



# SHAMBHALA MOUNTAIN CENTER

## 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.

## Essentials for your stay

### IN AND OUT

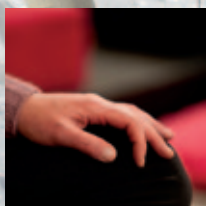
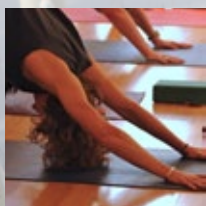
**Arrival:** Programs typically begin with dinner at **6 p.m.** on the first date listed in your program description. Typically, Guest registration is from **2-5**. All program participants, including presenters and program/volunteer staff must check-in at our Guest Registration house upon arrival on the land. Rooms are typically available by **3:00 p.m.** Please arrive early enough to allow time to check-in and settle into your accommodations. The Guest Registration house closes at **5:30 p.m.**

**Meals:** Your meals begin with dinner on your arrival date. Dinner is served from **6-7 p.m.** If you will be arriving late, please eat before you get here. Breakfast is served from **7:30 to 8:30 a.m.**, and lunch is from **12:30 to 1:30 p.m.** Your meals end with lunch on your departure date.

**Late Check-In:** If you are arriving after **5:30 p.m.**, your room access card, check-in instructions and program schedule will be left in an envelope outside the Guest Registration house.

**Departure:** Programs generally end at **12:30 p.m.** on your departure date. Lunch is included, but optional. Room check-out is **9:00 a.m.**; luggage may be left in your room until **1:30 p.m.** Program participants are invited to remain on the land until **5:00 p.m.** You will receive details for your program in an email.

**Late Check-Out:** If you have a special circumstance that requires a later check-out time on your departure date, please contact Guest Services.





## The Basics

(Typical Sample Schedule – may change depending on individual program schedules.)

### ARRIVAL DAY

2 - 5 p.m. ....Arrival and registration  
6 - 7 p.m. ....Dinner  
7 p.m. ....Orientation, Program Begins  
10:30 p.m. ....Curfew, Sleep Well

### TYPICAL DAY

7:30 - 8:30 a.m. ....Breakfast  
9:00 a.m. - 12:30 p.m. ....Program activities  
12:30 - 1:30 p.m. ....Lunch  
3:00 - 6:30 p.m. ....Program activities  
6 - 7 p.m. ....Dinner  
7:30 p.m. ....Evening activity  
10:30 p.m. ....Curfew, Sleep Well

### DEPARTURE DAY

7:30 - 8:30 a.m. ....Breakfast  
9:00 a.m. - 12:30 p.m. ....Program activities  
12:30 - 1:30 p.m. ....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. A final program schedule will be provided to you upon check-in.

## Nuts and Bolts

### 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 50s. July and August days can reach the 70s. Winters are very cold with 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

Meals, with a vegetarian and/or vegan/wheat-free option, are included during your stay. Meat is offered at least once a day. The 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.

### 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, 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 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.

### 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 Shambhala and Rigden Lodge accommodations, and Red Feather cabins.



## Odds and Ends

### 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.

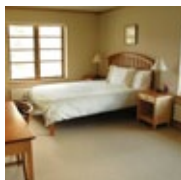


### PLANNING EXPENSES

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

### CELL PHONES

Cell phones do not get reception here. Phones are available in certain rooms which work with calling cards, and public phones are available. Phone cards can be purchased at the Gift Store, or bring your own.



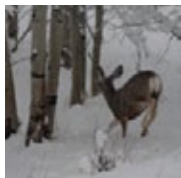
### INTERNET/COMPUTERS

Internet access is available in most rooms, but connectivity is unpredictable in our mountainous location. A few public computers are available to guests.



### MESSAGES

To leave a non-emergency message, we recommend sending an email with the guest's name, the program they are in, and their program dates to [info@shambhalamountain.org](mailto:info@shambhalamountain.org). Private information should not be included. Messages are posted daily at lunch and dinner, but we can not determine when your party might check the board.



To contact a guest due to an **EMERGENCY** 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

## More Questions? Need Help?

**Reservations/Programs Info:** 888-788-7221 or 303-568-9640  
[callcenter@shambhalamountain.org](mailto:callcenter@shambhalamountain.org)

**Guest Services:** 970-881-2184 x266  
[info@shambhalamountain.org](mailto:info@shambhalamountain.org)

**Registrar/Payments:** 970-881-2184 x236  
[info@shambhalamountain.org](mailto:info@shambhalamountain.org)

### TRAVEL

See our [shambhalamountain.org/visit](http://shambhalamountain.org/visit) for detailed travel information, driving directions and maps.

### LAUNDRY

Limited coin machines are available for lodge guests. Others should bring enough clothing for their stay. Take-out laundry service is mandatory for some longer Shambhala programs; the fee is included in registration costs and will be designated on the program registration page.

### LAST BUT NOT LEAST . . .

- ROTA (Rotating Work Assignments) are an essential part of our community. All program attendees are invited to participate in ROTA during their stay. This may involve one shift or more helping in the dish room, cleaning a public space or prepping food in the kitchen. If you have a physical limitation that would prevent your participation, please let us know.
- The nearest **medical facility** and/or pharmacy is located about one hour away in Fort Collins. If you take medication, you must 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.