

THE WHIDBEY INSTITUTE

Welcome to the Whidbey Institute
A home for transformational learning since 1972

Please read through this important information to prepare for your visit.

What to bring

Please make a list of what to bring, then refer to it at the end of your visit, so you won't leave anything behind.

- A **flashlight** – it's dark here at night.
- Comfortable **shoes suitable for trail walking**.
- A pair of **slippers** or cozy socks and **easy-to-slip-on/off shoes**.
- Personal **toiletries**.
- An **alarm clock**.
- A reusable **water bottle** and **travel mug**.
- Layered, **comfortable clothing** – nights can be cool all year long.
- Check the **weather forecast** at www.wunderground.com/weather/us/wa/clinton/98236.
- If you are **camping**, please bring a **tent** and **bedding**. Bathrooms are stocked with soap and towels.

What's provided

- **Sheets, blankets, and towels** are provided for guests in the houses and cabins.
- **Forget your flashlight?** We have some available for checkout at the registration table.
- **Wifi** is available throughout the campus and access codes are provided wherever you are.

What NOT to bring

- **Dogs**, except in compliance with ADA service animal policy. Although we love dogs, companion animals are prohibited in our trail system, buildings, parking lots, and grounds for reasons of wildlife and guest wellbeing. Dogs are not permitted in parked vehicles on our campus. Also, no other pets are allowed on the premises.
- **Perfumes** or strongly scented toiletries. Other guests may have scent sensitivities.
- **Incense** and **candles**. These are not to be burned in any of the rooms or cabins. We also request that no incense be burned in the Sanctuary. Candles may be burned during group gatherings only, with the permission of your program facilitator. Please, never leave candles unattended.
- **Valuables**. We do not lock the exterior doors of our lodging facilities for reasons including guest convenience in shared spaces, but this means that there are few places to lock valuables away. Please plan to leave your valuables at home, or keep them close by while you are with us.
- **RVs**. Only tents are permitted in Madrone Meadow. Vehicle camping is prohibited.

Notes on safety

- During warm weather, you may see **a few mosquitos**.
- In spring and summer, **stinging nettles** (at right) grow prolifically on Whidbey. Brushing against this plant's tiny hairs causes a temporary but irritating rash. Look for notched leaves on three to seven foot stems growing straight out of the ground.
- **Bees**, hornets and yellow jackets specifically, are active in the summer and fall. They nest in the ground near trails. Please avoid any signs of activity. Even into the cooler months, bees can be found in wood piles or on window sills, acting lethargic and seeking warmth. We have over-the-counter remedies for stings, but no prescription medications. If you are allergic, be prepared by bringing your own medication, such as an EpiPen prescription.



- In the winter, Whidbey Island is prone to **short power outages** from strong gusts of wind. This can add to the experience of getting away. Please know that the outages are generally short (under four hours).
- We share our land with **beautiful wild animals!** None of them present a threat to humans. You may hear the screech of a baby owl, the call of a coyote at night, or the sound of a family of deer moving through the brush.
- Please drive the **posted speed limit** on Old Pietila Road (10 mph and below) for the safety of pedestrians, wildlife, and Waldorf School students who frequently travel the road on foot.

Our location

The Whidbey Institute is at **6449 Old Pietila Road, Clinton, WA 98236** on the south end of Whidbey Island. We are about 75 minutes north of Seattle, including a 15-minute ferry ride from Mukilteo to Clinton. Travel time depends on traffic. Summer afternoons and evenings are heavy ferry traffic times.

Flying here

- The closest airport is **Paine Field in Everett**, just four miles from the Mukiteo-Clinton ferry. The largest regional airport is **Seattle-Tacoma International (SeaTac) Airport**, 1 to 1-1/2 hours from the Mukilteo-Clinton ferry, depending on traffic.
- Make advanced **Whidbey SeaTac Shuttle** reservations at www.seatacshuttle.com. From the SeaTac Airport, choose the Langley/Clinton drop-off, about 1.5 miles from the Whidbey Institute.
- Arrange for transportation from this drop-off point through your program leader, or by calling **All Island Express Taxi** at 360.341.8294. Drivers are familiar with the Whidbey Institute.

Driving here

- Please **carpool** whenever possible – this will reduce your per-person ferry costs, as well as provide all of the other benefits of shared transportation.
- The **ferry** departs from Mukilteo to Clinton every half hour most days.
- Input our address, **6449 Old Pietila Road, Clinton, WA 98236**, into your **GPS** and choose your route, or go to www.whidbeyinstitute.org/visit for specific directions, as well as for information on ferry schedules and fares.

Arrival and lodging

- Please arrive within **your group's scheduled time frame**. If you are arriving outside your group's check-in time, either before or after the scheduled arrival window, please contact the Institute Resident Host at 360-914-8706 with your estimated arrival time, so arrangements can be made to welcome you and assist you to your lodging.
- **Thomas Berry Hall** is your first stop at Whidbey Institute, at the end of Old Pietila Road, our driveway. The Upper Lot is in front of Thomas Berry Hall. This is where you'll temporarily park. After you check-in and register with your group in Thomas Berry Hall, you will unload your vehicle, bring your belongings to your lodging, and move your vehicle to the Lower Lot, just a few minutes' walk back to Thomas Berry Hall.
- Your lodging is in one of three locations: **the Farmhouse, Granny's, and Cabin Village**. The Farmhouse is in the center of the Heartland area, adjacent to Thomas Berry Hall. Granny's is somewhat secluded, halfway down the drive from Thomas Berry Hall and a ten-minute walk to Thomas Berry Hall. Cabin Village consists of three Hillside Cabins, two Legacy Cabins, and eight Meadow Row Cabins, all located at the far end of the Heartland.
- **Bathrooms** for the guests of Hillside Cabins and Legacy Cabins are a very short walk to an outside building near the Sanctuary. Bathrooms for campers are a very short walk to the Commons below the camping meadow.
- You will be **directed to your lodging by our staff**. Any other details about your lodging or your stay will be provided by our staff at the time of your check-in.
- The Farmhouse, Granny's, and the Commons have **full kitchens**. Please feel free to bring any personal foods you may want, like specific beverages or nighttime snacks. There is a Red Apple market 1.5 miles from the Institute at Ken's Korner on route 525 (the same location as the shuttle drop-off).
- Please refer to the **map** on the last page to acquaint yourself with the Institute buildings and surroundings.

Parking

- We have three parking lots: **the Upper Lot, the Lower Lot, and the Entrance Lot**. The Upper Lot is next to Thomas Berry Hall, and it is reserved for loading and unloading and for handicapped parking. The Lower Lot is just below Thomas Berry Hall, and it is where you will permanently park your vehicle. The Entrance Lot is to the right of the entrance to Old Pietila Road, and it is for overflow parking when necessary.
- **Granny's** has a parking lot past the house on the left and is limited to space for two cars.
- Due to emergency access requirements, parking on the side of Old Pietila Road is against the law, and you may be towed. **Please park only in designated lots.**
- Only delivery vehicles and **vehicles for mobility-limited guests** may drive past the Upper Lot.

Departure

- Please be aware of **your group's check-out time**. At this time, you need to vacate your room, but you are welcome to continue with your program. All guests must depart by dusk.
- Before leaving your room, **please check for personal belongings**. Please take any food items you may have brought with you.

FAQs

- **What should I do if I have a medical emergency?** If it is a severe emergency or health risk, call 911 and give your exact location at Whidbey Institute, ie, "Granny's on Old Pietila Road." Then call the Resident Host at 360-914-8706 for any immediate assistance you may need. First aid kits are in every kitchen, in the coffee bar area of Thomas Berry Hall, and in the Host office in the center of the Heartland.
- **What if I forgot some toiletries?** We have a variety of items available in the Host office. Just ask! And again, there is a market 1.5 miles away at Ken's Korner.
- **Will I be able to use my cell phone or laptop?** Yes, wifi is available throughout the Whidbey Institute property.
- **Does my room lock?** All rooms have interior locks for privacy. The exterior cabin doors do lock – please note the unlock code from the information placard on your bed. Farmhouse and Granny's have main entrances that do not lock due to the shared space. If this is worrisome, please leave valuables on your person or at home.
- **Is smoking allowed?** Smoking of any kind is only allowed in the fire circle area above the Heartland. Please be mindful of other visitors and properly dispose of the waste.
- **Can I listen to music in my room?** Yes, but please be mindful of your neighbors and wear headphones.
- **Are children welcome?** We welcome children, but ask that they be supervised by a designated adult at all times out of respect for their own safety and the experience of other guests.
- **Can I recycle?** We recycle as much as we can, and we need your help to do it well. Please make use of the available recycling containers throughout all the buildings, and be mindful that items are clean.

Keep in touch!

- You can **join our mailing list** at www.whidbeyinstitute.org and **follow us on social media**.
- **Take your experience home with you** – the feeling, the ideas, the peace, and the calling you may feel to make the world a better place.
- **Share your positive experience about Whidbey Institute** with others and let them know how great your experience was and what Whidbey Institute can do for them.

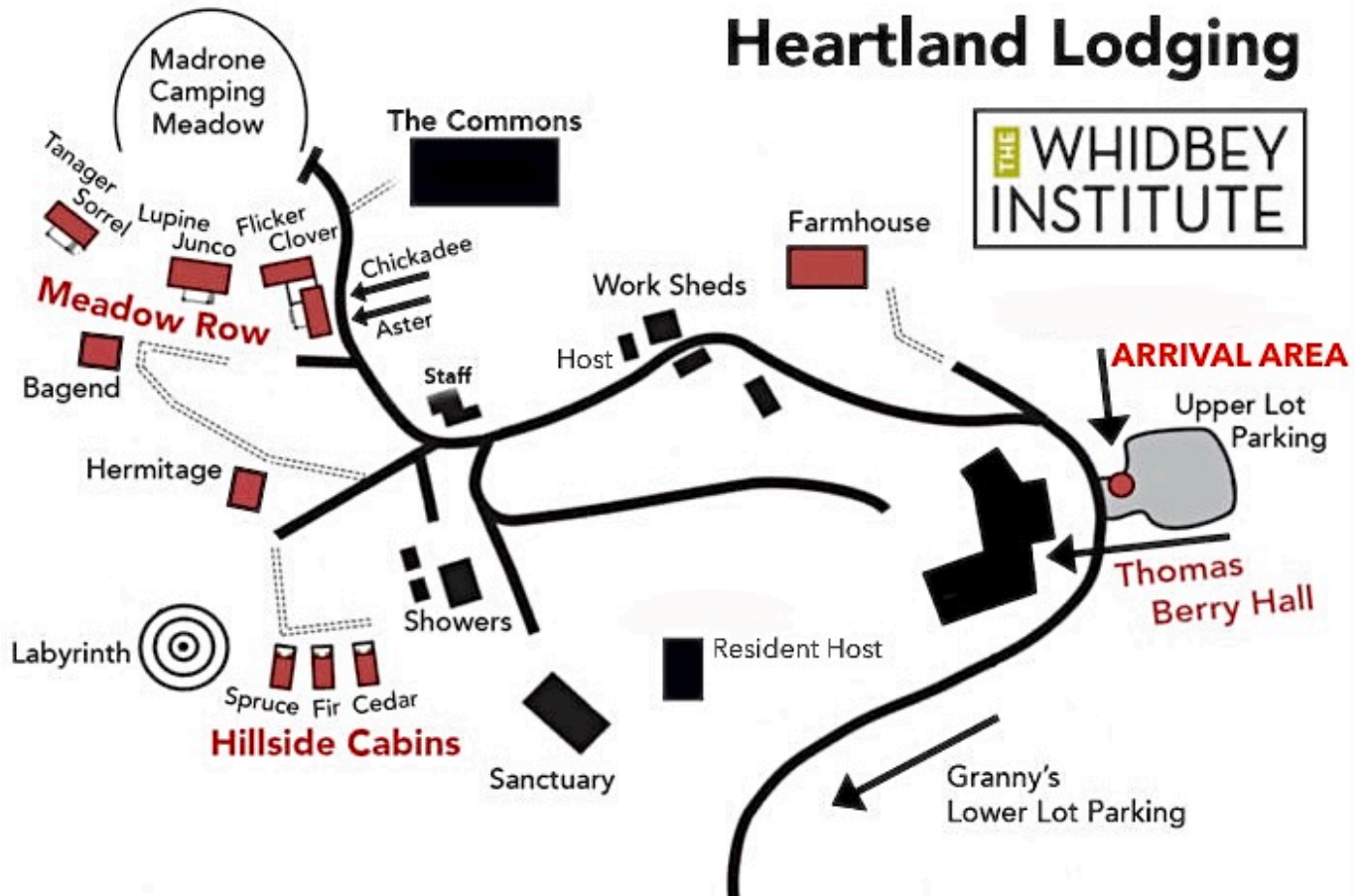
We look forward to welcoming you!

We hope you enjoy your stay with us amidst the peace and beauty of our 106 acres.

Please do not hesitate to reach out with any further questions or concerns.

During your visit, we are here for you!

Heartland Lodging



Once you arrive, you will find a map of the entire trail system at the kiosk in Thomas Berry Hall, as well as other helpful information about the Whidbey Institute.