



# October Lake Logan Retreat Handbook

October 22 – 27, 2018

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## Contents:

- Introduction
- What to Bring
- How to Get to Lake Logan
- Workshop-Retreat Schedule

## INTRODUCTION

The staff and I at Cullowhee Mountain Arts, along with our instructor, have put a great deal of thought and effort into creating Retreats for Artists and Writers in inspiring locations. Lake Logan has a rich history and lovely facilities. It is one of our favorite spots to host our retreats.

Once you arrive at Lake Logan, you will be in an unusually serene place of unspoiled beauty. It will become clear after your first day why the typical workshop schedule has been adjusted to allow for the retreat aspect of your stay. The studio, dining hall and lodge are open 24 hours allowing for individual diversity among participants for creative work or reflective time. ...*and* in the spirit of retreat, the schedule may adjust itself as the week progresses as ideas and interests emerge.

\*\*Dietary Needs: Please email asap if you are a vegan, vegetarian or gluten free so we can let the kitchen staff know this ahead of time.

Wireless Access is available in three locations: The Dining Hall, Celebration Hall and The Lodge (where you check-in) with comfortable spots to sit, inside and on the front porch.

Cell service: Signals are *very* spotty at Lake Logan. But if you connect to the LLGuest wireless, you can make and receive phone calls while in the above mentioned locations.

### Lake Logan Policies – Tobacco Use and Alcohol:

Lake Logan Retreat Center is now a non-smoking campus. Smokers are asked to drive off Lake Logan property for smoking breaks. Beer and wine are permitted on Lake Logan property, but liquor is prohibited under a county ordinance.

Massages: Facilitating self-care is part of our workshop-retreat model. Mindfulness morning sessions and 1afternoon yoga session are offered during the week. We also arrange for a licensed massage therapist to come out to Lake Logan to. Please email [Olivia@cullowheemountainarts.org](mailto:Olivia@cullowheemountainarts.org) if you would like to be put on the schedule. We need to know by later than October 15. The cost of the massages for a 60-minute massage is \$110. We will send out an email closer to the time for signing up.

## WHAT TO BRING

The Weather – Late October in the mountains can present a variety of weather. It is safe to assume that the mornings and evenings will be chilly; the days *could* get quite warm. There is always the chance of rain and thunderstorms.

We suggest the following additions to your normal workshop attire:

- All weather coat
- Jeans and wool socks
- Hat, gloves and scarf
- Loose clothing or exercise clothes for movement sessions
- All toiletries and hair dryer.
- Waynesville is the closest place to get beer, wine, etc. and is a 20-minute drive from Lake Logan. Once participants arrive, they have historically not wanted to leave Lake Logan until the retreat ends. Therefore it is recommended to bring any desired libations or special food items with you.
- Cabins are either close to the dining hall or the “Sit-n-Whittle” lodge where there is refrigeration, glasses and utensils. A small chest of ice can be requested for your cabin as well. Just ask staff at the Dining Hall.

Art Supplies may be shipped ahead if necessary to: Lake Logan Episcopal Center,  
154 Suncrest Mill Road, Canton, NC 28716

## HOW TO GET TO LAKE LOGAN

If you are flying into the Asheville Airport, we will give you the name of the shuttle service we used to get a group from the airport to Lake Logan. The shuttle price becomes more affordable based on the numbers.

If you will need a shuttle please let Executive Assistant, Olivia Mears know by October 15, (prior to the retreat) – To do so, please email [olivia@cullowheemountainarts.org](mailto:olivia@cullowheemountainarts.org)

### A WORD ABOUT THE DIRECTIONS:

You will lose cell service about 5 miles out from Lake Logan. Some people use the phone's GPS and it works fine others get lost. BUT, if you try the old fashioned way of following the directions below, starting your odometer at each turn, you won't go wrong!!

### DIRECTIONS TO LAKE LOGAN

#### FROM THE EAST (ASHEVILLE – I-40 WEST)

Travel on I-40 West to Exit #37 (E Canton).

Turn left at the bottom of the ramp.

At red light turn right on US Hwy 19/23 South.

Travel 4.8 miles to 2nd traffic light in downtown Canton. Veer right across intersection to remain on 19/23 South. Travel only 2/10 mi. (about 5 blocks).

Turn left on NC Hwy 110 South (Sorrels St) just before bridge. Travel 5.4 mi. to traffic light at US Hwy 276.

Go straight onto NC Hwy 215 South/Lovejoy Rd.

Travel 2.8 mi. to Hwy 215 South/Lake Logan Rd.

Turn left onto 215 S/Lake Logan Rd.

Travel 3.6 mi. to Lake Logan Episcopal Retreat Center.

#### FROM THE WEST (KNOXVILLE – I-40 EAST)

Travel on I-40 East to Exit #31.

Turn right at bottom of ramp (NC Hwy 215).

At the intersection of NC Hwy 215 & US Hwy 19/23, turn left.

Travel .7 mile and Hwy 215 veers to the right.

Travel 6 miles on Hwy 215 to Hwy 276.

Turn left in front of Bethel Grocery, go 1 mile.

Turn right onto Lake Logan Road (just past Mountain Energy Gas Station).

Travel 5.8 miles on Lake Logan Road to the main entrance of Lake Logan Episcopal Retreat Center.

#### FROM THE SOUTH (ATLANTA)

Travel East on Hwy 23/74 to Exit #98 (W. Waynesville). Turn right at bottom of ramp. Travel 1/10 of a mile. Turn left onto Hwy Business 23.

Travel 2.0 miles into Waynesville.

Turn right onto Hwy 276 South and travel 5.7 miles.

Turn right onto Lake Logan Road (just past Mountain Energy Gas Station). Travel 5.8 miles to Lake Logan Episcopal Retreat Center.

Please call if you need any help along the way:

Lake Logan Office: 828-646-0095

Norma's Cell phone: 828-342-7899 (until I arrive at Lake Logan)

# WORKSHOP RETREAT SCHEDULE

DAILY:	8 – 8:45 am 8:50 – 9:10 am 9:30 am Noon – 1pm 1pm – 4:30 6pm – 7pm	Breakfast Morning Mindfulness – Dining Hall Terrace Workshop Morning Session Lunch Workshop Afternoon Session Dinner - (except first night)
Monday, Oct. 22	2:00 - 4:00 pm	Check-In – Follow the signs to “check-in.” Lake Logan staff will provide you with check-in materials. Cabins will be ready for check-in between 2- 4 pm. In between enjoy getting your art supplies into the studio and exploring the grounds.
	5:30 pm	Opening Reception – Wine and Sparkling Waters - Dining Hall
	6:30 pm	Dinner – Dining Hall
	7:15 pm	Circle talk with the instructors and Cullowhee Arts Director, Norma
Tuesday, Oct. 23		
	4:45 pm	Yoga – Gentle Stretching - Sit ‘n’ Whittle Lodge
	7:00 pm	Artist Presentation
Wednesday, Oct. 24		
	Afternoon	Massages – By Appointment
	4:45 pm	Yoga – Gentle Stretching - Sit ‘n’ Whittle Lodge
	7 pm	Artist Presentation
Thursday, Oct. 25		Collaborative Session - TBA
	Afternoon	Massages – Appointments available
	Evening	After dinner live Music – Eric Hendrix accompanied by Norma
Friday, Oct. 26		Collaborative Session - TBA
	Afternoon	
	7:00 pm	Fire Circle – S’mores!
Saturday, Oct. 27	9:30 am	Check out of Cabin. Rooms need to be turned over by Lake Logan Staff. Stowe luggage in car or outside studio or dining hall
	9:30 - noon	Wrap up Session – Studio
	Noon – 1pm	Lunch – some will depart for airport earlier and will be given boxed lunches
	1 – 2:30 pm	Clean up, Pack up, depart

Expect a week of decompressing from the daily grind while getting filled with creative energy and inspiration.

Did we miss anything? If so don't hesitate to email; [Olivia@cullowheemountainarts.org](mailto:Olivia@cullowheemountainarts.org), or phone us at; 828-342-6913. If we are unable to answer the phone, we will return your call within 24 hours.  
Happy Travels and see you soon at The Lake!  
Norma Hendrix, Executive Director

# NOTES: