

YOKOJI-ZEN MOUNTAIN CENTER

VISITOR INFO & SAFETY GUIDE

Health & Safety

Altitude & Wellness

Yokoji-Zen Mountain Center is situated at an elevation of 5,500 feet. Guests may experience shortness of breath as they acclimate. We recommend walking at a moderate pace and maintaining high levels of hydration. If you require electrical power for medical equipment, please notify us in advance. We advise consulting a physician prior to your visit if physical activity at high altitude is a concern.

Hiking Safety

To ensure your safety while exploring the grounds, please adhere to the following protocols:

- We strongly advise against hiking alone.
- Always inform a staff member of your intended route and expected return time.
- Carry sufficient water, nutrition, and appropriate warm layers.
- Consult staff for detailed information regarding local trails and conditions.

Fire Prevention & Smoking

Due to significant fire risks in the canyon, smoking is strictly limited to the designated "Smoker's Log" area. Open flames and candles are prohibited in all housing units. Outdoor fires are permitted only by prior arrangement and under staff supervision.

Wildlife Awareness

Yokoji is home to diverse wildlife. Please respect the following safety guidelines:

- **Mountain Lions:** Avoid biking, running, or hiking at dawn, dusk, or night. If encountered, do not run; maintain eye contact, make loud noise, make yourself look large, and back away slowly. Fight back & throw objects if approached.
- **Rattlesnakes:** Poisonous snakes common during summer months. Exercise caution on trails and when moving rocks or logs. If seen, maintain distance and notify staff immediately.
- **Wildlife Interaction:** Do not feed any animals. Please do not pick wildflowers, particularly during the spring bloom.

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What to Bring

1. For bedding, a bottom sheet and mattress are provided only. Bring pillows and a sleeping bag or comforter. For those flying to the center, we can provide additional bedding if requested ahead of time.
2. Towels and toiletries.
3. Flashlight for the evenings and early mornings.
4. Warm clothing all year round and some light clothing for summer.
5. Clothes you don't care about getting dirty for outdoor work.
6. A good pair of shoes for walking/hiking.
7. Dark, comfortable clothing for meditation. Long pants or skirt for meditation hall - no shorts.
8. Alarm clock. A watch is good to have too.

Arrival & Travel Logistics

Please arrive no later than 5:00pm to allow time for registration and to find your room.

Traffic leaving the cities, especially on Fridays, can increase travel times.

Normal travel time from LA is 2-1/2 hours and 2 hours from San Diego. Add at least 1 hour, if not more, if leaving on a Friday afternoon.

Directions from Los Angeles	Directions from San Diego
60 East to Hemet/San Jacinto Exit (Gilman Springs Rd.) Right on Sanderson Left on Ramona Expressway to Florida Ave. (Hwy 74) Left onto 74 to Apple Canyon Rd. Left onto Apple Canyon Rd.	I-15 North to 79 South 371 East through Anza to 74 Left onto 74 to Apple Canyon Rd. Right onto Apple Canyon Road

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