

» DIRECTIONS

We are located in Sedro Woolley, which is about an hour and a half from Thrive Cafe in Seattle.

From Seattle-Tacoma International Airport
 Arriving Seattle-Tacoma Airport, call Airporter Shuttle at 1-866-235-5247 and request to be dropped off at the Burlington stop.

From Burlington, a taxi can be called to bring you to Thrive Wellness Center, a 25-minute ride.

» Driving Directions :: I-5 North

Take exit 230 at Burlington. Follow signs to Highway 20 East. Take Highway 20 East (North Cascades Highway). Go approximately 4.1 miles. Turn right (south) on WA SR-9. Go about 1.5 miles and cross a bridge over the Skagit River. After the bridge, take the first right onto South Skagit Highway (which curves around beneath the bridge and sets your course East). Go straight for about 10 minutes (about 7 miles) and watch for the Marmot Ranch. About 3/4 of a mile later, take a LEFT at Walberg Road. This road will take you all the way to our driveway; just go straight for about 5 minutes (2.4 miles) on Walberg Road. When the road curves 90 degrees to the right, slow down but keep going straight (do not curve with the road). This turns into Barben Road. Barben Road leads straight into the driveway for Thrive Retreat Center! Continue past the first house and follow driveway down the hill to Guest Parking on lefthand side. The Center is just opposite of the parking spaces.

» Driving Directions :: I-5 South

Take exit 232 for Cook Road toward Sedro Woolley Turn Left at Cook Road. Turn Right at WA20 West / WA SR-9S go about 1.5 miles and cross a bridge over the Skagit River. After the bridge, take the first right onto South Skagit Highway (which curves around beneath the bridge and sets your course East). Go straight for about 10 minutes (about 7 miles) and watch for the Marmot Ranch. About 3/4 of a mile later, take a LEFT at Walberg Road. This road will take you all the way to our driveway; just go straight for about 5 minutes (2.4 miles) on Walberg Road. When the road curves 90 degrees to the right, slow down but keep going straight (do not curve with the road). This turns into Barben Road. Barben Road leads straight into the driveway for Thrive Retreat Center! Continue past the first house and follow driveway down the hill to Guest Parking on lefthand side. The Center is just opposite of the parking spaces.



**31463 Barben Road
 Sedro Woolley, WA 98284
 Phone: (360) 826-3332**

Welcome to the Thrive Retreat Center!