



Ayurveda & Yoga Lifestyle Retreats

With Cari Havican & Mary Woolley

Stroud Monastery Directions

1. **If coming from Sydney** continue along the F3 past the Newcastle exits and follow the signs to Taree. These will take you across the Hunter River at Hexham. Now follow the directions from Pt 3.
2. **If coming from Newcastle** head towards Maitland past the Sandgate Cemetery. At the Hexham Bridge intersection follow the signs to Taree taking the left hand exit off Maitland Road to go across the bridge.
3. After crossing the bridge continue along the Pacific Highway and take the Raymond Terrace Bypass following the signs to Taree.
4. Approx 15 minutes after the Raymond Terrace Bypass turn left off the Highway onto Bucketts Way Road. Approx 1 km after the Truck Weigh Station.
5. Continue along the Bucketts Way Road for approx 20-25 minutes until you reach the Stroud township.
6. Go through Stroud and after approx 2 kms you will pass a Golf Club on the right.
7. Just after a 90km speed sign take a right turn into a dirt road called St Clair and there will be a sign to the Monastery.
8. Follow the driveway and park in the second car park.
9. If you wish you can drive down to the area just behind the monastery to drop off your luggage and then return the car to the car park.

Congratulations & welcome

If you come to a left hand turn to Dungog you have gone too far. Turn around and the turn off into the Monastery will now be on your left hand side.

Mobile coverage is limited at the Monastery however if you get lost ask try to ring Mary on 0400 494 166 or ask directions in the township.