

# TRADITIONAL FOODS, DIETS & LIFESTYLES

CREATING HEALTHY LIFESTYLES FOR THE 21ST CENTURY

2005 Conference on Food, Soil and Environmental Chemical Connections to Health  
Using the Wisdom of the True Health Pioneers, Past and Present

AUGUST 5-8, 2005 • FRI. - MON. • Ocean Shores, Washington • [www.traditionalfoodsdietslifestyles.com](http://www.traditionalfoodsdietslifestyles.com)

## DIRECTIONS, LODGING & AREA INFORMATION

### CONFERENCE LOCATION

Ocean Shores Convention Center  
120 West Chance-a-la-Mer  
Ocean Shores, WA 98569  
(360) 289-4411, (800) 874-6737

### DIRECTIONS

**From Seattle:** approx, driving time 2.5 hrs.  
Head South on I-5 to Olympia. At Olympia take Exit 104 (Aberdeen, Ocean beaches) Hwy. 101 North. Stay on main highway. It turns into Hwy. 8 West. Then, at Elma, it changes into Hwy. 12 West

★ Upon reaching Aberdeen, follow the signs that take you to Hwy. 101 North – to Hoquiam and Ocean beaches. **DO NOT TAKE THE WESTPORT TURN.** You should be in the left lane as you cross the Hoquiam bridge. Bear right and then turn left at the second traffic light onto Hwy. 109 (Ocean Shores and Ocean beaches)

After approximately 18 miles, turn left onto Hwy. 115 (Oyehut/Ocean Shores). Highway 115 turns into Damon Rd. as you curve to the right. Turn left into Ocean Shores – through the stone gates. Continue straight to the first four-way stop. Make a right turn on Chance-a-la-Mer. The convention center is on the right.

**From Portland:** approx, driving time 2.75 hrs.  
Head North on I-5. Take Exit 88b to Elma then turn left onto Hwy. 12 (westbound). Upon reaching Aberdeen, follow the directions above.★

### RV PARKS AND CAMPGROUNDS

**Ocean City State Park,** 360.902.8844  
Reservations: 888.226.7688 On Rt. 115 a mile before entrance to Ocean Shores. 149 tent sites

**Ocean Shores Marina & RV Park,**  
Ocean Shores, 800.562.6001 15+ tent sites.  
Next to Silver King Motel.

**Yesterday's RV Park,** Ocean Shores,  
360.289.9227, 360.289.3459. Tent sites available.

**Blue Pacific RV Park/CMP,** Ocean City,  
360.289.2252, 800.453.2262 Tent sites available.

**Screamin' Eagle Campground,** Ocean City, 360.289.0223 Family campground. Close to the beach. 40 tent sites

**Tidelands Resort,** Ocean City, 360.289.8963  
Tent sites available.

**Driftwood Acres,** Copalis Beach,  
360.289.3484 Tent sites available.

**Surf & Sand RV Park,** Copalis Beach  
360.289.2707, 800.578.3246 Tent sites available.

**HOTELS AND RESORTS** currently offer approximately 950 rooms in Ocean Shores and more than 150 other rooms north of Ocean Shores along the North Beach. Thirty eating establishments in Ocean Shores offer dining options including fast-food, delicatessens, treats and desserts, family and fine dining.

**Ocean Shores Chamber of Commerce,**  
1(800) 762-3224 [www.oceanshores.org](http://www.oceanshores.org)

*Accommodations fill quickly, so book early.*

**The following lodgings are in Ocean Shores and have room blocks reserved until May 15, 2005 for conference attendees. These are all within walking distance to the convention center.**

**Shilo Inn Beachfront Resort,** "Green" rooms  
*have been reserved for our conference.*  
800.222.2244

Canterbury Inn, 800.562.6678 – 30 rooms

Comfort Inn, 800.424.6423 – 30 rooms

Days Inn, 800.329.7466 – 25 rooms

Best Western Inn, 800.757.7873 – 30 rooms

Ocean Shores Inn & Suites, 800.448.2433  
– 30 rooms

Polynesian Resort, 800.562.4836 – 50 rooms

Quality Inn, 800.228.5151 – 30 rooms

Sands Resort, 800.841.4001 – 30 rooms

Whetherly Inn, 800.477.4361 – 14 rooms

*Other lodging in Ocean Shores, no reserved rooms:*

Caroline Inn, 360.289.0450

Chalet Village, 800.303.4297

Floating Feather B&B, 360.289.2490

Gibson's B& B, 360.289.7960

Grey Gull Resort, 800.562.9712

Holiday Inn Express, 888.770.7878

Huckleberry Inn, 360.289.3156

Judith Ann Inn, 360.289.0222

Oasis, 800.290.2899

Ocean Shores Motel,  
800.841.4001

Quinault Beach Resort,  
360.289.9466

Royal Pacific,  
800.841.4001

Silver King Motel,  
800.562.6001

Westerly Motel,  
360.289.3711

Whispering Sands,  
425.218.0707

### AREA ACTIVITIES

Ocean Shores Visitor Information Center  
1(800) 762-3224 [www.oceanshores.org](http://www.oceanshores.org)  
Grays Harbor Chamber of Commerce  
1 (800) 321-1924 [www.graysharbor.org](http://www.graysharbor.org)

**IN WASHINGTON, OCEAN SHORES,** a 6,000 acre peninsula, is the state's most visited seaside destination. Ocean Shores has six miles of wide-open public sandy beaches with five beach approach roads. The area has a total of thirty miles of beaches. The peninsula also has over 23 miles of interconnecting fresh water lakes and canals, offering year round boating, wildlife viewing, and fishing.

**Wading** in the ocean up to your knees is usually fine, but depends on the tides and surf.

**Swimming** in the surf is not advised. With waters averaging 50° F, hypothermia can set in quickly. The biggest danger is being caught in a rip tide which can pull a swimmer out to sea quickly. If you get caught in a rip tide, do NOT try to swim against it toward shore.

Instead, swim to the left or right, parallel to the beach, (usually 10 or 20 feet) to get out of the rip tide. Then head back to shore.

**The highest tides** of the year occur in July and in December, and will change by as much as 12 feet. The roar of the ocean during these months is incredible.

### WEATHER

Ocean Shores features a marine climate with cool and comparatively dry summers, and mild but relatively wet winters. As is typical in a marine environment, brisk ocean breezes are common. Mid-year temperatures (daytime) average between 62° to 65° F. and seldom rise above 75° F.

Bring a variety of layered clothing (sweater, windbreaker, jacket or hat) as the wind may make it feel a bit cool.

