

GREAT!

You're coming to The Mountain...



General Information:

Thank you for coming to The Mountain! Open year-round, we're located at 4200' atop Little Scaly Mountain in the southern Blue Ridge Mountains near Highlands, North Carolina. We're surrounded by miles of national forest and wilderness, with spectacular vistas, lush vegetation, lakes, waterfalls, and hiking trails—many right on site. The Mountain is an independent affiliate of the Unitarian Universalist Association and welcomes people of all faiths. Our mission is to embrace the diversity of life, creating an environment to energize people to work for positive change.

Lodging

- Guests are housed in comfortable, rustic cabins or in the Lodge. All rooms have separate heat controls. Air conditioning is not necessary at this elevation. Cabins and Lodge all have complete bathrooms.
- Linens, blanket, pillow and towels are provided upon arrival; we thank you in advance for making your own bed! For the environment and economy there is no room service or daily linen exchange.
- The Mountain offers several housing options for people with mobility issues including wheelchairs/scooters. There are accessible bathrooms in all meeting space buildings, and extensive ramping throughout the campus. We also have a scooter available upon request (first come, first served). Please contact us for more information.
- Housing is assigned in the order in which registrations are received with consideration given to mobility limitations.
- Housing assignments **cannot** be changed at check-in. Please let us know in advance of special needs or requests.
- Housing is double or multiple occupancy. You may be assigned a roommate. Let us know if you have a specific roommate request. If space is available you may request a private room (for a surcharge).
- The Mountain offers an exceptional sense of peace and security. Rooms remain unlocked at all times. You may secure valuables in your car if you feel it is necessary.
- **Quiet time** is from 10:00 p.m. to 7:00 a.m. daily.

Children

- The Mountain has always been a place for youngsters. We offer summer camp for youth and have youth programming elements in many of our programs. If you're bringing children to The Mountain, please be aware that for safety reasons, an adult must supervise all persons under 18 years of age, unless they are in a Mountain Youth Program or childcare. Childcare for the very young must be arranged in advance - call to inquire about availability.

What to Bring

- We enjoy a casual atmosphere: shorts, jeans or slacks and **sturdy** walking shoes/hiking boots are appropriate for any occasion. At 4200', temperatures may be very cool. Rain is **always** a possibility, so bring rain gear. Our dark nights make **flashlights** essential! River shoes (or old tennis shoes) are required for water activities. You may want to bring a fan, pillow, extra towels, camera, binoculars, musical instruments, field guides, and coffee mug. We suggest you leave perfumes/fragrant toiletries behind.

Meals

- Our healthy, delicious meals (with plenty of vegetarian options) are served buffet style. We meet typical dietary needs but cannot create individual meals for our guests with special issues. If you have specific needs, please get in touch with us to see if you need to bring some of your own items.

Community Social Time

- All guests, whether part of a program or visiting, are invited to share in community social time prior to most evening meals. It's a good way to relax, get to know one another and review the events of the day. Typical fare includes assorted beverages and our traditional popcorn. This function is supported by your donations. Thanks!

The Mountain Store

- Many folks like to take something home to remind them of their stay in our beautiful place. We offer T-shirts, sweat shirts, cups, books, recordings of our Mountain Quartet and other memorabilia.

Laundry

- Sorry - no laundry services are available on-site. There is a coin-operated laundry in Highlands (4 miles away).

Communications

- There are no telephones in our lodging rooms, but there are public phones available at various locations on The Mountain. Our office will take messages for guests at (828) 526-5838 during business hours, 8:30 a.m. to 5:00 p.m. Messages will be recorded at all other times and delivered as soon as possible. In case of a nighttime emergency, guests can be reached by calling the above number and following emergency call instructions.
- We post outgoing mail daily, Monday through Saturday. We can not accept personal e-mails or faxes except for emergencies. There's a computer in the library with Internet access where you can check your e-mail messages.
- Sorry - there is no access to staff computers/printers at The Mountain. Wireless Internet access is available in many of our public areas.

Safety

- Every effort will be made to prevent accidents and emergencies. Many staff members are trained in first aid and CPR. We also have EMT and Fire Department services available through 911 and an excellent hospital just minutes away in Highlands. We have an AED (Automated External Defibrillator) device at the office for use in sudden cardiac arrest.


Community Safety Standards

- Smoking is allowed only in designated places; there is no smoking in any buildings and no walking around with lit cigarettes.
- Pets are not allowed at The Mountain except working assistant animals. Please call us for kennel options.
- **NO** firearms/weapons, fireworks or illegal drugs are allowed in this violence-free community.

Check-In/Check-Out

- Check-in is usually handled in the Registration Office unless otherwise noted. Please follow the signs when you get "on-top."
- Rooms will be ready for occupancy after 3:00 p.m. Registration is from 3:00-5:00 p.m. unless otherwise indicated. Our office closes shortly after 5:00 p.m. If you will be arriving after 5:00 p.m., please call for instructions.
- Late arrivals are to go to the Office area. Outside to the right of the office door inside of the lighted box, you will find a personalized packet with a map and instructions on how to locate your lodging. If you need assistance, you'll find instructions on how to contact an "on-call" staff person. We strongly recommend that you arrive before dark.
- Please settle any balance due on your bill at check-in (or the next morning if you arrive late). Checks are preferred; and we also accept VISA and MasterCard for your convenience.
- If all accounts are settled, you do not need to checkout through the office.

We're Glad You Are Coming to The Mountain!



energizing people for generations to come

The Mountain Retreat & Learning Centers, Inc.

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