

Sunrise Ranch Conference and Retreat Center Information

Please read carefully for important information that will enhance your stay at Sunrise Ranch.

Registration, Check-in and Check-Out:

The front desk is open from 8:30 A.M. until 6:00 P.M. when a conference is in session. Participants arriving before or after these hours need to contact Sunrise Ranch before finalizing travel plans.

Transportation:

Shuttle and limousine service information and driving maps to Sunrise Ranch are provided to your registrar for distribution. You can also make travel arrangements at www.supershuttle.com (general transport) or www.summitlimousinesinc.com (good for groups). Maps and driving directions can also be found online at <http://www.sunriseranch.org/docs/map.pdf>.

Sunrise has a discounted corporate account rate with Enterprise Rent-a-Car. Call Sunrise Ranch for details.

Welcome & Orientation:

Upon arrival during office hours, guests will sign a waiver, be given a brief tour of the facility and escorted to their rooms. Additionally, Sunrise staff will offer a fifteen-minute welcome address to all conference attendees at the start of the event. Guests arriving to Sunrise Ranch after hours should look for a message to them on the front door of the Pavilion.

Our Accommodations:

Most of the rooms are upstairs on the second floor. We do not have an elevator. Handicap-accessible rooms require prior notification. Sunrise does not provide luggage assistance, so pack lightly! We also do not have A/C but provide each room with fans.

Our Bathrooms:

Accommodations have shared bathrooms. European style allows for appropriate privacy. Please bring a robe with you.

Upgrades:

Upgrades *may* be available through the front desk after your arrival to Sunrise Ranch. **All costs must be covered for the person who upgrades.** (For example, if a person in a double room upgrades to a single, then they must pay the single rate for their stay). This requires all involved conference guests to agree on this arrangement.

Campers:

Bring tents, sleeping bags and other equipment needed for grassy lawn camping near our accommodations building. Be prepared for inclement weather. No open fires allowed.

Parking:

Overflow parking across the road behind the Dome facility.

RV's:

We have two electrical hook-ups. No water or disposal. Reservations are required.

Food:

Our self choice food line meals that are wholesome, balanced, mostly organic and made with great care to satisfy regular, vegetarian, vegan, wheat and dairy-free diets. **Diet preferences must be indicated on registration forms. Food Allergies are vital and must be noted at registration.** Meat/Fish will not be provided at every meal. **Food preferences are up to the participant and appropriate choices can be selected from the food line.** If you have additional dietary needs that we cannot accommodate, we suggest you bring alternative food. Refrigerators for shared use in each hallway and apartment are available. We do not provide soft drinks/ alcohol on site. Coffee and tea are available at all times.

Children:

Children are welcome at Sunrise Ranch. Parent/guardian must supervise children under 16 at all times. Sunrise does not provide childcare. Contact event registrar for details.

Pets:

Please leave your pets at home.

Clothing:

Bring layers. Colorado weather is unpredictable. Facilities are located in separate buildings so walking outside is inevitable.

Computer Use:

Accommodations and our Pavilion building have wireless accessibility for your WiFi equipped laptop.

Phones:

Most cell phones do not have reception in this area (except Cingular/AT&T.) Landline phones are available for use. For long distance calls a calling card is required and may be purchased at the Front Desk. **For messages to you during your stay, please use (970) 679-4200 or fax (970) 679-4247 during office hours. After office hours, for emergencies only, please call (970) 231-7040.**

Gift Shop:

The Artisan Gift Shop is open at various times during your conference for your shopping pleasure. (Visa and MC)

Post office:

We have a postal office on site for mailing letters. Stamps available for purchase at front desk.

Heated Outdoor Pool (seasonal)

Hot Tub and Sauna:

Bring your swimsuits – towels provided!

Opportunities for Meditation:

Sunrise's Labyrinth, Reflection Pool and Permaculture Garden provide a trio of personal meditation options.

Hiking Trails:

Beautiful Colorado trails - bring your boots!

Laundry:

Coin-operated guest facilities are available.

Health Services:

Medical services are available in Loveland (15 minutes away). We do not provide medical services on site.

Personal Items:

Forgot your toothbrush? Toiletries, water, greeting cards and healthy goodies can be purchased at the Front Desk. (Visa and MC are the only cards accepted)

Photocopies:

Please make copies before you arrive. We charge \$.10 per copy at the Front Desk.

Quiet Time:

Please respect Sunrise Ranch quiet hours between 10:00 P.M. and 7:30 A.M.

Smoking:

In and around Sunrise buildings are smoke-free zones. One designated smoking area is available outside.

Drugs and Alcohol:

Illegal drugs are not allowed on property. Alcohol use must be moderate and respectful.

Candles/incense/Oils:

We request that no open flames, incense or oils be used in guest accommodations.

Sparkles, Fairy Dust, Confetti:

Please do not use these or similar products at our facility. They seem to stay forever...

Forgotten Items:

Please make sure you take all personal items from your rooms and meeting rooms. Guests are responsible for any costs to return lost or forgotten items.

When time allows and as pre-arranged by your conference organizer, sign ups for the following will be available...

Attunement:

Attunement is a spiritual practice and a non-touch form of vibrational alignment that developed in 1929 from the work of Lloyd Meeker, Founder of Emissaries of Divine Light. It allows currents of blessing to flow through the endocrine and other anatomical systems to bring physical, mental and spiritual alignment and to enhance a person's quality of life.

Cost: By Donation

Massage:

Certified practitioner offers a deeply relaxing eclectic blend of Swedish massage, acupressure, reflexology and energy work.

Cost: \$70/50 minutes