



# Welcome

Welcome to the sacred land 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. You're invited 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 the Guest Service cabin 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. Guest Services 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 to the right of the Guest Services entrance.

**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: Day-light 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 usually end with lunch at 12:30pm on your departure date. Lunch is included, but optional. Room check-out is 9am. You are welcome to leave your packed luggage in the room or in / near your program space.

**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

- ☐ 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
- ☐ 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
- ☐ Windproof jacket; water resistant or waterproof
- ☐ Warm boots/traction cleats (such as Yak Tracks) in winter
- ☐ Down or insulated jacket, warm hat, scarf & gloves (winter)

If you have chosen a tent or seasonal 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.

## Nuts and Bolts

### 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.

#### Gift Store Hours (subject to change):

Spring/Summer:

Wednesday, Thursday, Saturday and Sunday from 1-3 p.m.

Fall/Winter: Open Wednesday - Sunday from 1-5 p.m.

### PLANNING EXPENSES

Our gift store accepts cash, personal checks and credit cards.

### CELL PHONES

Not all cell phones 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, send an email with the guest's name, the program they are in, and their program dates to [info@dralamountain.org](mailto:info@dralamountain.org). Phone messages: call 970-881-2184. Private information should not be included. To contact a guest due to an EXTREME EMERGENCY call 970-881-2184, press extension 4. If no one answers immediately, please leave a message so that the message can be acted on as soon as possible.



**DRALA**  
MOUNTAIN CENTER



## MAIL

### Addressed as follows:

{Your Name}, Guest  
Program Name  
Drala Mountain Center  
151 Shambhala Way  
Red Feather Lakes, CO 80545

## TRAVEL

See our website for detailed driving directions and a map.

## LAUNDRY

Laundry facilities are not available for guests. Please bring enough clothing for your entire stay.

## Last But Not Least...

- ROTA (Rotating Work Assignments) is 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 or cleaning a public space. 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.
- Drala Mountain Center is not responsible for lost, stolen or missing items. Please take personal precautions with your valuables.

## More Questions? Need Help?

### Front Desk/Guest Services:

970-881-2184 x2 | [info@dralamountain.org](mailto:info@dralamountain.org)

### Registration Questions:

970-881-2184 x1 | [registrar@dralamountain.org](mailto:registrar@dralamountain.org)

### Registrar/Payments:

970-881-2184 x1 | [registrar@dralamountain.org](mailto:registrar@dralamountain.org)

**Programs:** 970-881-2184 x3

**Emergency Messages for Guests:** 970-881-2184 x4

