LIFEBRIDGE SANCTUARY GUEST GUIDE

THINGS TO BRING

Food storage containers to bring home your yummy leftover food
Telephone calling card for international calls
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 wireless service.
Personal items - 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 South Terminal between 40th & 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 15 minutes before departure time to ensure you get a seat.*

NOTE: **Call taxi services** for fares and service. Reservations are strongly suggested.
Rosendale Taxi service is Accord - Kerhonkson Taxi **845.626.9620**.
NEW PALTZ Taxi (before the Rosendale stop) is at the bus station **845.255.1550**
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 1½ hours from New York City.

AMTRAK Call 800.872.7245, for information and train schedules to Poughkeepsie, NY. Train ride is about 1½ 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. Check the airport website for car rental information.

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 options.

All NY Metropolitan area airports (JFK, Newark, LaGuardia) connect to Port Authority Bus VIA NY Airport Service Buses. Use Port Authority Terminal for Trailways bus service to Rosendale. The E train also goes to Kennedy airport from Port Authority.

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 Co op	Route 213 High Falls	845.687.0595
Wellness Rx	10 Old State Route 213, High Falls	845.687.8500
Rite Aid 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 Kitchenette: 845.687.7464
Chefs on Fire: 845.687.7778
The Eggs Nest: 845.687.7255
Murphy's Bistro & Tavern: 845.687.7298

ROSENDALE Main St
The By Water Bistro: 845.658.3210
The Rosendale Café: 845.658.9048
The Big Cheese: 845.658.7175

Phones: Cell phones work at the Sanctuary. You may also use our phone located in the Main Lobby, Kitchen or Library. International calls require the use of a calling card.

Computers: The Sanctuary has wifi throughout. Guests who bring a laptop 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

David Jones
Acupuncture, Cranio-sacral Therapy
Energetic Healing 845.532.510