

Travel Information

Spirit Rock is located at 5000 Sir Francis Drake Blvd in Woodacre, west Marin, California, 45 minutes north of the Golden Gate Bridge in San Francisco.

Carpool Arrangements

Spirit Rock Meditation Center encourages carpooling. Please take a moment to visit our website and see if you can assist a fellow yogi in getting to the retreat. To offer or find a ride to Spirit Rock visit online <http://www.spiritrock.org/forum/>.

Driving

From San Francisco, take 101 North, across the Golden Gate Bridge, Take the Sir Francis Drake/San Anselmo exit off 101 in Larkspur. Stay on Sir Francis Drake for the next 10 miles, Spirit Rock is at 5000 Sir Francis Drake Blvd, it is a right turn off the road. There is a sign at the entrance.

From the East Bay, take the Sir Francis Drake exit off 580 immediately after crossing the Richmond/San Rafael Bridge. Stay on Sir Francis Drake for the next 10 miles, Spirit Rock is at 5000 Sir Francis Drake Blvd, it is a right turn off the road. There is a sign at the entrance. We are situated on a 400-acre nature preserve.

Getting to the Retreat by Airplane

Spirit Rock is accessible from both the Oakland and San Francisco International Airports. Please allow 2 to 3 hours to get from the airport to Spirit Rock.

From the San Francisco Airport: The Marin Airporter (415.461.4222) bus transports passengers between the San Francisco airport and the San Rafael bus station (see below). For door-to-door service to Spirit Rock, we recommend Marin Shuttle (415) 205-1550 or Radio Cab (415.485.1234).

From the Oakland Airport: The Sonoma County Airport Express (707.837.8700) transports passengers between the Oakland Airport and the San Rafael bus station(see below). For door-to-door service to Spirit Rock, we recommend Marin Shuttle(415) 205-1550 or Radio Cab (415.485.1234).

Please call the companies for a current schedule and prices.

Getting to the Retreat from the San Rafael bus station

Cab: You can take a cab from here to Spirit Rock. Cabs cost approximately \$25-\$30 (subject to change). From the bus station, it is a 20-25 minute cab ride to Spirit Rock. Cabs are usually waiting at the bus station, however, between 7.30 and 9am and 1.30 and 3pm each weekday, there are not many cabs available, so you should call ahead and reserve one if you need one during those hours. You can call Marin Happy Cab Company at 415.455.4555 to make a reservation or for more information.

Shuttle: The West Marin Stage goes from the San Rafael bus station to west marin, everyday. They will drop people off at the Spirit Rock entrance. For a schedule, visit <http://www.marintransit.org/stage.html>. For more information and prices, call 415.499.6099.

Sometimes local retreatants offer rides from the San Rafael bus terminal to Spirit Rock. (See Carpool arrangements.)

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