



1440
MULTIVERSITY

Pre-Arrival Planning Guide | *1440 Immersive Learning Programs*





Preparing for Your Visit

1440 Multiversity looks forward to welcoming you for your immersive learning program — a time for connection, healing, discovery, and growth. The following travel tips will help you prepare for your arrival so you can focus on your journey. If you have questions regarding your upcoming stay, please email inquiries@1440.org or visit our Frequently Asked Questions at 1440.org/faq.



Getting to Know 1440 Multiversity

In preparation for your arrival to our beautiful campus in the redwoods, we invite you to reference the following resources to assist with your planning.

- **Learn About Us:** Explore the campus through our photo and video gallery. 1440.org/gallery
- **Review Our FAQs:** Please visit the Frequently Asked Questions on our website for details about the 1440 Multiversity campus and what to expect during your stay. 1440.org/faq
- **Opt In to Zingle:** 1440 uses the text-based communications tool Zingle for on-campus requests and needs. We encourage you to text "SERVICE" to (831) 498-1944 prior to arrival to opt into this convenient feature.
- **Campus Address:** 1440 Multiversity is located at **800 Bethany Drive, Scotts Valley, CA 95066.**
- **Driving & Self-Parking:** There are three distinct guest parking areas on the 1440 campus available for private vehicles and rental cars on a first-come basis. Please note there is no valet parking service available on campus. Utilization of rideshare services is very common for many participants and we strongly recommend reserving your return to the airport prior to departure. EV charging stations are available free of charge on a first-come basis — we ask that you be courteous to other guests by moving your vehicle once it is charged so the station can be utilized by others.
- **Upon Your Arrival:** Please follow signs on campus for parking and check-in locations. Be considerate of our residential neighbors. Observe speed limits, avoid using your horn and keep noise to a minimum when parking your vehicle.

A photograph of a modern wooden house with a balcony, set against a backdrop of a dense forest of tall evergreen trees. The house features a grey shingled roof and a balcony with a metal railing. The text "General Information" is overlaid in the center of the image.

General Information



On Arrival Day

We invite you to arrive at the time noted on your itinerary to explore the campus and participate in Signature Classes and other learning activities.

- Guests are encouraged to arrive to campus early to explore the grounds and become familiar with the campus. Most guests arrive to register starting around 2 p.m.; we advise checking with your organizer for any specific instructions they may have provided to you according to the learning program schedule specific to your program.
- Dinner is the first meal service during your visit and is served from 5:30-7:00 p.m.* at Kitchen Table. You are welcome to enter the dining space any time during the designated meal times as each meal is served individually, not banquet-style.
- Daily class and event schedules are available in the Lodge, and may also be requested through Zingle by texting "SERVICE" to (831) 498-1944.
- House-made snacks, light bites and beverages are available at Common Grounds Café free of charge. Please enjoy the selection any time between 6:30 a.m.-10:00 p.m. daily. Beer and wine are available for an additional charge.

***Please Note:** The final schedule for meals and signature classes is determined after 1440 has verified guest counts, weather conditions and health mandates. Services and schedules are subject to change.

Packing Recommendations

While sunny much of the year, the weather at our campus can be cool in the mornings and evenings. We provide shampoo, conditioner, body soap, hand soap, body lotion, hair dryer and towels in your guest room. We encourage you to pack lightly, and be sure to include:

- **Layers** including a sweater, jacket or scarf; 1440 does provide guest umbrellas to use when rain is forecasted. You are welcome to bring your own rain gear.
- **Walking/hiking shoes** or sneakers with traction to enjoy our redwood trails
- **Exercise clothes** for embodied movement classes and use of fitness center
- **Bathing suit** for using the infinity-edge hot tub
- **Socks**, if you feel more comfortable with your shoes off in program rooms
- **Slippers/flip-flops** for use in your guest room
- **Yoga mat** if you prefer to use your own; mats for use in Signature Classes are available on a first-come, first-serve basis
- **Water bottle** with cap for use at the refill stations located across campus; water bottles are also available for purchase in our retail shop
- **Book or reading material**, as there are no TVs in our guest rooms

A small selection of essential retail items are located inside the Lodge Lobby for your convenience. Please plan to refrain from wearing strongly scented perfumes on campus, as some guests have sensitivities or allergies.



Campus Etiquette

The 1440 Multiversity Frequently Asked Questions section of our website — 1440.org/faq — provides valuable information about your stay, including our policies and procedures about the following topics:

- **Smoking, Cannabis & Tobacco Policy**
- **Service Animal Policy**
- **ADA Accessibility**

Campus Highlights

Please note the following for the comfort of your stay. Click on the links below for detailed information.

- **Internet:** Complimentary WiFi is available in all guest rooms and campus buildings.
- **Cell Phone:** Reception can be limited in some campus buildings.
- **Entertainment*:** Live music may be enjoyed on Common Grounds Patio on select evenings. Hours may vary depending on program events and will be noted in your program learning schedule.

- **In-Room Technology:** Guest rooms on campus are intentionally void of TVs and phones so guests can unplug, reflect and avoid the unintended consequences of technology. Please text "SERVICE" to (831) 498-1944 for requests, questions and needs; a house phone is available in the lobby of each guest room building, as well.
- **Campus Dining:** All campus meals are served at Kitchen Table, the heart of the 1440 campus. Please see page 10 for details on the campus dining experience. Note that there is no in-room dining available, and all meals must be consumed in the dining room.

On Departure Day

To help us prepare for incoming program guests, we ask that you check out of your guest room prior to the start of your final morning session, typically by 9:30 a.m. on your scheduled departure day. If you do not have a vehicle available, a designated luggage storage area will be provided for your convenience. If you would like to request a later checkout, please speak with a 1440 staff member in the Lodge or text us via Zingle at (831) 498-1944. We are always happy to accommodate late checkout requests whenever possible and will do our best to extend your departure time based on availability.

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.

A modern wooden cabin with a large glass front and a stone foundation, illuminated at night, with a multi-tiered stone waterfall in the foreground.

About 1440 Multiversity



Campus History

Nearly a decade ago, 1440 Multiversity co-creator Joanie Kriens was inspired while tending to and harvesting vegetables in her home garden. In that mindful moment, she was overcome by feelings of happiness, contentment, and joy – for the colorful tomatoes and squash in her basket, the quiet beauty of the land, and the preciousness of life with her family and friends. This heightened awareness and gratitude may have only lasted just a minute or two, yet it had a profound effect on Joanie. It made her wonder how many minutes there are in each day, and how we might all live more self-aware with gratitude for the simple blessings in life. After turning to Google for the answer, the 1440 name was born – little did she know she would find it in her own backyard.

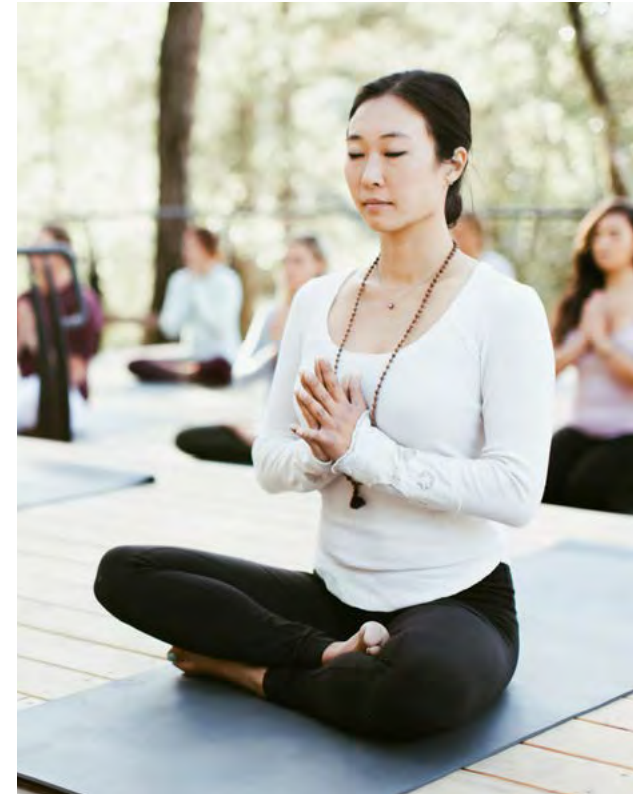
Following several years of philanthropic grant-making, the 1440 Multiversity campus opened in May 2017 among the towering redwoods of the Santa Cruz Mountains, stemmed from a desire to establish a beautiful and nurturing physical location where community could gather to explore, learn, reflect, connect, and re-energize. The invitation to participate is extended to all unbound by the range of human differences.

What is a Multiversity?

A *multiversity* is a place where learning extends beyond traditional academic boundaries to support growth in every dimension of life. At 1440 we believe in the power of transformation that happens when we engage the mind, body, heart, and spirit through our five pillars: Live Well, Lead Well, Love Well, Work Well, and Wonder Well. As a human charging station, we design experiences that strengthen relationships, renew energy, spark discovery, awaken creativity, and stimulate generative energy. “Multi” represents the many paths and possibilities available to each person’s journey of growth and exploration. “Versity” reflects the power of learning through connection, community, shared experiences, and conversations that matter. Together, we co-create and cultivate hope, purpose, and belonging while inspiring and enriching the world with opportunities to live well.

By the Numbers

75: Size in acres of the 1440 campus • **1,000:** The estimated age in years of the Mother Tree, is situated near the Cathedral on campus and is one of the oldest trees in the world • **1,440:** The number of minutes in a single day • **150,000:** Guests who have participated in learning courses on campus since opening in May 2017 • **320,000:** Number of honeybees that call 1440 home – there are eight colonies, and each produces 50 pounds of honey per year that is used in a variety of 1440 recipes.



Nonprofit Philanthropic Campus

1440 Multiversity is the leaseholder of certain real estate in Scotts Valley, Calif. where it operates a nonprofit wellness and learning campus within the exempt status of the 1440 Foundation, a 501(c)(3) organization. This structure ensures the long-term care of the campus and expands community access to scholarships and program grants while fostering the 1440 vision of *creating hope for living well*.

All-Inclusive Private Campus Access

Overnight guest stays include all meals at Kitchen Table (starting with dinner the day of check-in through lunch on check-out day), daily signature classes, and access to all campus facilities including the Healing Arts center, Fitness Center, retail shop, café, trails, and more.

Community Impact

1440 Multiversity is honored to be recognized for its innovative “deep hospitality” approach to service, workplace culture, and commitment to purpose-driven learning. Being named a “Best Place to Work” for five consecutive years reflects our dedication to fostering a supportive, values-led environment for our team. *The NonProfit Times* has ranked 1440 among the most impactful nonprofit organizations nationally, highlighting our commitment to creating a workplace where people feel inspired, engaged, and empowered in meaningful work.

Locally, we are proud recipients of a Community Impact Award, recognizing our contributions to the vitality of our surrounding communities. These honors reflect our culture principles, and our daily work to create transformational learning experiences that support others and advance our mission of *creating hope for living well*.

1440 MULTIVERSITY | Campus Amenities

Located on 75 magical wooded acres, the 1440 Multiversity campus serves as a human charging station where guests feel more energized at the end of their visit than when they arrived. A thoughtful combination of signature wellness classes, local sustainable culinary, and time to connect with self and others provides a truly restorative program that will continue to benefit attendees long after they return home.





Kitchen Table

The heart of the 1440 campus, Kitchen Table is the dining room on campus where each participant will enjoy three nutritious meals per day. Operating with a "Food As Medicine" approach, the 1440 Multiversity culinary team works mindfully using fresh and locally sourced foods to prepare flavorful dishes for all dietary needs, including gluten-free, paleo, lactose-free, and vegan. Chefs cook with the freshest produce harvested within a 50-mile radius of campus and organic meats and seafood from partners dedicated to sustainable and humane practices. Feel energized after each savory meal at Kitchen Table to optimize the full program experience on campus.

Campus Nature Trails & Glenwood Preserve

A mindful, leisurely stroll along redwood-lined campus trails is a significant part of the integrated wellness experience for guests, helping supplement their program, healing, and self-discovery work. The Mother Tree, an old-growth redwood believed to be over 1,000 years old, towers over the campus Cathedral, an especially serene place to enjoy a moment of reflection.



Common Grounds Café

Common Grounds Café offers specialty items à la carte, from the first cup of cappuccino in the morning to a glass of craft beer or wine to close out the day. Guests can relax in Adirondack chairs on the spacious al fresco patio or on the cozy indoor couches. Enjoy freshly baked cookies and soft-serve ice cream between meal periods, or savor a cup of locally roasted coffee, spiced chai, or fresh-pressed juices outside by the fire pits.

Accommodations

The perfect complement to a day of growth, guest rooms at 1440 promote rest and relaxation. Participants will stay in a private room with private bath, and guest rooms are intentionally void of TVs and phones so guests can unplug and reflect. Each building is equipped with Wi-Fi, a water bottle filling station, and a courtesy phone, and rooms can be accessed without using an elevator (which remains available if needed).



Sundries & Essentials

Retail shopping on campus is available in the Lodge exclusively for registered guests, and includes a variety of educational, inspirational, and essential items to complement learning work on campus and when returning home. A selection of books, clothing, accessories, and jewelry (with an emphasis on local vendors and fair-trade items) is available along with convenience items.

Infinity Hot Tub

Located at the Healing Arts center and surrounded by redwoods, the 250-square-foot Infinity Hot Tub is one of the most popular locations on campus. A soak in the steamy saltwater tub, either in the sunlight or beneath the magic of clear night skies in the mountains, is indescribably soothing to the spirit, beneficial to the body, and a memorably relaxing way to round out a day of self-care.



Fitness Center

The 1,400-square-foot Fitness Center is well-equipped with weights, ellipticals, stationary bikes, a treadmill, and more. Work out inside with a view of the redwoods or bring props onto the patio to stretch and exercise in the fresh air.

Signature Classes

A visit to campus provides guests the opportunity to explore their passions and interests in a safe community of instructors and fellow participants. Signature classes at 1440 range from creative, to physical, to introspective, and more – all designed to awaken the mind, body, and spirit. During your stay, you may experience yoga, meditation, tai chi, or nutrition classes, or a soothing sound bath to relax into the evening.



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Campus Dining

Fresh, vibrant, nourishing, and delightful — these words reflect our commitment to energize you with an exceptional dining experience. Abundant with deliciously healthy homemade selections, our menus feature many cooking styles.



Food As Medicine

At Kitchen Table, the culinary heart of campus, the team creates memorable fare using local resources sourced from farms and growers within 50 miles of campus. The ever-changing menu, aligned with our “food as medicine” philosophy, surprises guests at every meal through creativity, technique, and global flavors.

- **Culinary Focus:** 1440 offers a plant-forward menu that accommodate vegan, vegetarian and omnivore tastes.
- **Allergies & Preferences:** Prior to arrival, please contact frontdesk@1440.org should you have any food allergies, dietary restrictions or dietary preferences so the culinary team may address your needs.



Culinary Offerings

Meals change daily at Kitchen Table. Menus are posted each day at the Lodge and also in front of Kitchen Table.

Omnivores and vegans alike will find plentiful choices, all highlighting natural, nutrient-rich ingredients that are freshly prepared and served. While focused on plant-based cuisine, our daily menus also include sustainable animal protein as well as gluten-free and lactose-free options.

We offer abundant choices, but note that our team is not able to serve made-to-order meals or prepare items to meet individual requests.



Dining Hours

Kitchen Table features set meal times for breakfast, lunch and dinner, when you are invited to join us for indoor and outdoor dining*. Please refer to your schedule upon check-in for the program meal periods.

Between meals, enjoy complimentary light bites and beverages available at Common Grounds (beer and wine are available at an additional cost).

Your campus stay includes all meals as designated in your program learning itinerary. Please note that food must be consumed in the Kitchen Table dining area for health and safety purposes, and may not be removed from the space. 1440 does not provide to-go containers or room service.

****Please Note:** The final schedule for meals, along with daily menus, is determined after 1440 has verified guest counts, weather conditions and health mandates. Services and schedules are subject to change.*

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Thank you for *creating hope for living well.*
We look forward to welcoming you soon.

