REDWOOD
FOREST FOUNDATION

ESCAPE TO THE REDWOODS

A 3-DAY, 2-NIGHT CORPORATE WELLNESS RETREAT

Redwood Forest Foundation hosts corporate wellness retreats across our 50,000-acre recovering redwood forest, giving teams space to reconnect, recharge and build stronger relationships away from screens and daily demands.





Strengthen team trust

Shared experiences in nature build stronger relationships and lasting camaraderie.

The forest is a pharmacy

Redwoods release phytoncides, natural airborne compounds that may help reduce stress, promote relaxation, and support immune function when breathed in.

Restore mind and body

Forest-bathing research has observed lower stress hormones, improved relaxation, and increased immune cell activity.

Experience conservation firsthand

See active forest restoration in progress and participate in protecting California's recovering redwood forests.

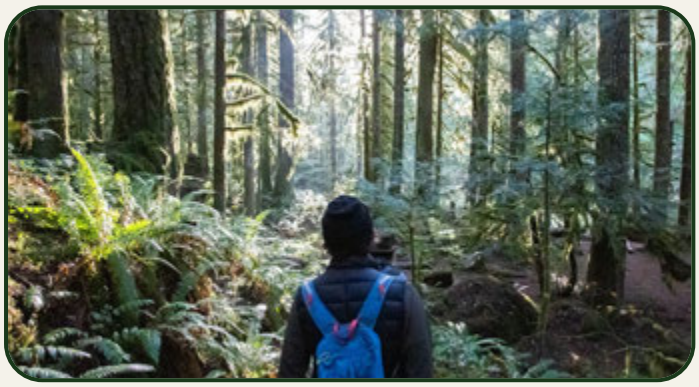
Leadership perspective

Create space for strategic thinking, reflection, and conversations that rarely happen inside the office.

LET'S BUILD YOUR RETREAT

Call 201-494-6017
Email alex@redwoodforests.org

WHAT'S INCLUDED



FOREST IMMERSION

Walk beneath ancient coast redwoods during guided forest bathing experiences designed to reduce stress, improve attention, and encourage meaningful connection.



SMART FOREST EXPERIENCE

Explore how Redwood Forest Foundation combines conservation with cutting-edge technology from eDNA biodiversity and watershed monitoring to Bioacoustics wildlife camera.



LEADERSHIP WORKSHOPS

Facilitated discussions focused on leadership, organizational culture, resilience, clarity, and long-term performance.



HANDS-ON RESTORATION

Participate directly in restoring one of California's largest recovering redwood forests through guided stewardship activities.



INVESTMENT

$2,500 PER PERSON

Three days, two nights
Maximum 10 participants
All-inclusive: Transportation, Luxury coastal accommodations, Curated meals, Guided programming, Forest experiences, Conservation activities, Leadership workshops

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CUSTOMIZE YOUR RETREAT

Every retreat can be tailored to your organization's goals, whether focused on leadership development, employee wellbeing, innovation, conservation, executive planning, or team building.

SAMPLE RETREAT

DAY 1: ARRIVAL & COASTAL WELCOME

Leave the workday behind and ease into the retreat with fresh coastal air, shared experiences, and time to reconnect.

- Welcome lunch and introductions
- Coastal hotel check-in
- Guided walk along the Mendocino Coast
- Group dinner and team connection

DAY 2: IMMERSION & CONSERVATION

Spend the day among towering redwoods, combining the restorative benefits of nature with hands-on conservation and forest science.

- Guided forest bathing beneath redwoods
- Lunch surrounded by the forest
- Smart Forest technology demonstrations
- Hands-on conservation field experience
- Wildlife monitoring and discovery
- Optional native redwood planting

DAY 3: REFLECTION & RETURN

Carry the experience forward with space for reflection, renewed perspective, and a deeper connection to nature.

- Morning meditation and mindfulness
- Guided group reflection
- Return transportation to San Francisco

OPTIONAL ADD-ONS

Skunk Train Experience

Add one additional day featuring the historic Skunk Train journey through old-growth redwood forests.

$500 per person



Smart Forest Technology Installation

Install Smart Forest technology on a sponsored restoration site.

Pricing upon request



Corporate eDNA Sampling Experience

Employees collect water samples alongside RFF scientists and learn how eDNA is used to monitor biodiversity.

Pricing upon request



Native Redwood Tree Planting

Plant native coast redwood seedlings as part of an active restoration project.

Pricing upon request



Sponsor 100 Acres of Restoration

Sponsor 100 acres of restoration and bring employees back year after year to see progress across biodiversity, wildfire resilience, water and carbon.



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