



The 1440 Multiversity Trail System

Seven private campus trails await your exploration on the 1440 Multiversity campus. Whether you embark on the entire trail system at once or enjoy a short stroll between learning experiences, you will forest bathe along varying terrain and observe regional flora and fauna on loops that range in skill level from easy to advanced.

- Ridge Trail: 0.5 miles | 18 min.**
Moderate; varies from flat to gradually steep
- Summit Trail: 0.45 miles | 15 min.**
Advanced; steepest trail that peaks at highest point on campus
- Crest Loop: 0.43 miles | 14 min.**
Moderate; gradual incline connects with Bethany Drive and paved descent
- Cathedral Trail: 0.27 miles | 9 min.**
Easy; flat path showcases the Mother Tree and Carbonera Creek before connecting with Carbonera Trail
- Carbonera Trail: 0.5 miles | 12 min.**
Moderate; a combination of stairs and flat path travels through the redwoods and above the Cathedral and Carbonera Creek
- Lower Campus Trail: 0.25 miles | 6 min.**
Easy; relatively flat path weaves between the Oak and Madrone buildings
- Yates Trail: 0.1 miles | 3 min.**
Easy; short and flat forested path connects Healing Arts and Kitchen Table

Native Plant Warning

"Leaves of three, let it be!" Poison oak (pictured on the above map) is identified by three leaves on one stem and is adjacent to many trails. Please stay on the designated path for your safety. Wear long pants and sleeves, and if you come into contact with poison oak wash the affected area as soon as possible with Tecnu, available at the Front Desk.

Wonder Well in the Redwoods

As you wander, forest bathe and discover the beauty of the 1440 Multiversity campus, keep watch for the whimsical and inspirational elements in the redwoods — some thoughtfully designed, and others part of the natural beauty of the Santa Cruz Mountains.

Ancient Fossils

There are 19 fossils in the stonework on campus (Hint: At least two are located near the start of the Lower Campus Trail). There is one that is not so hidden, however: An Orthoceras from the Baltic Sea residing on a firepit outside Common Grounds. A true conversation piece, it is set between two stones pointing exactly due North.

The Mother Tree

The anchor of campus and an incredible source of regenerative energy, the Mother Tree is located at the Cathedral adjacent to Carbonera Creek. Standing 300 feet tall and more than 1,000 years old, it is considered one of the oldest trees in the world.

Campus Honeybees

1440 Multiversity is home to 320,000 western honeybees (*Apis mellifera*) that live across eight colonies located along the Ridge Trail. Each produces 50 pounds of honey per year which is used in 1440 recipes.

The Labyrinth

Located behind the Redwood Complex off the Lower Campus Trail, the stone labyrinth invites you to relax and contemplate as you move along its curved pathway.

Art & Sculpture Collection

Instead of putting art on display in a gallery, 1440 works with artists to choose indoor and outdoor locations on campus where their painting, installation or sculpture can be discovered. There are 10 artists and approximately 20 pieces represented; whether the piece blends in or stands out, it can inspire reflection, new ideas and conversations that otherwise might not happen. Art and sculptures can be discovered on each campus trail.

Corkscrew Tree

Located along the Lower Campus Trail, the Corkscrew Tree is a genetic anomaly that appears in one out of every 10,000 redwood trees. Its bark grows in a spiral instead of vertically, making it a distinct addition to the campus.

1440

MULTIVERSITY

Campus Map & Trail Guide

Welcome to 1440 Multiversity, a private 501(c)(3) nonprofit philanthropic campus in the beautiful Santa Cruz Mountains. Educational workshops are critically important to our mission purpose, and we support guest journeys to Live, Lead, Love, Work, and Wonder Well.

Each booking at 1440 contributes to serving our community by providing scholarships and volunteer services in support of our vision: *Creating hope for living well*. Thank you participating in our immersive learning experiences while discovering holistic ways to use your 1440 minutes each day.

Guest Services | Text "SERVICE" to (831) 498-1944

For registered-guest communications, 1440 Multiversity utilizes a text-based communication tool called Zingle that allows for quick and safe response to questions and requests. Please text "SERVICE" to (831) 498-1944 to report a maintenance need, ask a question, receive schedule updates and more.

Become a 1440 Insider | 1440.org/Email

Be the first to know about news at 1440 Multiversity. Sign up for newsletter at 1440.org/Email for special workshop offers, online learning, community education classes, and more.

Read Our FAQs | 1440.org/faq

Learn more about our most frequently asked questions, including common policies and travel essentials.

Video Surveillance Notice: To support the safety, security, and wellbeing of our guests, staff, and community, public and common areas of campus are monitored and recorded by video surveillance consistent with California law. By entering the campus, you acknowledge that activities occurring in public and common areas may be recorded and that individuals in such areas should not have a reasonable expectation of privacy.



1440 Multiversity Campus Highlights

Enjoy a variety of culinary, wellness, and recreational learning activities while at 1440 Multiversity.

For hours and availability, please visit the Front Desk or text "SERVICE" to (831) 498-1944.

Food & Beverage | Eat Well

Kitchen Table: The Heart of Campus

Kitchen Table serves freshly prepared breakfast, lunch, and dinner with ingredients sourced from small farms and growers within a 300-mile radius of campus.

Common Grounds Café

Fresh-baked goods, snacks, and specialty beverages available à la carte.

Retail & Gifts | Lead, Love & Work Well

Lodge Gift Shop

Logoed and designer apparel, souvenirs, books, jewelry, sundries, and other small retail items are available for purchase next to the Lodge Front Desk.



Water bottle refill stations are available inside all buildings except Teaching Kitchen and may require special access. There is one refill station located outside behind Redwood Auditorium at the Restroom building.

Recreation | Live & Wonder Well

Campus Trails

Explore the redwoods, flora, and fauna on campus trails.

Fitness Center

Light, bright, and airy with cardio and strength equipment and folding glass window walls.

Infinity Hot Tub

Relax in our outdoor 250-square-foot infinity hot tub overlooking the redwoods.

Signature Classes

Offered up to three times per day, explore yoga, qigong, meditation, nutrition, art, cooking demos, and more.