

Plan Your Stay at Land of Medicine Buddha

Guidelines for Guests

We ask that all visitors to Land of Medicine Buddha join us in observing the following precepts to make your stay as peaceful and enjoyable as possible.

- Please avoid killing any living being, including mosquitoes.
- Please avoid deliberately lying to anyone.
- Please avoid sexual misconduct.
- Please avoid intoxicants such as alcohol and recreational drugs.
- Please avoid taking what is not freely given.

Land of Medicine Buddha is a non-smoking facility. In addition, many of our guests have sensitivities to scents. Please refrain from wearing perfume or scented oils during your stay.

What to Pack:

- * Multiple layers of clothes for warm days and cool mornings and evenings
- * Swimsuit
- * Raincoat and umbrella (October - April)
- * Socks or indoor slippers to wear in the Gompa or meeting rooms
- * Flashlight
- * Walking shoes
- * Water bottle
- * Camera – if you plan to publish photos, please acknowledge Land of Medicine Buddha

YOUR STAY

Check in time: 4pm

Check out time: 11:00 am (unless previously arranged through your group leader)

There is a \$25 late check out fee.

If you arrive after 5pm, we will leave your keys, room number and a map out for you in a clearly marked envelope. You will find these in the black mailbox marked "late arrivals", to the left of the Reception/Bookstore door. If you are coming with a group retreat, please check-in with your retreat leader when you arrive to get your keys.

There is almost no cell phone reception on the land. If you need to make a call, there is a phone booth on the property and phone cards for sale in the bookstore. If you need to be contacted while you are staying with us, friends or family may call the reception office at (831) 462-8383 to leave a message for you.

We provide linens and towels; there are bathrooms in every room.

Soap is provided. However, shampoo and conditioner are not provided.

Clocks (with or without alarms) are not provided, please bring your own if needed.

We have a small emergency kit for minor injuries, as well as Technu for treating poison oak. However, our staff is not qualified or trained to administer any medication or medical advice. If you have an actual emergency, contact 911.

On the day of your departure, please check your room thoroughly before you leave. Due to limited room, we can only keep any lost articles for one month. If you think you left something here please call our office between 10am-5pm daily.

Please turn your key back to your group coordinator or the reception office.

Our Sangha

Land of Medicine Buddha has ordained monks and nuns who live and work here, teaching classes and performing other duties. When speaking to them, it is courteous to address both monks and nuns as "Venerable".

In respect of the monks and nuns we ask that you dress modestly at all times in all areas of the center. Please refrain from walking around the center topless or in low-cut shirts, in short shorts or short skirts.

In the spirit of study and contemplation, we ask that you keep your conversations quiet and subdued throughout the Land of Medicine Buddha campus.

Our meditation room (gompa) is often available before 8:30am and after 9:30pm for individuals who want to spend time in meditation. Check with the reception office or your group leader the day before to verify availability.

Directions to Land of Medicine Buddha

On your arrival and departure, please be aware that the road leading up to the center, (Prescott Rd.) is narrow and is lined with residences. Please turn on your headlights, observe the 15 MPH recommended speed, and be prepared to pull over to the side, should you meet oncoming traffic.

From Santa Cruz:

Enter onto Highway 1 south. Take the Porter Street/Bay Avenue exit and turn left under freeway. Turn right onto Main Street. Stay on Main Street until it merges into Glenhaven Road. Continue on Glenhaven for ½ mile. Turn right onto Prescott Rd. Follow Prescott Road all the way to the end, cross the wooden bridge, turn left and follow the signs to Land of Medicine Buddha.

From the Bay Area:

Take Highway 1 south along the coast through Santa Cruz and continue toward Watsonville. Or take 280 south, 101 south, or 85 south to Highway 880 which turns into Highway 17 toward Santa Cruz. Merge onto Highway 1 South at the Fishhook. Take the Porter Street/Bay Avenue exit and turn left under freeway. Turn right onto Main Street. Stay on Main Street until it merges into Glenhaven Road. Continue on Glenhaven for ½ mile. Turn right onto Prescott Rd. Follow Prescott Road all the way to the end, cross the wooden bridge, turn left and follow the signs to Land of Medicine Buddha.

From Aptos, Monterey, or South of Santa Cruz:

Take Highway 1 north. Get off at the Porter Street/Bay Avenue exit, turn right, then immediately right again onto Main Street. Stay on Main Street until it merges into Glenhaven Road. Continue on Glenhaven for ½ mile. Turn right onto Prescott Rd. Follow Prescott Road all the way to the end, cross the wooden bridge, turn left and follow the signs to Land of Medicine Buddha.

Santa Cruz Weather

Santa Cruz has a mild, Mediterranean climate, characterized by warm, dry summers and cool, wet winters. Located on the northern edge of the Monterey bay, fog and low overcast skies are common during the night and early morning hours, especially during the summer. High temperatures average in the low - mid sixties in the autumn, winter and spring, and the mid - seventies in the summer. Low temperatures average in the low - mid forties in the autumn, winter, and spring, and the mid - fifties in the summer.