



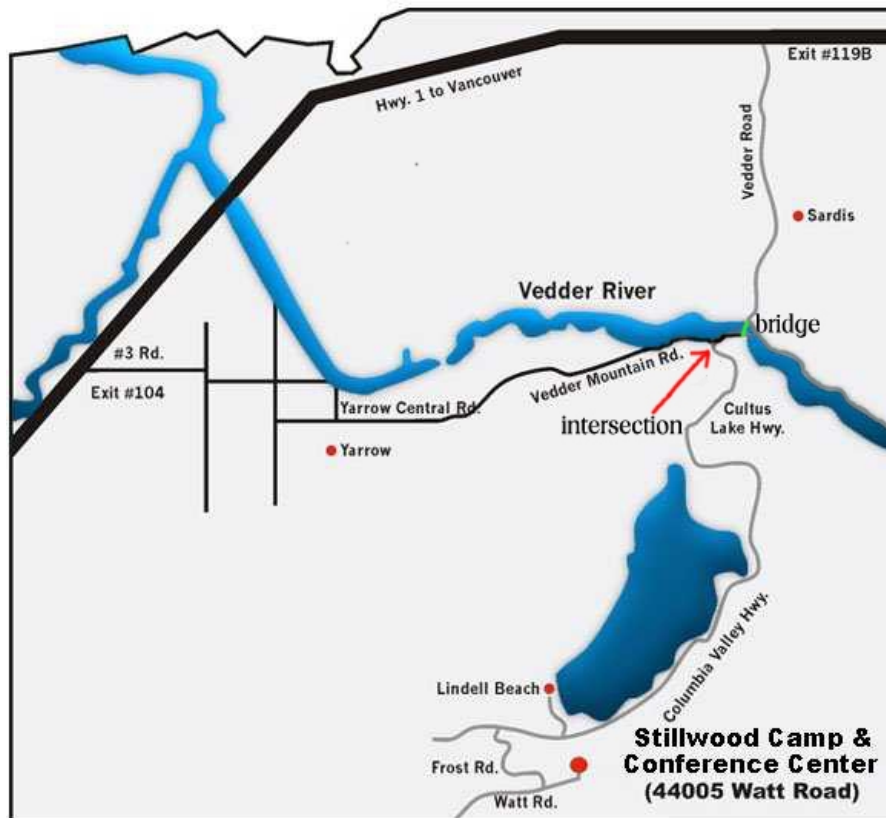
FRASER LANDS CHURCH

Renewal: Fraser Lands Church Retreat 2019 Travel Information Sheet

Speaker:	Various FLC pastors (English, Cantonese, Mandarin) will speak on the topic of “Renewal.”
Date:	Friday, June 7, 2019 – Sunday, June 9, 2019 <i>Check-in registration & package pickup starts at 6:15pm on Friday, June 7, 2019 in the Gymnasium.</i>
Location:	Stillwood Camp and Conference Centre (www.stillwood.ca) 44005 Watt Road, Lindell Beach, BC V2R 4X9

Map and Driving Instructions

Stillwood Camp and Conference Centre is located in Chilliwack, about 120 km east of Vancouver, overlooking scenic Cultus Lake.



- Travel east on the #1 Highway towards Abbotsford/Chilliwack.
- Take Exit 104 – No. 3 Rd. toward Yarrow/Cultus Lake.
- Turn right on to Tolmie Rd.
- Turn left on No. 3 Rd. again
- Turn left at the 3-way stop sign on to Yarrow Central Rd. (becomes Vedder Mountain Rd.).
- Turn right at Cultus Lake Road (also known as Columbia Valley Hwy.).
- Follow along on Cultus Lake Rd. past the lake, and past Aquadel Golf Course.
- Turn left on to Frost Road. (large sign board here)
- About 2 km later look for a row of mail boxes and the Stillwood sign.
- Turn left on to Watt Rd. Stillwood is situated at the end of Watt Road.



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Packing List

- Clothing – active & casual (*consider bringing swimming gear as we have access to pool, sauna and whirlpool*).
- Bedding, pillow, or sleeping bags (**no bedding is provided**)
- Towels – face and bath
- Toiletries – toothbrush, toothpaste, etc.
- Baseball gloves if you plan to play softball
- Runners and appropriate clothing for sports / exercise classes
- Digital cameras
- Flashlight
- Bible, pens
- Snacks (*only these food items are allowed by Stillwood*): instant noodles (spoons/bowls not provided), cookies (pre-packaged, not homemade), chips, popcorn, candy, or non-alcoholic beverages.
- Baby food (prepackaged only, not home-made) and formula (you will have to be responsible for it because the dining hall kitchen is not always open). You can bring milk if your child requires it. Fridges (mini or full sized) are available in all accommodations.

Do Not Bring

- Meat, fish, or poultry (or any meat by-products e.g. hamburgers, sandwiches, sushi, etc.)
- Eggs or cheese in any form.
- Food prepared from home that can be added to any meal. All food served must be prepared by Stillwood.
- Bag lunches or picnics.
- Nuts or products containing nuts (e.g. granola bars, trail mix).
- Pets (pets are not allowed in accordance with Stillwood's policy)

Please do not bring any food to Stillwood if you have not made prior arrangements with our registration team. In cooperation with the Department of Health, Stillwood's guidelines are very stringent and have been designed to keep their guests safe and healthy. If you have special dietary needs, please make arrangements with our registration team. Stillwood will do everything possible to accommodate your individual needs.

Activities

- Sports including softball, volleyball, ultimate frisbee, basketball, floor hockey.
- Family/kids' games
- Exercise classes & various workshops
- Trail walks
- Campfire (to be determined)
- Quiet times for prayer and devotions

Cellular Phone Coverage

Telus Mobility and Bell Mobility cellular phones do work at Stillwood's location; however, Rogers and Fido phone may not always work due to a weak signal.