



DRALA

MOUNTAIN CENTER

Welcome

Welcome to the world of Drala 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: Guest registration is from 2-5 p.m. on your program start date. 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 2:00 p.m. Please arrive early enough to allow time to check-in and settle into your accommodations. The Guest Registration house closes at 5:00 p.m. Programs typically begin with dinner at 6:30 p.m., followed by an orientation at 7:00 p.m. or 7:30 p.m. (depending on your program schedule) in your program space on the first date listed in your program description.

Late Check-In: If you are arriving after 5:00 p.m., your room access key, name tag, land map and program schedule will be left in an envelope in a wire basket outside the Guest Registration house.

Meals: Your meals begin with dinner on your arrival date. During the fall/winter months (approximately October-March) dinner is typically served at 6pm, and in the spring/summer months (approximately April-September) dinner is served at 6:30pm. Any changes to these times will be communicated to you at Guest Services upon arrival and registration. Please note: Daylight Saving/Mountain Time patterns apply for all times. 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.

Departure: Programs generally end with lunch around 12:30 p.m. on your departure date. Lunch is included, but optional. Room check-out is 9:00 a.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.



Nuts and Bolts

WEATHER

The weather here changes quickly and can vary to extremes. The sun is a higher intensity; gusty winds are frequent. Summer nights are cool with average temperatures in the 50s. July and August days can reach the 80s. 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 30°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 late winter/early spring.

GEAR TO BRING

- ☐ General medical items that you anticipate needing
- ☐ 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
- ☐ Shampoo/conditioner, body soap, moisturizer and other personal toiletries
- ☐ Lip balm, 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 waterproof in wetter months
- ☐ Warm boots and traction cleats (such as 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 with the exception of dining spaces. 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. Some chairs are also provided.
- Bedding and towels are provided for Shambhala and Rigden Lodge accommodations, and Red Feather cabins.

FOOD SERVICE

Our kitchen provides three healthy delicious meals each day with options for Omnivore, Vegetarian, and Vegan/Wheat-Free choices at all meals. The kitchen is not able to accommodate special dietary needs beyond these three options. Participants with more specific or restrictive diets will need to bring their own food supplements to ensure proper nutrition during their stay. Your program coordinator will be able to offer limited refrigerator space for such supplements. A microwave and hot water are always available. Kitchen access for participants is against Colorado State Health Code. Label any supplementary foods you bring with your name and date.

In the case of severe allergies, please report this at registration. Keep in mind that any known allergy is the responsibility of the person with the allergy. In order to support allergy safety, the kitchen guarantees that ingredients will be listed on all menus.



Odds and Ends

GIFT STORE

Our gift store stocks snacks, drinks, 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. Only credit cards are accepted.

Gift Store Hours:

Open Friday – Sunday from 1:15 – 3:30 p.m.

CELL PHONES

Cell phones do not get reception here. Public phones are available for calls within the United States and Canada.

INTERNET/COMPUTERS

Internet access via Wi-Fi is available in our Lodge buildings. Please note that our internet access is limited and shared between our guests and staff; therefore please be mindful of your internet usage.

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@dralamountain.org. Phone messages can also be left by calling 970-881-2184 x230. Private information should not be included.

To contact a guest due to an **EXTREME EMERGENCY** please call 970-881-2184 x929 (no “#” required). This will directly connect you with a Health and Wellbeing Officer.

MAIL can be addressed as follows:

Name of Guest

Program Name & Dates

Drala Mountain Center

151 Shambhala Way

Red Feather Lakes, CO 80545

TRAVEL

See our web page <https://www.dralamountain.org/visit-us/> for detailed travel information, driving directions and maps.

LAUNDRY

Laundry facilities are not available for guests. Please bring enough clothing for your entire stay. Laundry service is an option for some longer programs; the fee is in addition to registration costs.



LAST BUT NOT LEAST . . .

- ROTA (Rotating Work Assignments) are an essential part of our community. Some program attendees are expected to participate in ROTA during their stay. This may involve one shift or more helping in the dish room, cleaning a public space. If you have a physical limitation that would prevent your participation, please let us know.
- There are no medically trained personnel or behavioral specialists at DMC. The nearest medical facility and 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.
- Drala Mountain Center is not responsible for lost, stolen or missing items. Please take personal precautions with your own valuables.

More Questions? Need Help?

Reservations/Programs Info: 888-788-7221 or 970-881-2184

Guest Services: 970-881-2184 x230 | info@dralamountain.org

Housing: 970-881-2184 x235 | housing@dralamountain.org

Registrar/Payments: 970-881-2184 x236 | registrar@dralamountain.org

Travel/SMC Shuttle: travel@dralamountain.org

Drala Mountain Center is a 501(c)3 nonprofit 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.