



Instructions

Northern California Location: Sequoia Retreat Center near Santa Cruz, California.

You will need this information as you prepare to pack for your retreats. This document provides you with the basic operating procedures for your retreat center and packing instructions so you are properly prepared for the activities and weather. If you are driving, the directions to the retreat center are also included.

This is a residential retreat, so please don't plan on doing other work while you are here. We suggest that you handle other responsibilities and agreements (work, family, etc.) prior to arrival, so that you can give yourself the gift of being "on retreat." Therefore, please avoid bringing laptops, checking voicemails, and doing other "day to day activities" during your retreat. One phone is available for guest use on a limited basis. Please bring calling cards for any long distance calls. There are no laundry facilities or laundry services available to participants during the retreats.

What to Bring (pack lightly)

Important Items

- ☐ Flashlight
- ☐ *Rain Gear (see local weather)
- ☐ Water Bottle
- ☐ Day Pack (a small pack for carrying items like your water bottle, raingear, gloves, etc.)
- ☐ Any medications, supplements, and hygiene items you may need, including allergy, antacids, cough drops, and natural remedies

Other Items

- ☐ Jacket or warm sweater
- ☐ Both lightweight clothes (shorts etc.) and warm clothes for cold or wet weather
- ☐ Soap, shampoo, toothbrush, etc.
- ☐ Sturdy walking shoes that provide traction and ankle support
- ☐ Sandals or tennis shoes
- ☐ Slippers for inside
- ☐ Insect repellent
- ☐ Sunscreen
- ☐ Gloves for ropes course (well-fitted leather best)
- ☐ Hat (for sun & warmth)
- ☐ Ear plugs (shared accommodations)
- ☐ Personal calendar
- ☐ Alarm clock/watch
- ☐ Pen

What NOT to Bring

- ☐ iPods, MP3 players, etc.
- ☐ Laptops and other electronics
- ☐ Expensive jewelry
- ☐ Perfume/cologne
- ☐ Cellular phones (for emergency use)
- ☐ Alcohol

You will do a lot of floor sitting and outdoor activity. Please dress accordingly.

Local Weather

For those of you unfamiliar with Northern California weather: In summer you can expect hot, dry days and chilly nights. Winter is variably warm and sunny or cold and rainy. You will be near the ocean so winds and damp fog are common any time of year. Be prepared to dress in layers. Check www.weather.com and find Ben Lomond California for current conditions and forecasts for the area.

*For retreats 1 & 2 you will spend a fair amount of time outdoors, rain or shine. Waterproof shoes, pants, rain poncho and jacket with hood are recommended in wintertime.

Sequoia Retreat Habits & Suggestions

1. It is recommended that you arrange to carpool to Sequoia Retreat Center. Upon arrival follow signs to the Registration Welcome Center to check-in.
2. Accommodations are small cabins; most are triple occupancy neatly and simply furnished.
3. All cabins are heated and have full bathrooms with showers.
4. Bed linens and towels are provided.
5. Smoking and candles are prohibited in the cabins.
6. To avoid poison oak, stay on the roads and trails while hiking.
7. To respect the privacy of our neighbors, we ask that you remain within the property boundaries during your entire stay.

Driving Directions

Location: Sequoia Retreat Center, 11445 Alba Road, Ben Lomond, Ca 95005
Phone: 1-831-336-5060

From San Jose International Airport (SJC):

Take Hwy 880 South (toward Santa Cruz). Hwy 880 becomes Hwy 17 (at the Hwy 280 intersection). Take Hwy 17 South (toward Santa Cruz) and then follow the numbered directions below.

From San Francisco International Airport (SFO)

Take Hwy 101 North to the first exit Hwy 380 to Hwy 280 South. Continue on Hwy 280 South to Hwy 85 South (toward Gilroy) to Hwy 17 South (toward Santa Cruz) and then follow the numbered directions below.

1. From Hwy 17 South continue toward Santa Cruz until Mt. Hermon Rd.
2. Exit at Mt. Hermon Road and turn right at the signal onto Mt. Hermon Rd.
(FYI: Google maps and navigation systems will take you via Bear Creek Road – This is not the advisable route.)
3. Take Mt. Hermon Road 4 1/2 miles through Scott's Valley, on through the hills down to the town of Felton.
4. You will come to a "T" with a signal at Graham Hill Road. (If you go straight you will be in the parking lot of a park.) Turn right onto Graham Hill Road.
5. Turn right again onto Highway 9 (next signal).
6. Continue North through Felton and on to Ben Lomond.
7. Go straight through the 4-way signal in Ben Lomond.
8. Go 1/2 mile and turn left onto Alba Road. Be careful not to turn too soon or you will end up on Hubbard Gulch Road. Hubbard and Alba are close together.
9. Go 1 1/2 miles to the Sequoia Retreat Center sign on your left. Enter the next left.
10. Follow the signs to the Welcome Center to check in and pick up your cabin key.

Note: If you will be arriving late, please call both Sequoia Retreat Center at 831-336-5060 and the CTI office at 800-691-6008 x 701 and leave a message. Thank you!