



CASE STUDY: Sole Sisters

Organization: Sole Sisters. Women's Walking Group

Retreat Type: Social Group CampoutCommunity Walking Gathering

Location: Vernonia Springs, Vernonia, Oregon

Group Size: 25

Duration: 3 night – 4 day. Arrive Thursday PM. Depart 10:00 AM Sunday

Season: Summer



## The Challenge

The Sole Sisters sought an outdoor location that felt safe, welcoming, and inspiring for group walks supporting physical movement and community connection.



## The Vernonia Springs Solution

Vernonia Springs offered private access to onsite trails and direct access to the Banks-Vernonia State Trail. Trails were suitable for participants of varying ages and fitness levels, creating a supportive and inclusive environment for group movement.

## The Experience

- Group walks along private forest trails and Banks-Vernonia State Trail
- Informal conversation during shared movement
- Opportunities to pause and enjoy natural surroundings
- Welcoming atmosphere for participants of varying fitness levels

## Results & Impact

- Increased sense of connection and support
- Participants felt energized and encouraged
- Strong interest in future gatherings
- Positive participant and organizer feedback

## Testimonial

“The setting made it easy to bring women together in a natural, inclusive way.”

— Participant

## Host Your Retreat at Vernonia Springs

Vernonia Springs offers a private forest setting ideal for business retreats, creative gatherings, and community events. Flexible accommodations, shared meal options, and immersive natural surroundings create space for meaningful connection.



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