

BEING ENERGY WORKSHOP AND TRAINING

MAY 26-30 2012

WELCOME TO THE CANYON

El Capitan Canyon is conveniently located off of the 101 Freeway, a mere 20 miles north of Santa Barbara. Located in a seaside pocket on 300 plus acres on the picturesque Pacific coast, the nature lodging experience at El Capitan Canyon was created for those who have the desire to totally unwind, relax and commune with nature.

11560 Calle Real
Santa Barbara CA 93117

Phone: 1-805-685-3887 fax 1 805-968-6772

Just 10 minutes drive from [Santa Barbara Airport](#), 20 minutes from downtown Santa Barbara, 10 minutes from [Goleta's Amtrak station](#) and 1 hour and 45 minutes from Los Angeles International Airport (LAX)

DRIVING DIRECTIONS:

From LAX (LA Airport)

<http://maps.yahoo.com/#q1=Los+Angeles+International+Airport%2C+Los+Angeles%2C+CA++90045&q2=Calle+Real%2C+Goleta&lat=38.44777174658948&lon=-95.23234605789185&zoom=9-&mvt=m&trf=0>

From the south:

US Highway 101 North.
Continue through Santa Barbara and the town of Goleta.
Exit El Capitan State Beach (exit 117).
Continue straight on frontage road, which is Calle Real.
Main entrance to El Capitan Canyon is on the right.

From the north:

US Highway 101 South.
Continue past Buellton and Gaviota.
Exit El Capitan State Beach (exit 117).
Turn left at stop sign (drive under the freeway overpass and head towards the mountains.)
Turn left on frontage road, which is Calle Real.
Main entrance to El Capitan Canyon is on the right.

Enter our GPS location for your navigation & mapping system:

NORTH 34 degrees 27 minutes 50 seconds
WEST 120 degrees 01 minutes 19 seconds

PARKING:

Parking on the Canyon is free for all hotel guests.

SUGGESTED LIST OF ITEMS TO BRING:

El Capitan Canyon seeks to provide its guests with a unique resort experience. We strive to meld the comforts of a traditional hotel with the relaxation and adventure of camping. The items you will need to fully enjoy your time at El Capitan Canyon are different from those needed at a standard hotel. Please use the list below as a checklist when preparing for your retreat.

IN YOUR CABIN

All our cabins are equipped with a kitchenette that includes a microwave, a coffee maker with coffee and paper cups, bar-sized fridge and small sink. There is no stove or hotplate inside the cabin. Most of our guests use the fire-pit and grill provided in front of their cabin or tent, or they bring a camping stove (not for use inside the cabin).

Other items that you will need to bring if you plan on cooking your own meals include:

- Dishes, silverware and napkins – a picnic set is ideal, or use disposable items
- Cookware – pots, pans, spatulas, grilling implements, aluminum foil, etc.
- Clean-up items – dish soap, sponge, paper towels, dish towels.
- Firewood or charcoal – bring your own or buy it at our Canyon Market

If you are staying in one of our Deluxe Safari Tents, you will also need to bring a cooler for your perishable items. Ice is available at our Canyon Market.

The beds in your cabin or tent are fully furnished with pillows, luxury linens and blankets. They will be made and ready for use upon your arrival, and we perform daily housekeeping service of all our accommodations. If you plan to use the sleeping loft (available in Queen, Bunk and Loft Cabins) or a cot, you will need to bring a sleeping bag and pillow (or similar bedding). We provide bath towels and pool towels for your use. We ask that you bring your own towels for the beach.

IN THE CANYON

The weather in Santa Barbara can vary from chilly in the early morning and evening, to quite warm during the day. Comfortable layered clothing is the best option for this type of climate. A sweater or light jacket is recommended for the evenings.

El Capitan Canyon provides beach cruiser bikes free of charge for our guests to use. Our bikes are all adult-size, so children will need to bring their own bikes. Please see the Kiosk staff for information on borrowing a bike.

Other items that we recommend include:

- Flashlight Walking Shoes Sunglasses Water bottles
- Hat Insect repellent First Aid Kit Swimsuit
- Sunscreen Lighter or matches Helmets for bike riders Pool and beach toys

QUIET TIME:

El Capitan Canyon's quiet time is from 10:00pm to 9:00am, during which time Canyon reserves the right to shutdown any and all activities that impedes guests' ability to enjoy a quiet environment. Failure to comply with the designated quiet times may result in additional fees or the removal from the Canyon.

COMPLIMENTARY ACTIVITIES – HIKE & BIKE TRAILS:

Canyon Hike/Bike Trail, 1.78 miles – Difficulty: Easy
Kiosk

- Bikes can be rented at the

Paradise Point Trail, 1.11 Miles – Difficulty: Moderate

Bill Wallace Trail, 3 - 18.9 miles – Difficulty: Moderate to Strenuous

CANYON CARE SPA SERVICES:

Our reception staff will guide you to the spa treatment that most suits you. Licensed professionals will leave you feeling pampered and relaxed! Imagine being this close to nature and feeling this close to absolute bliss. True to an inviting style of architecture, our Spa Cabin is made of Cedar and evokes the same rustic charm that is depicted in our nature lodging accommodations (the option of in-room treatments is still available). For those who desire a more outdoor "alfresco" experience, treatments are also offered under a unique spa canopy, weather permitting. Treatments are conducted with soft music in the background, our version of "Spa Camping"

For further questions, please contact our friendly Front Desk Staff toll free at (866) 352 2729