



Fiber Adventures Retreat at Capon Springs

Thank you so much for your interest in the Fiber Adventures Retreat at Capon Springs & Farms Resort September 29-October 2, 2025. Read below for details on the retreat.

Overview

- Capon Springs is an all-inclusive resort located in the Eastern Panhandle of West Virginia, about two hours west of Washington, D.C. Please visit our website for pictures and a lot more information about Capon Springs. www.caponsprings.net

Lodging

- Our lodging is retreat-style rooms with private bathrooms (or you can request a shared bath with a sink in the room and a bathroom down the hall if you would like to save on your stay.) Rooms have heat but do not have air conditioning. All rooms come equipped with a ceiling fan and a box fan.
- Each room at Capon is different so let our reservations team help you select the room that would be best for you.
- You can either share a room for the double occupancy rate or have a room to yourself for the single occupancy rate.

Meals/Food

- Most of our meals are served in our dining room. Meals are a combination of buffet-style with table service for drinks, desserts, and extras.
- Our menu is set (dining room vs restaurant) but we can accommodate special diets such as vegan, vegetarian, gluten-free, and dairy-free. We can also accommodate non-life-threatening food allergies. Please give us your dietary restrictions upon booking.
- The first meal of the retreat will be Monday 6:00pm dinner in our Sunset Lodge overlooking the golf course. (However, if you would like to arrive for 1:00pm lunch in the dining room that day, please let us know when you book.)
- Your final meal will be 1:00pm lunch on Thursday (unless you would like to substitute Monday lunch and end with Thursday breakfast).

Cost

- The deposit for the retreat will be \$195 per person, which will cover the cost of the retreat itself. You can pay this deposit by check or credit card (there will be a 3% processing fee applied to credit card payments.) The deposit is due at the time of booking.
- After the deposit, the booking total will be \$477 for single occupancy and \$912 for double occupancy.
- That total includes lodging, all meals & snacks, all taxes & fees, our recommended gratuities for room workers and waitstaff, and all Capon activities except golf spa and escape room (they each have their own fees).
- Payment for the booking is not due until checkout, but you can pay ahead of time if you would like.

Retreat Information

- After you have booked through Capon Springs, you need to register for the retreat itself. To do so, visit www.yarnadventuretruck.com. More information about retreat schedule and classes will be available there and will come directly from the organizers of the event, Yarn Adventures and The Foldout Cat.

Arrival & Departure:

- You are encouraged to arrive as soon as you'd like on your arrival day. Your room will be ready between 1:30 and 4:00pm
- On departure day, departure from your room will be by 11:00am, you can settle up whenever you like, and you are welcome to enjoy Capon Springs for the rest of the day!

Additional Information

- If you would like to book spa services or the escape room, we recommend doing so ahead of time by contacting each directly.
 - Hygeia Bath House & Spa hygeia@caponsprings.net or 304-874-3695
 - Capon Station Escape Room escape@caponsprings.net or 540-481-3539
- Capon Springs' alcohol policy:
 - Please enjoy alcohol in our room or on your room's porch only. Alcohol is not permitted in the dining room or in public spaces.
 - Capon does not have a serving license, but you can bring your own or purchase from a selection of beers and a hard seltzer made with Capon Springs water. We also have a variety of wines for sale by the bottle.
- Capon Springs has quiet hours from 11:00pm to morning. Please retire to your room or your room's porch by 11:00pm each night of the retreat.

Questions? Ready to Book?

Please contact Margy Wirtz-Henry at margy@caponsprings.net or 304-874-3695.