

Shouldn't you
be seeking



Sanctuary RETREAT MISSION BEACH yoga

*Sanctuary Retreat is an accredited
Eco-lodge set in the heart of
lush tropical rainforest
at Mission Beach,
N. Queensland.*

**This guide seeks to assist you with further information about Sanctuary,
the accommodation styles, facilities and how to get to this unique retreat.
If you require any further assistance just e-mail or give us a call.**



Sanctuary with over 50 acres of wet tropical rainforest, is classified as 'Critical Cassowary Habitat'. The rainforests at Mission Beach provide one of the last refuges for the endangered Southern Cassowary and many other rare and endangered species of flora and fauna found nowhere else on earth. Sanctuary has been awarded advanced eco-tourism accreditation as more than 95% of Sanctuary is dedicated in perpetuity to cassowary habitat & rainforest conservation.

Sanctuary Retreat is located at Mission Beach in North Queensland halfway between Cairns and Townville. Sanctuary sits high on a ridge looking over Brookes beach, one of the most northern bays of the Mission Beach, giving stunning views and catching cool breezes from the Coral Sea. There is a beautiful 10 minute forest walking trail which connects Sanctuary to the car park, the secluded Brookes beach and the outside world.

Sanctuary offers two contrasting styles of accommodation, both styles are built on stilts to have less impact on the rainforest floor and to look out into the tropical rainforest canopy.



Rainforest Huts

If your chosen accommodation style is Rainforest Hut, you will find it of minimalist design maximising the sights, sounds and smells of the rainforest. Without solid walls, your hut has screened walls so you may choose 360° views of the rainforest or use the weather-proof curtains for privacy. You will find a small veranda and access to natural drinking water, while all bathrooms are shared in the main longhouse. All linen and blankets are provided except towels. The communal self-catering kitchen in the longhouse

Deluxe Canopy Cabins

For those who like their creature comforts the Canopy Cabins have been designed to allow you a close rainforest experience, while allowing you to keep the simple comforts of home. A studio-style lounge and queen bedroom area on a polished wood floor is contained in your wooden cabin, as well as an en-suite bathroom with a spectacular view from your shower. You will also find a table & chairs on your private veranda. Tea and coffee making facilities and mini bar, linen, blankets & towels are provided.




Accessories such as hairdryers and irons are not supplied, though you are welcome to bring your own.



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A central mother building, sitting high on a ridge to catch the cooling breezes and views across the forest to the Coral Sea beyond, provides all the necessary comforts of life.



You will find the atmosphere at Sanctuary casual & informal, contrasting to traditional resorts. We encourage a first name basis between guests and staff so hopefully you will feel at home straight away. In the longhouse there is a comfortable lounge area with board-games, reference books. Internet access is available, as well as a small second-hand bookshop, laundry & a public telephone.

Restaurant & Bar

At Sanctuary we pride ourselves on our high quality food made from fresh local produce. We offer delicious menus for breakfast, lunch and dinner as well as a variety snacks throughout the day from our well-stocked bar. Vegetarians are well catered for at Sanctuary, while great coffee is also a speciality.

Self-Catering Kitchen

We offer a well-equipped communal kitchen for those who may wish to look after themselves. There is a small supermarket and a delightful health food shop in Mission Beach.

Tours and Activities

Our knowledgeable staff will be able to organise any of a range of tours for you, including visits to the Great Barrier Reef & Dunk Island, Sea Kayaking and White Water Rafting.

Swimming Pool

Set in a rainforest garden, the coolest place to take the plunge.



Massage

Sanctuary offers a range of relaxing massages for you to complete your rejuvenation.



Yoga

You will meet your teacher in the evening of the arrival day at Sanctuary and the program will begin the next morning.



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GETTING AROUND

Sanctuary and its accommodation is set high on a ridge, amidst lush tropical Rainforest. The beautiful walk from Sanctuary to the beach and car park takes about ten minutes, though does encounter hilly, steep terrain. A 4WD transfer is provided to carry guests and their luggage on arrival and departure only, though can be booked for transfers at extra cost.

The Sanctuary courtesy vehicle travels to Mission Beach town at least twice a day, and the local bus service operates from Bingil Bay beach every hour. To explore the area without restrictions, a car, although not essential, is a valuable tool to give you freedom to explore all of the beaches, walking trails and creeks of Mission Beach (details of car hire below)

ARRIVAL

It is essential that we are aware how you will be arriving in Mission Beach and your expected time of arrival, please give this information to the host of your group or direct to Sanctuary when you have made your plans.

Please arrive at Sanctuary in daylight where possible, to enable you to get your bearings in the rainforest before it comes alive by night. You may arrive anytime after 10 am. Your room will be available by 2 pm, though earlier if possible.

For FRIDAY night arrivals, last orders for the restaurant are taken at 7.45 pm (please telephone ahead if you plan to arrive after dark and wish to dine in the restaurant.) Last Check in is at 9.00 pm.

Bus - Please telephone Sanctuary with your coach arrival time at least one day prior to your arrival. Sun Palm Transport offer a service from Cairns and Cairns airport direct to Connors Corner at 11.30am & 2.00pm (07 4087 2900 or www.sunpalmtransport.com). Alternatively, Greyhound (131499 or go to www.greyhound.com.au) & Premier coaches stop at Wongaling Beach. From this coach station you can hop on the northbound local bus to Connors Corner, between 9.15 am & 5.15 pm you can telephone from the payphone there for the Sanctuary Courtesy vehicle to collect you. Outside of these hours please book the Mission Beach Taxi (07 4068 8860) to meet you from your coach.

Self-Drive - If driving, the map will show the way to Sanctuary. When you arrive in the carpark, you will notice a shelter with a telephone in it, lift the handset and a 4WD vehicle will come down to transport you and your luggage to Reception. Many car rental agencies operate in both Cairns and Townsville. Sugarland Car Rentals (07 4068 8272) also has a depot in Mission Beach for one way rentals.

For further information our website may be helpful

www.sanctuaryyogaretreats.com.au

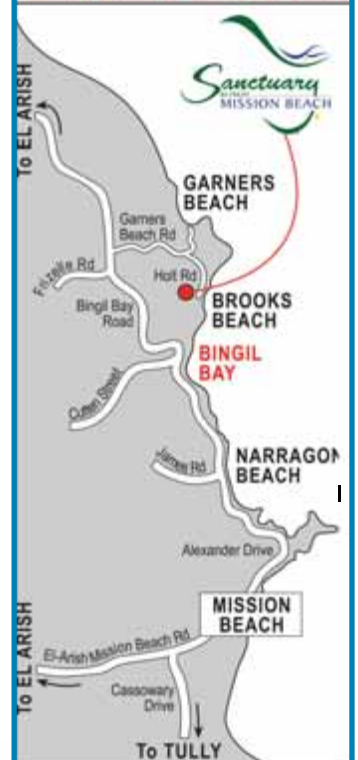
We look forward to seeing you at Sanctuary.



Mission Beach to Cairns 140km



Mission Beach to Townsville 230km



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