

# **Pema Ösel Do Ngak Chöling**

## **Visitor's Guide**

### **Travel, Directions, Accommodations, Dining, and Events FAQ**

Pema Ösel Do Ngak Chöling  
322 Eastman Cross Road  
Vershire, VT 05079  
(802) 333-4521  
pemaosel@mangalashribhuti.org

Pema Ösel Do Ngak Chöling is located in east central Vermont, a beautiful area of rolling hills and river valleys, not far from the Connecticut River and the New Hampshire border. Hanover, New Hampshire, (home of Dartmouth College), is 30 minutes south of the center. Boston is 3 hours by car, and New York City is a 5 hour drive. There is no cell phone service within a 10-mile radius of the center.

#### **EVENTS FAQ**

##### **Where do I stay?**

There are no accommodations at Pema Osel itself. For a list of accommodations in the area, see *Accommodations* below.

##### **How much walking should I expect to do?**

The parking area is a few hundred feet from the main shrine hall. The terrain is hilly and grassy. There are gravel pathways, and walking shoes with rubber soles are best for this terrain.

##### **What if I have special needs such as limited mobility or hearing impairment?**

Pema Osel is accessible to individuals with mobility impairments or other disabilities. Please contact us if you have any special needs, regarding any questions or concerns you might have.

### **Can I bring my cell phone or laptop?**

Yes, but there is no cell reception within a 10-mile radius of Pema Osel, and we do not offer internet access. A landline is available for emergencies only.

### **Driving Directions**

(Use google maps for accurate directions and visual maps.)

#### **Coming from the South on I-91**

- I-91 North to Exit 14 - Thetford
- Head west (left at exit) onto Route 113. Drive through Thetford Hill, Thetford Center, Post Mills, and then into West Fairlee (approx. 8.5 miles)
- In West Fairlee, turn left onto Beanville Road, just past the Getty Gas sign and before the B&B General Store.
- Travel Beanville Road for approx. 2.8 miles, and turn slight right onto Eastman Cross Road.
- (Beanville Road changes its name to South Vershire Road along this route)
- Pema Osel Do Ngak Choling is the first driveway on the right. (approx. 0.3 miles)

#### **Coming from the North on I-89 via Chelsea, VT**

- From I-89 S, take Exit 5 for VT-64
- Head east (turn right) toward Williamstown on VT-64 (approx. 5 miles)
- Turn right onto VT-14 S/Main St for approx. 1 mile
- Turn left onto Chelsea Rd for approx. 6 miles
- Turn right onto VT-110 S, approx. 4 miles
- From Route 110, take Route 113 east toward Vershire for 7 miles.
- Make at Vershire Center Road and follow it for .8 miles.
- When you come to the T at the top of the road, turn left to stay on Vershire Center Road for another 1.3 miles.
- Stay right at the next fork in the road and continue for 1.4 miles.
- At the bottom of a long hill, take a left onto Eastman Cross Road.
- Pema Osel is the third driveway on the left, (0.3 mile) just past the

small red cabin.

## **Coming from the North on I-91**

- From I-91 S, take exit 15 toward US-5/Fairlee/Orford NH
- Head west on VT-244, 5.6 miles to Post Mills, going by Lake Fairlee
- Turn right onto VT-113W, for 1.6 into the village of West Fairlee
- In West Fairlee, turn left onto Beanville Road just past the Getty Gas sign and before the B&B General Store.
- Travel Beanville Road for approx. 2.8 miles, and turn slight right onto Eastman Cross Road.
- (Beanville Road changes its name to South Vershire Road along this route)
- Pema Osel Do Ngak Choling is the first driveway on the right. (0.3 mile)

## **Public transportation**

### **Traveling to Vermont by Air**

- Lebanon Municipal Airport – Lebanon, NH
- Logan Airport – Boston, MA (3 hours by bus to Hanover, NH)
- Manchester Airport Manchester, NH  
(1.5 hours to Hanover, NH; a few buses each day)
- Burlington International Airport –  
Burlington, VT (no transportation other than car rental)

### **Traveling to Vermont by Bus**

Dartmouth Coach: Buses from Boston's South Station and Logan Airport to Hanover NH, and from New York City to Hanover. For detailed information, call (800) 637-0123 or (603) 448-2800 or see website: [www.dartmouthcoach.com](http://www.dartmouthcoach.com)

Greyhound: Manchester Airport to Hanover, NH. The information is not on their website. You must call (802) 295-3011 for detailed information.

### **Traveling to Vermont by Train**

Amtrak's "Vermont" service from Washington and New York arrives daily in White River Junction, Vermont. Contact Amtrak for more detailed information at [www.amtrak.com](http://www.amtrak.com)

## Accommodations

Pema Osel has no accommodations, but there are various places to stay in the area. A number of small towns, from 10 to 45 minutes away, offer accommodations. The larger towns in the area—Norwich, White River Junction, and Barre, Vermont; and Hanover and Lyme, New Hampshire—have hotels.

The accommodations listed below are organized by proximity to the center. They include hotels, motels, bed and breakfasts, and camping.

**Please check with innkeepers for current prices.**

If you would like to explore other locations, see [www.travel-vermont.com](http://www.travel-vermont.com) or <http://www.dartmouth.edu/apple/visiting/lodging.html> for complete lists of accommodations.

### ***10-20 minutes from Pema Osel:***

#### **The Stagecoach Stop Hostel, Vershire, VT**

<http://vershare.org/hostel.html>

(4 beds available)

reservations@vershare.org

802-685-7823 - Please call before 8 pm Eastern time

#### **The Cottages at Post Mills**

[www.flypmsc.org/cottages.htm](http://www.flypmsc.org/cottages.htm)

(only open mid-May until mid-Oct.)

Post Mills, VT 05058

802-333-9254

#### **Devil's Den Bed & Breakfast**

[www.devilsdenfarm-bandb.com](http://www.devilsdenfarm-bandb.com)

PO Box 41 396 VT 110

Chelsea, VT 05038

802-685-4582

#### **Lake House Inn**

Post Mills

Route 244

Thetford, VT  
802-333-4025

### **Silver Maple Lodge**

<http://www.silvermaplelodge.com>

520 U.S. Route 5 South ·  
Fairlee, VT 05045  
(802) 333-4326

### **Gove Hill Camp & Conference**

<http://www.govehillretreat.org/>

Gove Hill is a Christian retreat center that offers affordable group housing.  
To get more information or make reservations, please contact

[govehill@abcvnh.org](mailto:govehill@abcvnh.org).

1646 Gove Hill Road  
Thetford Center, VT 05075  
802-785-4000

## **Camping**

### **Thetford Hill State Park**

[http://www.campvermont.com/html/cgs/state\\_central/thetford.htm](http://www.campvermont.com/html/cgs/state_central/thetford.htm)

Open late May - Labor Day

Base Rate \$14 - 21+

622 Academy Road

Thetford Center, VT 05074

(802) 785-2266 Summer

(888)409-7579 Reservations

## ***25 to 40 minutes from Pema Osel***

### **Fairlee Motel and Drive-In**

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

1809 US Route 5 North

Fairlee, VT 05045

603-272-5008

**Lake Morey Resort**

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

*(Restaurant on premises)*

1 Clubhouse Road

Fairlee, VT 05045

802-333-4311 or 800-423-1211

**White Goose Inn**

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

422 Rt. 10

Orford, NH 03777

603-353-4812

**Grand View Sheep Farm**

[www.grandviewfarmvt.net](http://www.grandviewfarmvt.net)

1638 Scales Hill Road

Washington, VT 05675

802-685-4693

**Dowd's Country Inn**

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

9 Main Street

Lyme, NH 03768

603-795-4712

**Lyme Inn**

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

*(Restaurant on premises)*

1 Market Street Lyme, NH 03768

(603) 795-4824

**Loch Lyme Lodge** (21 cabins)

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

70 Orford Rd

Lyme, NH 03768-3420

603-795-2141

**Breakfast on the Connecticut (B&B)**

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

651 River Road  
Lyme, NH 03768  
603-353-4444

**Trumbull House (B&B)**

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

40 Etna Road  
Hanover, NH 03755  
603-643-2370

**The Hanover Inn**

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

*(Restaurant on premises)*  
2 S. Main Street  
Hanover, NH 03755  
603-213-4300

**The Chieftain Motor Inn**

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

84 Lyme Road  
Route 10 North  
Hanover, NH 03755  
603-643-2550

**The Norwich Inn**

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

*(Restaurant on premises)*  
325 Main Street  
Norwich, VT 05055  
802-649-1143

**Hotel Coolidge**

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

*(Restaurant on premises)*  
39 S. Main Street  
White River Junction, VT 05001

802-295-3118

**White River Hampton Inn**

<http://hamptoninn.hilton.com>

104 Ballardvale Road  
White River Junction, VT 05001  
802-296-2800

**Super 8 White River Junction**

[www.super8.com](http://www.super8.com)

422 N. Hartland Road  
White River Junction, VT 05001  
802-295-7577

**Econo Lodge**

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

91 Ballardvale Drive  
White River Junction, VT 05001  
802-295-3015

**Shady Lawn Motel**

<http://shadylawnvermont.com>

687 Maple St.(route 14)  
White River Junction, VT 05001  
802-295-7118.

**Comfort Inn**

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

56 Ralph Lehman Drive  
White River Junction, VT 05001  
802-295-3051 or 802-295-5990

**Holiday Inn Express & Suites**

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

121 Ballardvale Drive  
White River Junction, VT 05001  
802-299-2700

**Camping**



**Jacobs Brook Campground**

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

46 High Bridge Road  
Orford, NH 03777  
603-353-9210

**Pastures Campground**

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

Route 10  
Orford, NH 03777  
603-353-4579

**Rest N Nest Campground**

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

300 Latham Road  
East Thetford, VT 05043  
802-785-2997

**Storrs Pond Campground**

[www.storrspond.org/activities/camping](http://www.storrspond.org/activities/camping)

P O Box 106 (Reservoir Road)  
Hanover, NH 03755  
603-643-2134

***40-55 minutes from Pema Osel***

**Three Stallion Inn**

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

665 Stock Farm Road  
Randolph, VT 05060  
802-728-5575

**Hollow Inn & Motel**

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

278 S. Main Street  
Barre, VT 05641  
802-479-9313

### **Capitol Plaza Hotel**

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

100 State Street  
Montpelier, VT 05602  
802-223-5252

### **Comfort Inn & Suites at Maplewood**

[comfortinn.com](http://comfortinn.com)

213 Paine Turnpike North  
Montpelier, VT  
(802) 229-2222

## **Camping**

### **Lazy Lions Campground**

[lazyions.com](http://lazyions.com)

281 Middle Road  
Barre, VT 05641  
(802) 479-2823

## **DINING**

### **20 minutes from Pema Osel**

#### **Whistlestop Café**

176 US Route 5  
Fairlee, VT  
802-331-1100

#### **Holy Mackerel**

Fresh fish market with tables (fresh on Mon & Thu)  
Main St.  
261 Route 5 North  
Fairlee, VT  
802-333-9286

**Leda's Pizza Restaurant**

Greek food, pizza. Closed Tuesdays.  
Route 5 (near Silver Maple Lodge)  
Fairlee, VT  
(802) 333-4773

**Fairlee Diner**

Route Five  
Fairlee VT  
802-333-3569

**Isabell's Café**

Serves breakfast and lunch  
Closed Sundays.  
3052 Route 5  
East Thetford, VT  
(802) 785-4300

**25 + minutes from Pema Osel****Hungry Bear Pub & Grill**

<http://hungrybearpubandgrill.com/>  
776 Lower Plain  
Bradford, VT  
(802) 222-5288

**Colatina Exit**

[colatinaexit.com/](http://colatinaexit.com/)  
Italian cooking  
164 Main Street  
Bradford, VT  
(802) 222-9008

**Ariana's at Buntin Farmhouse Kitchen**

[arianasrestaurant.com/](http://arianasrestaurant.com/)  
Closed Tuesday and Sunday  
Reservations suggested, dinner only  
1322 Route 10

Orford, NH  
(603) 353-9252

**Peyton Place**

<http://www.peytonplacrestaurant.com/>

Reservations required  
76 Sawyer Brook Road  
Orford, NH  
(603) 353-9100

**Stella's Kitchen**

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

5 Main Street  
Lyme, NH  
(603) 795-4302

**30+ minutes South of Pema Osel**

**Allechante**

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

Bakery and café  
289 Main St Norwich, VT 05055  
(802) 649-2846

**Carpenter & Main**

<http://www.carpenterandmain.com/>

326 Main St.  
Norwich , VT  
(802) 649-2922

**Boloco**

[boloco.com](http://boloco.com)

wraps/burritos, salads, smoothies  
35 S. Main Street  
(603) 643-0202

**C & A Pizza**

[candapizza.net](http://candapizza.net)

17 Lebanon Street  
Hanover, NH 03755

(603) 643-2966

### **Courtyard Café**

Hopkins Center for the Arts, Dartmouth College  
(salads, sandwiches, wraps)

Rear entrance on Lebanon Street opposite League of N.H. Crafts  
Friday, Saturday, and Sunday: open until 10 p.m.

### **Canoe Club**

[www.caonoclub.us](http://www.caonoclub.us)

Upscale American cuisine

27 S. Main Street

(603) 643-9660

### **Dirt Cowboy Cafe**

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

7 South Main Street

Hanover, NH 03755

(603) 643-1323

### **Everything but Anchovies**

<http://www.ebas.com>

("EBAs"): pizza, pasta, sandwiches, and more

Friday, Saturday, and Sunday: open until 2 a.m.

5 Allen Street

(603) 643-6135

### **Jewel of India**

[www.interdial.net/jewel](http://www.interdial.net/jewel)

27 Lebanon St.

Hanover, NH 03755

603-643-2217

### **Lou's Restaurant & Bakery**

[www.lousrestaurant.net/](http://www.lousrestaurant.net/)

30 South Main Street

Hanover, NH

(603) 643-3321

**Market Table**

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

open daily 8:00 am to 9:00 pm

prepared foods to go

44 south main street

Hanover, NH

(603) 376-7996

**Molly's Restaurant & Bar**

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

pizza and pub fare

43 S. Main Street

Hanover, NH

(603) 643-2570

**Murphy's on the Green**

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

American and pub fare, local ingredients

11 S. Main St.

Hanover, NH

(603) 643-4075

**Orient Chinese and Japanese Restaurant**

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

3 Lebanon Street

(603) 643-8888

**Ramunto's Brick and Brew Pizzeria**

[ramuntospizza.com/](http://ramuntospizza.com/)

9 South St Hanover, NH 03755

(603) 643-9500

**Salt Hill Pub, Bar & Grill**

[hanover@salthillpub.com](mailto:hanover@salthillpub.com)

7 Lebanon Street, Suite 103

Hanover, NH 03755

(603)676-7855

### **Umpleby's Bakery & Café**

<http://www.umplebys.com/>

3 South Street

Hanover, NH 03755

(603) 643-3030

### **Yama Restaurant II**

Japanese and Korean food

Friday, Saturday, and Sunday: open until 10 p.m.

74 S. Main Street

Hanover, NH

(603) 643-4000

### **Grocery Stores**

#### **Baker's General Store**

Open Mon. to Fri. 6 a.m. to 9 p.m., weekends 6:30 a.m. to 9 p.m.

7788 Rte. 113

Post Mills, VT

(802) 333-9170

#### **Hanover Coop**

<http://www.coopfoodstore.com/>

Open daily 8 a.m. to 8 p.m.

45 South Park Street, Hanover, NH 03755

(603) 643-2667

#### **Dan & Whit's**

<http://www.danandwhits.com/>

Vermont General Store

Open daily 7 a.m. to 9 p.m.

Thanksgiving and Christmas from 7 a.m. to 12 p.m.

319 Main Street Norwich, VT 05055

(802) 649-1950

#### **Flanders Market**

Open Mon. to Fri. 6 a.m. to 9 p.m., weekends 7 a.m. to 9 p.m.

259 Route 110  
Chelsea, VT 05038  
(802) 685-3085

**Upper Valley Food Co-Op**

[www.uppervalleyfood.coop](http://www.uppervalleyfood.coop)

Cooperatively owned natural foods market

193 North Main Street

White River Junction, VT 05001

(802) 295-5804

**Wing's Market**

Open Sun. to Thurs. 6 a.m. to 9 p.m., Fri./Sat. 6 a.m. to 10 p.m.

9 Route 5

Fairlee, VT 05045

(802) 333-9790