



Summer 2019

Enjoy Your Stay in Marin County!

Orientation

Nestled among California's golden hills, Marin Waldorf School is located in the Marinwood neighborhood of San Rafael. Approximately 35 miles north of San Francisco, MWS is conveniently located off Highway 101 at the Lucas Valley Road exit. The campus enjoys a mild year-round climate, and summer temperatures tend to be in the 80's and 90's. Plan to dress in layers as mornings and evenings can be cool and windy, while afternoons very warm.

The exact address is: Marin Waldorf School, 755 Idylberry Road, San Rafael, CA 94903

Directions:

From San Francisco, take Highway 101 North to the Lucas Valley Road exit. Turn left from the off-ramp on to Lucas Valley Road and drive into Marinwood. Turn right on to Miller Creek Blvd and then left onto Idylberry Road. Our school is one and a half blocks down on the left.

From Novato North, take Highway 101 South and exit on Lucas Valley Road. Turn left on Lucas Valley Road and follow the directions above.

From the East Bay, take 580 West towards San Rafael. Merge on to Highway 101 north and follow the directions above.

Emergency Services

Greenbrae - *Marin General Hospital* (general medical, 24 hour emergency)
250 Bon Air Road, (415)925-7000

San Rafael - *Kaiser Foundation Hospital* (general medical, 24 hour emergency)
99 Monticello Road, (415) 444-2000 www.kaiserpermanente.org

Novato – *Novato Community Hospital*, (general medical, urgent care)
180 Rowland Way, (415) 209-1300 www.novatocommunity.org

Dr. Jennifer Schmitt, a Naturopath and Anthroposophical Doctor, can be reached at (510) 222-8500.
(www.threefoldmed.com)

Phones

There are no public phones on campus and, unfortunately, there is not good cell phone reception. Messages can be left for you at our summer office: (415) 479-4400

Shopping and Services

Farmers' Markets - There are many farmers markets throughout the Marin County selling locally grown organic produce, eggs, cheese, fish, etc. Below is a partial list.

Marinwood Community Farmers' Market – Sat 9am-2pm, Marinwood Plaza (101 Marinwood Ave.)

Novato Farmers' Market – Tues 4-8pm, Downtown Novato (Grant Avenue)

Marin Farmers' Market – Sun 8am-1pm, Parking Lot behind Marin Civic Center

Marin County Mart Farmers' Market – Sat 9am-2pm, Larkspur Landing Circle

Downtown San Rafael Farmers' Market - Thurs 6-9pm, Downtown San Rafael, (4th St., btwn. Lincoln & B St.)

Grocery Stores (all carry organic products)

Marinwood Market - 155 Marinwood Ave. San Rafael. (415)491-1965, 7am-8pm daily.

Scotty's Market - 620 Manuel T. Freitas Pkwy, San Rafael. (415)-479-2363. 7am-9pm daily.

Trader Joe's - 337 3rd St. San Rafael. (415)454-9530, 8am - 9pm daily.

Whole Foods Market - 340 3rd St., San Rafael. (415)451-6333, 8am-9pm daily.
790 De Long Avenue, Novato. (415)878-0455, 8am-9pm daily.

Safeway - 950 Las Gallinas Ave. San Rafael. (415)479-6111. Open 24 hours.

Restaurants

Redwood Café – 175 Paul Dr, San Rafael. (415) 479-8989

Eduardo's Deli – 4200 Redwood Hwy. San Rafael. (415) 479-7500

Mulberry Street Pizza – 101 Smith Ranch Rd, San Rafael. (415) 472-7272

Sakura Sushi – 100 Smith Ranch Road, San Rafael. (415) 785-8151

Sonoma Taco Shop – 210 Northgate One. San Rafael. (415) 479-9066

Smith Ranch Deli & Market – 101 Smith Ranch Road, San Rafael. (415)5262188

Tomatina Italian Restaurant – 5800 Northgate Mall, San Rafael. (415) 479-3200

Ikoi Sushi – 601 Del Ganado Rd, San Rafael. (415) 507-1818