

## LIFEBRIDGE SANCTUARY GUEST GUIDE

### THINGS TO BRING

Food storage containers to bring home your yummy leftover food  
Personal water bottle for our delicious water  
Telephone calling card for international calls  
Comfortable and cozy clothing  
Slippers  
Walking shoes  
Flashlight  
Toiletries  
Alarm clock  
Insect repellent  
Head wrap – for sleeping if you use hair products –  
Wireless available on site

### IN THE WINTER:

Warm clothing: sweaters/shawls, 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 or [www.trailwaysny.com](http://www.trailwaysny.com) for information, fares and departure times to Rosendale, NY. Bus departs from Port Authority Bus Terminal New York City, and takes less than 2 hours.

Buses leave NYC Port Authority South Terminal between 40th & 41st Street and 8<sup>th</sup> 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 departing from Grand Central Station.

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, it is a 45 minute cab ride to the Sanctuary. Call Delroy Taxi: 845.452.1222. Cabs meet most trains. Some taxis will pick you up in Rosendale for your return trip although 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. <http://ulstercountyny.gov/ucat/bus-schedules> Look for the UPL, Ulster Poughkeepsie Link. Call in advance – 1.888.827.8228 for shuttle schedule and fees. Ask for dispatch.

### **AIRPORTS**

**STEWART/NEWBURGH AIRPORT** [www.stewartintlairport.com](http://www.stewartintlairport.com). Is 45 minutes south of the Sanctuary. 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** [www.albanyairport.com](http://www.albanyairport.com) is 1 hour 30 minutes North of the Sanctuary: Car service is available to Lifebridge Sanctuary from the airport. [www.albanyairport.com/taxi\\_limo.php](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 Port Authority from JFK.

### **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**

My Town Marketplace, 1155 NY-32, Rosendale 845.658.3663

High Falls Food Co op, Route 213, High Falls 845.687.0595

Emmanuel's Market, 3852 Main Stone Ridge 845.687.2214

Shop Rite, 263 Main Street, New Paltz 845.255.5015

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 <https://www.lifebridge.org/sanctuary>, click to Accommodations

## **LOCAL RESTAURANTS:**

### **HIGH FALLS** Rt. 213

High Falls Kitchenette: 845.687.7464

The Eggs Nest: 845.687.7255

The Spy: 845.687.7249

### **ROSENDALE** Main St

The Rosendale Café: 845.658.9048

The 1850 House Inn 845.658.7800

The Big Cheese: 845.658.7175

The Garden House: 845.658.3131

**PHONES:** Cell phones work at the Sanctuary. You may also use our land line phone located in the

Main Lobby, Kitchen or Library. International calls require the use of a calling card.

Computers: The Sanctuary has wifi throughout.

**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](http://www.catskillmountainmassage.com)

Email: [jessemassage@gmail.com](mailto:jessemassage@gmail.com)

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Carrie Wykoff

Yoga Instructor

Email: [Carrie@eventsthatmatter.net](mailto:Carrie@eventsthatmatter.net)

Contact: Carrie Wykoff 917.450.1139