

WALKING TERRA CHRISTA ~ MT. SHASTA RETREATS ~ TRAVEL INFORMATION



TRAVEL ARRANGEMENTS

Mt. Shasta is right off of I-5 which is a direct route to all airports. San Francisco is about a 5-hour drive, Sacramento 3.5 hours, Redding 1.25 hours, and Medford 1.25 hours.

AIRPORTS

Redding, CA

The City of Redding Airports Division operates and maintains the Redding Municipal Airport and Benton Airpark. [Redding Municipal Airport](http://www.ci.redding.ca.us/transeng/airports/index.htm) 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](http://www.ifly.com/rogue-valley-international-medford-airport) 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://www.sacramento.aero/smf/>

This information was provided from the Rogue Valley International Medford Airport site:

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Taxicabs & Shuttles in 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

Local Taxi Service in Mt. Shasta:

Trinity Taxi Service
(530) 623-7787

Day & Nite Cab
(530) 244-6444

Greyhound Bus Lines

628 S Weed Blvd, Weed, CA 96094
9.0MI from Mount Shasta
(530) 938-4454

<http://www.shastashuttle.com/public-shuttles/redding-airport/>

Make sure your reservation is confirmed.

Day & Nite Cab
Taxi Cabs Redding California
Call: 530-244-6444

ABC Cab Company ~ <http://www.redding.com/places/abc-cab-company/>
2404 Waldon St., Redding , 96001
530-246-0577, 530-244-5909

<http://walkingterrachrista.com>

Christine Melereissee & Mike Hayden

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Rental Cars

PLEASE NOTE: THERE IS NO RENTAL CAR SERVICE IN THE MT. SHASTA AREA. You must make arrangements in the larger cities: Medford, Oregon, Redding 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 AIRPORT – CAR RENTALS

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

Medford, Oregon Airport – Local Bus Service – Runs every hour to Greyhound Station during the day

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 from South Weed with three hotels and ½ mile from Mel & Mike's.

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

Local Bus Service in Mt. Shasta Area:

Greyhound (800-231-2222; www.greyhound.com) buses heading north and south on I-5 stop opposite the Vet's Club and at the **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).

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Train Station in Dunsmuir with Bus Service Available

AMTRAK Train Station, Dunsmuir (One town North of Mt. Shasta)

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

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MT. SHASTA LODGING

The following are suggestions for lodging while you are attending the retreat. You can also check with the Chamber of Commerce, <http://visitmtshasta.com/> under lodging for more extensive information. (We picked ones that we feel are decently priced and clean as there are many others available). There are several Bed & Breakfast and rooms to rent in Shasta also.

We suggest that you make your reservations as soon as possible as Mt. Shasta can fill up quickly especially for an event such as this one.

There are three hotels available within ½ mile radius which is near the highway and truck-stop although close to Mel and Mike's. They also have views of the mountain, but it is a 10 minute drive to Mt. Shasta.

Comfort Inn Central (CA049)

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

Quality Inn & Suites (CAA96)

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 had several individuals stay here in August; one person was unhappy but three others were very satisfied. It is very small, not with the usual nice hotel accommodations (no shampoo provided), but priced very decently and clean.

Our friend Sade 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 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 HOTELS ARE WITHIN MT. SHASTA:

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)

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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)

If you want to gather with others, this is a great place. It sleeps 2-6 but is a bit expensive without additional people:

Other

There are several homes that can be rented if there are two or more individuals.

This one is owned and operated by Yaks Coffee House and looks very charming, in the town of Mt. Shasta with two types of lodging to house additional people,

<http://mtshastagetaway.com/>.

This link is for a house that is one exit north of us, very close. It has accommodations for 2 people or a house with 6-8:

<http://www.vrbo.com/313732>

This website is where there are single homes listed for weekly or daily rental if you are interested in coordinating with others. Let us know if you are and we will connect you.

Here is an example of the type of homes listed: <http://www.vrbo.com/181282>

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Additional Benefits to Staying in Town

There is a bus as shown above that travels from Mt. Shasta through Weed, etc for weekdays only. There are many shops in town which is very esoteric with several crystal stores. This is another site we just found out about – a Meadow 3 blocks from the main street:

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

Extra Elements to Consider:

If you are renting a car, you can join us for the excursions from your lodging; depending upon the number of people that join us, we will need assistance with an extra vehicle or two. Mel and Mike are located about 5-8 miles from the town of Mt. Shasta and Stewart Mineral Springs is situated north of where they are located. If you are arriving without a vehicle, we do suggest trying to stay as close as you can. We can also connect individuals with one another if travel arrangements are needed. We will probably have central meeting places for the outdoor excursions except for the times that we meet at Mel and Mike's home.

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.

Christine Meleriessee & Mike Hayden