

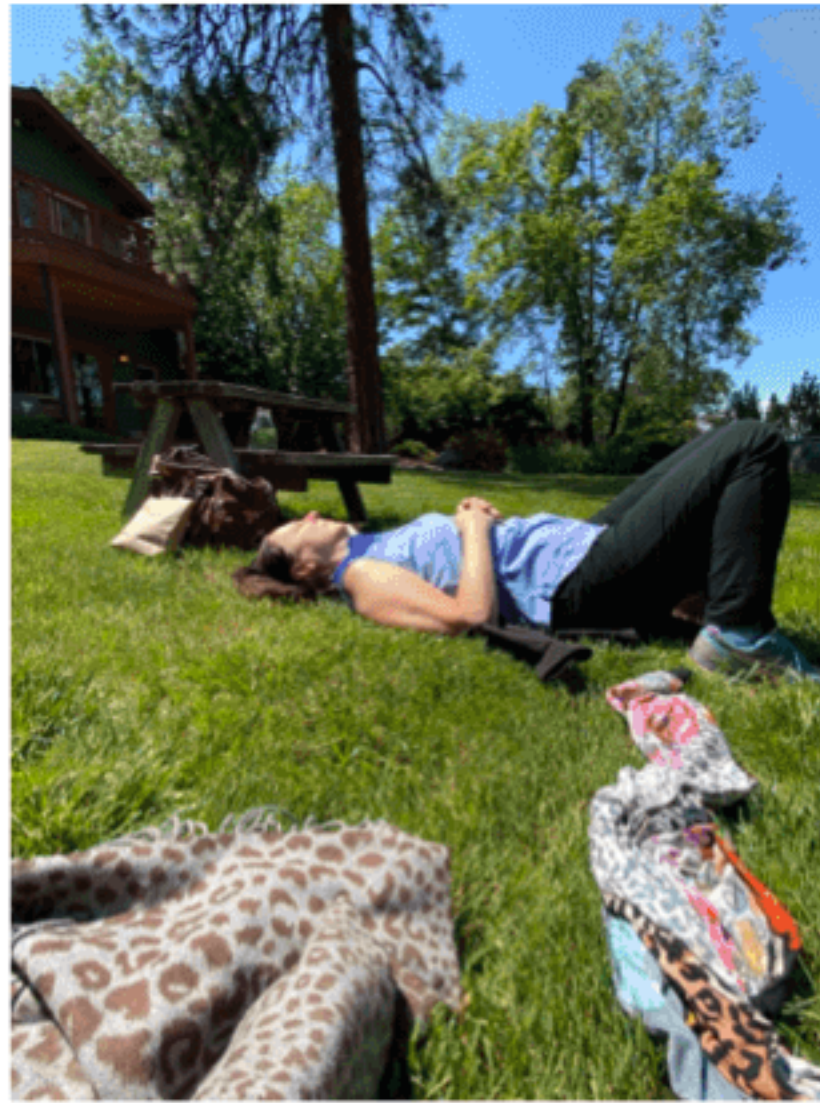
STREAM

Guide to Ashland





Hidden Springs is located in the city of Ashland



It's a perfect venue for learning the STREAM methodology



STREAM Guide to Ashland, Oregon for Workshop Students

Helpful Travel-Planning Websites:

- [Hopper App](#) on your Smartphone for Flights and Hotels
- [Wanderu](#) for Trains and Busses
- [airbnb](#)
- [VacationHome.rent](#)

About ASHLAND: Ashland is a charming small town of 20,000 souls, hosting between 300,000 & 400,000 tourists each year. It's home to Southern Oregon University and the Oregon Shakespeare Festival, which runs from April - October. There are two main streets through town, and the speed limit (strictly enforced) is 20-25mph. All travel-times listed below are based on the time it takes to travel to/from Hidden Springs, your STREAM workshop venue.

About LODGING: It is imperative that you book housing ASAP. Housing in Ashland is limited and fills up quickly during peak festival months. Although the Shakespeare Festival season is seven months long, June through September is peak season. The earlier you book, the better the location and value your lodging will possess. Most Shakespeare Festival folks book a year in advance. When attending STREAM workshop(s), advance planning yields your best housing choices.

Need to cook for yourself? There are many beautiful airbnbs available when you book in advance. Most guest house accommodations for one person don't have full kitchens, but kitchenettes - no stovetop, but microwave, fridge, electric kettle - some have toaster ovens. Most larger houses and at least one hotel offer kitchens with stovetops.

About Suggested Motels, Hotels & Hostels Airbnb housing alternatives are listed by price and proximity to Hidden Springs.

Walkable to/from Hidden Springs

- **Ashland Commons** >> 25 min walk, 6 min drive. Youth-style hostel with access to shared full kitchen and shared bathrooms, private and semi-private bunkbed rooms available. Your least expensive in-town option
- **Timbers Motel** >> 5 min walk. Bare bones & clean
- **Cedarwood Inn** >> 4 min walk. Free breakfast
- **Ashland Motel** >> 15-20 min walk. Bare bones
- **Flagship Inn** >> 11 min walk. Bare bones

Drivable to/from Hidden Springs

- **Ashland Hills Suites Conv. Center** >> 33 min walk, 4 min drive. Next to I-5 fwy
- **Best Western Windsor Inn** >> 33 min walk 4 min drive. Next to I-5 fwy
- **Stratford Inn** >> 33 min walk, 5 min drive. Some rooms w/stovetop kitchenette
- **Ashland Springs Hotel** >> 42 min walk, 6 min drive. High-end historic landmark
- **Owl House In the Oaks** >> 12-15 min drive. Small house, beautiful & quiet

ABOUT Group Housing (at least one car will be necessary) Group housing can be cheaper—and fun! It depends if there are enough people committed to housing together. At least one person will need a car and be willing to provide rides to others in the group. Most group housing opportunities in Ashland accommodate a maximum of five people.

GETTING to ASHLAND: Air Travel

The closest airport is Medford, OR (MFR) about 20 min outside of Ashland. To get to Ashland, use one of the car transportation services listed below. Lyft and Uber are available from Medford Airport to Ashland. There is no airport in Ashland. These airlines fly to MFR **Alaska** usually has the most flights, check for last-minute deals

- **American**
- **Allegiant**
- **Delta**
- **Arvelo**
- **United**

About Local Ground Transportation Although sometimes available, Lyft and Uber can be unreliable in Ashland. In addition to car rentals, the following transportation methods are available:

- [Bicycle Rentals](#) >> Local bike rental businesses
- [Village Taxi of Ashland](#) >> Airport shuttle, local transport in Ashland
- [Crater Lake Taxi](#) >> Airport shuttle available, local transport in Ashland
- [Cascade Shuttle](#) >> Airport shuttle
- [Rogue Valley Transportation District](#) (local bus service to/from airport and around Ashland)

EATING in ASHLAND: Grocery Stores

- **Trader Joe's in Medford** >> not in Ashland. Stop on your way into town
- **Market of Choice** >> 6 min walk. Ashland's Whole Foods equivalent
- **Ashland Co-Op** >> 45 min walk, 5 min drive. Wide selection of organic food with surprisingly good steam-table fare. Best value for prepared food - vegan, vegetarian, and omnivore choices available - breakfast, lunch, & dinner options
- **Ashland's Own Shop-N-Kart** >> 25 min walk, 3-min drive. Listen to vintage rock-n-roll while you shop - think big-box-store meets incense, candles, and hippy togs; slightly overwhelming but you never know what you'll find among the aisles
- **Safeway** >>35 min walk.

About ASHLAND Restaurants:

There are many wonderful restaurants in Ashland. Some are close to Hidden Springs, but most of our favorites are at the other end of town (still only a 6-minute drive).

- **Ashland Co-Op's Hot Bar** >> 45 min walk, 5 min drive. See Grocery Stores
- **Sauce** >> 3 min walk. Ayurvedic-style health food restaurant with vegan, vegetarian, and omnivore options using high-quality meat. Great place for lunch, though wait times can be long. Consider ordering in advance. Warning - their chai is very strong and could keep you up all night
- **Northwest Pizza** >> 2 min walk.
- **Martello's Hand Tossed Pizza South** >> 4 min walk. Next door to Market of Choice
- **Sammich** >>12 min walk. Amazing Chicago-style deli sandwiches
- **Falafel Republic** >> 6 min walk. Middle eastern fusion wraps and bowls, vegetarian and omnivore options, next door to Market of Choice
- **Brick Room** >> 46-min walk, 6-min drive. Fun dinner on the Plaza with diverse menu and a good bar, creekside seating, great view
- **Greenleaf** >> 46-min walk, 6-min drive. Fun dinner option with many menu choices and a good bar, creekside seating, on the plaza, great view
- **Kobe Sushi** >> 46-min walk, 6-min drive. Across the street from the plaza, downstairs
- **Agave** >> 46-min walk, 6-min drive. Best chips, guac & tamales! Best margaritas, too
- **La Briccola** >> 46-min walk, 6-min drive. Amazing handmade pasta using nonna's recipes, on the plaza with creekside dining, great wine list

Things to Explore Between STREAM Workshops

- **Jackson Wellsprings** >> 90-minute walk, 9 min drive. Natural lithium hot springs, clothing optional after 7 PM.
Definitely a hippy scene, waters are mega-relaxing
- **Lithia Park** >> 45 min walk, 6 min drive. Gorgeous, shaded hiking, duck pond, rose garden, with a running stream year-round, buskers play live music, magical
- **Cute shops on the Plaza** >> 6 min drive. Check out the elixirs at Elder Apothecary
- **As You Like It** >> 36 min walk, 4 min drive. Great sex shop & bookstore: LGBTQ friendly, helpful staff, amazing selection, sex toy demos available
- **Ashland Library** >> 36 min walk, 3 min drive. Beautiful public library
- **Bloomsbury Books** 36 min walk, 3 min drive. Great local bookstore & coffee shop
- **Chozu Bath and Tea Gardens** >> 40 min walk, 4 min drive. Japanese spa, soak and sauna, chlorinated water

Lithia Park



Chozu Bath & Tea Garden



Jackson Wellsprings



Ashland's beautiful any time of year.

Average temps range from 70 degree (Fahrenheit) days in May to 60-80 degree days in late fall. May & September can also be a bit rainy.

