

Retreat FAQ's

You will find plenty of information about our Deeper Still Upper Cumberland retreats as you continue to browse, but here are a few basics.

- Our retreats begin at 2:00 PM on Friday afternoon and run until 12:00 noon Sunday.
- We recommend ,if you are flying in or driving more than 4 hours, plan to arrive on Thursday and stay the night at a hotel in Cookeville, TN. If you need help making arrangements please let us know.
- Our retreat lodge is approximately a 2-hour drive from all suggested airports.
- The retreat location is on Central Standard Time.
- We cannot accommodate any friends or family members.
- We can arrange to give you transportation to and from the airport. You can also rent a car if you would prefer.
- There is cell phone coverage at the lodge, but we ask you to shut off your phone for the weekend. Please be sure your family has the Deeper Still number 931-254-9117 in case of an emergency.
- There is no registration fee to attend this retreat.