

Mt. Shasta Residential Retreat with Emily Carson

September 23-26, 2016

Transportation Information

Location:

Mt. Shasta is along the I-5 corridor in northern California about an hour south of the Oregon border, a 5.5-hour drive from Portland and 4.5 hours from San Francisco.

Flowing Waters Retreat Center is located at 4317 Stewart Springs Road, Weed, CA 96094. It is just a few minutes off I-5 and is easily found with Google Maps or standard GPS.

Portland/I-5 Shuttle:

The Sound of Rain is offering a shuttle directly from Portland, OR to the retreat Center in Mt. Shasta. The shuttle will leave Portland in the morning on Friday September 23, and will return in the afternoon Monday September 26th. Those living in Corvallis or other locations along the I-5 corridor can arrange to be picked up. The shuttle from Portland, round-trip, will be about \$95. We will stop for lunch on the way, and upon arrival in Mt. Shasta, we will wash the road off at beautiful Stewart Mineral Springs (for a small additional fee, see <http://www.stewartmineralsprings.com/> for more). Start your retreat weekend with a relaxing ride, followed by a hot soak or sauna to soothe your mind and nourish your body so that you arrive at your first sitting with Emily refreshed and centered.

Airports:

The closest airports to the retreat center are Medford, OR (1.5 hours), with easy flights from Portland, and Redding, CA (1.25 hours), for flights from anywhere in California.

Train and Bus:

The nearest Amtrak stations to the Mt. Shasta area are in Klamath Falls, OR (1.25 hours), Dunsmuir, CA (20 minutes), and Redding, CA (1 hour). The nearest Greyhound bus stop is in Weed, CA, the same town where our retreat center is located.

Car Rental:

Cars can be rented directly at the airports in Redding and Medford. Rental cars are also available nearby the train stations in Redding and Klamath Falls. If you arrive by train in either Redding or Klamath Falls, Enterprise Rental Cars can pick you up and bring you to their rental centers close to both area train stations. It is an easy drive to the retreat center from these locations.

There is no car rental or taxi service in Dunsmuir, CA. If you arrive in Dunsmuir by train from the North, you will arrive after midnight and you will need to arrange to be picked up. Trains to Dunsmuir from the South arrive at either 10pm or 5am, and you will also need to arrange to be picked up. Email info@soundofrain.org for more information.

Carpooling:

The Sound of Rain will happily help arrange carpooling from communities in Oregon and California for those who want to share the drive. Email info@soundofrain.org or call (503) 452-8858 for more information. For other locations, please get in touch with us so we can help you with your transportation needs.

Questions?

Please email info@soundofrain.org or call (503) 452-8858 for more information about any transportation questions.