

LIFEBRIDGE SANCTUARY GUEST GUIDE

THINGS TO BRING

Food storage containers to bring home your yummy leftover food
Telephone calling card for international calls (**cell phones generally do not work**)
Comfortable and cozy clothing
Warm clothing: sweaters/shawls (evenings can be chilly)
Slippers
Walking shoes
Flashlight
Toiletries
Alarm clock
Notebook and pen
Umbrella
Insect repellent
Head wrap – for sleeping if you use hair products –
Laptop – we have DSL service if you have a wireless card.
Personal items or books you like or any objects that make you feel comfortable.

IN THE WINTER:

Boots to handle snow or ice, as there may be quite a bit on the ground
Warm hat, scarf, socks and gloves are helpful for outdoor activities as well

PUBLIC TRANSPORTATION

BUS

Note: Easiest public transportation mode from NYC

Call Trailways, 800.858.8555, www.trailwaysny.com for information, fares and departure times to Rosendale, NY. Bus ride from Port Authority Bus Terminal, New York City, to Rosendale takes less than 2 hours.

Buses leave NYC Port Authority Terminal at 41st Street and 8th Avenue, **PURCHASE your ticket BEFORE going to the gate**; you can purchase tickets at Pine Hill Trailways or a Greyhound kiosk in the South terminal. *Make sure you arrive at the gate 20 minutes before departure time to ensure you get a seat.*

NOTE: There is no Taxi service in Rosendale. A Taxi is available from the NEW PALTZ bus station (before the Rosendale stop) and a reservation is suggested (**LOCAL Taxi SERVICE is in New Paltz call 845.255.1550** for fares and service.) Pick from Rosendale bus stop may be arranged through your group.

TRAIN

METRO NORTH Train Service

HUDSON LINE to 41 Main Street, at the Route 9 interchange, Poughkeepsie NY, 12602. Call Metro North, 212.532.4900, for information and train schedules, Poughkeepsie, NY. Train ride is about 1 ½ hours from New York City.

AMTRAK Call 800.872.7245, for information and train schedules to Poughkeepsie, NY. Train ride is about 1 ½ hours from New York City. Reservations are advised.

NOTE: Taxis to Rosendale are available at the Poughkeepsie station. Call Delroy Taxi: 845.452.1222. Cabs meet most trains. Some taxis will pick you up in Rosendale for your return trip – though they may require you to prepay for your return service. Call in advance for detailed information. There is a \$2.00 shuttle bus, with a limited

schedule, between the Poughkeepsie train station and the Rosendale Park and Ride –it takes about 45 minutes. You will need to coordinate your arrival with your group leader, the Park and Ride is five minutes from Lifebridge. Call in advance – 1.888.827.8228 for shuttle schedule and fees. Ask for dispatch.

AIRPORTS

STEWART/NEWBURGH AIRPORT is 45 minutes south of the Sanctuary: www.stewartintlairport.com
Car service is available to Lifebridge Sanctuary from the airport. We recommend Visconti Limousine from Stewart 845.562.5671

ALBANY INTERNATIONAL AIRPORT <http://www.albanyairport.com/> is 1 hour 30 minutes North of the Sanctuary: Car service is available to Lifebridge Sanctuary from the airport. Here is a link to taxi and limousine services from Albany. http://www.albanyairport.com/taxi_limo.php Check the airport website for car rental option too.

All NY Metropolitan area airports (JFK, Newark, LaGuardia) connect to Port Authority Terminal for Trailways bus service to Rosendale. Taxi service is only available from New Paltz.

BUSINESS CENTERS

Office supplies and services

Call vendors for hours of operation

PDQ Business Center 8 New Paltz Plaza 845.255.5500

Staples 1399 Ulster Ave Kingston 845.336.0386

Expresstech 3669 Main St Stone Ridge 845.687.4527

GROCERIES AND SUNDRIES

Shop Rite 263 Main Street New Paltz 845.255.5015

Emmanuel's Market 3852 Main Stone Ridge 845.687.2214

High Falls Food Cooperative Route 213 High Falls 845.687.0595

Rite Aide Pharmacy 3852 Main St Stone Ridge 845.687.7804

Stone Ridge Liquors 3852 Main St Stone Ridge 845.687.7125

CATERING SERVICES

Lifebridge Sanctuary offers access to some of the Hudson Valley's best chefs and catering companies specializing in a wide variety of culinary preferences - from gourmet vegetarian to Classical American cuisine - All focus on the seasonality of the rich community farms and agriculture the Hudson River Valley is famous for. See

<http://www.lifebridge.org/sanctuary> **click to Accommodations**

LOCAL RESTAURANTS:

HIGH FALLS Rt. 213

Depuy Canal House: 845.687.7700

High Falls Café: 845.687.2699

Chefs on Fire: 845.687.7778

The Eggs Nest: 845.687.7255

Northern Spy: 845.687.7298

ROSENDALE Main St

The By Water Bistro: 845.658.3210

The Rosendale Café: 845.658.9048

The Alternative Baker: 845.658.3355

PHONES: Cell phones *GENERALLY* do not transmit at the Sanctuary. You may use our phone located in the Main Lobby, Kitchen and our Library. International calls require the use of a calling card.

COMPUTERS: The Sanctuary is equipped with DSL wireless service. Guests who bring a laptop with a wireless card will have free access to this service.

Holistic Health Services: Lifebridge is pleased to connect you to exceptional local holistic health practitioners to enhance your visit. Please call practitioners in advance for fee schedules and to schedule your appointments.

Jesse Scherer

Licensed Massage Therapist

Specialty is medical massage, Deep Tissue, Swedish, cranio sacral.

www.catskillmountainmassage.com

Email: jessemassage@gmail.com

Contact: Jesse Scherer 914.466.1517

Carrie Wykoff

Yoga Instructor

Email: Carrie@eventsthatmatter.net

Contact: Carrie Wykoff 917.450.1139