## 2020 Sample Itinerary: 7 nights / 8 days

<table>
<thead>
<tr>
<th>Day</th>
<th>Location</th>
<th>Itinerary</th>
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| Saturday | In Transit / Williamson, WV | - Arrive in Williamson, WV  
- Settle in to lodging  
- Walking Tour  
- Welcome Dinner  
- Program Orientation |
| Sunday | Charleston/Williamson, WV | - Breakfast  
- Service  
- Lunch  
- Hatfield and McCoy Trail walk  
- Dinner  
- Group discussion and reflection |
| Monday | Williamson, WV            | - Breakfast  
- Introduction to Williamson Health & Wellness Center  
- Lunch  
- Service  
- Dinner  
- Group discussion and reflection |
| Tuesday | Williamson, WV            | - Breakfast  
- Service  
- Lunch  
- Service  
- Community Tuesday Night Track at Belfry High School  
- Dinner  
- Group discussion and reflection |
| Wednesday | Williamson, WV          | - Breakfast  
- Visit Starrs Farm, discussion with Starrs family  
- Lunch at Starrs Farm  
- Midweek check-in and group discussion and reflection  
- Dinner |
| Thursday | Williamson, WV/Pikeville, KY | - Breakfast  
- Visit and tour of Pikeville, KY  
- Work with Sustainable Pikeville  
- Lunch in Pikeville  
- Continue work with Sustainable Pikeville |
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<thead>
<tr>
<th>Day</th>
<th>Location</th>
<th>Schedule</th>
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<tbody>
<tr>
<td>Friday</td>
<td>Williamson, WV</td>
<td>- Dinner</td>
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<td>- Group discussion and reflection</td>
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<td>- Breakfast</td>
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<td>- Visit opioid treatment center</td>
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<td>- Lunch</td>
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<td>- Final program reflection</td>
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<td>- Bonfire</td>
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<tr>
<td>Saturday</td>
<td>In Transit / Departure</td>
<td>- Breakfast &amp; Departure</td>
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