

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 8:00 am until 6 pm when a conference is in session. Participants arriving before or after these hours need to contact Sunrise Ranch before finalizing travel plans.

Cancellation Policy:

A 48 hour cancellation policy will apply to Sunrise Ranch reservations.

Transportation:

Shuttle and limousine service information and driving maps to Sunrise Ranch are available upon request. 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.sunranch.org/docs/map.pdf>. Sunrise has a discounted corporate account rate with Enterprise Rent-a-Car as well as Super Shuttle. 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 15-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. Ground floor rooms require prior notification. Sunrise does not provide luggage assistance, so pack lightly!

Our Bathrooms:

All accommodations have shared bathrooms. 'Bed and Breakfast' style baths allow for appropriate privacy. Please bring a robe with you.

Room Upgrades:

Room upgrades *may* be available through the front desk after your arrival. **Guests must pay for any upgrade.**

Parking:

There is overflow parking across the main road behind the large white Dome.

Campers:

Be prepared for inclement weather. No open fires allowed. We provide towels.

RV's:

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

Food:

Our buffet-style meals are wholesome, balanced, mostly organic and made with great care to satisfy regular, vegetarian, vegan, gluten and dairy-free diets. Diet preferences must be indicated upon registration. Food allergies must also be noted. Meat/Fish will not be provided at every meal. If you have dietary needs that we cannot accommodate, we suggest you bring alternative food. A for shared-use refrigerator is available. We do not provide soft drinks or alcohol. Coffee and tea are available at all times.

Children:

Children are welcome at Sunrise Ranch. We do not provide childcare. Parent/guardian must supervise children under the age of 16 at all times.

Pets:

Please leave your pets at home.

Clothing:

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

Computer Use:

Accommodations and meeting rooms have wireless accessibility for your WiFi equipped laptop.

Phones:

AT&T is the only cell phone provider that works here. Landline phones are available. For long distance calls a calling card is required and may be purchased at the Front Desk. Someone may leave a message for you at (970) 679-4200 or fax (970) 679-4247. For after office hours, **emergencies only**, please call (970) 286-9860.

Gift Shop:

Our gift shop may be open at various times during your stay for your shopping pleasure. (Visa, MC, AMEX, DISC)

Post office:

We have a postal office on site for mailing letters.

Laundry:

Coin-operated facilities are available.

Heated Outdoor Pool (seasonal)

Hot Tub and Sauna:

Bring your swimsuits. Towels are provided.

Opportunities for Meditation:

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

Hiking Trails:

We have beautiful Colorado trails so bring your boots!

Health Services:

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

Personal Items:

Forgot your toothbrush? We offer limited toiletries as well as water bottles for purchase at the Front Desk. (Visa, MC, AMEX, DISC).

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 PM and 7:30 AM.

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 of others.

Candles/incense/Oils:

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

Forgotten Items:

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

As time allows and as pre-arranged by your conference organizer, sign-ups for the following are 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 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 massage, acupressure, reflexology and energy work.

Cost: \$70 for 50 minutes.