

Travel Information



The following information is intended to assist you in making your travel arrangements. If you have questions that are not addressed below, please do not hesitate to contact our office for additional information and assistance.

Ride Sharing

We strongly support ride-sharing as a way to conserve resources and lessen our collective carbon footprint. In general, we have very good luck in gathering a list of volunteers to cover ride-share needs. On your registration form was an area on which you could offer a ride or indicate your need for ride-sharing. We gather this information and send out a **group email** to all those who have chosen to participate in ride-sharing **two weeks prior to the start of the retreat**. This email only goes out to those who have indicated an interest in receiving ride-sharing, either by filling in that section of the registration form or by contacting us directly. If you did not initially choose to participate in ride-sharing but decide later on you would like to give or receive a ride, please call or email us to have your name added to the list to receive that group email. The information we send out allows individuals to directly contact one another to arrange ride-shares.

Please be aware, **public transportation options** to our area are very limited. The closest public transportation stops for Greyhound and Amtrak are 20 miles away from Cloud Mountain. Regretfully, Cloud Mountain cannot offer pick ups, so you will need to take a taxi the last 20 miles. If you are having trouble arranging a ride-share and need to utilize public transportation, you might consider taking a bus or train to a major metropolitan area like Seattle or Portland and arranging a ride-share from there.

Air Travel

If you are flying in from out of the area we recommend that you fly into **Portland International Airport (PDX)**. There is door-to-door shuttle service between PDX and Cloud Mountain, but not from Seattle's airport, SeaTac. Even though people flying in are usually able to arrange ride-shares with other retreat participants, having the shuttle service allows for a back-up plan to get to the retreat center in the event of unforeseen travel difficulties.

The information given to us on the registration form by people flying in will be included in the ride-share email referred to above. It would be wise to alert us on your registration form (or as soon as possible if you did not clearly state your need on the registration form) that you will be flying in for the retreat. When you receive the ride-share email we recommend you proceed in one of several ways:

- 1) You may choose to **directly contact volunteers on the list offering rides from Portland**.
- 2) You may **get in touch with others flying in and/or needing rides from Portland** and work out a group travel arrangement. You may very likely be able to arrange reduced costs for a shuttle if you put together a group of people traveling to and from CM. When 3 or more people share a shuttle it is generally possible to qualify for a discounted rate. Depending on circumstances, it may be worthwhile renting a car together as a group.

3) You may **book a solo shuttle**. A one-way solo shuttle can be expensive so we encourage you to thoroughly explore options 1 and 2 above.

(Please note: Cloud Mountain no longer makes reservations on behalf of retreat participants. Ongoing policy changes at the local shuttle service have made it impractical for us to assume responsibility for shuttle arrangements.)

The shuttle service we currently recommend is **Blue Star Airport Shuttle**. Their web address is www.bluestarbus.com. You can email them at info@bluestarbus.com or call them at either **800-247-2272 or 503-249-1837**. There are a few other shuttle services that can carry you between PDX and Cloud Mountain, and you are welcome to explore other options. In our experience, Blue Star has generally proven to be the most reliable.

Timing Inbound and Outbound Flights

Portland International Airport (PDX) is about 60 miles from the retreat center. In good traffic the drive takes about **1 hour and 15 minutes**.

In order to easily participate in group shuttles and to arrive and depart according to the retreat center guidelines, it is helpful if you can arrange your flight to arrive at PDX between **12:00 and 3:00pm on the first day** of the retreat, and to depart PDX **no earlier than 4:30pm on the last day**.

Sometimes people run into difficulties in finding a flight that departs late enough to work well with this schedule on the last day, especially those flying from the east coast or internationally. Based on experience, if that is the case for you we encourage you to **book a hotel room in Portland, stay overnight and fly out the next day**. Often, hotel rooms can be booked inexpensively when purchased with a plane ticket. If you arrange an earlier flight, and thus must leave the retreat center prior to the scheduled end of the retreat, likely be forced to book a solo shuttle, which at the current rates could cost you around \$90 for the one-way trip back to Portland.

It is probably helpful for us to provide you with some understanding of why we request that everyone stay through until the scheduled end of the retreat. On all of our retreats, we ask every participant to commit to **daily and final chores** to support the flow of the retreat and help the retreat center offer retreats with only a tiny residential staff. At the end of retreats, we need the help of all participants to clean up the retreat center. This is true on every retreat. All of the rooms and buildings receive heavy use and need a good, thorough cleaning by the end. We encourage you to make every effort to stay through the end of the retreat, since a departure prior to the scheduled end has a negative impact on the other participants and on the retreat center staff, leaving them all with quite a lot of extra work to do to clean up the retreat center.

Please also bear in mind that you yourself will directly benefit by experiencing the closing of the retreat as part of the group and by ending your retreat and making your **re-entry into the world** of speech and activity in a calm and relaxed way. You will have just come out of a period of deep practice, and you will give yourself a priceless gift by assuring yourself the **gentlest possible transition**.

All of this being said, rest assured we understand that sometimes unusual circumstances exist, and that, despite your best intentions and efforts, you may encounter difficulties in making your travel arrangements in accordance with the recommendations above. We are aware, for example, that international travelers may encounter very limited options in booking plane tickets. We encourage you to call the Cloud Mountain office if this is true for you, and we will be happy to explore various options to work out an arrangement that contains metta and respect for everyone.