

## Details for Silent Ground Retreat

*We are looking forward to seeing you at the summer retreat on Cortes Island*

**Arrival:** Please arrive on the starting date in the afternoon between 5 - 6 pm.  
We will start with Qigong at 6 pm and dinner around 6:30 pm.  
Those who are tenting, please come earlier in the afternoon to set up your tent.

If you need a ride share please let us know and we will see if we can find someone who would like to ride share.

The ferries get booked up early so please make your ferry reservations soon!

**Departure:** On your return we will end around 11 am so you can catch the 11:50 am ferry.  
<http://www.bcferries.com/schedules/northern/qici-current.php>

## What to Bring

Please bring your own towels and bedding: pillow, sheets, and blanket. If you need us to bring something for you, please let us know.

If you like bring a sacred object for the altar, like a crystal to charge up with good chi.

If you have a bamboo hitter, please bring it. We will have bamboo hitters, related books and other products for sale.

Women, please bring a sarong or flowing skirt and another sarong. If you do not have a jade egg we will be selling them (\$57 with bag and silk cord, including tax)

Loose clothing, a warm layer for cool evenings, rain wear,  
comfortable walking shoes and easy slip-on shoes.  
a sun hat and swimsuit are a good idea. There is also a nude beach on Hague Lake  
Aqua socks for wading in the ocean can be fun.

**General:** Flashlight, alarm clock, toiletries.  
Towels, beach towel

**Laundry** there is a laundry mat on the island

**Purchases:** Please bring cash or cheques with you in case you would like to buy books, DVDs or CDs for your home study.

**Telephone and Internet:** There is cell phone reception and internet some places on the island though maybe not at the retreat centre. We do encourage you to fast from internet while on retreat, if possible.

## Overnight in Vancouver

[http://www.hihostels.ca/westerncanada/169/Hi-Vancouver\\_Downtown.hostel](http://www.hihostels.ca/westerncanada/169/Hi-Vancouver_Downtown.hostel)

Hostel in the West End, downtown Vancouver

<http://barclayhotel.com>

Barclay Hotel on Robson St. 1348 Robson St. \$60/night 604-688-8850, downtown Vancouver  
B & B in Vancouver: Cambie Lodge, 325 W. 11th Ave., Vancouver, BC, 888-872-3060.

## Overnight on Quadra Island

on Quadra Island: Quadra Island Harbour House 800-435-2556 and Taku Resort 250-285-3031.

<http://www.harbourhouse.bc.ca/>

## Travel to Cortes Island

Please see the directions to **Dorje Ling Centre** and a map of Cortes Island here:

<http://new.dorjelingcentre.org/location/>

<http://new.dorjelingcentre.org/location/map-of-cortes-island/>

Follow the red stupa sign across Cortes Island!

**Bus and Taxi:** Island Link [www.islandlinkbus.com](http://www.islandlinkbus.com) 1-877-954-3556

<http://www.islandlinkbus.com/booking/select.asp>

Quadra Island Taxi 250-285-3598

**Drivers:** Reserve your ferry well in advance.

<http://www.bcferries.com/schedules/mainland/hbna-current.php>

**Seaplane** directly to Cortes: from Vancouver 1 hour, from Seattle approx. 2 hours

**Airplane** to Campbell River then water taxi to Cortes:

from Vancouver 2 hours, from Seattle 3 hours

**Roads and Ferries** from Vancouver 6 hours, from Seattle 10 hours

### From Vancouver

Take the Horseshoe Bay Ferry from Vancouver to Departure Bay, which leaves every 2 hours (catch the 10:05 or 10:40 am or earlier)

Vancouver bus leaves at 9:15 am and boards the 10:30 am ferry.

Take Quadra ferry from Campbell River to Quathiaski Cove (15 min.)

Ferries from Campbell River run on the half hour eg. 3:30 pm (arrive half hour in advance)

Drive across Quadra Island, call the taxi, or ask for a ride to Heriot Bay (15 min.).

Follow signs across Quadra Island to Cortes Island Ferry & Heriot Bay.  
Take ferry to Cortes Island.

**Buses, Ferries & Taxis:**

Island Coach Lines: 800-661-8747 or from the States 800-663-8390 [www.victoriatours.com](http://www.victoriatours.com)

B.C. Ferries: 888-223-3779. [www.bcferries.bc.ca](http://www.bcferries.bc.ca)

Black Ball Transport- Port Angeles to Victoria, 360-457-4491 (Port Angeles) 250-386-2202 (Victoria)

Victoria Clipper Seattle to Victoria. Passenger only. 800-888-2535, [www.victoriaclipper.com](http://www.victoriaclipper.com)

Island Link - quick bus from ferry at Nanaimo to Campbell River ferry \$25, 2 hr.

[www.islandlinkbus.com](http://www.islandlinkbus.com) 1-877-954-3556

Quadra Island Taxi 250-285-3598

**Flights:**

To / from Seattle, Vancouver, Campbell River:

Helijet: 800-665-4354 [www.Helijet.com](http://www.Helijet.com), Seattle - Campbell River.

Air Canada: 888-247-2262 (Canada & USA),

Pacific Coastal 800-663-2872

Central Mountain Air: 888-247-2262.

WestJet Airlines 800-538-5696, Calgary - Comox.

Seaplane to Read Island:

Corilair Charters 888-287-8366 (Canada) [www.corilair.com](http://www.corilair.com)

Kenmore Air (from Seattle) 800-543-9595.

**Boat Charter:**

Discovery Launch 250-287-7577, [dlaunch@telus.net](mailto:dlaunch@telus.net) (reservations necessary).

**Drivers:** Follow signs across Quadra Island to Cortes Island Ferry & Heriot Bay.

**Car Pool:**

Please let us know if you can offer or need a ride.

**Accommodations:** shared rooms and one private room.

**Special needs:** If you have a special diet, physical or health requests, please let us know a few weeks prior to arrival.

*If there is anything we can do to make your stay more comfortable, please let us know.*

*We really look forward to coming together, grounding in nature and celebrating the Tao!*

***Have a smooth journey!***

*MInke and Dave*

PS More travel details below

**Directions to Hollyhock, Cortes Island**, close to Dorje Ling Centre on Cortes island.  
*Some of this info. might be useful for you in planning your travel.*

**FASTEST: BY SEAPLANE FROM VANCOUVER, BC OR SEATTLE, WA**

• FROM CANADA

1. Book flight to Vancouver. Arrive by 1pm.

2. AIRPORTER SHUTTLE or TAXI to Westin Bay Shore Inn and CORILAIR SEAPLANES dock.

3. CORILAIR SEAPLANES direct to Cortes Island: 888-287-8366, [www.corilair.com](http://www.corilair.com).

• FROM U.S.

1. Book flight to Vancouver or Seattle. From Vancouver see above. Arrive in Vancouver or Seattle by 11am.

2. From SeaTac take Kenmore Shuttle to Kenmore Lake Washington Terminal.

3. KENMORE AIR seaplanes to Cortes Island and land based flights from Seattle, WA to Campbell River, BC, 866-435-9524 or 425-486-1257, [www.kenmoreair.com](http://www.kenmoreair.com). On flights to Campbell River, there is free one way shuttle service to ferry and water taxi docks.

**IMPORTANT:** Call seaplane companies to confirm dates/times/costs, and to make all necessary reservations.

**MOST DIRECT & ECONOMICAL: BY AIR**

• FROM CANADA

1. Book flight to Vancouver. Arrive by 1 pm.

2. Book connecting flight with CENTRAL MOUNTAIN AIR, 888-865-8585, [www.flycma.com](http://www.flycma.com), to Campbell River.

Or PACIFIC COASTAL AIRLINES, 800-663-2872, [www.pacific-coastal.com](http://www.pacific-coastal.com) from Vancouver's South Terminal (shuttle from main airport downstairs, allow 30 minutes to South Terminal), to Campbell River.

3. AIRPORTER SHUTTLE, 250-286-3000, meets every incoming flight. Get dropped off at Discovery Launch water taxi, a stunning 30-minute trip to Cortes Island (reservations necessary).

Call DISCOVERY LAUNCH about sharing water taxis to reduce costs 250-287-7577, [dlaunch@telus.net](mailto:dlaunch@telus.net), or check our RIDESHARE BOARD.

Or book flight to Comox via WESTJET, 888-937-8538, [www.westjet.com](http://www.westjet.com), then AMBASSADOR SHUTTLE: 877-339-5252, [www.ambassadorshuttleservice.ca](http://www.ambassadorshuttleservice.ca), or SKY HIGH SHUTTLE SERVICES, 250-339-4737 to Discovery Launch water taxi in Campbell River. See below.

4. Book Discovery Launch water taxi to Cortes Island: 250-287-7577, [dlaunch@telus.net](mailto:dlaunch@telus.net).

• FROM U.S.

1. Book flight to VANCOUVER and on to CAMPBELL RIVER, BC. Arrive by 11am. From Seattle, book flight on Kenmore Air to Campbell River, BC.

2. Campbell River AIRPORTER SHUTTLE (no reservation necessary) to DISCOVERY LAUNCH WATER TAXI, 250-287-7577, dlaunch@telus.net (reservations necessary).

3. See 3. AIRPORTER SHUTTLE above and 4. Book DISCOVERY LAUNCH above.

IMPORTANT: Call Hollyhock at least 48 hours before you plan to arrive, to arrange complimentary shuttle to Hollyhock from seaplane, water taxi and ferry docks.

MOST LEISURELY: BY CAR AND FERRIES or BUS

- FROM VANCOUVER

- BC FERRIES, [www.bcferries.com](http://www.bcferries.com), to Nanaimo from Tsawassen or Horseshoe Bay. Take Hwy 19 to Campbell River (2 hrs. from Nanaimo).

- Turn right at Hwy 19A Exit, North Campbell River, follow for approximately five min. Ferry terminal entrance on left.

- During summer months, reservations on Vancouver ferry route recommended: 888-223-3779.

- FROM SEATTLE/VICTORIA

- Victoria Clipper passenger-only ferry from Seattle, WA to Victoria, BC then Greyhound Bus to Campbell River, BC.

- FROM CAMPBELL RIVER

- BC Ferries to Quadra Island. Follow signs to Cortes ferry at Heriot Bay.