The Nature Place Business Pre-Arrival and General Information

<u>Pre-Arrival Information:</u> Please sign and return your Reservation Agreement and deposit by the due date. Email the rooming list to <u>office@thenatureplace.net</u> at least two weeks prior to your arrival. Please let us know if anyone in the group or the group in general, has special dietary needs at least two weeks prior to your arrival. The following dietary requests/restrictions are available at an additional cost per meal. Vegan, Vegetarian, Gluten Free and Kosher \$3/Lunch and \$5/Dinner

Check-in: Upon arrival, guests should check in at the office to receive a room key.

Room Check-out: 9am Please return keys to the office.

Payment: We will bill the balance due after your departure. Cash, check, money orders and all major credit cards are accepted or by arrangement.

Meetings: The Nature Place has four conference rooms and several informal meeting locations for breakouts. Please arrange for particular areas well in advance. The dining room should not be considered for a meeting space. Snack breaks will be provided to conference groups at I0am and 3pm in the conference room unless you give us other preferred times.

Meals: Served buffet style in the dining room at 8am, noon and 6pm A 7-day notice is required for all meal cancellations.

Office: Open from 7:30am to 9:30pm. The phone number is (719) 748-3475 and the fax number is (719) 748-3186. Phone messages are posted on a board outside the office. Please limit after-hour calls (which are answered at a private home) for emergencies. A copy machine, fax and sundries are available in the office. There are no telephones or televisions in the rooms, both are located downstairs in the lodge. Outgoing calls must be placed collect, with a credit card or from your cell phone. Phone cards are available for purchase in the office. Some Cellular services do not always work in this area.

Programs: Our staff can provide development training programs using our high & low ropes challenge course, technical rock climbing, orienteering and Peak Ascents. Other outdoor activities, including Ranch tours or nature hikes can also be arranged. Please inquire about additional cost. Most of the programs need to be arranged at least four weeks prior to your arrival.

The Facility:

Pets are strictly prohibited at The Nature Place.

Alcohol: The Nature Place does not have a liquor license, but you may bring your own. Snack trays are available, with prior arrangement, at an additional cost.

Housekeeping: Daily touch-up, including fresh towels, begins at 9am

Lodge: Open 24 hours

TV/VCR, stereo, piano, library, Ping-Pong and pool table, vending and ice machines are located in the lodge. Vests, Polo shirts, water bottles and books are available for purchase.

Recreation: The Sportsplex is open from 7am - 9:30 or 10pm - Indoor heated pool, Jacuzzi, sauna, exercise room and a game court for indoor tennis, volleyball or basketball. Also, two outdoor (un-lit) tennis courts. Miles of hiking and biking trails are always available for your use.

Driving: Speed limit is 20 M.P.H. on camp roads. Keep well to the right and be prepared to encounter buses, trucks, runners and wildlife. You may drive to your room to unpack, but please return your car to the main parking lot.

Health: General first aid care may be obtained in the office. The ranch is located at 8,600 feet. It is best to take it slow and allow your body to adjust to the altitude during your first day or so. Drinking plenty of water helps prevent the effects from high altitude. Medical Centers located in Woodland Park, Colorado: Pikes Peak Regional Hospital (719) 686-5759, Langstaff-Brown Urgent Care Center (719) 686-0551.

General seasonal weather expectations:

Summer: 40 to 90 degrees F. Warm, sunny days, cool nights, afternoon thunder showers.

Autumn & Spring: 20 to 70 degrees F. Cool, sunny days, brisk nights. Winter: 0 to 50 degrees F. Crisp, sunny days, cold nights, snow possible October through May.

NOTE: We are located at 8,600 feet in elevation. Quickly changing extremes in weather are typical in the mountains. Casual outdoor clothing is appropriate. Dressing in layers for outdoor activities is recommended, especially during cooler seasons.

Suggested packing list (depending on the season and your planned activities): slacks/pants/jeans sunglasses & suntan lotion sun hat and a hat that covers your ears in the cold gloves shorts & T-shirts socks long-sleeved shirts/sweaters swimsuit warm jacket or vest/parka with hood rain gear or poncho hiking boots, casual shoes, no heels insect repellent binoculars camera water bottle

day pack