

# YOUR OFFICIAL YOGA RETREAT GUIDE



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

With over 50 acres of wet tropical rainforest, Sanctuary 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. We are 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,, secluded Brookes beach and the outside world.

## ACCOMMODATION YOGA RETREATS & ECO-LODGE

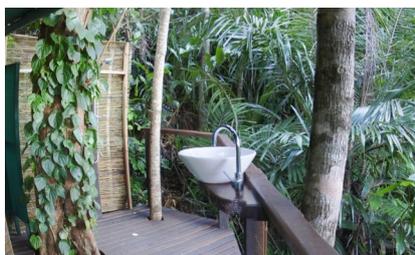
All styles are built on stilts to have less impact on the rainforest floor and to look out into the tropical rainforest canopy.

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



### 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. There is a small verandah and access to natural drinking water, while all bathrooms are shared in the Longhouse. All linen, blankets and towels are provided. The communal self-catering kitchen is also located in the Longhouse.



### RAINFOREST HUTS WITH ALFRESCO ENSUITES

Elegant and rustic at the same time, an outside ensuite offers a convenient addition to the Rainforest Hut. A simple deck extends from the hut, while privacy is created by the natural foliage of the forest (as well as privacy curtains where required). Gravity fed with fresh, cold water collected onsite, the ensuites' are appointed with a stylish and quality shower, toilet and basin.



### DELUXE CANOPY CABINS

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

## SANCTUARY RETREAT

72 Holt Road, Garners Beach, PO Box 398, Mission Beach, Qld 4852, Australia  
Toll-free: 1800 777 012 | T: (07) 4088 6064 | [seek@sanctuaryretreat.com.au](mailto:seek@sanctuaryretreat.com.au) | [sanctuaryretreat.com.au](http://sanctuaryretreat.com.au)

## OUR AMENITIES YOGA RETREATS & ECO-LODGE

**A CENTRAL MOTHER BUILDING, THE LONGHOUSE, 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, books and a guitar. Free WiFi is available, as well as a small second-hand bookshop, gift shop and laundry facilities .



### THINGS TO BRING

- Torch
- Walking shoes
- Beach Towel
- Yoga Mat (if you wish to use your own instead)
- Bathing suit
- Insect repellent
- Sunscreen

### RESTURANT & 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 . Fresh juices and a variety snacks are available throughout the day from our well-stocked bar. Vegetarians are well catered for at Sanctuary.

### SWIMMING POOL

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



### SELF-CATERING KITCHEN

We offer a well-equipped communal kitchen for those who may wish to look after themselves. There is fruit shop and vegetarian friendly butcher stocking locally produced basic foods in Mission Beach, and a Woolworths supermarket in Wongaling Beach.

### IN-HOUSE SHOP

Forget something at home? No worries... Our in-house shop has everything from essential toiletries to locally made items and clothes.



### TOURS & 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. Be sure to ask us what our favourites are!

### YOGA

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

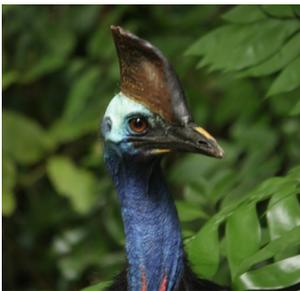
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## GETTING AROUND UNIQUE YOGA RETREATS & ECO-LODGE

### SANCTUARY AND IT'S ACCOMODATION 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 additional transfers throughout your stay at extra cost. The Sanctuary vehicle offers a courtesy return transfer to Mission Beach on the day after check-in and another trip during the week. A taxi service is available, though 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). A great cafe/corner store in neighbouring Bingil Bay nearby, while a walk to Mission Beach town will take 1.5 hrs.



### ARRIVAL

Please let us know 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.

As we are 2 hours south of Cairns, we can help arrange transfers to and from the airport and CBD. This will cost about \$35-\$60 per person each way depending on numbers with a minimum of 6 passengers. Scheduled flight times need to be arriving in Cairns before 1.30pm on arrival and departing flights need to be booked after midday on your departure date to help us organise the airport shuttle times efficiently for you as a group.

### SELF-DRIVE

Many car rental places operate in both Cairns and Townsville. **Sugarland Car Rentals** also has a depot in Mission Beach for one way rentals.

(T: 07 4068 8272).

When you arrive in the car park at Sanctuary, please call us, we will come down in our 4WD vehicle to transport you and your luggage to Reception. You can walk our walking trail on arrival but we do like to transport you and your luggage to reception as the track is quite steep and not recommended carrying heavy luggage.

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