



Your Stay at Sleeping Lady

We look forward to welcoming you as our guest. To ensure you feel at home during your stay with us, we've provided the following information about our operations, policies and experience. Please do not hesitate to contact us at 800-574-2123 if you have any questions.

- Check-in time is 3:00 p.m.; Checkout time is 11:00 a.m.
- Our Registration Desk and Gift Shop are staffed 24 hours a day. We offer seasonal equipment rental including snowshoes, cross-country skis, bicycles and trail passes.
- We have a non-smoking policy indoors and out. Violators will be charged a minimum of \$150. Please help us keep Sleeping Lady smoke-free.
- Due to the four seasons we experience we recommend non-slip footwear. High heels are strongly discouraged.
- Luggage carts are available directly outside the main office for our guests.
- Please park your vehicles in the guest parking lot. No motor vehicles may be driven on site.
- The Woodland Rock Pool is open 24 hours a day seasonally (May-September) and the adjoining hot pool is open year round. Swimsuits are required.
- The Sauna is open 24 hours a day and is located at the west end of the property.
- If you would like to schedule a massage, please call us at 800-574-2123. 24-hour advance reservation is recommended.
- Grasshopper Fitness Center is open 24 hours a day and requires your room key for access.
- We do NOT allow pets at the property. Those with pet allergies should note that Sleeping Lady hosts three cats – two of which have been with the facility prior to opening.
- There are no televisions in our guest rooms.
- The Library provides space to find or read a good book and relax. A variety of games and a computer with high-speed Internet access and printer are available for use.
- There are telephones and dial up data connections in all guest rooms.
- The Grotto bar opens daily at 4:30 p.m. There is a television in the bar.
- Kingfisher Dining Lodge serves meals buffet/cafeteria style to all Sleeping Lady guests in a community-enhancing environment with European-style seating. Beer and Wine are available.
Dining Hours: *Breakfast* 7:30-8:30 a.m. Mon-Fri, 8:00-9:00 a.m. Sat & Sun,
Lunch 12:00 p.m. – 1:00 p.m., *Dinner* 6:00 – 7:00 pm
- O'Grady's Pantry serves espresso, homemade ice cream, many other café selections, and beer, wine and spirits. O'Grady's, located at the entrance to Sleeping Lady, opens daily at 7:00 a.m.



The Sleeping Lady Experience

First time guests at Sleeping Lady will find a unique conference experience unlike most others. When you enter Sleeping Lady, you will feel nature's tranquility. Our buildings blend with the natural landscape, and are separated allowing many opportunities to enjoy the fresh air and a little exercise. You will leave your fast-moving work of tensions, noise and pressure, and once here, will slow your tempo and relate to your colleagues in simple, positive ways. Our offerings of arts and music on site; and the surrounding of the natural world will enhance the working energy in your conference.

Upon arrival, you will settle into a friendly, comfortable room. It smells good because there's no carpet or synthetic fabrics. The air is fresh and quiet, free of noises from air conditioner and fan. Since the room is small, with no TV or mini-bar, you will be encouraged to go out and find your colleagues. You can enjoy conversation as you walk to Kingfisher Dining Lodge along a narrow curving path among tall pines and native vegetation. There, you will find yourself in the buffet line, welcomed by friendly servers; with the subject of talk likely turning to the delicious food.

The next morning, you will come to breakfast, informally dressed, after a sound sleep under down comforters with no glaring lights, toxic odors, and sounds only of birds and frogs. Tensions will dissolve as you sit down at community tables, relaxed and laughing. You will have delicious and healthful meals, productive meetings, learn from each other, take a walk, and with luck, enjoy a concert.

Our meeting spaces are decorated with warm wood flooring, oriental rugs, comfortable chairs and couches, wood stoves and more. The meeting rooms take their names from the birds and animals you might see out their windows: Woodpecker, Nuthatch, Dipper, Quail and Flicker. The fresh air and natural lighting in all our meeting areas will inspire creative thinking.

Every aspect of our site layout and buildings, inside and out is designed to encourage gatherings and communication. From the chapel to benches under trees and on the decks, you can find your fellow conferees with no long-walled corridors to navigate. Those who have disputes at home often discover each other as human beings while watching a woodpecker, enjoying a plate of fine food by an open fire, walking among rocks by the river orduring ski outing on the trail.

Hostilities dissolve momentarily as people discover art pieces together. Every detail from Chihuly's Icicles to the door handles becomes a lighthearted diversion. The presence of the Icicle Creek Music Center provides an esthetic dimension for the Sleeping Lady guest experience, as well as bringing in people from afar. Its high quality music calms the soul, which all can share.

The environmental consciousness shown in our treatment of the landscape and our choices of building materials and methods demonstrates how comfortable, even luxurious, a facility can be where conservation principles are applied. Of course, energy conservation is central to our environmental commitment, simply because it is the right way to build anything.

We look forward to having you as our guest, and to welcoming you back time and time again.