



## TENTATIVE ITINERARY

We want you to experience all you can while you're here, but it's still a 'choose-your-own' adventure!

### FRIDAY, AUGUST 7

**6-7PM:** Arrive at Triangle Y Camp no later than 7:00PM. Head straight to the Trading Post for cabin assignments.

**7PM:** Head to the dining hall for welcoming ceremony.

**7:30PM:** Dinner followed by a book swap, paint your own wine glass, and relax by the bonfire (alcoholic beverages allowed, but not provided).

### SATURDAY, AUGUST 8

**9-10AM:** Hot breakfast in the dining hall.

**10-1PM:** Work up a sweat on at the offered fitness class, Saddle up for a trail ride on one of our horses, Mountain Bike throughout the ground, or reach new heights while summiting the 50ft climbing tower.

**1-2PM:** Lunch provided in the dining hall.

**2-5PM:** Experience all that Lake Sakakawea has to offer. Relax on the beach or splash in the pond. Take out a kayak or paddle out on a paddle board. Don't forget to test out the rope swing!

**6PM:** Dinner in the Dining Hall

**8PM:** Gather around the bonfire and enjoy the night under the stars

### SUNDAY, AUGUST 9

**9-10AM:** Hot breakfast in the dining hall.

**10-12PM:** Kayak out on beautiful Lake Sakakawea, Mountain Bike throughout the grounds, or cuddle up with a good book

**1PM:** Light lunch in the dining hall.

**2PM:** Check-out

**Participation is optional for all activities**

# FAQ's

## WHERE IS TRIANGLE Y CAMP?

Triangle Y Camp is located on Lake Sakakawea, approximately 10 miles southwest of Garrison, ND on county route #13. The address is 1251 A 47th Ave NW, Garrison, ND 58540. Camp signs are posted on Highway 37 starting 4 miles west of Garrison.

## HOW DO I GET THERE?

From Minot, take highway 83 south to route 37 west (toward Garrison). Follow route 37 approximately 4 miles past Garrison, look for "Youth Camp" sign and country road 13. Follow Triangle Y Camp signs to camp.

## WHAT IS INCLUDED?

All the essentials! Food, drinks, lodging, activities, & fun!

## WHERE WILL WE BE SLEEPING?

You will get to sleep in one of our awesome cabins! All the cabins have beds, but if you want to bring a tent or camp under the stars, you can do that too!

## WHAT SHOULD I BRING?

Bedding (Sleeping Bag, Pillow, Etc.)

Toiletries - Including shower products, toothbrush & paste, etc.  
Medications

Towels - one for showering and one for the lake  
Bug Spray & Sunscreen

Athletic or relaxing clothing - including long pants & pajamas  
Closed toe shoes and sandals or water shoes

## OPTIONAL ITEMS:

Lawn chair

Yoga mats will be available but we encourage bringing your own

Any snacks or beverages (if alcoholic - please drink responsibly)

Trucker hat, shirt, or bag for decorating in crafts

## MINOT FAMILY YMCA

3515 16TH ST SW | MINOT, ND  
701.852.0141 | YMCAMINOT.ORG

## TRIANGLE Y CAMP

1251 A 47TH AVE NW | GARRISON, ND  
701.337.5735 | TRIANGLEYCAMP.ORG

**FOR MORE INFO: CALL THE Y AT 701.852.0141**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RELAX AND REVIVE AT TRIANGLE Y CAMP

**Women's Wellness Weekend**  
**AUGUST 7-9, 2026 | TRIANGLE Y CAMP**



YMCAMINOT.ORG | TRIANGLEYCAMP.ORG   

# RELAX, REFRESH, REVIVE



**TIME TO REGISTER!**

Register by July 28, 2026!

Grab your friends and enjoy a fun weekend out at Triangle Y Camp!

## WOMEN'S WELLNESS WEEKEND

Members & non-members 21+ can share in an experience that lasts a lifetime. Whether you're looking for a relaxing getaway with your friends or seeking a fast paced adventure look no further. Triangle Y Camp has everything you are looking for.

### TRIANGLE Y CAMP

ON SCENIC LAKE SAKAKAWEA  
IN GARRISON, ND

### COST\*

MEMBER: \$125  
NON-MEMBER: \$150

### DATES

FRIDAY - SUNDAY  
AUGUST 7-9, 2026

## FUN INSIDE & OUT

Kayak on Lake Sakakawea, center yourself with yoga, climb to new heights on the alpine tower, paint an iconic TYC paddle, jump off the rope swing into the pond, enjoy some s'mores around the bonfire, pamper yourself, hike through the rustic grounds, ride a horse through the prairie, and much more!



Cost includes all meals & activities. Optional on-site fees may include massage, facial, etc. if available.



### YOUR SAFETY IS IMPORTANT

The health and safety of each participant is our first and foremost concern. All staff are trained in first aid and CPR.



**REGISTER  
ONLINE**

