

Northern California Location: Wildwood Retreat center near Guerneville, California.

**Instructions:** 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 the weather. If you are driving, the directions to the retreat center are also included.

***Packing Information:***

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 voice mails, and doing other "day to day activities" during your retreat. One phone is available for guest use on a limited basis and free domestic long distance service is provided.

What to Bring:

- ☐ Jacket or warm sweater
- ☐ Small flashlight (IMPORTANT)
- ☐ Soap, shampoo, toothbrush – all that stuff
- ☐ One pair sturdy walking shoes-providing traction and ankle support
- ☐ One pair sandals or tennis shoes
- ☐ Slippers for inside (it's a shoeless retreat center)
- ☐ \*Rain gear – IMPORTANT (only jacket & dry shoes needed June - September)
- ☐ Layers both light weight clothes (shorts, etc.) and warm clothes for foggy, cold or wet weather
- ☐ Insect repellant
- ☐ Sunscreen
- ☐ Water bottle (IMPORTANT - can be refilled)
- ☐ Gloves (leather best) for ropes course (well-fitting – you'll be glad you did!)
- ☐ Hat (for sun & warmth)
- ☐ Bathing suit for hot tub and pool
- ☐ Ear plugs (shared accommodations)
- ☐ Leadership journal and pen (Please get a separate journal to use just for Leadership)
- ☐ Personal Calendar/Day-Timer/BlackBerry
- ☐ Day pack (a small back pack for carrying things like your water bottle, raingear, gloves, etc...)
- ☐ Any medications, supplements, and hygiene items you may need, including allergy, antacids, cough drops, natural remedies.
- ☐ Alarm clock/watch

What NOT to Bring:

- ⊗ iPods, MP3 Players, etc.
- ⊗ Laptops and other electronics
- ⊗ Expensive jewelry

- ⊗ Perfume/cologne
- ⊗ Cellular phones (cell phone service is not reliable)
- ⊗ 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. Dress in layers. Check [www.northbayweather.com](http://www.northbayweather.com) and click on the Guerneville link 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 and jacket with hood are essential in wintertime.

### ***Wildwood Retreat Habits & Suggestions***

It is recommended that you arrange to carpool to Wildwood Retreat Center.

To respect the privacy of our neighbors, we ask that you remain within the 200 acre property boundaries during your entire stay.

Bed linens and towels are provided. However, you may wish to bring a robe if you plan on using the hot tub.

Please bring your own water bottle container.

This is a shoeless center. Please bring slippers to wear indoors.

We are located in a coastal climate. Please bring along warm and cool weather gear, walking shoes, hat and sunscreen.

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### ***Driving Directions to Wildwood Retreat Center***

20111 Old Cazadero Road, Guerneville, California Phone 707-632-5200

From San Francisco Airport (SFO):

Take Hwy 380 to Hwy 280 North. Stay to the left to exit Hwy 280 onto Route 1 north.

(Route 1 begins there as Junipero Serra, quickly turns to 19<sup>th</sup> Street for several miles, then Park Presidio as it goes through Golden Gate Park.)

After you go through the Gen. Douglas MacArthur tunnel, you will approach the Golden Gate Bridge. (You will not have to pay a toll going north.) As you cross the bridge you are on Hwy 101.

Continue on Highway 101 North past San Rafael, Novato, Petaluma, and Santa Rosa. Just north of Santa Rosa, take the River Road exit. [Do not take the Guerneville Road exit in Santa Rosa.] Turn left [west] on River Road and proceed 14 miles to the town of Guerneville.

Once in Guerneville, go through town and continue 1/2 mile past the Safeway store and turn right on Old Cazadero Road. Look at your odometer at this point, for you will be going 5.5 miles on Old Cazadero Road to our gate. The road from Guerneville is steep, curvy and single lane in places. The retreat center is at the top of the hill at the end of the road.

After the first mile or so, you will cross a bridge and come to a stop sign, where you will see a house directly in front of you. Turn right, and immediately take the left fork to stay on "Old Caz." Ignore right hand turns for Fern Way and Arroyo.

After another 1/2 mile the road makes a sharp turn to the right, crosses a bridge, and begins to climb. Be careful not to continue straight at this point, or you will end up in a private driveway.

Please respect our neighbors' driveways and signs, and stay on the paved road for another 4 miles to our gate. Ignore any signs that say "locked gate ahead" or "road ends." We are at the very end of the road. Our street address is 20111 Old Cazadero Road. *[Please note that this is NOT our mailing address which is: P.O. Box 78, Guerneville, CA 95446]*

Allow 20 to 30 minutes to get from Guerneville to Wildwood Retreat Center.

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If you will be arriving late, please call both the Wildwood Retreat Center at 707-632-5200 and the CTI office at 415-451-6000 and leave messages. Thank you!