



1440
MULTIVERSITY

Pre-Arrival Planning Guide | *Group Retreats*





Preparing for Your Visit

1440 Multiversity looks forward to welcoming you for your group retreat experience — a time for connection, flourishing, energy 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 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
- **Read About Health & Safety:** Review our *Campus Health & Safety Plan* to ensure your peace of mind. 1440.org/healthsafety
- **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:** Parking is limited on the 1440 Multiversity campus and we strongly encourage guests to ride-share (Uber or Lyft) or take a shuttle. Electric vehicle charging stations are available at the Lodge and Trillium guest room building. Charging stations are limited; please be courteous of other guests who may also need to access these stations.
- **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 cabin with a balcony, set against a backdrop of a dense forest of tall evergreen trees. The cabin 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.

- If you check in early, we kindly ask that you leave your luggage in your vehicle upon arrival until your room is ready. Luggage storage is not available due to safety guidelines.
- Daily class and event schedules are available in the Lodge, and may also be requested through Zingle by texting "SERVICE" to (831) 498-1944.
- Guest rooms will be ready for check-in at 4:00 p.m.*
- Dinner is the first meal service during your visit and is served from 5:30-7:30 p.m.* at Kitchen Table.
- House-made snacks, light bites and beverages are available at Common Grounds Café.
- Please see page 10 for a sample schedule.

***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; rain gear if rain is forecasted
- **Walking/hiking shoes** or sneakers with traction to enjoy our redwood trails
- **Exercise clothes** for embodied movement classes
- **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

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:

- **Health & Safety Guidelines**
- **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, generally from 7:00-10:00 p.m. Hours may vary depending on your program events and will be noted on your itinerary.

- **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.

For your convenience, Common Grounds Café is available for light snacks and beverages, including beer and wine in the evening. Hours vary and will be included in your itinerary; for the most up-to-date campus schedule during your stay please contact us via Zingle.

On Departure Day

Please plan to depart your room by 9:00 a.m. Express check-out is available via Zingle. Depending on your itinerary, the last meal of your stay is either breakfast or lunch.

***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.

Your group retreat experience is designed to help you care for yourself through immersive learning sessions, engaging Signature Classes, nourishing meals and time to connect with yourself and others in nature. Explore the sample itinerary below; a final schedule will be provided upon check-in.*



Day 1

- 4:00-5:00 p.m.** Campus Arrivals
- 5:30-7:30 p.m.** Dinner at Kitchen Table

Day 2

- 6:30-7:30 a.m.** Morning Signature Classes (Movement, Meditation)
- 7:00-9:00 a.m.** Breakfast at Kitchen Table
- 9:00 a.m.-Noon** Opening Session
- Noon-1:30 p.m.** Lunch at Kitchen Table
- 1:00-1:45 p.m.** Afternoon Signature Classes (Nutrition, Art, Movement)
- 2:00-5:00 p.m.** Meeting/Workshop
- 5:30-7:30 p.m.** Dinner at Kitchen Table
- 7:30-8:30 p.m.** Signature Class

Day 3

- 6:30-7:30 a.m.** Morning Signature Classes (Movement, Meditation)
- 7:00-9:00 a.m.** Breakfast at Kitchen Table
- 9:00 a.m.-Noon** Meeting/Workshop & Closing
- Noon-2:00 p.m.** Lunch at Kitchen Table & Departures

***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.





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 300 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.

***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.

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, light bites and beverages are available la carte from Common Grounds Café (including beer and wine).

Your campus stay includes all meals as designated in your program itinerary.



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

