



## GIRLS GONE NORTH WEEKEND SCHEDULE OF EVENTS NOV. 11-13, 2016

### **FRIDAY, NOV. 11**

#### **Welcome, Check-In, Relax, Time to Bond**

Arrive at your favorite Bluefin Bay Family Resort, check in and get your event program, sign up for complimentary Girls Gone North Weekend activities, and reconnect with your girls.

#### **Guided Hike: White Sky Rock & Lake Agnes**

11 a.m. – 2:00 p.m.

*Bluefin Bay: Meet at Guest Services*

Join our resort guided hike scheduled to depart at 11 a.m. This beautiful hike includes a steep, rocky ascent to White Sky Rock for a panoramic view of Caribou Lake. Then meander through cedar forest over handmade foot bridges to untouched Lake Agnes. Difficulty: Moderate/Hard.

#### **Waves of Superior Spa Treatments**

9 am – 6 pm

*Surfside: Waves of Superior Spa*

Lounge with the ladies while you unwind in our luxurious spa. As part of Girls Gone North Weekend, we're offering event participants 20% of massage and skin care treatments. Appointments should be booked in advance. To receive the discount, tell them you are part of Girls Gone North Weekend and give them your room number. Extended spa hours are available upon request.

Call for reservations: 218-663-6888

#### **Happy Hour at the Bluefin Grille**

3 – 5 pm, 9 - 11 pm

*Bluefin Bay: Bluefin Grille*

Girls Gone North only drink specials! Come check it out.

### **SATURDAY, NOV. 12**

#### **Yoga (All levels welcome)**

8:30 am – 9:30 am

*Bluefin Bay: Tofte Room*

#### **Waves of Superior Spa Treatments**

9 am – 6 pm

*Surfside: Waves of Superior Spa*

### **Outdoor Adventure Hike to Carlton Peak (Girls Only!)**

10 a.m. - 12 p.m.

*Bluefin Bay: Guest Services*

This is a rigorous outdoor adventure hike for Girls Gone North participants – moderate in difficulty. Meet at Bluefin Bay Guest Services for a shuttle to Carlton Peak. We'll hike Carlton Peak to the Tofte overlook with great views, so bring your camera. The hike and travel time is about 2 hours.

### **Eminence Organic Skin Care Age Corrective Workshop**

10:30 a.m. – 11:30 a.m.

*Surfside: Ledgerock Room*

Eminence Organic Skin Care & Waves of Superior Spa offer this hands-on workshop where you can learn how to get visible results on fine lines, dark circles, and puffiness, as well as firm the skin in just two minutes. Join Rachel Ann Riter, of Eminence Organics – a licensed Esthetician who has been educating in the skin care industry for over 15 years. Product samples as a gift for participants.

### **Guided Hike to Caribou Falls (Resort Guest Hike)**

Noon to 2 p.m.

*Bluefin Bay: Guest Services*

Join the resort guided hike to the beautiful and somewhat hidden Caribou Falls along the Caribou River. This is one of our guest favorites. A guest wrote: "This is an easy hike and when you get close to the Falls, there's a series of wooden steps down to the water. Gorgeous falls and well worth the hike (even back UP the stairs!) Meet at Bluefin Bay Guest Services at noon for a shuttle to the trailhead.

### **Lunch on Your Own (anytime)**

*Bluefin Grille or Coho Café & Bakery*

### **Fitness Fashion Show For The Ages**

3:00 – 4:00 p.m.

*Surfside: Lakeside Ballroom*

Minnesota Monthly Magazine has pulled together some inspiring looks that will motivate you to get moving. Whether you are a 20-something or 20-forever, we have styles that will make you feel confident, comfortable and ready for action. Join us and be ready to put together your holiday wish list. P.S. Don't be surprised if you see some of our Girls Gone North event participants as runway models.

## **KEYNOTE EVENT**

### **Keynote Workshop: Put Yourself in the Equation & Live a WHOLE Life, Not Just a Busy One!**

5:30-6:30 pm.

*Surfside: Lakeside Ballroom*

Are you too busy to be healthy? Do you struggle to make self-care a priority? Join us for this inspiring and interactive workshop with motivational speaker and life transformation coach, Lori Schaefer. You'll explore your own In the Equation Life Wheel and how it aligns with where you want to be. And get practical tips and tools to put yourself in the equation and find your spark.

### **Wine Tasting with North Shore Winery & Cider House**

**6:30-7:30 p.m.**

Immediately following our keynote workshop, we're hosting a complimentary wine tasting party North Shore style. Join Chuck Corliss and Kim Schroeder, owners and winemakers at the [NEW North Shore Winery and Cider House in Lutsen](#). Sample four wines and two homemade ciders and learn about winemaking from the winemakers themselves. Wines and ciders will be paired with cheeses and fruit from our own Coho Café & Bakery.

*We expect our complimentary keynote events to reach max capacity and they require set up. So to ensure participation, we request advance registration. Make sure you and your girls are all pre-registered to attend. Walk-ins are welcome and seated only on a space-available basis. Sign up with Guest Services when you make your resort reservation or at check-in.*

### **SUNDAY, NOV. 13**

#### **Yoga (all levels welcome)**

8:30 am – 9:30 am

*Bluefin Bay: Tofte Room*

#### **Waves of Superior Spa Treatments**

9 am – 6 pm

*Surfside: Waves of Superior Spa*

Have a safe trip home. See you at our 10<sup>th</sup> Annual Girls Gone North in 2017!

## **A Little Special Pampering – Just for the Girls**

Waves of Superior Spa at Surfside is offering a Girls Gone North Special!

Receive 20% off a 30-or 60-minute Superior Massage or Facial. This is the perfect enticement to try Waves of Superior Spa if you haven't joined us yet. Make one appointment or we'll work with you to accommodate your group.

This offer is valid Nov 11-13, 2016 for Girls Gone North only. Call 218-663-6888 to take advantage of this special offer.

We expect the spa to be busy, so please book spa appointments in advance to receive the specials. When you call to make a reservation, please let staff know you are part of Girls Gone North Weekend so we can ensure the discount.