

Plan Labor Day group mountain getaway with Sierra Nevada Journeys



Lisa Blauth

By Lisa Blauth

Looking for a place to host a group or extended family for a weekend getaway? Sierra Nevada Journeys' Family Camp is the perfect place for you. Each year over Labor Day weekend, Sierra Nevada Journeys opens Grizzly Creek Ranch for groups

to enjoy outdoor adventures at camp.

Located 50 minutes north of Reno near Portola, California, Grizzly Creek Ranch is an ideal location for bringing adults and kids together. With 16 cabins, your group of up to 12 people can reserve a cabin for the weekend. Family Camp, hosted this year from Friday, September 3 to Monday, September 5, 2022, plans all activities and cooks all meals. Gather your family and friends, show up and we do the rest.

Sierra Nevada Journeys operates as an environmental outdoor school for students and hosts teambuilding and leadership camps for community groups. Once a year, camp is opened for groups to have a whole family summer camp experience. Choose from outdoor activities like archery, kayaking, playing basketball, and gaga ball — a favorite game similar to dodge ball. Take an afternoon swim in our outdoor pool and bring your bikes to explore the 515 acres over paved and dirt paths throughout camp.



(Photos: L. Blauth)

Grizzly Creek Ranch takes reservations from groups and families over Labor Day weekend, all activities and meals included.

The challenge course is famous and includes a four-story-tall alpine tower. Working your way through the low ropes course and high rope challenges, you will try things out of your comfort zone with the support of your family and friends.

"We had a wonderful experience at Family Camp," said Nicole Martinez, a past family camper. "It is such a beautiful place and atmosphere. Everything was amazing from the cabins and food to the activities and camp staff."

Martinez is grateful for the extra support her mother received.

"We had multi-generations in our group from babies to grandparents," she said. "My mom came

with us, and she has mobility issues with walking. The camp staff was very supportive in modifying activities for her to participate. Mom felt secure walking and getting around."

Each cabin is \$2,700 for three nights, four days, and up to 12 people and includes all meals and activities led by Sierra Nevada Journeys' instructors. Learn more at sierranevadajourneys.org/family-camp.

Lisa Blauth is the marketing director with Sierra Nevada Journeys and a professional juggler of life. When she's not helping organizations share their stories, you'll find her walking the dog on the Ditch Trail, hitching up the trailer to go camping, remodeling her beloved money pit in the Old Southwest, or parenting a teenager.

Vacation shouldn't be a pain in the neck



Meaghan Maillet

By Meaghan Maillet

The world is opening again after two long years of limited movement. For many, vacation planning is in full swing. Coming

home from a vacation with a kink in your neck or a pain that was not there before is unfortunately a common issue. These tips may help to avoid some of the common pains of travel.

• **Move about.** Whether flying or driving, try to get up and move your legs at least every two hours. Sitting for prolonged periods shortens the hip flexors and can contribute to low back pain. It can also increase the risk of developing blood clots. If you are on a long flight, try to get up periodically and walk. If you are not able to, you can do simple movements in your seat such as marching in place, alternating between heel lifts and toe raises, and stretching your legs straight in front of you.

• **Mind your carry-on.** Whether navigating through the airport terminal or the hotel lobby, be mindful of how you carry your luggage. When using a backpack, put one strap over each shoulder and walk with good posture. Messenger-style bags should go across the body with the bag resting on your hip, not by your

knee. Small, wheeled suitcases should be kept close to your body so that your hand is near your back pocket. If it is a long terminal, switch arms to avoid shoulder fatigue.

• **Toss that pillow.** Hotel pillows are often very thick and firm, putting your neck out of its natural alignment. If you did not bring your own pillow, you might be better off sleeping without one or folding a blanket or bath towel. High-end and boutique hotels sometimes have a "Pillow Menu" to choose from.

• **Hydrate.** Many people will avoid drinking before or during a flight or drive because they do not want to have to make trips to the bathroom. But even mild dehydration can lead to issues such as headaches, dry throat and nasal passages, muscle aches or cramps, and even constipation.


• **Wear sunscreen.** Nothing can ruin a sun-filled vacation as quickly as sunburn. Do not forget the tops of your feet, the back of your neck, and your ears.

• **Wear good shoes.** If you will be out visiting tourist attractions, historic sites, or theme parks, walking around on concrete can be a pain in the butt, hips, and back. Wear shoes with good support and cushion.

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licensed massage therapist. She works with all ages and specializes in Sports Massage, Prenatal Massage, and Traditional Thai

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