



SHAMBHALA  
MOUNTAIN CENTER

## SHAMBHALA MOUNTAIN CENTER VISITOR GUIDE

### WELCOME

Welcome to the world of Shambhala Mountain Center, a six-hundred-acre mountain haven of native forests, gentle meadows and sweeping valleys in Northern Colorado. We are pleased that you have chosen to join us. We invite you to rediscover a sense of personal balance and harmony, while taking in the beauty of this powerful land. We look forward to seeing you soon!

### WEATHER

The weather here changes quickly and can vary to extremes. The sun is a higher intensity; gusty winds are frequent. Summers are cool with average temperatures in the 60s. July and August days can reach the 70s. Winters are very cold with average temperatures in the 20s. January and February are often our coldest months. However, in any given fall, winter or spring, one may experience mild temperatures and bright sunshine, or heavy snow and intense cold. Daytime and nighttime temperature variations can fluctuate up to 29°F in the summer and an average of 22°F in winter. Rain, snow and wind can blow in quickly. July is our wettest month in the summer. We get heavy snowfall in winter.

### MEALS

Three meals a day are included during your stay, with an omnivore, vegetarian and/or vegan/gluten-free option always provided. Our kitchen is not able to accommodate special dietary needs beyond these three options. To support allergy safety, the kitchen guarantees that ingredients will be listed on all menu items. If you have severe food allergies, please report this when you check-in. Any known allergies are the responsibility of the participant.

Those with more restrictive diets should bring their own food/supplements to ensure proper nutrition. Limited refrigerator (not freezer) space is available for storing supplemental, pre-made foods. Due to Colorado Health Code regulations, participants are not allowed kitchen access. However, a microwave and hot water are always available for personal use.



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### GEAR TO BRING

- 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
- Personal toiletries and moisturizer
- Chapstick, sun protection, sunglasses, shady hat, insect repellent in summer
- Water bottle, waist or day pack, flashlight, batteries, camera if desired
- Battery-powered alarm clock, notebook, 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
- Warm boots and YAK TRACKS in winter months; thick socks or slippers for indoor areas
- Down or insulated jacket, warm hat, scarf and gloves in winter
- If you have chosen seasonal dormitory or platform-tent accommodations, please bring your own twin bedding, a pillow and towels

### NOTE:

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

### GIFT STORE

Our gift store stocks candy and other snacks, drinks, ice cream, some toiletries and a few over-the-counter medications. We offer a wide array of books, journals, meditation cushions and supplies, jewelry, clothing and other gift items.

### PLANNING EXPENSES

Our gift store takes personal checks and credit cards. We also have an ATM available on-site.

### CELL PHONES

Cell phones generally do not get reception here. If your cell phone does get reception, we ask you to please make any calls from the privacy or your room, or in a public phone area. SMC has a few public landline phones that can also be used for personal calls during your stay. Phone cards for these phones can be purchased at the Gift Store, or you can bring your own.

### INTERNET/COMPUTERS

Wireless internet access is available in most lodge rooms, but connectivity is unpredictable in our mountainous location. We also have 2 public computers available for guest use.



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### MESSAGES

For your family or friends to send a non-emergency message, we recommend they send an email with your name, the program you are in, and your program dates to [info@shambhalamountain.org](mailto:info@shambhalamountain.org) Private information should not be included. Messages are delivered daily at lunch and dinner.

For an EMERGENCY message, please call 970-881-2184 x334. If leaving a message, please identify the call as an emergency.

MAIL : can be addressed as follows:

Your Name, Guest  
Program Name & Dates  
Shambhala Mountain Center  
151 Shambhala Way  
Red Feather Lakes, CO 80545

### OTHER DETAILS

- The nearest medical facility and/or pharmacy is located about one hour away in Fort Collins. If you take medication, please bring sufficient supplies to administer to your own needs.
- 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 scented products.
- All campus facilities are smoke-free. Smoking is allowed only in designated outdoor areas. Our gift store does not sell cigarettes.
- Pets, other than designated service animals, are not allowed on the land.
- For safety reasons, please refrain from burning candles, incense or sage in rooms/tents.
- Shambhala Mountain Center is not responsible for lost, stolen or missing items. Please take personal precautions with your own valuables.