

Pacific Northwest Winter Retreat
Camp Pringle, Shawnigan Lake, British Columbia
December 6, 2008 – January 3, 2009

PARTICIPANT INFORMATION

For general program and venue information, including dates, fees, and discounts, go to the Dathün or Werma retreat web page, accessible via: <http://nelson.shambhala.org/region.php>

Accommodations

Participants are housed two to six per room in two lodge-style dormitory buildings equipped with electric heat and lighting. Bathrooms are shared.

Weather

The weather in December and January, typical of the Pacific Northwest rainforest, is generally cold (temperatures around the freezing mark) and wet.

Arrival, Registration and Departure

Arrivals and departures take place on Saturdays. To allow time and space for registration and orientation, please plan to arrive by 5:00 pm on the first day of your program, and to leave shortly after breakfast on the last day.

Transportation

By plane:

- Flights to/from Victoria International Airport: If you need transportation between the airport and Camp Pringle, please submit a Ride Request Form.*
- Flights to/from Vancouver International Airport: You can take a bus between the airport and the downtown Victoria Bus Terminal. If you need transportation between the bus terminal and Camp Pringle, please submit a Ride Request Form.*
- Flights to/from Seattle-Tacoma International Airport: You can take a bus between the airport and downtown Seattle and take the Victoria Clipper ferry to Victoria. If you need transportation from the Victoria ferry terminal to Camp Pringle, please submit a Ride Request Form.*

By train:

- Trains to/from Vancouver or Seattle: For information about transportation between Vancouver or Seattle and Camp Pringle, see above.

By car:

- If you are coming from the south, you can take the ferry between Point Angeles and Victoria. For directions between Victoria and Camp Pringle, see "Map and Directions" below.
- If you are coming from the north or east, you can take a ferry between the Tsawwassen ferry terminal and Victoria. For directions between the Swartz Bay ferry terminal and Camp Pringle, see "Map and Directions" below.

Ferry delays are common at this time of the year. Reservations are recommended.

U.S. citizens are advised to check the current border regulations well ahead of time.

- Traveling into Canada: <http://cbsa-asfc.gc.ca/menu-eng.html>
- Traveling into the United States: <http://www.customs.ustras.gov/xp/cgov/travel>

* You can download a **Ride Request Form** on the Dathün or Werma retreat web page, accessible via: <http://nelson.shambhala.org/region.php>. **Please note:**

- Rides are offered by local Shambhala community volunteers, depending on volunteers' availability.
- The sooner you submit your ride request, the more likely it is that your request will be met—especially for rides around December 25th. Please strictly adhere to the arrival and departure dates and times you request.
- The cost of a ride between Victoria and Camp Pringle is \$20 each way, payable to the driver at pickup time.

What to Bring

Below is a list of suggested items. Please also take into account any special needs you have.

- Sleeping bag and/or bedding and pillow
- Towel
- Flashlight
- Loose clothing for sitting (layers recommended)
- Nice clothing for final banquet/special ceremonies
- Waterproof outerwear and warm sweaters
- Rain boots/shoes
- Indoor shoes/slippers (for dormitory rooms and meditation hall)
- Dietary supplements (see "Diet and Food" below)
- Required medications (prescription and non-prescription)
- Toiletries (please bring only scent-free products)
- Meditation cushion (gomden or zafu) and mat (zabuton), unless you are traveling by plane
- Oryoki set (a limited number of sets will be available for rent at \$12 per set per week; if you plan to rent a set, please let us know well ahead of time)
- Dharma books (books related to meditation practice and study)

Camp Pringle has no facilities for making purchases.

What Not to Bring

Please do not bring alcohol, recreational drugs or pets.

Diet and Food

Most meals will be vegetarian. We have limited ability to accommodate special dietary needs. You are welcome to bring your own dietary supplements (there is a refrigerator for these). Snacks and leftovers will always be available. Please contact us about medically required dietary needs before registering.

Laundry

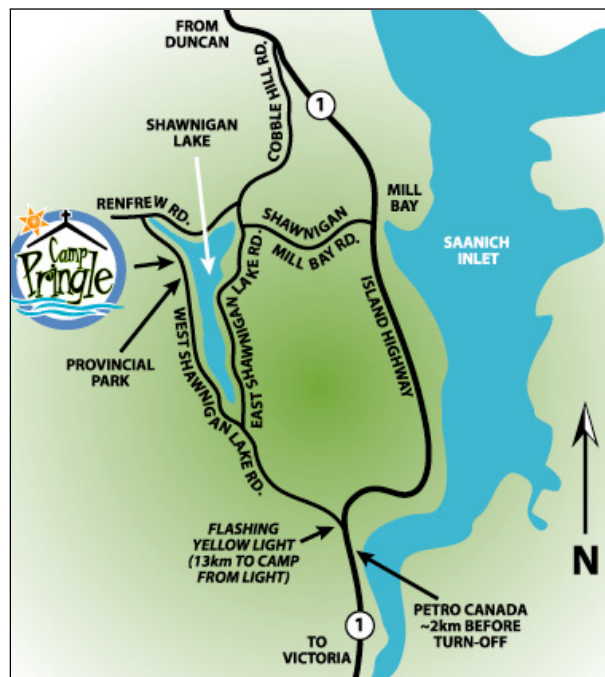
There are limited laundry facilities. These are available only to participants attending the whole dathün.

Payment

Full payment is due by November 29, 2008. Please make cheques, money orders, or bank drafts, in Canadian funds, payable to "Vancouver Shambhala Centre"; include the words "PNW Winter Retreat" on your payment; and mail your payment to:

Ty Runkle, PNW Winter Retreat Registrar
c/o Vancouver Shambhala Centre
3275 Heather Street
Vancouver, BC V5Z 3K4
Canada

Map and Directions



Camp Pringle is located at 2250 West Shawnigan Lake Road, just north of West Shawnigan Lake Provincial Park, on the west side of Shawnigan Lake. It is about a 45-minute drive from Victoria and about a 25-minute drive from Duncan.

Directions from the south:

- Follow the Trans Canada Highway (Hwy 1) north to Malahat.
- About 2 km past the Petro Canada gas station, at the flashing yellow light, turn left onto Shawnigan Lake Road.
- Follow Shawnigan Lake Road for about 6 km, and turn left onto West Shawnigan Lake Road.
- Follow West Shawnigan Lake Road for about 7 km to Camp Pringle, on the right.

For more detailed and complete directions, see the Google™ map on the Dathün or Werma retreat web page, accessible via:

<http://nelson.shambhala.org/region.php>

Contact Information

If you have any questions about any of this, please contact the Dathün Coordinator, Maria Stella, at mariaostella@gmail.com, or the Registrar, Ty Runkle, at tyrunkle@telus.net or 604-520-7611.