

## **General Information About the Alta Advanced WOR:**

This Advanced WOR is designed to help you develop skills that will help you be safer in your body, safer in your willingness to trust others as you share and become more vulnerable, and practice skills to learn how to effectively protect yourself while creating opportunities for deeper intimacy in your life. To achieve this, we'll help you identify how you've learned to be loyal to dysfunctional messages and dysfunctional people in your life, and help you develop the ability to be loyal to functional messages and to connect in more functional ways. While the weekend is designed to challenge you to take some steps out of your comfort zone, your boundaries will always be respected if you choose to opt out of any experiences we offer. Our hope is that the skills you practice here at the weekend will be transportable back to your own home and to the significant people in your life.

**If you have a partner**, they are welcome and encouraged – but not required - to join you. It is not a requirement for your partner to have attended a Level One Weekend; to be eligible, only you need to have attended a Level One Weekend. We have developed a policy that this weekend is only for couples without a history of violence of physical abuse. This is because we will not address those issues in depth and we want to ensure safety for all participants. However, we encourage individual WOR alumni to attend the weekend alone to address these issues if this is a difficulty in your relationship. If there are any questions about this policy, please contact Jim Struve, Co-Chair for the WOR's at 801-953-4928.

**If you are single** and want to explore and develop your relationship building skills, this weekend is designed to help you as well.

### **Early Arrival/Late Departure:**

The Advanced WOR begins at 9:15 a.m. on Friday and ends at 2 p.m. on Sunday.

Please be sure to review our arrival policy and departure policy before making your travel plans. Given travel time, we recommend all participants plan to arrive on Thursday; and plan to depart on Sunday no earlier than 4:30 pm from Salt Lake City. If you cannot accommodate your schedule to arrive and depart at these times, please be considerate and do not register. We require all participants plan to stay until the end of the weekend on Sunday to allow you and the community sufficient time for closure.

**We expect everyone to be on site, checked into the Lodge, and available for our program to begin by 9 a.m. on Friday. Therefore, we encourage you to consider booking a room package that allows you to stay overnight at Alta Lodge on Thursday. Registration options include arriving on Thursday night in time for evening meal, or arriving on Friday morning. There are also registration options that allow you to stay at the Lodge on Sunday night and leave on Monday.**

## **Staying at Alta Lodge Before or After the Weekend:**

Participants ARE allowed the option of staying at Alta Lodge either Thursday or Sunday nights. Please review the registration pricing grid for information about these options.

## **About Alta Lodge:**

This will be our 20<sup>th</sup> visit to Alta Lodge, which tells you how much we love the facility, its extremely supportive and nurturing staff, and the gorgeous surroundings. Alta Lodge is located at 8,600 feet (2,700 meters) at the base of the Alta Ski Area in Utah's Wasatch Mountains. Alta Lodge, nestled in a quaint alpine setting at the top of Little Cottonwood Canyon, offers spectacular mountain views. During August, the wild flowers are usually in the prime of their colors, adding to the beauty of this setting. Alta Lodge is part of a rare tradition of country inns where the attentiveness and warmth of family hoteliers is combined with the pleasures of excellent dining and comfortable surroundings. The atmosphere of the Alta Lodge is relaxed, intimate and informal. There will be space for up to 32 participants on this weekend.

All bedding, towels, hair dryers, shampoo and shower gel are provided. Participants also have access to a hot pool during the Advanced WOR; please bring appropriate clothing if you plan to use this amenity.

Alta Lodge is handicap accessible, however if you have any special physical needs, please let us know at the time of registration so that we can make plans to accommodate your physical abilities.

Please bring a jacket & some warm clothes if you are sensitive to the cold. Temperatures may be as low as the mid-40s at night and should be in the 60s & 70s during the daytime. Average high temperature is 70, and average low is 48. Remember mountain air can feel chilly once the sun sets. Sunscreen is strongly advised - remember that sunrays are considerably more intense at mountain elevations. A hat with a brim is also very helpful to protect you from the sun.

There are some spectacular hiking trails around Alta. If you plan to participate in any hiking activities, please pack hiking boots (or shoes comfortable for easy & moderate hiking trails), a hiking stick (if you use one), & a day pack.

For more information about Alta Lodge, visit their website at <https://www.altalodge.com>

## **Dining**

Meals at Alta Lodge are of the highest quality. Chef Sam Wolf has been preparing meals of exceptional quality for Alta Lodge guests for over thirty years. The outstanding cuisine will

certainly be one highlight of your Weekend of Recovery. A special treat is in store on Sunday, when we'll get to visit the Alta Lodge Sunday Buffet, a grand buffet featuring gourmet breakfast and lunch and dessert items! All of your food and snacks are included in your registration fees. The Chef is prepared to provide vegetarian cuisine if you request it ahead of time.

Other special dietary restrictions or needs must be indicated on your registration form. Coffee and tea, half and half and soy milk will be supplied all weekend long for you.

## **Smoking, Sobriety, and other Policies**

Guests may not smoke inside any buildings at Alta - including guest rooms. This includes the use of e-cigarettes. Cigar and pipe smoking are also prohibited. Guests may smoke cigarettes or e-cigarettes in designated areas that will be indicated to you when you arrive.

We also require that no alcohol or non-prescribed drugs may be brought to the weekend. Please read [ALL our policies for Safety and Security](#) before attending.

## **Internet Access**

Alta Lodge has wireless internet access. However, we request that you only access the internet during break times and not during any regularly scheduled activities

## **Coping with the Altitude:**

Alta Lodge is at 8500 feet altitude. It is not uncommon for people to experience minor physical symptoms above 8000 feet. (Symptoms can include headache, loss of appetite, & fatigue.) There are *no* specific factors such as age, sex, or physical condition that correlate with susceptibility to the effects of altitude.

Some people get it and some people don't, and some people are simply more susceptible than others. Here's some tips for how to deal with any effects of altitude that you may experience during the retreat:

- Stay properly hydrated. Acclimatization is often accompanied by fluid loss, so you need to drink lots of fluids to remain properly hydrated.
- Take it easy; don't over-exert yourself when you first get up to altitude. Be prepared that tasks such as climbing stairs may require more physical exertion than you're used to for the same task at a lower elevation. Light activity during the day is better than sleeping because respiration decreases during sleep, exacerbating the symptoms.
- Avoid tobacco and alcohol and other depressant drugs including, barbiturates, tranquilizers, and sleeping pills. These depressants further decrease the respiratory drive during sleep resulting in a worsening of the symptoms. The

acclimatization process is inhibited by dehydration, over-exertion, and alcohol and other depressant drugs.

- If you have any concerns about your susceptibility to the effects of altitude, please consult with your physician. **Diamox** (Acetazolamide) is a prescription medication that can moderate the side effects of altitude for most people. However, since it takes a while for Diamox to have an effect, it is advisable to start taking it 24 hours before you go to altitude.

## Getting to Alta Lodge:

Alta Lodge is located at 10230 Utah Hwy 210, in the village of Alta, UT. It is only 32 miles from the Salt Lake City International Airport, generally a 45 to 60 minute cab ride, and 40 minutes from downtown Salt Lake City. The final 8 miles of the drive is up a winding and scenic canyon road.

- **By Air:** Eight airlines offer service to Salt Lake City International Airport: Alaska Air, American, Delta, Frontier, JetBlue, Sky West, Southwest, and United. You can arrange your transportation from Salt Lake International City Airport to the Alta Lodge through [Canyon Transportation website](#) or through Alta Shuttle at 800-255-1841. Reservations must be made at least 24 hours in advance. Prices vary by season, so please check with either carrier for current fee (not including gratuity). Rental car information is available at [Salt Lake International Airport's website](#).
- **By Train/Bus:** Salt Lake City is serviced by train on Amtrak; Buses are provided by Greyhound.
- **By Car:** Salt Lake City is accessed via I-80 (east-west) and I-15 (north-south). From either the airport or downtown, access I-80 EAST (Cheyenne/Salt Lake City direction). Take I-215 Belt route (south & east); Exit 6200 South (signs indicate Alta and other ski areas) and follow under the overpass to veer towards the left onto 6200 South. From this point, there are no more turns; just follow the road to Snowbird and Alta. The road will be signed as Wasatch Blvd., then as St. Hwy. 210.

### Landmarks:

- A 7-11 store on your right as you pass through a large intersection (Big Cottonwood Canyon Road)
- At the entry to our canyon (Little Cottonwood), an electric sign with road and weather information. The final 8 miles of the drive is up a winding and scenic canyon road.
- From the sign it is about 9 miles up the canyon (passing Snowbird) to Alta.
- The Alta Lodge entryway is on the right side of the road, and the Lodge is several flights of stairs down.

## **Transportation Coordination**

After you have registered and been accepted for the weekend, your name and email address will be provided confidentially to our webmaster, who will provide you access to the MenHealing Transportation Board.

On the board, you will then have access once you sign in to talk with others who are planning on attending the Alta Advanced Weekend so you can offer to share or give rides to those needing help in getting from the airport to the Alta. To protect your confidentiality, this part of the bulletin board will only be able to be accessed by those registered for this specific Alta Advanced Weekend, and by the WOR Manager. If you share a ride, please be respectful and offer assistance with paying for gas.

**It is important that if you would like to participate in the transportation bulletin board, the email address you provide must be the same as the email address you indicate on your registration.**

### **ANY QUESTIONS:**

Questions can be directed to [Events Coordinator Alta](#)

# Registration Options – 2018 Alta Advanced WOR

## Registration Options and Costs

Registration includes the costs of the facilitated Weekend of Recovery program, plus lodging, meals, and snacks.

Review the chart below to determine which option works best for you. There are also many hotels near the Salt Lake City International Airport and in the downtown area if you prefer budget lodging for either Thursday or Sunday. It is approximately 45 minutes from either the airport or downtown to Alta Lodge.

**ROOM SELECTION DESCRIPTIONS:** All rooms have private baths except for the dorm rooms (room selection #5), which has shared bath facilities. All rooms have a mountain view.

- Room Selection #1:** Triple/Quad Dorm Room, Shared Bath.
- Room Selection #2:** Double Standard Bedroom (2 Double Beds) Middle Wing
- Room Selection #3:** Single Bedroom, Standard King Bed - East or Middle Wing
- Room Selection #4:** Single Bedroom, Standard King Bed – East of Middle Wing – Shared by Couple
- Room Selection #5:** Corner Single Deluxe Bedroom, Private Balcony, Fireplace – East Wing
- Room Selection #6:** Corner Single Deluxe Bedroom, Private Balcony, Fireplace – East Wing – Shared by Couple

Registration Fees	<b><u>Basic Package =</u></b> Lunch on Friday thru Lunch on Sunday + Fri/Sat night Lodging	<b><u>Add-on Option 1=</u></b> + Thursday Dinner + Thursday Lodging + Friday Breakfast	<b><u>Add-on Option 2 =</u></b> + Sunday Dinner + Sunday Lodging + Monday Breakfast
<b>Rm Selection #1</b>	\$745	Add \$85	Add \$85
<b>Rm Selection #2</b>	\$850	Add \$140	Add \$140
<b>Rm Selection #3</b>	\$1,175	Add \$180	Add \$180
<b>Rm Selection #4</b>	\$790/person = \$1,580/couple	Add \$130/person = \$260/couple	Add \$130/person = \$260/couple
<b>Rm Selection #5</b>	\$1,400	Add \$200	Add \$200
<b>Rm Selection #6</b>	\$915/person = \$1,830/couple	Add \$145/person = \$290/couple	Add \$145/person = \$290/couple

**PLEASE NOTE: All meals are pre-paid with your registration and there are no refunds for meals you do not eat; likewise, all extra nights lodging are pre-paid and there are no refunds for late arrivals or early departures.**