



# SHAMBHALA

## MOUNTAIN CENTER

SPRING/SUMMER (mid April – mid September)

## Welcome

We look forward to your visit! While here, we invite you to rediscover a sense of personal balance and harmony, while taking in the beauty of this powerful land. Shambhala Mountain Center is located on over six-hundred acres of native forests, gentle meadows, and sweeping valleys. Below are some essentials to help you prepare for your stay at our mountain retreat.

## Essentials for your stay

### GETTING HERE

We are located about two hours from Denver International Airport. Please visit [shambhalamountain.org/visit](http://shambhalamountain.org/visit) for detailed travel information, including driving directions, shuttle options, and ride share opportunities. *Please note when making your travel plans that the SMC shuttle makes only one stop per day--at 2:00 pm in Fort Collins.*

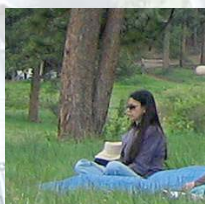
### ARRIVAL AND DEPARTURE

**Arrival:** Check-in times are usually 2:00-5:00 pm on the first day of your program, with time to settle into your accommodations before dinner at 6:30 pm. Programs typically begin with an evening orientation at 7:30 pm.

**Departure:** Programs generally end at 12:30 pm on your departure date. Lunch is included at this time, but optional. Luggage may be left in your room until 1:30 pm, with the request that it is packed and ready to go by 9:00 am before the last session of your program.

**Late Check-Out:** If you have special circumstances that require a later check-out time, please contact Guest Services.

**You will receive a welcome email from your program coordinator approximately one week prior to your arrival date with more detailed information regarding your retreat schedule.**





## Sample Schedule

### ARRIVAL DAY

2:00 – 5:00 pm .....Arrival and registration  
 6:30 – 7:30 pm .....Dinner  
 7:30 pm ..... Orientation, program activities  
 10:30 pm .....Curfew

### TYPICAL DAY

7:30 – 8:30 am ..... Breakfast  
 9:00 am – 12:30 pm ..... Program activities  
 12:30 – 1:30 pm ..... Lunch  
 1:30 – 3:00 pm ..... ROTA, free time  
 3:00 – 6:30 pm ..... Program activities  
 6:30 – 7:30 pm ..... Dinner  
 8:00 pm ..... Evening activity  
 10:30 pm ..... Curfew

### DEPARTURE DAY

7:30 – 8:30 am ..... Breakfast  
 9:00 am – 12:30 pm ..... Program activities  
 12:30 – 1:30 pm ..... Lunch/Departure

**Schedules vary depending on the length and type of program attended.** You will receive a welcome email from your Program Coordinator approximately one week prior to your arrival date with more specific program information.

## The Basics

### MEALS AND DIETARY NEEDS

Breakfast, lunch and dinner are served buffet style with omnivore, vegetarian, vegan and/or gluten-free options. When registering, please let us know which options you prefer. To support allergy safety, the kitchen lists the ingredients of menu items. If you have severe food allergies, please report them when you check in.

Those with more restrictive diets should bring their own food/supplements to ensure proper nutrition. Limited refrigerator space is available for storing supplemental, pre-made foods. Due to Colorado Health Code regulations, visitors are not allowed kitchen access. However, a microwave and hot water are available for personal use. Light snacks, tea, and coffee are also available throughout the day.

### WEATHER

The weather here changes quickly and can vary to extremes. At this altitude, the sun can feel more intense and gusty winds are frequent. The average temperature here in the summer is in the 70s but can fluctuate, with nights sometimes dipping down to 29°F. Some days are bright and sunny, while others may see rain and hail. Due to these fluctuations, it is helpful to pack for a variety of conditions. Please check the current weather forecasts near your retreat date for the most accurate data.

### GEAR TO BRING

Below is a suggested checklist designed to help you best prepare for your retreat.

**If you have chosen seasonal dormitory or platform-tent accommodations, please bring your own towels and twin bedding, including sheets and a pillow.**

- Layered clothing to accommodate a wide range of temperatures on any given day
- Sturdy shoes, with good traction and stability, for walking on trails and uneven ground\*
- Slip-on shoes for bathhouse/shower, if opting for shared bathroom accommodations
- Personal toiletries (scent-free or low-scent)
- Moisturizer, lotion, and chapstick
- Sunscreen, sunglasses, and a shady hat
- Insect repellent
- Reusable water bottle
- Waist or day pack
- Flashlight and batteries
- Notebook and/or journal, pen
- Shawl or blanket for indoor sessions
- Light layers for warmer days and indoors; warm layers of fleece/wool in cooler months
- A windproof jacket; water resistant or water proof in wetter months

If you take medication, please bring a sufficient supply for the duration of your stay. The closest pharmacy is one hour away in Fort Collins.

\*NOTE: Shoes must be removed in all indoor areas. Slip-off designs are most convenient.

### WHAT'S PROVIDED

- ✓ Gomdens (rectangular meditation cushions) are provided for most programs. If you prefer a different kind, please bring your own, labeled with your name.
- ✓ Bedding and towels are provided for Lodge accommodations and Red Feather cabins.



## Odds and Ends

### GIFT STORE

Our gift store stocks a variety of necessities including toiletries and a few over-the-counter medications. We also offer a wide array of books, journals, meditation cushions and supplies, jewelry, clothing and other gift items, not to mention healthy snacks and chocolate. The gift store is open most afternoons and accepts personal checks, credit cards, and cash.



### CELL PHONES AND INTERNET

We encourage you to take this opportunity to unplug from life's demands but understand the need to sometimes keep in touch with family, friends, and coworkers back home. Cell phones do not receive reception here. However, public telephones are available in several locations on the land with the use of a calling card (which can be purchased in the gift store). Internet access is available in most rooms, but connectivity is unpredictable in our mountainous location. A few public computers are also available to guests.



### EMERGENCY MESSAGES

The number for your loved ones to reach you in case of an emergency is 970-881-2184 x3334.



### ROTA

ROTA (Rotating Work Assignments) is an essential way to be part of our community and to help maintain the container for fellow participants in your program. It is also experienced by many to be a powerful mindfulness practice. A ROTA shift may involve helping out in the dish room, cleaning a public space, arranging cushions, or prepping food in the kitchen. It is often said that participants of ROTA take that same mindfulness home to tasks in their daily life. We invite you to participate in this practice while on your retreat.



### LAUNDRY

There are no public laundry machines on site. Please bring enough clothing for your stay. For programs exceeding two weeks, an offsite laundry service is often offered for an additional fee.

### MEDICINE

If you take medication, please bring sufficient supplies. The nearest medical facility and/or pharmacy is located about one hour away in Fort Collins. For over-the-counter and herbal medicine needs, our gift store offers a few common varieties.

### PETS

Other than designated service animals, pets are not allowed on the land.

### SCENT-FREE ENVIRONMENT

Some guests may be sensitive to smells and scented products can attract wildlife. Please bring no-scent or low-scent toiletries, and refrain from using hair spray and perfume. We also ask for safety reasons that you refrain from burning incense, sage, or candles in your room or tent.

### SMOKING

All campus facilities are smoke-free. Smoking is allowed only in designated outdoor areas. Please note that our gift store does not sell cigarettes.

Shambhala Mountain Center is not responsible for lost, stolen or missing items. Please take personal precautions with your valuables during your visit.

## More Questions? Need Help?

**Info:** 888-788-7221 or 970-881-4230  
frontdesk@shambhalamountain.org

**Guest Services:** 970-881-2184 x230  
info@shambhalamountain.org

**Registrar/Payments:** 970-881-2184 x236  
registrar@shambhalamountain.org

**Housing & Travel/SMC Shuttle:** 970-881-2184 x235  
housing@shambhalamountain.org

**Gift Store:** 970-881-2184 x238  
giftstore@shambhalamountain.org

Shambhala Mountain Center is a 501(c)3 non-profit educational organization whose mission is to create a culture of kindness, generosity and courage through sharing the Shambhala teachings and offering quality programs of personal transformation steeped in wisdom traditions and venerable lineages from around the world.