

GETTING TO SILVER BAY: TIMELINE FOR ARRIVAL

The closest major airport is Albany and from there Silver Bay is about a 90 minute drive (all highway except for the last 10 miles winding around the lake.) You may also fly into Newark or LGA and drive about 4 hours. Albany does have some non-stops from major cities (Southwest is a good place to start).

Some guests might need to come in on Tuesday afternoon or evening to arrive at the conference by the formal Wednesday @ 12:30pm start. If you arrive late night we recommend staying at an Albany airport hotel and driving to Silver Bay in the morning. Or, you can come in earlier on Tuesday and stay at Silver Bay Tuesday night to enjoy the property Tuesday and Wednesday morning. Silver Bay has kayaking, paddle boarding, hiking, yoga, a craft shop, day camps, and more. Check out the YMCA Silver Bay Website for more activities: www.silverbay.org

FAMILY AND GUESTS: SO MANY WONDERFUL ACTIVITIES!

If you are bringing a spouse/guest or kids, they may choose to enjoy the property or attend camp sessions and activities. Be sure to register your child/ren ahead of time (silverbay.org/youth-teen/). Adult guests or children are welcome to attend one of the two work streams as well. If they are going to do the latter, please make sure you register them for a working session to ensure an accurate count for tables/chairs. All families/guests are invited to all of the Leadership Forum meal/social activities.

DRIVING IN: YOU MIGHT GET SLIGHTLY LOST. EMBRACE IT!

Silver Bay is 90 minutes from Albany, NY.
Take the Adirondack Northway (RT 87) to Exit 24 (Bolton Landing)
Drive 5 miles East to the road's end at Route 9N.
Turn left and drive north approximately 13 miles to Silver Bay.

One tip if you are driving yourself in...and after taking exit 24 to the east, you'll come down a hill and see a beautiful view of Lake George! Turn left at this T intersection. Silver Bay is off this road, 9N going north, but 13 miles from this intersection and after you wind up and over the mountains; you'll know you are getting close when you come down the other side of the mountains and begin to see the lake again.

The turn for Silver Bay is on your right, a small fork off a narrow road that can easily be missed. There is a sign that says **Silver Bay YMCA**, but if you are enjoying the scenery and looking around, you may miss it. No big deal, most people do! You can either turn around and come back or you can follow the Silver Bay property on your right for about a mile+ and enter Silver Bay from the other end. There are two main ways in or out and either works.



Once you drive in, keep driving until you see this huge Inn. (see pic above) Registration is inside and you can park in the Inn circle while you register. Once you register they will tell you where to park your car.

PACKING FOR: CASUAL, SPORTY, WARM DAYS AND COOL NIGHTS

Remember that the dress is super casual. Most people wear shorts but anything goes. If the summer temps are on the warmer side, women sometimes wear a light sun dress as well just because it is cooler. But trust us, men will be in shorts and t-shirts (not even a golf shirt) so wear whatever is most comfortable for you. We suggest checking the weather a few days before and making decisions from there. Usually, the days average mid 80s but have dipped to 60s and hit mid 90s. There is little to no AC at Silver Bay; each sleeping room has fans. The meeting rooms, if packed, can get warm. Nights can get cool so also bring a light jacket or sweater.

Because we will be doing a lot of walking around the property flat comfortable shoes are a good choice. We have a 100 year tradition of playing softball against the Silver Bay/YMCA employees (or "Emps" as we call them). As they perpetually stay age 17-24 and we tend to be an average age of 40+ they usually beat us. We think our record is like 3-97, but it is a blast and the tradition will continue. Softball will be on Friday from 4:00-6:00. Bring softball playing clothes and shoes if you'd like to participate. Otherwise, the rest of the attendees just cheer from the sidelines or the Inn porch and continue to network/talk.

It is not uncommon that attendees coordinate a 7:00am "group swim across Lake George" or a sunrise yoga class out by the Lake. If you are outdoorsy in any way, pack accordingly.

As we are at a lake and in the woods there can be mosquitoes at dusk so **pack bug spray**. There is a little store at the Inn that carries amenities like these in case you forget to bring it.

SPECIAL NOTES: WIFI, CELL SERVICE, CONNECTIVITY, NATURE!

Coming from someone who has attended for 20+ years, while working a corporate job where they were tethered to a phone and a computer, it's hugely beneficial to let everyone know that you are going to a conference where WiFi and cell service is "spotty" as it is. That said, if you have a crisis or need to get on your computer or a call, there is a reliable location to go. We discovered (as does everyone else who goes there) that since we are there to experience a tech detox, it helps to lower expectations of those who rely on you so that you can enjoy yourself without trekking back to the Inn multiple times a day. Much of our conference will include be in the Boat House, by the Lake, or out on the Softball field and it is a real bummer to have to keep leaving where you are to get back to that location to do work. There is no better feeling when you are there than when you check your email in the morning at lunch and at night, to see 0 emails in your inbox.

In other words, if you can, set low expectations in terms of your availability, and use this opportunity to empower those around you to prove you are dispensable. You won't regret it.