

## Information for IMCC Retreat

Serenity Ridge Retreat Center (Ligmincha Institute)  
554 Drumheller Lane, Shipman VA 22971

Resting on nearly 20 acres on a hilltop overlooking the Rockfish River Valley with views of the Blue Ridge Mountains, Serenity Ridge in Nelson County is about 25 miles south of Charlottesville. There are single, double and dorm rooms with shared baths. All rooms are heated and air-conditioned. You will receive your room assignment when you arrive at registration.

During retreats, registrants may arrive **no earlier than 4 p.m.** on the day of the retreat in order to check into Garuda House or their tent site; they are asked to depart by 2:15 p.m. the day the retreat ends.

Serenity Ridge is a smoke free facility.

## Travel Information

By Car

### From Charlottesville and areas North:

Travel on US 29 South for about 30 minutes. Continue down US 29 past VA Route 6, then turn left at the second exit, Route 617. Travel on Route 617 along the Rockfish River for approximately four miles, then turn right at the third bridge onto Drumheller Lane. Follow Drumheller to the very top of the hill until you get to Serenity Ridge. You will see a red brick entrance gate with a Serenity Ridge nameplate at the entrance. Signs will be placed at several places along the route to guide you.

### From I-81 Corridor/Shenandoah Valley

From I-81 North or South, take Exit 221 to get on I-64 East toward Richmond.

In 12.6 miles, take Exit 99. Turn right on US-250 East (Three Notched Mountain Highway) toward Shenandoah National Park and the Skyline Drive.

In 3.4 miles, turn right onto VA-151 South (Critzlers Shop Road).

In 8.7 miles, turn left onto VA-6 (River Road).

In 5.8 miles, turn left onto US-29 North (Thomas Nelson Highway).

In 1.6 miles, turn right onto Route 617 (Rockfish River Road).

In 4.3 miles, turn right onto Drumheller Lane.

From the I-81/I-64 interchange, driving time is about 50-60 minutes (depending on traffic).

### Estimated Driving Time to Serenity Ridge From Nearby Cities

- Charlottesville, Va. — 40 minutes
- Richmond, Va. — 1 hour, 55 minutes
- Washington, D.C. — 3 hours
- Durham, N.C. — 3 hours, 15 minutes
- Baltimore — 3 hours, 40 minutes

### By Public Transportation:

There is bus, train, and air service to Charlottesville. In addition, Dulles International Airport is two hours north of Charlottesville near Washington, D.C. Car rental and van service are available at both airports.

**Cab Service** is available from Charlottesville Airport, Amtrak or Greyhound station. John Farmer Taxi Service: \$75.00 one way. 434-960-7106 Reservation required.

**Parking** Upon arrival, you may park temporarily by the office to register. After registering, you will be given directions to the parking lot.

### Emergency contact and Phones

There are no phones in the rooms at Serenity Ridge. If you need to make or receive an urgent phone call, this can be done at the office. For emergency calls only, a message can be left on the Center's answering service and you will receive the message as soon as possible.

**Emergency Contact Phone Number during retreat: 540-494-9513**

### Meals/Dietary Needs

Nutritious vegetarian, vegan, and gluten-free meals are provided, including eggs and dairy sources for those without dietary restrictions. Serenity Ridge serves delicious, varied meals three times a day and makes snacks available throughout the day (e.g. rice cakes, nut butter, jam, toast, fruit) in the dining area. In addition, tea and water will be available at the Tea Table (located outside guest house near meditation hall).

The food needs you submitted with your registration will be conveyed to the kitchen staff on your behalf. Please do not make any requests directly to the kitchen. To simplify and minimize visits by creatures and insects, the tea table will be limited to items provided by Serenity Ridge, including tea and bottled water. There is a small refrigerator at the tea table for your use.

A refrigerator is also available in the dining area designated for retreatants. You may bring meat or other protein sources and/or your own snacks if you need them, and store them in the dining area refrigerator.

## End of the Retreat

### Retreat Evaluations

Feedback about your experience at the retreat is valuable and helps in planning future retreats. Please complete an evaluation form (available at the end of the retreat in the same location as the dana basket) and place it in the “completed evaluation forms” envelope or box.

### Checkout

Checkout time is 2:15 pm on Sunday for the weekend, and Friday for the weeklong. You will find information for checkout in the “Guest Information” pack that you will receive at registration. Please read and follow the directions for checking out. Please pack up your belongings, return your room to the condition in which you found it, and tend to dana and evaluation *prior to* having lunch, so that you are ready to leave immediately following lunch. We wish you safe travels.