

Camp Hidden Meadows

PARENT HANDBOOK



HC 77 Box 117

Bartow, WV 24920

304-456-5191

Fax: 304-456-4184

Email: info@CampHiddenMeadows.com

*Everything you ever wanted to know to
prepare for summer camp!*

Welcome!

Welcome to Camp Hidden Meadows! We have an incredible summer planned with an amazing staff, new programs and events, and all of the great things that make camp fantastic. We are so excited that you and your camper will be a part of it. Your registration has been received and your place is reserved.

We have tried to anticipate some of your questions about camp - how to prepare, what to expect, and even how to get here. Look through the handbook for important information you will need to know about your camper's stay at Camp Hidden Meadows.

Please return the medical form and any other forms and waivers that apply to your camper **by May 1st** so our records will be complete. If you would like clarification on anything, please don't hesitate to call us at 1-800-600-4752 or 304-456-5191.

You can also email us at info@CampHiddenMeadows.com or check out our website: www.CampHiddenMeadows.com.

We are excited to meet and get to know the parents and families of all of our campers. We look forward to provide your camper with a safe and fun summer camp experience.

See you this summer!
Tom, Silke, Jenna,
Maja and Lilli



Meet the Director

Tom Bryant, owner, founder, director.

A native of West Virginia, Tom graduated from Marietta College with a B.A. in Business and a Masters in Experiential Education from Minnesota State University. Tom began offering programs in 1992 with the goal of offering innovative programs which foster personal growth in an outdoor

setting.

Silke Bryant, owner and director

A native of Hamburg, Germany Silke's formal studies include art therapy and graphic design. Silke formally owned and directed a well known art school for adults and children and currently assist in the development of the camp's art program. Together with daughters Jenna, Maja and Lilli they advise Tom on all things big and small.

Our Purpose

Camp Hidden Meadow's purpose is to create a safe, caring environment where young people can experience camp, make friends, and achieve personal growth. Our talented counselors and staff, and the community they create are the source of our strength. They support our reputation and vitality. Camp Hidden Meadows values, above all, integrity, compassion, and respect for others.

At Camp Hidden Meadows we provide an opportunity for each individual to grow in an atmosphere of fun and friendship. Young people can build healthy relationships, gain self-confidence, and learn to see their lives as part of today's amazing and challenging world.

Our Staff

We have a wealth of experienced and talented staff members at Camp Hidden Meadows that come to us from all over the world. Our staff and counselors help us to create a safe, caring environment at Camp Hidden Meadows. Our international staff members are screened by in-country agencies and come with references. American staff members are carefully selected, references are checked, and background checks completed.

All staff members participate in pre-season training where they learn about how to help campers have a successful experience at camp. Additionally, trip leaders receive special training designed to familiarize them with the trails, caves, and rivers they will be leading trips on, as well as special skills required of them as ropes course facilitators.

Facilities

Camp Hidden Meadows is nestled on 250 acres in the Allegheny Mountains of West Virginia. Camp is comprised of several cabin-style buildings, our office, a residence for the summer director, a dining hall, pond, Lake Buffalo, an indoor and outdoor climbing wall, a high ropes course, riding ring, and beautiful mountains that overlook Camp Hidden Meadows.

Health History and Examination Form

The American Camp Association (ACA) Health History and Examination form needs to be fully completed, signed by a physician, and returned no later than May 1st. Our camp medical staff reviews each form individually to be aware of our campers' needs before they arrive at camp. ACA accreditation requires that all campers have a physical examination by licensed medical personnel within the 12 months prior to attending camp. Parents must also sign the box labeled "Authorization for Medical Treatment" on the front page of the form. A school medical physical form is not a replacement for the ACA medical form, but can be used in lieu of the doctor's signature as long as it was completed in the last 12 months.

To provide campers with the best care possible, it is very important that the camp medical staff has a complete description of any current health conditions requiring medication or treatment, behavior patterns, record of immunizations, and a summary of any allergies. All information provided is kept confidential.

Insurance

While enrolled in camp, his/her family health and accident policy and prescription card should cover each camper. In case of accident or illness staff need all insurance information in order to complete the paperwork as quickly as possible. Parents are responsible for payment of all medical charges of physicians, dentists, and hospitals. Please be certain that we have your complete insurance account information on the medical card and a copy of the insurance card on file.

Campers without insurance, and all international campers, must have a credit card on file at camp to cover any fees associated with a doctor/hospital visit.

Camper Care Center

Our Camper Care Center provides a quiet place for treatment of minor scrapes and dispensing over-the-counter medicines. We work with the local medical clinic with a physician on call at all times. Should your camper become ill and need to stay in the Camper Care Center, you will be notified and kept well informed of his/her condition. Camp Hidden Meadows has a great relationship with Pocahontas Medical Clinic, located 10 minutes from camp. Campers needing care beyond what can be

provided by our medical staff will be taken to Davis Memorial Hospital in Elkins, West Virginia for treatment.

We prefer to contact you after treatment so that we can give you accurate information about your camper and his/her treatment. If you would like to be notified before your child is taken for medical care, please note this on your camper's medical form and tell the medical staff at camper check-in.

Adventure campers on trips out of camp are taken to the nearest hospital for emergency care. Additionally, all Adventure staff members are trained in Backcountry or Wilderness First Aid and CPR.

Medications

According to the American Camp Association, each camper must give all prescription and over-the-counter medications (including vitamins) to the camp medical staff. All medications **must** be in the original packaging, complete with the prescription. Camp Hidden Meadows **will not** accept or dispense any medications not in the original packaging. Please do not send "just enough" pills in a Ziploc bag. *We will not dispense them!*

The camp medical staff will dispense all necessary medications at the proper times. Normal medication times are breakfast, lunch, dinner, and bedtime. Special medication times can be arranged. Our medical staff will make sure that campers take all medications as prescribed by their physician. Over-the-counter medications that are not authorized for children will not be administered without a physician's note. Camp Hidden Meadows has over-the-counter medications on hand such as Tylenol, Benadryl, etc. in liquid and pill forms. If your camper prefers a certain type of medication for aches and pains, sore throat, etc. feel free to send some to camp. Again, all medications must be given to the camp staff upon arrival.

If your son or daughter takes a behavior modification medication such as Ritalin, please do not take him or her off the medication while they are at camp. Campers using inhalers or needing Epi-pens are encouraged to keep one with them at all times. Parents are encouraged to leave a second inhaler in the event that the camper misplaces his or her inhaler.

Accounts

Please make final payments by **May 1st or June 1st if using our credit card payment plan** (see registration form for details or call office).

Make sure you have opened a Camp Store account for your camper prior to camp.

Completion of all payments will save time on Registration Day and help insure a relaxed check-in for all. Your child will not be admitted to camp if your account is not paid in full by Registration Day.

Paperwork

All paperwork is due by **May 1st**. The only exceptions are for Health History forms, as some families must schedule appointments after May 31st to fit in with their insurance policies. If this is the case, please fax a copy as soon as your child has seen the doctor, and mail the original. Please have your paperwork turned in on time to insure a smooth Registration Day for your camper.

Cancellation Policy

For cancellations prior to May 1, the total fee, less a \$100 processing fee is refundable. For cancellations after May 1, the registration deposit is forfeited. The total fee is non-refundable for cancellations after June 1. In the case of serious accident or illness, fees will be refunded at the discretion of the Camp Director. No refund or reductions are made for late entry or early withdrawal.

There will be no refunds for a camper leaving during the session for which he/she is registered, except with the written verification of a physician. Any camper whose behavior disrupts the camp program or is harmful to him/herself will be dismissed with no refund of fees. Campers found possessing tobacco, smoking, possessing or using alcoholic beverages or illegal drugs will be dismissed from camp with no refund of fees.

Gratuities

Staff members are **not** permitted to accept gratuities.

Special Checkout

Any camper leaving camp early or being picked up by someone other than the legal parent/guardian must have a Special Checkout form on file in the office.

Final Checklist

Mail to Camp Hidden Meadows by May 1st

- Final payments & Camp Store deposit
- Completed medical form (download from website)
- Copy of insurance card (front & back)
- White Water Rafting Waiver (only if entering 7th grade or older)
- Airport Flight Details form (if necessary)
- Special Check Out form (if necessary)

One Week Prior to Camp

- Parents - mail a letter to your camper so he/she will have mail the first day of camp
- Give the camp address to family and friends who may wish to write (please remind them of package policy)
- Have medication ready in original packaging

The Night Before Camp Hidden Meadows

- Is everything on the "What To Bring" list packed and ready to go?
- Do you have directions to camp?
- Do you have your camper's luggage?
- Do you have your camper's medication?
- Are you excited?

WHAT TO BRING

Please **label everything** with your full name (even socks, underwear and towels.) Laundry will be done in the middle of the 2-week sessions. One week campers be prepared for some dirty clothes being sent home!

Clothing

- 5 t-shirts
- 7 pairs of socks
- 7 pairs of underwear
- 2 pairs of shorts
- 1 pairs of jeans
- 1 swimsuits - **No bikinis that tie or are skimpy**
- sweatshirt or jacket
- long-sleeved shirt
- WATERPROOF raincoat or poncho
- pajamas
- 1-2 pairs of tennis shoes/sneakers. One pair is enough if the water shoes/sandals are Keenes or some other “sturdy” sandals.
- water shoes/sandals: We like the type with toe protection. Sandals should also stay on your feet during water activities- Tevas, Aqua socks, or tennis shoes. **No flip-flops except for taking a shower!**

Bedding & Linens

- sleeping bag & twin sheets
- pillow & pillow cases
- 1 bath towels
- 1 beach towels

Other Equipment

- laundry bag- clearly labeled with name
- flashlight & extra batteries
- toiletries (soap, shampoo, toothbrush, toothpaste, comb, etc.)
- any medication needed
- plastic water bottle or canteen
- stamps and envelopes, postcards, etc.
- small backpack/day pack
- insect repellent
- sunscreen



- bandana or hat

Optional Items

- sunglasses
- 100% cotton white t-shirt (for tie dye)
- camera
- books, magazines, cards, small games

Additional Items for Horseback Riding

- long pants/jeans
- hard-soled boots/shoes with a heel (not tennis shoes)

Packing for Camp

Camp Hidden Meadows is an informal environment. “The less the better.” No fancy dress clothes.

Trunks? Duffels? Suitcases? Any is fine with us.

We do laundry for campers staying longer than one week, so avoid packing too much.

To assist with laundry, **please label all items with camper’s name.**

Do not send valuable items or anything of sentimental value. It is best to leave these items at home. Camp is **Not** responsible for any lost items, **Unless** they are stored in our office.

Does your child wear eyeglasses?

If this is the case, please pack a second pair just in case.

Does your child wear an orthodontic retainer?

Please talk to him/her about caring for it as part of the camp routine and not losing it.

What Not to Bring

Do Not bring cell phones, Ipods, Mp3 players, pets, weapons, fireworks, cosmetics, curling irons, boom boxes, valuable jewelry or other items you would hate to loose. Do not bring any food items to camp.

Do Not send valuable possessions with your camper. Camp Hidden Meadows and its staff cannot be held responsible for lost of damaged possessions.

Why not MP3 players, IPods, or Walkmans?

We do not allow headset musical devices (walkmans, Discmans, MP3 players) or radios on our programs. There are a couple of reasons for this. First, this is a time to be in and enjoy the outdoors. It is also a time to be with a new group of people. It is hard to enjoy either if your headset closes you off. It can also be frustrating for others in your group because the music cannot be shared. If you do bring a headset to accompany you on your plane or train, we will ask you to put it away for the duration of your program. We can also put it in safe keeping in the office if you are concerned about any damages of keeping it in your bags.



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Knives

While we rarely get questions as to what kind of knife to bring along, we do feel that this is an important issue to note. A knife is not needed, but a Swiss-army knife is appropriate. You will use a knife in case you need to cut a piece of cord, or open a package of food on the trail. **Large knives are not appropriate!** We rarely have to fight off bears or sasquatch! Anyone who uses a knife in a hazardous manner will be asked to turn it in.

Preparation and Packing

We have put together this list of helpful hints and recommendations to help you better prepare for your program. We ask you to read through this carefully as there are **some things we do require** of you to make your experience with us as comfortable as possible.

Rain Gear

It is essential that you have **WATERPROOF** rain gear - A poncho works great. The other option is a jacket and pants. Waterproof and water-resistant are *not* the same. If you bring a water-resistant jacket, you *will* get wet. We typically continue many of our activities rain or shine (we do make other arrangements for severe weather conditions). You do not need to be concerned about being too warm in waterproof gear. Typically when it rains, it is colder and you will appreciate the extra warmth that waterproof gear holds.

Cooler Temperatures

The mountains of West Virginia are susceptible to cooler temperatures in the summer time. The area of our camp in particular has a very high average elevation for the East. This means we enjoy cool mornings and evenings. It will most likely be cooler than it is for you at home. The clothing list we provide you includes extra layers for these temperatures. It is important that you have the extra warmth so that you will be comfortable and healthy throughout the program.

Wool and Polypropylene

Wool and polypropylene (fleece) are the two best choices for keeping warm. Both have the ability to keep water away from your body while continually keeping you warm. They are far better than cotton and we strongly encourage you to bring some items made of these materials. When cotton gets wet it remains wet and puts you at risk of illness.

Boots

Boots are not required and many campers do not bring boots and survive just fine during day hikes or our overnight camping trip. If bringing boots some of the basics should include good ankle protection and support, good tread on the sole and a comfortable fit to be worn with heavy socks. As for the decision between leather and other materials, it can be a bit more difficult. With proper care, leather can offer great protection from water and sturdy support for the feet. However, many leather boots need a break-in period. If this is your choice, go for something that can offer good foot support for you on your backpacking trip. Regardless of your selection, **WATERPROOF** your boots and wear them around for a while before you leave home.

Backpacks

We provide backpacks, but it is fine if you have one and wish to bring it. Whether an internal or external frame, your backpack should fit your body size and length, have shoulder straps and a waist belt and be able to hold personal belongings plus some group gear.

LABEL YOUR BELONGINGS!

Every summer we find all kinds of lost and found items.

Unfortunately we cannot return many of these items because they are not labeled and are often not claimed by anyone. If you can label your belongings we can be sure to get them back to you promptly.

What to Expect on the First Day

Opening Day of camp is for parents and campers to get comfortable with camp, get to know the staff, and become familiar with the facilities. Upon arrival, you will be directed to park and make your way to the Registration table. You will check in, complete any missing paperwork and receive information about how to address mail for your camper. You will also turn in any medication to staff at this time.

After unloading your camper's luggage, we encourage you to go to the cabin and help your camper get settled and meet your child's counselors.

Allow time before you leave to meet the directors and other staff. The Trading Post (camp store) will also be open for families to purchase t-shirts and other items.

Counselors will assist campers arriving by shuttle or plane in moving their luggage, finding their cabins, and getting settled in.

Communication With Your Camper

Mail and Email are Best: To best facilitate your child's camp adjustment, we suggest writing often, which for one week campers means mailing your letter prior to the beginning of camp. Former campers tell us that mail "lasts longer" than calls and letters can be carried around camp and reread in the cabin. Although, phone calls provide campers with immediate contact with parents, they disrupt campers from friends and active routines.

Mail

Campers love to receive mail! A suggestion for parents is to begin sending mail before your child leaves for camp to ensure that he/she has mail the first few days of camp. Frequent, short letters and cards are better than long, occasional letters. Make your letters newsy and directed toward what your child is doing at camp. Be positive and encouraging. Avoid writing about what the camper is missing at home. Campers may receive unlimited letters.



Email

Although we encourage the old fashioned type of letters through snail mail we have a system set up to go with the modern age. Through our partnership with Bunk1 families may email campers. There is also an option for campers to hand write a letter which is then emailed to you. There is a cost associated with this service. More information may be found on our website by clicking the "Camp Photos" link in the center of our home page at www.camphiddenmeadows.com.

Photos:

You may view photos during camp at no additional cost. It is a secure system and requires registering to obtain a username and password. A letter will be mailed to you in the Spring with detailed instructions. Please remember that we do our best to photograph each camper during their stay. Our photographer is busy each day taking photos and downloading them. If you happen not to see your camper in the day's group of photos please do not be alarmed.

Faxes:

Campers may receive faxes at camp. Please be sure to put the campers full name on the fax and limit these to one or two per day. The fax number is 304-456-4184.

Packages from home:

Please do not send any FOOD, GUM or CANDY. This policy is for your child's safety as well as the safety of others. All food items will be confiscated (and possibly fed to Wilma the pig). Ice cream bars have been found to melt on the way. Should you wish to send a "Care Package" include an item such as a book or game. Please notify all relatives of our non-food package policy.

Phone Calls:

Please understand that campers' active schedules do not bring them near the phone. Telephone calls will be received by office staff and relayed as soon as possible to your camper's Program Director. If you have a particular concern about your child's progress or want to "check in" with one of the directors, call us a 304-456-5191. If we are involved in camper activities or are meeting with staff, leave a message and we will call back shortly.

Additional Information

Problems at Camp

Problems can be avoided if we work together in advance. We know that camp is a special experience for your family and we will work very hard to do the best possible with your child. So please inform us prior to the summer if you have any concerns about your child's adjustment to camp. Once your child has arrived here, if you feel that there is a problem, bring it to our attention immediately. We hope that you will feel comfortable speaking with us about any camp situation.

Birthdays

If your camper is celebrating a birthday at camp, we will make sure they enjoy their special day! We can arrange for you to talk with your camper via telephone - please call our office to set this up. Campers have birthday cake at dinner to share with their cabin. Counselors make birthdays special and may decorate, allow a later bedtime, or other special treats for birthdays. Parents may wish to leave birthday treats in the office until the camper's birthday

Visitors

Visitors disrupt our camp programming and are not allowed unless first cleared with a director.

Drug, Cigarette and Alcohol Policy

Smoking and use of tobacco is not allowed at camp. Campers found possessing tobacco, smoking, using alcoholic beverages or illegal drugs will be dismissed from camp immediately with no refund of fees.

Homesickness

Realize that homesickness is not unusual, especially when it is the camper's first time away from home. We handle each homesick child as a unique case and treat him or her accordingly. Because homesickness usually disappears within a few days, anticipate that your child's second letter home will be more cheerful.

Remember that parents can actually cause a case of homesickness by telling their child things such as "the cat and dog miss you, and we wish you were home with us right now." Camp is the perfect opportunity for young people to live independently among many other people.

The best advice we can give is to let them know that your life is going

on as usual, that you hope they are having a great time, and that you will see them soon.

If you think your child may be homesick, remember that phone calls tend to exacerbate their feelings. Our staff members are trained to recognize and deal with the symptoms of homesickness. If your camper is having difficulty adjusting to camp, the Head Counselor or Program Director will call you and discuss ways to support your camper.

Clothes

The days are usually warm (70-80 degrees Fahrenheit), and the nights are cooler (60-70 degrees Fahrenheit). Most campers bring t-shirts and shorts for the day and pants and a sweatshirt for the evening. It is not necessary or encouraged to bring new clothing. It is better to have old clothes that are comfortable, that can get dirty, and that have already been washed a few times.

Philosophically, we understand that clothes are an important statement for young people about whom they are and how they want to be seen. Our reality, though, is that we operate a camp with children from many different ages, backgrounds, and lifestyles.



Please make sure that whatever you send errs on the side of modesty. We will ask campers to change their clothes if we do not feel that they are appropriate. For bathing suits, a general rule is nothing with ties or that is skimpy for girls. Please make sure all clothes are appropriate (styling, messages, etc.) for a co-ed camp with a broad age range.

Please be sure to label all clothing and belongings!

Clean Cabin Awards

Camp Hidden Meadows expects campers to keep their living spaces clean and tidy. Each day the mysterious Captain Caper checks the cleanliness of each cabin and names the cleanest boys and girls cabin in each program. At the end of the week the cabin with the highest score will receive a special treat. Another great purpose for this competition is to help campers

keep track of their belongings.

Laundry Service

Laundry will be done for campers staying longer than one week. Please label all clothing. Each camper must bring a laundry bag for his/her dirty clothes. Lights and darks are not separated in the wash, so please do not send new clothes that may run.

Meals

We serve well-balanced meals. For breakfast there is always a hot item option, cereals, fruit, milk and juice. For lunch and dinner, a main entrée is offered along with salad, vegetables, or fruit.

Vegetarian options and peanut butter and jelly are always available. Campers are responsible for helping clear the table at the end of the meal.



Snacks

Snacks are available in the afternoon and are not a part of the Trading Post. We favor wholesome foods, non-junk food snacks. Fruit, granola bars, drinks and other items are provided each day as an afternoon snack option.

Trading Post

The Trading Post is our camp store. Campers may purchase t-shirts, hats, stamps, and more. This is a debit type account that you set up before camp starts and this avoids campers misplacing their money among other personal belongings. Each time a purchase is made, the amount is deducted.

Activities

Campers at Camp Hidden Meadows will get the opportunity to participate in many different activities. Some of these are chosen with the help of our activity questionnaire. Others are scheduled base on age group or cabins group.

Working Together

Helping set the table before a meal, tending the recycling center and cabin clean up are responsibilities campers and staff both take part in creating our “home away from home.”

Thank You Circles

These are daily meetings that include thank-you to various friends and staff and announcements. We are a non-sectarian camp and welcome campers from all faiths and backgrounds.

All-Camp Events

These are attended by every camper and staff member and are special events that might include food, music, tournaments, games and other activities.

Horses

We provide quality horseback riding lessons. Campers will learn basic horse care and riding skills, including both ring and trail riding. Our instructors screen campers for their ability level and riding experience. We provide equipment, including helmets.

Campers must wear appropriate clothing (long pants) and closed toed shoes with a heel.



Opening Day

~Times to remember~

Arriving by Car?

Registration is from **1-3 p.m. on Sunday. Please Do Not arrive earlier than 1 p.m.** Campers arriving by car should refer to the directions included in this handbook. We realize that many of you like to travel with your pets, but for safety's sake, please leave them at home. To avoid any potential problems between animals, it is in everyone's best interest to leave pets at home.



Arriving by airplane?

Flights into the Washington Dulles Airport should be scheduled to arrive between **8:00 a.m. and 10:00 a.m. on Sunday.**

Campers arriving by airplane will be met at baggage claim by one of our staff members wearing a camp t-shirt and carrying a sign.

Campers will call their parents upon arrival at camp. Driving time to Camp Hidden Meadows is about 3.5 hours. If you cannot schedule a flight between these times, please contact our office and we will work with you to find a suitable flight time. Please fax camper flight itinerary and Airport Flight Details form to camp 4 weeks prior to arrival.

Arriving on the Camp Hidden Meadows shuttle?

Please plan to arrive 30 minutes before departure time to allow adequate time to check in and load your camper's luggage.

Campers should bring a sack lunch and drink for the trip to camp.

White Flint Mall: Departs Sunday, 10:00 AM

11301 Rockville Pike, North Bethesda, Maryland

Take Edson Lane Entrance to parking lot across from Bloomingdales. Our van or bus will be marked with Camp Hidden Meadows on the side.

Vienna Metro Station: Departs Sunday, 11:30

2900 Nutley St, Fairfax, Virginia

You will find our van or bus marked Camp Hidden Meadows in the "Kiss 'n Ride" parking lot on the West Bound Side. There is a walkway, across Interstate 66, at this station that makes it convenient if you find yourself on the wrong side of Interstate 66. We will be on the North side of the highway, the same side as the concrete parking garage.

If you are running late for your shuttle or can't find the meeting point call our office at 1-800-600-4752

Closing Day

~Times to remember~

Campers depart on **Saturday** morning. Campers leaving Camp Hidden Meadows with someone other than their legal parent/guardian must complete a Travel Form prior to Closing Day.

Departing by Car?

Check out time is **10 a.m. to Noon on Saturday**. We realize that many of you like to travel with pets, but for safety's sake, and to avoid any potential problems between animals, please leave pets at home.

Departing by Airplane?

Campers leaving by airplane will be taken to the gate at the airport by one of our staff members. Flights departing Washington, D.C. airports (Reagan National or Washington Dulles) should depart between **3:30 p.m. and 5:30 p.m. on Saturday**.

Departing on the Camp Shuttle?

Campers leaving on the Camp Hidden Meadows shuttle at the end of the session meet at the Vienna Metro Station or White Flint Mall.

Vienna Metro Station: Drop-off is 2:30 pm, Saturday, the last day of camp.

White Flint Mall: Drop-off is 4:00 pm, Saturday, the last day of camp.



Directions to Camp and Lodging options

Below are directions and a list of lodging options for families driving to camp. Often Map quest or other route finders will route you differently. Our directions are aimed at the safest, quickest and most enjoyable routes. Please call us if you have any questions.

From Baltimore, Washington and other points northeast of camp.

Exit Interstate 81 near Strasburg, VA onto Rt. 55 west towards Wardensville, West Virginia..

Continue on Rt. 55 west through the towns of Moorefield and Petersburg to Seneca Rocks. Stop and admire the view at Seneca Rocks.

From the intersection at Seneca Rocks take Rt. 33 East (not west) for approximately 15 minutes and then head south on Rt. 28.

Travel south on Rt. 28 for 23 miles. You will see the camp sign on your right and the front office (a large two story white farm house).

Note: If you come to the intersection of Rt. 28 and Rt. 250 you have missed our entrance by one mile and must turn around.

From Richmond, Charlottesville and other points southeast of camp:

Exit Interstate 81 at Staunton, VA onto Rt. 250 West toward Monterey, VA. Continue on Rt. 250 through Monterey, VA traveling another 22 miles to Rt. 28. Turn right onto Rt. 28 North and travel approximately one mile. You will see the camp sign just on your left (just past the white barn with the silo) and the front office (a large two story farm house).

From points of West:

Depending on point of origin you will be heading either north or south on Interstate 79.

Take exit 99 and travel on Rt. 33 East to Elkins, West Virginia.

Take Rt. 250 South to town of Bartow.

Take Rt. 28/250 North, going approximately 3 miles until Rt. 250 splits heading East. Stay on Rt. 28 North, going approximately 1 mile on the left. You will see the camp sign just past a white barn with a silo.. You will see the front office (a two story white house.)

Lodging Options

Lodging Accommodations:

Highland Inn, historic motel with restaurant in Monterey, Virginia. 540-468-2143

Mountain Laurel Inn, B&B in Monterey. 540-468-3401

Bear Mountain Farm & Wilderness Retreat has a beautiful setting between Monterey, VA and camp.

540-468-2700 or www.mountain-retreat.com

Additional Lodging and meals close to camp:

Boyer Motel and Restaurant: 304-456-4667, 10 min. from camp.

Mountain Quest Inn, www.mountainquestinn.com, 25 minutes from camp. Beautiful facility!

Snowshoe Resort, 30 minutes from camp: 304-572-1000

Notes

Camp Hidden Meadows

HC 77 Box 117
Bartow, WV 24920

Phone: (304) 456-5191
(800) 600-4752
Fax: (304) 456-4184

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