

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 9:00 AM until 5:00 PM. Participants arriving before 9:00 need to contact Sunrise Ranch. Participants arriving after 5:00 will find a "Late Check-in Notice" at the main entrance directing them to their room.

Cancellation Policy:

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

Transportation:

Mimi's Ride to Fly provides transportation from Denver International Airport- 970-391-1650 or Therese8136@msn.com

Green Ride 970-226-553

<https://greenrideco.com/>

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 Welcome Talk to all participants at the beginning of the event. Participants arriving after office hours will find a "Late Check-in Notice" at the main entrance directing them to their room.

Our Accommodations:

Most of our guest rooms are on the second floor. We do not have an elevator. If you require a ground floor room please notify us as soon as possible. Sunrise does not provide luggage assistance, so pack lightly!

Our Bathrooms:

All of our guest rooms utilize shared bathrooms. Soap is not provided. Please pack what you need for appropriate privacy.

Upgrades:

Upgrades *may* be available through the front desk after your arrival to Sunrise Ranch. For example, if a person in a double room upgrades to a single, they must pay the single rate for their stay. **Guests must pay for any upgrades.**

Parking:

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

Campers:

Bring tents, sleeping bags and other equipment needed for grassy lawn camping near our Accommodations building.

Be prepared for inclement weather. No open fires allowed. We provide towels near our shower facilities.

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 additional dietary needs that we cannot accommodate, we suggest you bring alternative food. A refrigerator for shared use is available. We do not provide soft drink or alcohol on site. 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 use. We have phones in the accommodations building but not in individual rooms. 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) 541-8044.

Gift Shop:

The Shoppe 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. Please inform us if you are expecting mail.

Laundry:

Coin-operated facilities are available. Laundry soap is provided.

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 10:30 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.

When 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 Practitioners offer a deeply relaxing eclectic blend of massage, acupressure, reflexology and energy work.