



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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be seeking



Sanctuary
RETREAT
MISSION BEACH

yoga



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 fresh juices and a variety snacks throughout the day from our well-stocked bar. Vegetarians are well catered for at Sanctuary.

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, and a woolworths supermarket in Wongaling Beach.

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

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.




THINGS TO BRING

Torch
Walking shoes
Bath towel if staying in Rainforest Hut
Beach Towel
Yoga Mat (if you wish to use your own)

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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Sanctuary RETREAT MISSION BEACH yoga

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 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.

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 evening 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 - Exemplar Coaches & Limousines offer a service from Cairns & Cairns airport direct to Sanctuary at 1.30pm. Bookings are essential at least 48 hours in advance. (reservations@exemplaronline.com.au or tel: 07 4098 5473).

Alternatively, Greyhound coaches (www.greyhound.com.au or tel:131499) stop at Mission Beach Central, (also known as Wongaling Beach). The Mission Beach taxi (tel: 0429 689366) can transfer you to Sanctuary at a cost of approximately \$40.00. It is generally advisable to pre-book.

Self-Drive - 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 also has a depot in Mission Beach for one way rentals. Ph: 07 4068 8272.

For further information our website may be helpful
www.sanctuaryyogaretreats.com.au

We look forward to seeing you at Sanctuary.



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