

Retreat Itinerary: Freeport, Maine (Mother-Daughter Upscale Retreat)

Dates: July 29 – August 2

Location: Harraseeket Inn & Event House, Freeport, Maine

Day 1 — Arrival & Welcome (July 29)

Afternoon

- Check-in at the Harraseeket Inn
- Enjoy complimentary afternoon tea and pastries
- Settle into your room or townhome suite

Early Evening

- **Welcome Gathering**
 - Meet your hosts and fellow mother-daughter pairs
 - Light refreshments and introductions
 - Overview of the retreat schedule

Dinner

- Group dinner at a hotel restaurant
 - Conversation prompts designed to spark connection
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Day 2 — Adventure & Connection (July 30)

Morning

- Morning chit-chat hike
- Breakfast at the inn
- Structured morning session

Afternoon

- Free time for shopping in Freeport Village (Optional: spa appointments, kayaking, or rest time)
- Afternoon tea and snacks
- Afternoon session

Evening

- Candle-making “create your own scent” activity
 - Optional dinner at a coastal seafood restaurant
 - Mother–daughter reflection circle
 - Campfire S’mores
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Day 3 — Ocean Wildlife & Memory-Making (July 31)

Morning

- Morning chit-chat hike
- Breakfast at the inn
- Transportation to tour
- **Whale & Puffin Watching Tour**
 - Scenic boat ride
 - Wildlife viewing
 - Shared experience designed to create lasting memories

Afternoon

- Return to Freeport for leisure time
- Optional: photoshoot, journaling workshop, or pool time
- Afternoon tea and snacks

Evening

- Optional dinner at a coastal seafood restaurant
 - Mother–daughter reflection circle
 - Campfire S’mores
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Day 4 — I trust you (August 1)

Morning

- Morning chit-chat hike
- Breakfast at the inn
- Morning guided session

Afternoon

- **LL Bean Discovery Relationship-Building Program (part 2)**
 - Outdoor skills, teamwork challenges, and guided bonding activities
 - Led by LL Bean's professional instructors
- Back to the hotel for afternoon tea/snacks
- Discuss LL Bean Ropes Course

Evening

- Farewell dinner
 - Gift bag presentation
 - Closing gratitude circle
 - Campfire S'mores
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Day 5 — Departure (August 2)

- Final chit-chat morning hike
- Breakfast at the inn
- **LL Bean Discovery Relationship-Building Program (part 2)**
 - Outdoor skills, teamwork challenges, and guided bonding activities
 - Led by LL Bean's professional instructors
- Check-out and goodbyes
- Optional: group shuttle to Portland airport