

# SAN ALFONSO RETREAT HOUSE - Directions

755 Ocean Avenue  
PO Box 3098  
Long Branch, NJ 07740  
TEL (732) 222-2731 x 40 FAX (732) 870-8892  
E-mail: [info@sanalfonsoretreats.org](mailto:info@sanalfonsoretreats.org)

## By Car, traveling SOUTH on the NJ Turnpike:

Take Exit 11 (Woodbridge & Shore Points). Follow the signs for Garden State Parkway South. Follow directions for Garden State Parkway (below).

By Car, traveling SOUTH and NORTH on the Garden State Parkway. Take Garden State Parkway to Exit 105. After exiting, continue straight through five (5) traffic lights. Watch for sign on right for **Rt. 71 and Monmouth University**. Follow Rt. 71 South until it curves to the left (at the traffic light). After this intersection, you will be on Cedar Avenue (ignore future Rt. 71 signs). Stay on Cedar Avenue until it ends at Ocean Avenue. Turn right onto Ocean Avenue, and San Alfonso is just up the road on your left.

By Car, traveling NORTH and EAST: Take the NJ Turnpike to Exit 7A. Get onto I-195 East to the Garden State Parkway NORTH (after Asbury Toll Plaza – keep right – LOCAL LANES) to Exit 105. Follow the same directions as above.

By Train from NYC: Trains leave on a regular schedule from Penn Station, New York to Long Branch. A taxi will have you at the Retreat House in five minutes.

By Bus from NYC: Purchase tickets for Long Branch at Port Authority Bus Terminal – Academy Bus Line (Asbury Park – Point Pleasure Line).

By Train from Newark Airport: You can take the train directly from Newark Airport to Long Branch via New Jersey Coastline Train (NJ Transit). Trains run approximately every hour. A taxi will have you at the Retreat House in five minutes. For further info log on to [www.airtrainnewark.com](http://www.airtrainnewark.com)

## **PARKING:**

To park in the main parking lot behind the Retreat House, enter the driveway across the street from the red church, St. Michael's.

## **RULES of the RETREAT HOUSE:**

1. Absolutely no smoking in the entire retreat house per Fire Dept. regulations.
2. No unattended candles are allowed anywhere in the building.
3. Meeting rooms are to be returned to their original seating order. Heavy lounge furniture is not to be moved. Nothing is to be mailed, stapled or taped to the walls.
4. Due to Health Dept. regulations, retreat guests may NOT use the kitchen.
5. Turn off lights and air conditioning when not in use.