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 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 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 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. 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 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 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
Email: jessemassage@gmail.com
Contact: Jesse Scherer 914.466.1517

Carrie Wykoff
Yoga Instructor
Email: Carrie@eventsthatmatter.net
Contact: Carrie Wykoff 917.450.1139