

Sacred Trees Mountain Bike & Yoga Retreat

Earth Shine Lodge, Brevard, North Carolina

September 16-20, 2026

Itinerary

Day	Schedule
Wednesday Welcome Day	• Evening arrival & check-in at Earth Shine Lodge • Welcome happy hour and group orientation • Delicious group dinner to kick off the retreat • Evening socializing around the fire pit
Thursday Shake-Out Ride	• Morning yoga session • Yummy Breakfast at the lodge • Shake-out ride: 10–12 miles in DuPont State Forest • Lunch at a local brewery • Free afternoon — optional activities- waterfall hike, swimming holes, etc. • Evening stretch & yoga • Fantastic dinner at the lodge + fire pit
Friday Big Ride Day 1	• Morning yoga session • Hot & Fresh breakfast at the lodge • Big ride: 20–30 miles in Pisgah National Forest • Late Lunch at a local brewery • Free afternoon • Evening stretch & yoga • Well-deserved dinner at the lodge + fire pit
Saturday Big Ride Day 2	• Morning yoga session and/or sunrise hike (weather permitting) • Eggscellent Breakfast at the lodge • Visit the Brevard local farmers' market • Big ride: 15–20 miles in Pisgah National Forest • Late lunch at a local brewery • Freetime • Evening stretch & yoga • Another well-deserved dinner at the lodge + fire pit

Sunday

Closing Day

- Morning yoga session
- Finale Breakfast at the lodge
- Optional small ride for those who want more
- Departure

** Ride routes may vary due to weather, group ability, trail conditions, and other factors.*

Optional Activities

In addition to the scheduled rides and yoga sessions, participants are welcome to explore:

- Waterfall hikes — Brevard is home to some of the most scenic waterfalls in the Southeast
- Swimming holes — cool off in the crystal-clear mountain streams in Pisgah Forrest
- Arboretum tour — We've got an in with someone there and they would love for us to visit and have a private tour.
- Brevard Farmers Market — pick up local goods and explore the charming town center
- Kanuga Bike Park — a day of bike park riding (additional fee applies)- this will be an option for a rainy day or if people are looking for a break for single track.

Logistics & Transportation

Participants are responsible for their own transportation to and from Earth Shine Lodge in Brevard, NC. Once you arrive, we will encourage carpooling together to the different trailheads each day — making it easy to get to the trails without individual logistics.

Ability Level

Advanced Riders

This retreat is designed for experienced mountain bikers who are comfortable with long-distance rides (with breaks) and technical terrain. Riders should be confident navigating rooted, rocky, and variable singletrack— Pisgah Forrest is one of the most demanding trail systems in the East.