

San Francisco Inspired Tour

FAQ/Policies

WHEN IS THE TOUR?

Private tours work with your dates. All Inspired Tours begin at 11:00am on Monday and end at 1:00pm on Wednesday.

WHAT 'S INCLUDED?

- Greetings labyrinth walk and lunch *
- Guided City Walk – approx. 4-5 miles
- Muir Woods Private Tour including transportation and snacks
- Ferry ride from Sausalito
- Yoga on the Labyrinth at Grace Cathedral
- Dinner with group – optional *
- Guided hike at Land's End and labyrinth meditation
- Lunch at Cliff House Bistro *
- 3-day muni pass
- All of the planning and organizing so you don't have to!
- Your trusted and faithful tour leader

* The cost of meals is not included

WHAT'S NOT INCLUDED IN THE PRICE OF THE TOUR?

- Travel to and from San Francisco
- Hotel accommodations
- All meals

WHAT TO BRING?

Walking Gear

- Comfortable clothing with layers
- Walking, running or light hiking shoes
- Water bottle
- Hat
- Sunglasses
- Sunscreen/SPF lip balm
- Umbrella if needed

Yoga Gear

- Yoga attire – comfortable
- Yoga mat

CHILDREN

The tour is designed with adults in mind.

PETS

Please leave your pets at home.

WHAT IF IT RAINS?

The tour will go on rain or shine!

STATEMENT OF HEALTH AND FITNESS

There will be a significant amount of walking and hiking which includes hills and requires a moderate state of fitness. By registering and paying for the tour, you are stating that you can fully and actively participate in the physical activities safely and without any undue hazard to your health.

TRANSPORTATION

You are responsible for getting yourself to and from San Francisco. Included in the tour is a 3-day muni pass which can be used within the city on cable cars, streetcars and buses.

CAN I ARRIVE EARLY OR STAY LONGER?

Yes, of course! San Francisco is a wonderful city with lots to do. Although you may choose to arrive Monday morning, why not come early on Sunday and enjoy a day on your own? In fact, all rooms will be reserved at a promotional rate for Sunday, Monday and Tuesday nights.

HOTEL AND RESERVATIONS

We will stay at The Stanford Court Hotel at 905 California Street. Several rooms will be reserved at a promotional rate. Once registered for the tour, the room reservation will be transferred to your name and you will be responsible for payment at check-out. You are welcome to stay at another hotel but you'll need to meet at The Stanford Court for group activities. Contact Lisa for more information about hotel reservations.

FEES AND RESERVATION POLICY

The cost of the tour is \$395. To book the tour, the balance must be paid in full at the time of reservation. You may use PayPal on the website (you do not need to have a PayPal account) or mail a check made payable to Mindful Fitness to PO Box 80711, San Diego, CA 92138-0711.

CANCELLATION/REFUND POLICY

If an individual in your group must cancel, refunds are available up until 45 days prior to the tour. After that, there are no refunds unless the spot can be filled.