

# **WALKING TERRA CHRISTA ~ MT. SHASTA RETREATS ~ TRAVEL INFORMATION**



## ***TRAVEL ARRANGEMENTS***

*With all traveling arrangements, make sure you confirm all specific information with the services directly as the details provided here may have changed.*

Mt. Shasta is right off of Interstate 5 (I-5, a major highway route to all airports) in Northern California, about an hour south of Oregon. San Francisco is about a 5-hour drive, Sacramento 3.5 hours, Redding 1.25 hours, and Medford 1.25 hours. Once you enroll in the retreat, we can send you the exact street address to find our private home.

Our home is located about 8 miles from the town of Mt. Shasta. If you are staying in the town of Mount Shasta, we recommend having a vehicle or partnering with other attendees who have one. The local bus service could be an inconvenience for our daily starting and ending times and local cab service is very limited.

*If you are arriving without a vehicle, we do suggest staying in the Weed, CA locations close to us which are listed below in Lodging. At these locations, we can arrange for you to be picked up, especially if the weather brings rain (or snow in winter). Individual who have vehicles or rental cars are asked to volunteer to be of service transporting others during the retreat if needed.*

## **AIRPORTS**

### **San Francisco (SFO)**

Approx. 5 hour drive by car(recommended) with access to both bus and train to the Mount Shasta region.

### **Redding, CA**

[Redding Municipal Airport](#) is a full service airport which provides commercial airline passenger service, aviation related services and aircraft hangar facilities. Travel arrangements can be made to and from Portland, San Francisco, Los Angeles, Eureka, and Seattle.

<http://www.ci.redding.ca.us/transeng/airports/index.htm>

### **Medford, OR ~ Rogue Valley International Airport**

Commercial air service is provided by Horizon Air; United Express and Delta Connection, offered by Sky West, and Allegiant Air. These carriers offer approximately 60 arriving and departing flights daily to and from San Francisco, Portland, Seattle, Los Angeles, Phoenix, Denver, Las Vegas, and Salt Lake City. Rogue Valley International-Medford Airport also serves general aviation traffic, including extensive corporate and business travel.

<http://www.ifly.com/rogue-valley-international-medford-airport>

### **Sacramento, CA ~ Sacramento International Airport**

Easy access from airport to I-5; approximately 3.5 hour drive.

<http://walkingtterrachrista.com>

**Reverends Christine Melereissee & J.Michael Hayden**

# **WALKING TERRA CHRISTA ~ MT. SHASTA RETREATS ~ TRAVEL INFORMATION**



<http://www.sacramento.aero/smf/>

## **ROAD TRAVEL TRANSPORTATION**

### **Taxicabs & Shuttles:**

#### **Medford, OR**

Affordable Shuttle (541) 479-1042  
American West Coach Service (541) 858-9414  
Cascade Airport Shuttle-Ashland (541) 488-1998  
The Shuttle (541) 883-2609  
Cascade Cab-Eagle Point (541) 826-5999  
Valley Cab (541) 772-1818  
High Country Shuttle (888) 203-8502  
Yellow Cab-Medford (541) 772-6288  
Metro Taxi (541) 773-6665

#### **Redding, CA**

**ABC Cab** (530) 246-0577  
2404 Waldon St., Redding , 96001  
530-246-0577, 530-244-5909

**Day & Nite Cab** (530) 244-6444

**Yellow Cab** (530) 222-1234

**Shasta Premiere Transportation** (530) 440-6621

#### **Local Taxi Service in Mt. Shasta: SHASTA SHUTTLE (also serving airports)**

<http://www.shastashuttle.com/taxi/> which also attempts to have you arrange carpooling of trips to/from airports, under a rideshare program  
<http://www.shastashuttle.com/ride-share/>.

This is the only local taxi service (ignore the results shown using an internet web search). A ride from Mt. Shasta to Weed will be between \$30 and \$35 one way with discounts for advanced scheduling.

<http://walkingterrachrista.com>

**Reverends Christine Melereissee & J.Michael Hayden**

# **WALKING TERRA CHRISTA ~ MT. SHASTA RETREATS ~ TRAVEL INFORMATION**



## **Bus Service**

**Medford, Oregon Airport – Local Bus Service** – Runs every hour to Greyhound Station during the day. Bus (limited hours on Saturdays)

[http://www.rvtd.org/images/subpages/Route\\_1\\_web%282%29.png](http://www.rvtd.org/images/subpages/Route_1_web%282%29.png)

### **Greyhound Station: 220 Front Street, Medford OR**

There are three scheduled routes from the airport to Weed, CA daily; AM, afternoon, PM. The Weed station is 5 minutes (2 miles) from the three locally suggested lodging locations (below).

If you decide to travel by bus from the airport, you must get transportation from the airport to the Greyhound Station which can be by bus three times/day or a taxi-cab.

### **Redding, CA**

Local transportation by shuttle or taxi to the Grayhound Bus is required. See the [Greyhound website for times](#).

## **Rental Cars**

**PLEASE NOTE: THERE IS NO RENTAL CAR SERVICE IN THE MT. SHASTA AREA.** The closest town that has rental cars is about 45 miles north of Mt.Shasta (the town of YREKA). For ease of travel, you may make arrangements in the larger cities: Medford Oregon, Redding CA, Sacramento CA and San Francisco, California.

### **MEDFORD, OREGON TERMINAL:**

For information regarding their rental rates and availability, please contact the following:

Avis	(541) 773-3003	(800) 331-1212
Budget	(541) 773-7023	(800) 527-0700
Hertz	(541) 773-4293	(800) 654-3131
National	(541) 779-4863	(800) 227-7368

### **REDDING AIPORT – CAR RENTALS**

<http://reddingairportcarrental.com/?gclid=CLrU7vLnorYCFSHZQgodVIsAZQ>

# **WALKING TERRA CHRISTA ~ MT. SHASTA RETREATS ~ TRAVEL INFORMATION**



## **Bus Service in Mt. Shasta Area:**

**Greyhound** (800-231-2222; [www.greyhound.com](http://www.greyhound.com)) buses heading north and south on I-5 stop opposite the Vet's Club in Mt. Shasta and at the **Weed Depot** (530-938-4454; 628 S Weed Blvd) in Weed.

The **STAGE bus** (530-842-8295, 800-247-8243) includes the town of Mt Shasta in its local I-5 corridor route, which also serves McCloud, Dunsmuir, Weed and Yreka several times daily on weekdays only. Other buses connect at Yreka (North of Mt. Shasta, South of Medford, OR).

## **Train Station in Dunsmuir with Bus Service Available**

### **AMTRAK Train Station, Dunsmuir (About 10 minutes South of Mt. Shasta on I-5)**

[http://www.amtrak.com/servlet/ContentServer?pagename=am/am2Station/Station\\_Page&code=DUN](http://www.amtrak.com/servlet/ContentServer?pagename=am/am2Station/Station_Page&code=DUN)

<http://www.forlocations.com/amtrak-Dunsmuir-locations-hours/CA>

The train runs north/south so it is feasible to pick it up from San Francisco (may need other connections from Airport), Sacramento, and Redding. The North-bound train arrives in Dunsmuir in the early morning so it means you would be traveling during the night. There is also a bus depot in Dunsmuir with a stop in Weed.

Station Building (with waiting room)  
5750 Sacramento Avenue  
Amtrak Passenger Station  
Dunsmuir, CA 96025

Dunsmuir, CA - Bus Stop (DBS)  
Curbside Bus Stop only (no shelter)  
5915 Dunsmuir Avenue  
City Hall  
Dunsmuir, CA 96025

# **WALKING TERRA CHRISTA ~ MT. SHASTA RETREATS ~ TRAVEL INFORMATION**



## **MT. SHASTA LODGING**

The following are suggestions for lodging while you are attending the retreat.

### **PRIVATE VACATION RENTAL HOMES IN/AROUND MT. SHASTA:**

There are many private homes that can be rented. This option may be less expensive and of higher quality than a hotel or motel if coordinated as a group by planning ahead,. If you are interested in coordinating with others attending the retreat, please let us and we will connect you with them.

VRBO: A popular website with single vacation homes listed for weekly or daily rental, sleeping typically anywhere from 2 to 16 people. However that figure includes king and queen bed arrangements so look carefully to see how many separate beds are in the home instead of just the total number of people it sleeps:

<http://www.vrbo.com/vacation-rentals/usa/california/shasta-cascade/mount-shasta>

There is one in the town of Mt. Shasta owned and operated by the owners of Yaks Coffee House and looks very charming. It looks like it has two separate types of lodging:

<http://mtshastagetaway.com/>.

### **NEAREST TO RETREAT LOCATION**

There are three hotels available within ½ mile of our location. Some have views of the mountain. These are located off the S.WEED exit 745 of I5 which is a 10 minute drive heading North from the center of Mt. Shasta (under normal traffic and weather conditions). Weed, CA has three exits; if heading South from Oregon (prior to reaching Mt. Shasta) it is the third Weed exit.

#### **Comfort Inn Central**

1844 Shastina Drive, Weed, CA, US, 96094 Phone: (530) 938-1982

#### **Quality Inn & Suites**

1830 Black Butte Drive, Weed, CA, US, 96094 Phone: (530) 938-1308

#### **Sis Q Inn**

1825 Shastina Dr. Weed, CA 96094 Phone: 530-938-4194

We have had individuals stay at the Sis Q Inn as it is one of the most affordable for those on a budget (that is, if not arranging a private home with others). One person was unhappy that it was not more high end but three others were very satisfied. It is very small, and lacks the usual hotel amenities (i.e., no shampoo provided), but priced very decently and clean. Our friend stayed here in August and this is what she had to say about this small, quaint motel: *The hotel that I had stayed at which is called, Sis Q Inn- you have to stay there. This hotel is not what it seems. it is Magical and I saw this unfolding before my eyes. There is a beautiful mini garden*

<http://walkingterrachrista.com>

**Reverends Christine Melereissee & J.Michael Hayden**

## **WALKING TERRA CHRISTA ~ MT. SHASTA RETREATS ~ TRAVEL INFORMATION**



*in front of hotel; in the front of the room that I stayed in, I was able to see the elementals. The beautiful essence of the garden had me mesmerized.*

### **THE FOLLOWING ARE WITHIN MT. SHASTA:**

Below we picked ones that we feel are decently priced and clean. There are several Bed & Breakfast rooms to rent in Shasta also. ***We suggest that you make your reservations as soon as possible as Mt. Shasta can fill up quickly.*** You can also check with the Chamber of Commerce, <http://visitmtshasta.com/> under lodging for more extensive information.

#### **Mt. Shasta Ranch and Bed and Breakfast –**

1008 W. A. Barr Rd, Mount Shasta, CA 96067

(877) 926-3870 or (530) 926-3870

<http://www.stayinshasta.com/>

(Very quaint, Mel's client stayed here and loved it; also has a cottage for 2-6 people)

#### **Swiss Holiday Lodge**

Phone: 530-926-3446

Website: <http://www.swissholidaylodge.com>

Location: 2400 S. Mt. Shasta Blvd., Mt. Shasta, California 96067

(Small but nice with pool, south end of Mt. Shasta nestled in the trees)

#### **Mt. Shasta Inn & Suites**

Phone: 530-918-9292

Website: <http://www.mtshastainn.com>

Location: 710 S. Mt. Shasta Blvd., Mt. Shasta, California 96067

(Mel has stayed here; clean; DC is the owner)

#### **Best Western Tree House Motor Inn**

Phone: 530-926-3101 or 1-800-545-7164

Website: <http://www.bestwestern.com>

Location: 111 Morgan Way, Mt. Shasta, California 96067

(Very nice with indoor pool, Jacuzzi, restaurant, bar)

#### **Mount Shasta Resort**

Phone: 530-926-3030

Website: <http://www.mountshastaresort.com>

Location: 1000 Siskiyou Lake Blvd., Mt. Shasta, California 96067

(Near Lake Siskiyou, very nice, higher end of lodging with restaurant. This is a great place that has cabins sleeping 2-6.)

## **WALKING TERRA CHRISTA ~ MT. SHASTA RETREATS ~ TRAVEL INFORMATION**



### **Other Highlights of Mt. Shasta:**

There are many shops in town which cater to the new age culture including the book store and several crystal shops. (We recommend [Soul Connections](#) on the main street, Mount Shasta Blvd.)

This is a nice meadow 3 blocks from the main street:

<http://www.siskiyoulandtrust.org/projects-2/sisson-meadow/>

### **Extra Elements to Consider:**

**We do suggest that you arrive a day or two early to become acclimated to the climate and the higher frequencies within Mt. Shasta. Additionally, if you can stay beyond the retreat, it would also help to ground the changes that you have incurred. There are many places to explore on your own within the mountain and the outlying areas.**

We look forward to having you join us for this spectacular retreat.

*- Reverend Christine Meleriessee & Reverend J. Michael Hayden (Ara)*