

Pumpkin Hollow Retreat Center Information

You will be attending a retreat at Pumpkin Hollow Retreat Center in Craryville, NY, which is located in the rural mid-Hudson Valley of NY, approximately 15 miles from Hudson, NY to the west, and 15 miles from Great Barrington, MA to the east. Here is some information about Pumpkin Hollow.

The Location

1. Pumpkin Hollow is a special and unusual place; see www.pumpkinhollow.org for a taste of the place. Because of its unique qualities, we wish to make sure that you are aware of the offerings and limitations of the retreat center.
2. Pumpkin Hollow is a Theosophical intentional spiritual community and retreat center that has been a retreat center for over 90 years. It is run by volunteers. It is a simple, beautiful, comfortable place in a very rural wooded setting, with a long history of conscious, special care of the land.
3. Pumpkin Hollow is situated in gently rolling hills, with broad lawns. Some walking is required between buildings. There is a golf cart for use if your walking is restricted. Please note: If you need a handicap accessible ramp to enter buildings, or cannot negotiate a few steps safely or must use a wheelchair, Pumpkin Hollow is generally not a suitable environment for you.
4. Because Pumpkin Hollow is situated in a very rural wooded setting, ticks are present. You may want to bring tick repellent, and wear socks and long pants when walking on the trails.

Accommodations at Pumpkin Hollow

1. Accommodations are simple, with shared, abundant bathrooms. There are only a few handicap-access rooms, but these have a few steps up to them. Most bedrooms are not air-conditioned and most accommodations are shared with another person. There may be a limited number of single rooms available at extra cost when you apply. It is possible to request to share a cabin with friends. Access to many bedrooms or cabins is via stairs. TV and phones are not provided in bedrooms or cabins.
2. Bedrooms and cabins at Pumpkin Hollow do not have locks. Please refrain from bringing valuables with you, and remember that if you bring personal items that you do not wish to leave unsecured, you will need to keep such items with you, or lock them in your car.
3. If it is convenient for you to bring your own sheets and towels, that is appreciated. If not, Pumpkin Hollow will provide them. Blankets and pillows are provided.

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Food at Pumpkin Hollow

1. The food is lovingly prepared and is lacto-vegetarian. There is a big organic garden that provides vegetables in the summer and autumn.
2. Because of the Center's philosophy of non-violence, no meat or fish is allowed on the property. No food is allowed in the cabins, as that attracts critters.
3. Pumpkin Hollow welcomes being informed about your special dietary needs, but understand that it cannot entirely provide for very restricted diets, like wholly gluten-free diets. There is a guest refrigerator in the dining room if you wish to bring special food that needs refrigeration.

Other important Information

1. Everyone at the Center contributes in some way to the functioning of the Center. Please be aware that guests are required to help after meals in rotation. This may be drying dishes, putting them away, helping with washing pots, wiping off tables or sweeping, etc. You will also be asked to carry your used linens and towels to the laundry room at the end of your stay.
2. Cell service in this rural area is very spotty. Be aware that your cell phone probably will not work in your room or anywhere on the Center grounds. There is a land-line phone in the library that is available for reasonable use by guests.
3. Public wi-fi or internet is not available at Pumpkin Hollow.
4. The EBS Classroom is air-conditioned. The other meeting spaces at Pumpkin Hollow are not air-conditioned, ie: dining hall, farmhouse, meditation hall.
5. Alcohol, recreational drugs and firearms are not permitted on the Pumpkin Hollow property.