



# THE PHOENIX HOUSE



## CABIN GUIDE

[www.wintergreenstudios.com](http://www.wintergreenstudios.com) • 613-273-8745 • [info@wintergreenstudios.com](mailto:info@wintergreenstudios.com)

# ABOUT THE PHOENIX HOUSE

The Phoenix House is luxurious by our standards, located just a few minutes (by foot) from the parking lot at Wintergreen Studios. There is also a laneway to the Phoenix House, so when there's no snow, you can drive up to drop off your things and then park back in the parking area next to the Lodge (main yellow building).

While there is no running water, the Phoenix house is fully solar-powered. Turn on the lights! Plug in your computer! Boil the kettle!

The cabin is well-equipped with everything you should need for a few days/nights of "glamping": a comfortable double bed, a good-sized working and/or dining table, a kitchen station with cooking essentials, and a window to curl up in with a book or lay down on for an afternoon nap. There is a chamber pot in the cabin as well as an outdoor 'thunderbox'. There is also a small cooler for food storage (no ice). We recommend bringing ice packs to keep your food cool in the warmer months.

There is limited cell service and no Wi-Fi. You will be given emergency access to the main lodge, which has Wi-Fi and a landline.



Before there was the Phoenix House, there was the Beach House (built in 2012), which, on the morning of December 29, 2022, burned to the ground. The flames were contained by the plaster surrounding the straw bale walls, and it took many hours for the living roof to finally cave in. We will be forever grateful that no one was injured, and we will hold dear the fine memories associated with that special place.

# MORE ABOUT THE PHOENIX HOUSE



Many people stayed in the Beach House over the past decade: writers looking for a quiet sanctuary, couples on a romantic getaway, workshop leaders seeking a private space to relax, and guests gathering for a feast after taking part in many a sweat lodge ceremony. After the fire, one family reminded us that their daughter took her first steps in the Beach House.



# EVEN MORE ABOUT THE PHOENIX HOUSE

During the spring and summer following the fire, we re-built on the former footprint, calling our new building the Phoenix House—rising, as it did, from what remained of the Beach House foundation. People have asked us if anything besides the foundation remained after the rubble from the fire was cleared. There was only one remnant: a tiny tile of a salamander that was embedded in the cordwood in the corner of the building. The salamander symbolizes rebirth, passion, immortality, and the ability to withstand flames. That tile is embedded in the cordwood wall of the Salamander Sleeper, the adjoining room to the Phoenix House.



So the Phoenix House (and Salamander Sleeper) have risen, ready for new memories to be fashioned, for new adventures to unfold. From the ashes and by the goodwill and hard work of many members of the Wintergreen community.

## Speaking of fire...

There is a fire pit steps from the cabin door. There is plenty of firewood and we encourage you to forage in the woods as well.

Before arriving at Wintergreen, please check whether outdoor fires are permitted through the South Frontenac Fire Service:



<https://www.southfrontenac.net/en/living-here/fire-ban-status.aspx>.

**PLEASE NOTE THAT OUR CABINS AND LAND ARE STRICTLY NON-SMOKING. THE PHOENIX HOUSE IS THE ONLY PET-FRIENDLY CABIN. PLEASE BE RESPECTFUL.**



# WHAT TO BRING?

Pack as if you were camping, except you can leave your dishes and linens at home! The bed will be made up upon arrival.

We recommend packing:

- Comfortable, supportive shoes or hiking boots
- Clothing appropriate for the season
  - Winter: thermal base layer, fleece sweater, snow pants and jacket, neck warmer/scarf, toque, mittens, wool socks, waterproof winter boots
  - Summer: t-shirt, shorts, long, light-coloured pants and tall socks (tick prevention), long-sleeved shirt, sweatshirt, rain coat and pants, hat, sunscreen, insect repellent (preferably without DEET), towel, bathing suit
- A flashlight or headlamp for each person (with extra batteries)
- Personal toiletries
- Food and ice packs
- Cell phone (while reception is limited, there are spots where you can get signal)
- Camera, journal, etc.
- A backpack to carry your belongings and for day hikes
- Extra socks. Always pack extra socks! ☺

The kitchen station has all the amenities for light cooking—a one-pot electric burner, pots, pans, plates, bowls, mugs, cutlery, cooking utensils, can opener, bottle opener, an electric kettle, and even a stovetop espresso maker for your morning cup of coffee!



## FIREWOOD

There is an outdoor fire pit next to the cabin and also a wood stove in the cabin for a heat source in the colder months. Matches, newspaper, kindling, and firewood are all provided. Extra wood is stacked just outside the cabin near the trail in.



## WATER

There will be 8L of fresh potable water at the cabin when you arrive, with extra bottles on the Lodge porch (main yellow building at the parking lot) should you need more. Note: you will have to carry the extra water back to the cabin so bring a backpack!

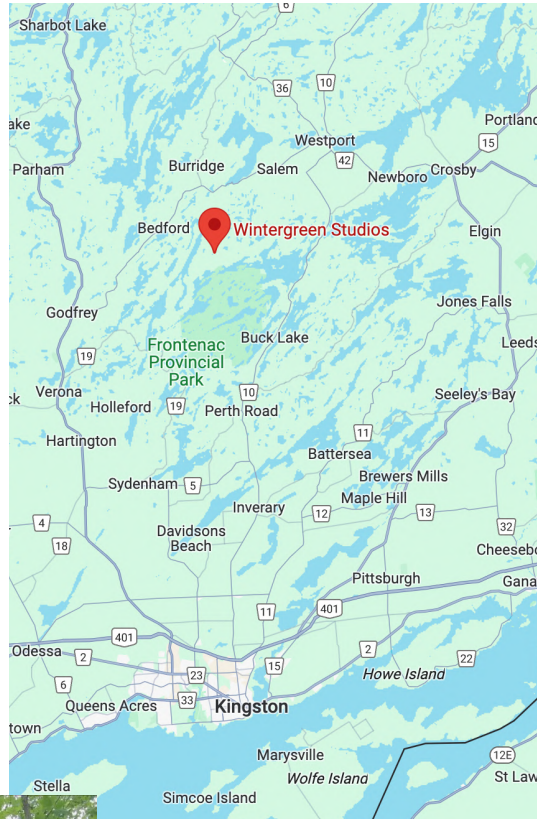
# GETTING TO WINTERGREEN

Wintergreen Studios is located at 90 Wintergreen Lane in the Township of South Frontenac. Watch for the small black and gold sign at the entrance to Wintergreen Lane.

You will arrive by car to the Lodge (main yellow building), where you can park at no cost.

To get directions to Wintergreen Studios via Google Maps, enter the coordinates: 44.592608, -76.529491. This is our exact location. You can also enter "Wintergreen Studios" directly into Google Maps.

You may lose cell reception/GPS signal so we encourage you to save the directions offline prior to departure.



Note: If you are booking in the winter months, we recommend using a vehicle with all-wheel drive and snow tires as the laneway has some steep hills. Snow is likely December through March.

# history of WINTERGREEN STUDIOS



**Wintergreen Studios was established when a small group of people came together to create a place where we could all become more connected to the earth and to one another.**

It is a not-for-profit registered charity, incorporated in 2007. The Lodge was built in the summer and fall of 2008 and our first workshops were offered in the fall of 2008. Wintergreen inspired the development of a community-based renewable energy initiative and is home to Wintergreen Studios Press.

We offer educational programming for sustainable living, with a focus on how the arts can help us do just that. We provide retreat and meeting facilities for individuals and groups, such as families interested in a wilderness weekend retreat. Wintergreen also hosts weddings. Our Lodge, cabins, and land are in the UNESCO-designated Frontenac Arch Biosphere Reserve in Southeastern Ontario.

Wintergreen Studios embodies joyful ways of living in balance with the natural world. Our programs and off-grid wilderness facilities inspire people to live harmoniously, to become more resilient, and to return to their homes, workplaces, and communities nurtured and rejuvenated—ready to make a difference.

# CHECK-IN

Check-in is from 12 noon onward. You are welcome to arrive at Wintergreen Studios earlier but we ask that you not enter the cabin until the specified time to give staff enough time to properly clean according to local public health guidelines.

There are no keys to the cabin. You'll simply park your car, grab the accessories from the pack on the Lodge porch (trail maps, headlamps, air horn, and whistle), and set out down Phoenix Lane. You are welcome to use the pack to transport your belongings or you can drive to the Phoenix House to drop off your things and then head back to the parking lot. You are also welcome to use the pack for any day hikes you might like to make during your stay.

**Reservations are SELF CHECK-IN so there will not be staff on site, unless requested or by chance.**





## Notes

Trails can be rugged and terrain varies.

Markers on the left: heading towards the lake. "LEFT LAKE"

Markers on the right: heading towards the lodge. "RIGHT RETURNING"

Double markers indicate a trail begins or ends.

Triple markers indicate a dead end.



Outhouses

## Trail Lengths

Main Trail - 1 km

Stream Trail - 0.85 km

South Trail - 1.5 km

North Trail - 0.65 km



# REACHING THE PHOENIX HOUSE

## *+ hiking the trails*



You will see the Phoenix House from the parking lot at the Lodge. Even in the summer months, the signature Blue Heron steel is visible through the trees. After you park, head east past the lodge, where you'll see two signs: one marked Phoenix Lane, the other "TRAILS."

The Phoenix House is actually half of a duplex! The door that you see first is yours. The other side is what we call the Salamander Sleeper. No one will be staying there during private rentals. It is used as a bunkie for Wintergreen staff during educational workshops and events.

We encourage you to venture out and hike the trails during your stay. Make your way back to the trailhead behind the Lodge and this time take the path marked TRAILS (right at the fork). If you pass the labyrinth, then you're headed in the right direction. Keep going!

Help yourselves to hiking poles, which are in a basket on the Lodge porch. Snowshoes are also provided in the winter months.

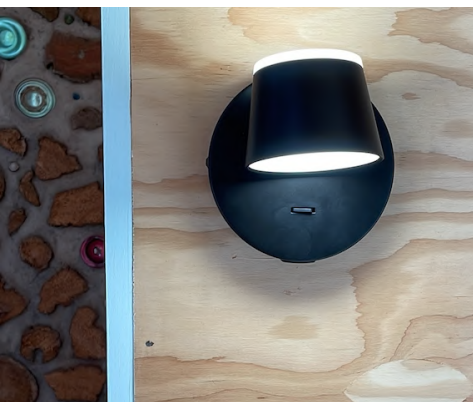




# ONCE YOU'VE ARRIVED

When you reach the Phoenix House, you'll find the door unlocked and the space prepared for your stay. You'll pass the woodpile on your right on the way in, and that wood can be used in the stove as well as the fire pit.

When you arrive, the bed will be made. The one-pot stove top is electric, so it will work readily in all seasons. There is also an electric kettle and lights—and a USB port on the small light in the window seat.



# PET ETIQUETTE



The Phoenix House is the only pet-friendly cabin at Wintergreen Studios. While we hope that you and your pets enjoy your stay, please be respectful of the space and considerate of other guests.



## KEEP PETS ON-LEASH

For your safety, pets should be kept on-leash at all times when outdoors. You may encounter wildlife on the land and Wintergreen is not responsible should something happen to your pet during your stay.



## BE RESPECTFUL OF OTHER GUESTS

While you love your furry friend, not everyone feels the same. Please be considerate of other guests.



## BRING YOUR OWN SUPPLIES

Food and water dishes are provided. Please bring any food, bedding, toys, and a towel to wipe off wet or dirty paws before entering the cabin.



## PETS ON FURNITURE

Pets are allowed on furniture but please use the blanket/sheet provided to cover the bed or window seat.



## CLEAN UP AFTER YOUR PET

Be sure to bring adequate disposal items. Please clean up after your pet and take poop bags with you.



## DON'T LEAVE PETS ALONE

Please don't leave pets unattended in the cabin. This is an unfamiliar space for them and they may show destructive behaviour.



# LIGHTING THE WOODSTOVE + COOKING

You can cook on the woodstove in the winter months, outdoors in the summer months, or on the one-plate burner year round.

In the cooler months, the woodstove will be ready to light when you arrive. After the kindling is crackling, add larger logs as needed. The Phoenix House woodstove needs to be quite hot before adding larger logs. Once it is well established, there is more than enough heat from the stove for the space. Be sure to turn the damper lever to the right once the stove is burning well. The lever is at bottom of the stove, just under the glass door.

Once the woodstove goes out, be sure to remove any excess ashes before lighting it again. Excess ashes can be left in the outdoor firepit.

# SUMMER ACTIVITIES

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All guests are welcome to use Paddy's Lake for recreational purposes. The lake and dock can be accessed by following the Main Trail, just past Paddy's Lake Cabin. Paddles for the canoe and rowboat, as well as life jackets, can be found in the shed next to Paddy's Lake cabin. Use the lake for swimming/canoeing at your own risk.

Fishing is allowed on Paddy's Lake but you must possess a valid fishing license and follow the [Ontario Fishing Regulations](#) (including open and closed seasons, possession limits, and size restrictions).

<https://www.ontario.ca/document/ontario-fishing-regulations-summary>

And then there are a dozen trails to explore! Please stick to the trails when you're exploring the wilderness, not only to make sure that you find your way back again, but to minimize the impact on the forest floor.



Poison ivy is a woody perennial plant found throughout southern Ontario. It can be identified by its three glossy leaves with pointy tips and jagged edges and alternating side shoots with the middle leaf on a longer, reddish stem.

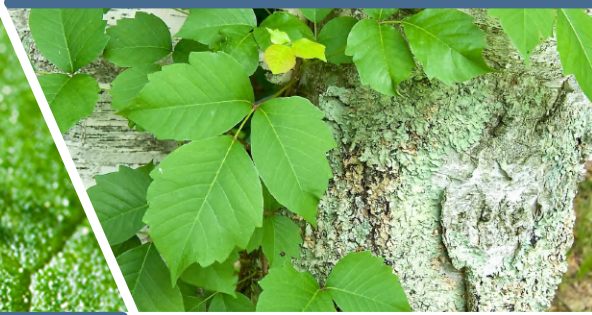
Poison ivy can cause contact dermatitis – an allergic reaction from direct contact with urushiol, the oily resin from the plant. Symptoms include itching, burning, and a blistering rash which usually appear a few hours after exposure or within a few days and normally disappear in 7-10 days.

Contact dermatitis can easily be prevented if you:

- learn to recognize the plant and avoid exposure
- take preventative measures (long pants and closed-toed shoes)
- keep to the cleared trails
- wash skin/clothing/objects if contact is made

**While there is poison ivy on the land at Wintergreen Studios, if you stay on the maintained trails you shouldn't come in contact with any.**

## POISON IVY



## TICKS

You are likely to come in contact with ticks on the land in the spring, summer, and early fall. Ticks are tiny parasitic arachnids about the size of poppy seeds (nymphs) or sesame seeds (adults) that can spread disease by passing along bacteria to their hosts.

The most common tick species found in our area are the **Eastern Blacklegged Tick** (deer tick), which are known carriers of the Lyme disease and anaplasmosis bacteria, and the **American Dog Tick** (wood tick), which are not known carriers of bacteria. Lyme disease and anaplasmosis are serious illnesses that can be transmitted by the bite of an infected tick. Tick bites are usually painless, and many people do not remember being bitten. According to the CDC, a tick must be attached for more than 24 hours or more before bacteria can be transmitted.

While most tick bites do not result in disease, some do. Early signs and symptoms typically begin within 3–30 days after the bite of an infected tick and may include:

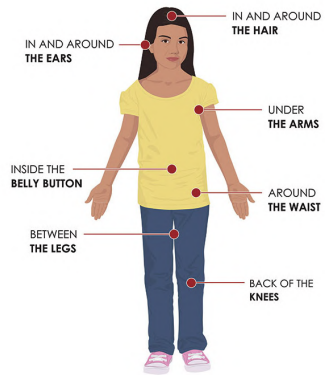
- Fever, chills
- Headache
- Fatigue
- Muscle aches
- Nausea, vomiting, diarrhea, loss of appetite
- An expanding red bullseye skin rash (Lyme disease, not always present)

# TICK IDENTIFICATION & PREVENTION

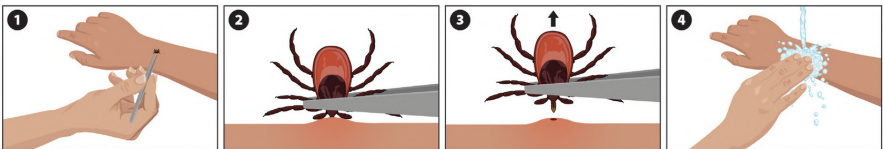


The best method to protect yourself is to avoid tick infested areas whenever possible, and follow these precautions:

- Keep to the cleared trails and avoid low-lying brush or long grass (where ticks quest)
- Wear closed-toed shoes, long pants (tucked into socks), long-sleeve shirts, and light coloured clothing (easier to spot crawling ticks)
- Use insect repellents, Icaridin, garlic oil, or lemon-eucalyptus oil (preferably without DEET)
- Shower as soon as possible after being outdoors
- Put clothes in dryer on high heat for 10 minutes
- Do a full body tick check daily on yourself, children, pets, and your gear



## TICK REMOVAL



1. Use clean, fine-tipped tweezers to grasp the tick as close to the skin as possible.
2. Pull upward with steady, even pressure. Don't twist the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you cannot remove the mouth easily with tweezers, leave it alone and let the skin heal.
3. After removing the tick, thoroughly clean the bite area and your hands with soapy water.
4. Dispose of the tick by either submerging it in alcohol or crushing it on a tissue with the back of a spoon and throwing it in the garbage.



# WINTER ACTIVITIES

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Exploring the trails in the winter months can be a magical thing. Picture deep snow and the Cerulean blue skies of February, as you inhale the fresh crisp air. Cross-country skiing is a bit tricky, given our rocky landscape, but snowshoeing is great, and we provide snowshoes for all of our guests. You will find them at the main lodge, where you pick up extra water and other amenities.

We ask that you practice caution before setting out onto the ice on the lake or ponds and follow general ice safety tips.



# LOCAL ATTRACTIONS



Wintergreen Studios is in the heart of the UNESCO designated Frontenac Arch Biosphere Reserve. We are near the village of Westport, which is ~17 km northeast. There you can enjoy wine and pizza at the Scheuermann Winery, take in live music at The Cove Inn, pick up groceries at Kudrinko's, grab a pint at the Westport Brewing Company, enjoy a sweet treat from Cedar Bridge Ice Cream and Candy, browse the selection at Village Green Originals, or buy from local vendors at the Westport Farmer's Market.

## SHOPPING

**Westport Market** | 38 Concession Street (SEASONAL)

Vibrant weekly market showcasing local artists, makers, and farmers.  
Saturdays from 9 AM to 4 PM, May long weekend to Labour Day weekend.

**Village Green Originals** | 19 Church Street

Outdoor, lifestyle, fashion, and home goods retailer.

**Life is Good** | 14 Bedford Street

Retail store selling clothing and household goods bearing cheerful messages.

**ROX Rock Shop** | 25 Bedford Street

Retail store selling minerals, crystals, artisan jewellery, and more.

**Lower Mountain Mercantile** | 20 Main Street

General store offering a wide variety of toys, leisure products, and clothing.

**Pinecone Westport** | 23 Church Street

Gift shop featuring hand-picked cottage, home, and garden decor.

**Lake Effects** | 16 Bedford Street

Independently owned premium outdoor furniture and cottage life gift shop.



## ENTERTAINMENT

**The Cove Inn** | 2 Bedford Street

Heritage hotel with nightly live music and full service restaurant and bar.

## FOOD & BEVERAGES

**Scheuermann Vineyard & Winery** | 82 Bedford Street (SEASONAL)  
Garagiste winery and wood fired pizza restaurant overlooking Sand Lake.

**The Woodfired Café** | 15 Church Street  
Charming restaurant that specializes in wood-fired cuisine.

**Westport Brewing Company** | 41B Main Street  
Small village craft brewery using locally sourced ingredients.

**Melting Moments Bake Shop** | 41 Main Street  
Local bakery known for their butter tarts, baked goods, and breads.

**Tangled Garden Café** | 7 Church Street  
Local restaurant serving delectable wholesome breakfast, lunch, and dinner.

**Vanilla Bean's Café and Creamery** | 32 Main Street (SEASONAL)  
Shop featuring ice cream, coffee, and tasty baked treats.

**Lost Penny Pub** | 9 Church Street  
Bar serving drinks and pub fare.

**Cedar Bridge Ice Cream and Candy** | 20 Main Street  
Shop featuring a delicious variety of fudge and ice cream.

## GROCERY+

**Kudrinko's** | 22 Main Street  
Family owned independent supermarket for all your grocery needs.

**Rosie Yumski's Fine Foods** | 1 Bedford Street  
Grocer featuring gourmet food, locally roasted coffee, and kitchen accessories.

**LCBO** | 15 Church Street  
Retailer of wine, beer, and spirits.

**The Beer Store** | 77 Bedford Street  
Retailer of beer and other malt beverages.

# LEAVING THE PHOENIX HOUSE

Check-out is at 2 PM but can be negotiated if you'd like to spend extra time hiking in the afternoon. Please check with us if you'd like a later check-out time.

Please strip the bed before leaving the cabin and be prepared to carry out the linens as well as any garbage and recycling you may have accumulated during your stay.

The duvet, blankets, and pillows stay at the cabin and can be left on the bed. Please return soiled linens (duvet cover, fitted sheet, flat sheet, and pillowcases), used dishcloths/towels, along with all accessories and any garbage/recycling that you are not able to take with you, to the red totes on the Lodge porch.



# RISKS & RESPONSIBILITIES



While we do not anticipate you coming to any harm (in over 30 years, no one has been seriously hurt on this land), injury is always possible, especially in cold weather when the paths can be icy, or in the swimming areas where appropriate cautionary measures should be taken. There are some rough areas to traverse. And there is an abundance of wildlife –beautiful birds, deer, beavers—and yes—occasionally a bear will pass through. We have been privileged to see a bear only twice in over two decades, and both times the bears were so frightened of us that we only caught a glimpse of them. These black bears are wild—completely undomesticated—and we want to keep them that way. Accordingly, do not leave any food at the cabin when you depart.

By choosing to stay at one of our woodland cabins, you agree to observe rules and instructions as outlined in this document and on our website. You also recognize that there are inherent risks associated with the wilderness and assume full responsibility for personal injury to yourself and companions (if applicable), and release and discharge Wintergreen Studios for injury, loss, or damage arising out of your stay, whether caused by yourself, your companions, or other third parties. You further agree to pay for all damages caused by negligent, reckless, or wilful actions.

**PLEASE NOTE THAT OUR CABINS AND LAND ARE STRICTLY NON-SMOKING. THE PHOENIX HOUSE IS THE ONLY PET-FRIENDLY CABIN. PLEASE BE RESPECTFUL.**





Please be careful while hiking through Wintergreen's land as it is home to a number of native plant and animal species. Please stay on the trail and don't trample the seedlings. Don't leave any garbage along the trail and don't remove anything from the natural area. Only use water access at the lake because the wetlands are fragile in this area.



# EMERGENCY LODGE ACCESS

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The Lodge (yellow building nearest the parking lot) is the main building at Wintergreen Studios, wherein you can access a landline and Wi-Fi, IN CASE OF EMERGENCY.



There may be other guests renting the Lodge during your stay, so if you need assistance we ask that you politely and respectfully request access to the building.

Should you need to gain emergency access when there is no one in the building, there is an electronic door handle on the south side of the Lodge (red door opposite the parking lot). Perform the following:

1. Pull handle firmly toward you.
2. Press #-#-#-# (last 4 digits of your phone number)
3. Press the lock symbol and wait for the mechanical 'click'. Should it fail to unlock, the locking mechanism will drawback in and the keypad will blink red. Please retry.

Emergency information can be found hanging on a clipboard in the office. Turn right as soon as you enter the building, and right again at the glass door. There is a landline there should you need to make or receive calls.

There is high-speed Wi-Fi in the Lodge. Login information can be found on the main beam in the kitchen.



# EMERGENCY CONTACTS + NEAREST HOSPITAL

## AMBULANCE – FIRE – POLICE

**911**

### FIRE

Local Fire Department: 613-376-3027

### POLICE

OPP Non-emergency dispatch: 1-888-310-1122

Frontenac OPP Detachment (Verona) 613-372-1932

## HOSPITALS & MEDICAL CENTRES

Perth Hospital: 613-267-1500

Kingston General Hospital: 613-548-3232

Hotel Dieu Hospital (Kingston): 613-544-3310

Verona Medical Centre: 613-374-2077

## WINTERGREEN STUDIOS STAFF

Monica Capovilla, Executive Director: 613-539-2842 (call or text)

Rena Uptis, Chair of the Board: 613-888-6842 (call or text)



**VISIT OUR WEBSITE OR REACH OUT TO LEARN MORE!**

[www.wintergreenstudios.com](http://www.wintergreenstudios.com)

[info@wintergreenstudios.com](mailto:info@wintergreenstudios.com)

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