

Preparing for your stay at Bethany Hermitages

As you prepare to give yourself the gift of solitude and peace in one of our Hermitages, we would like to provide you with some basic information to help you prepare for your stay.

1. Hermitages are single occupancy only. No pets allowed.
2. The Hermitages are smoke-free.
3. Parking near the Hermitages is provided.
4. Our check-in time is 1:00 pm and check-out time is 11:00 am. Please notify us of your estimated arrival time in advance.
5. We will ensure that a host is there to welcome you. They will provide you with a key box and an orientation to the hermitage (if it is your first time). Payment is to be made on arrival by cash or cheque. A receipt will be issued.
6. The Hermitages are fully serviced with water, electricity, and electric heat.
7. We have a full kitchen, but you will need to bring your own food. There are a few staples such as coffee, tea, sugar, and spices provided. There are two full-service grocery stores in Antigonish.
8. Garbage, recycling, and compost bins are available.
9. Pillows, bedding, towels, and all other necessary linens are provided. Please bring appropriate clothing depending on the season. You may wish to bring a pair of slippers, since outdoor footwear should not be worn in the hermitages. If you intend to explore the trails nearby, it is a good idea to bring good walking shoes/hiking boots, rain gear, a water bottle, and some sunscreen.
10. We do not offer spiritual guidance at this time. Please bring any materials you may need to facilitate your personal retreat.
11. Our desire is to provide a space to escape distractions, and we therefore encourage occupants to use their time here to unplug from electronic devices. However, for your safety there is cellphone reception at the site, and we require you to text or phone for daily wellness checks.
12. As a gift to our housekeeping staff, we ask that you give the hermitage a simple cleaning at the end of your stay. Cleaning supplies are provided.
13. Payment can be made in cash or by cheque. There is a non-refundable \$50 deposit to reserve a booking. The deposit will go towards the cost of your stay. Cancellations should be made at least 48 hours in advance. Cheques should be written to *The Sisters of St. Martha* and mailed to:

Marielle Assad
c/o Sisters of St. Martha, Antigonish
75 Marian Drive
Antigonish, NS B2G 2G6
14. For directions on how to find us, [click here](#). We look forward to welcoming you to Bethany Hermitages. Blessings on your journey here.