-In
Location: Race Brook Lodge
Comments: You should receive an email with directions to your room, which will be unlocked.

Time: 5PM
Activity: Coaching Check-In & Breathalyzer Test
Location: N/A
Comments: 10-minute check-in on ZOOM with Recover Hospitality team, to verify arrival at hotel

Time: 6:30PM
Activity: Dinner
Location: Stagecoach Restaurant @ Race Brook Lodge
Comments: Included 3-course meal. Plan to finish by 7:45PM.

Time: 8:30PM
Activity: Friday Night 3-Speaker AA Meeting
Location: Great Barrington Senior Center
Comments: Leave Race Brook Lodge by 8PM, as it's a 15 minute drive.

Time: 10PM
Activity: S'mores Around the Campfire
Location: Gazebo Firepit @ Race Brook Lodge
Comments: The firepit is located next to the playground area, in the middle of the property.

Time: 10:30PM
Activity: Breathalyzer Test
Location: N/A
Comments: 1-hour window. Must have WIFI/internet connectivity on mobile device.

Color Code

Pre-Scheduled Activity (meal reservation, massage, yoga, etc.)
Wellness Activities, Provided by Hotel or Community (no additional charge)
Accountability/Support Activity (coaching, substance testing, support group meeting, etc.)



TRAVEL ITINERARY

Saturday: July 17, 2021

Time: 9AM
Activity: Breathalyzer Test
Location: N/A
Comments: 1-hour window. Must have WIFI/internet connectivity on mobile device.

Time: 10AM
Activity: 45-Minute Yoga Class
Location: The Barn @ Race Brook Lodge
Comments: Included activity. No additional charge.

Time: 12PM
Activity: Brunch
Location: The Porch @ Race Brook Lodge
Comments: Picnic lunches pre-ordered. Included meal.

Time: 2PM
Activity: Guided Hike
Location: Race Brook Falls
Comments: Meet in front of the barn @ Race Brook Lodge at 2pm. Hike will take approximately 2 hours. Bring bathing attire, if you would like to swim.

Time: 5PM
Activity: Breathalyzer Test
Location: N/A
Comments: 1-hour window. Must have WIFI/internet connectivity on mobile device.

Time: 6PM
Activity: 20-Minute Private Sauna Session
Location: Race Brook Lodge
Comments: Included activity. Sauna is located next to the pool area.

Time: 7:30PM
Activity: Dinner
Location: Roberto's Pizzeria, in Sheffield
Comments: Leave Race Brook Lodge at 7:15, as it's about a 10 minute drive to the restaurant. Dinner at an additional cost, to be paid at the restaurant.

Color Code

Pre-Scheduled Activity (meal reservation, massage, yoga, etc.)

Wellness Activities, Provided by Hotel or Community (no additional charge)

Accountability/Support Activity (coaching, substance testing, support group meeting, etc.)



TRAVEL ITINERARY

Sunday July 18, 2021

Time: 8AM
Activity: Breathalyzer Test
Location: N/A
Comments: 1-hour window. Must have WIFI/internet connectivity on mobile device.

Time: 9AM
Activity: 11th Step Meditation Meeting
Location: New Marlborough, MA.
Comments: Encouraged to leave the hotel by 8:30AM. Meeting is outdoors and weather-dependent. If you would like to bring lawn chairs, they can be requested from Race Brook Lodge. As check-out time is 11AM, packing prior to leaving for the meeting is recommended.

Time: 11AM
Activity: Check-Out
Location: Race Brook Lodge
Comments: N/A

Time: 11:15AM
Activity: Coaching Check-In with Recover Hospitality Team
Location: Race Brook Lodge
Comments: 10-minute ZOOM check-in

Color Code

Pre-Scheduled Activity (meal reservation, massage, yoga, etc.)

Wellness Activities, Provided by Hotel or Community (no additional charge)

Accountability/Support Activity (coaching, substance testing, support group meeting, etc.)