

General Information About Whidbey Institute

Whidbey Institute has a no shoes policy in some meeting spaces, so bring shoes that are easy to slip on and off. You're welcome to bring indoor slippers or shoes.

There are a variety of walking trails through the surrounding woods, so walking shoes and appropriate clothing that support you on rough terrain. Rain occurs with frequency in the Northwest so you are also advised to bring rain jacket and other waterproof gear. Sleeping quarters and meeting spaces are spread throughout the Whidbey Institute campus so you are advised to bring a flashlight to assist with nighttime walking between some buildings.

All bedding and towels are provided.

The facility is wheelchair accessible. If you need a scooter to get around, be sure to note that during your facilitator interview.

For more information about Whidbey Institute, visit their website at <https://whidbeyinstitute.org>

Dining

The meals at Whidbey Institute are delicious cuisine, featuring both animal protein, vegetarian and gluten free options. Other special dietary restrictions or needs must be indicated on your registration form and the kitchen staff will do everything possible to meet your specific needs. Fresh water, juices, 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 Whidbey Institute - 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/Cell Access

Cell phone and internet connections are available at Whidbey Institute however, we encourage you to consider making this weekend experience “phone and internet free” – or that you consider minimizing your use of cell phone and internet during your participation in this retreat.

Getting to Whidbey Institute

Whidbey Institute is located about 31 miles from Seattle and 46 miles from SEATAC Airport. For driving information: <https://whidbeyinstitute.org/visit/#traveling-by-car> ; For information about transit schedule and reservations: <https://whidbeyinstitute.org/visit/#air-bike-transit>

Please plan your travel carefully, as the most efficient access to Whidbey Institute requires the use of a ferry. Advance reservations are recommended for this ferry and times are limited.

Ferries run every 30 minutes, 7 days a week, except overnight. Wait times increase at rush hour and on weekends. Check out [schedules](#), [fares](#), and [ferry cams](#) online.

Please pay particular attention to the arrival and departure policies below before making your travel plans. Travel time to Whidbey Institute from the SEATAC Airport may require more than 2 hours.

We recommend all participants carefully plan travel to arrive at Whidbey Institute no later than late morning (11 a.m.) on Friday and plan to leave Whidbey institute on Sunday no earlier than 3 p.m.

If you cannot accommodate your schedule to arrive and depart at these times, you are advised not to register. Late arrivals miss important orientation information, and we ask that all participants plan to stay until the end of the weekend on Sunday to allow you sufficient time for closure.

Staying at Whidbey Institute Before or After the Weekend:

Participants are not allowed to stay at the Whidbey Institute venue either Thursday or Sunday nights. Participants whose only travel option requires them to arrive on Thursday or to stay until Monday are advised to book lodging near the SEATAC Airport, where there are a number of budget and mid-priced hotels available.

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@menhealing.org