

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 a right 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

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

Accommodations

Pema Osel has no on-site accommodations, but 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, VT, and Hanover and Lyme, NH—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/hosts for current prices.**

ACCOMODATIONS

10-20 minutes from Pema Osel:

Chelsea Village Homestay

Chelsea, VT
802-685-4931

eveofthegardens@gmail.com

A Buddhist practioner offers rooms in her home for \$45 per person for a shared room and \$75 for a single room. Meals can be vegan/gluten free or meat and with gluten. Price lowerered three dollars for those not needing breakfast. Suppers are \$12 by reservation.

The Cottages at Post Mills

<http://flypmsc.org/cottages/>

Post Mills, VT 05058

802-333-9254

(available from mid-May through mid-October; no credit cards)

Devil's Den Bed & Breakfast

<http://www.bedandbreakfast.com/vt-chelsea-devilsdenfarmhomestaybedandbreakfast.html>

Chelsea, VT 05038

802-658-4582

Diann Ward's Vacation Rental

<http://www.homeaway.com/vacation-rental/p3592188>

VT. Rte 113, Vershire, VT 05079

802-685-2238

(4 bedroom house (sleeps 10) for rent -\$165/day - 2 day minimum)

Silver Maple Lodge

<http://www.silvermaplelodge.com>

520 U.S. Route 5 South

Fairlee, VT 05045

(802) 333-4326

The Stagecoach Stop Hostel, Vershire, VT

<http://www.vershare.org/stagecoach-stop-hostel.html>

6946 VT Route 113

Vershire, VT 05079

802-333-4090 (call between 9am and 8pm EST please)

hostel@vershare.org

(shared rooms, kitchen)

Small Cabin Rental

Chelsea/Washington, VT

firstbranchfarm@gmail.com

Quiet woodland retreat on 100 acres with pond and trails, with one double bed and a pull-out couch, running water, electricity, fully equipped kitchen, no phone or Internet.

20 to 40 minutes from Pema Osel

Breakfast on the Connecticut (B&B)

www.breakfastontheconnect.com

651 River Road Lyme, NH 03768

603-353-4444

888-353-4440

info@breakfastontheconnect.com

Comfort Inn

<https://www.choicehotels.com/vermont/white-river-junction/comfort-inn-hotels/vt023>

56 Ralph Lehman Dr.

White River Junction, VT, 05001

Phone: (802) 295-3051

DARTMOUTH COLLEGE, HANOVER, NH

The Hanover Inn

www.hanoverinn.com

(Restaurant on premises)
2 East Wheelock Hanover, NH 03755
603-643-4300
800-443-7024
individual.reservations@hanoverinn.com

Trumbull House (B&B)

www.trumbullhouse.com
40 Etna Road Hanover, NH 03755
800-651-5141
trumbullhouse@gmail.com

to search for additional accomodations in the Hanover, NH (Dartmouth College) area:
<http://www.dartmouth.edu/apple/visiting/lodging.html>

Dowd's Country Inn

www.dowdscountryinn.com
9 Main Street
Lyme, NH 03768
800-482-4712
603-795-4712
innkeeper@dowdscountryinn.com

Grand View Sheep Farm

www.grandviewfarmvt.net
1638 Scales Hill Road
Washington, VT 05675
802-685-4693
info@grandviewfarmvt.net

Holiday Inn Express & Suites

www.hiexpress.com
121 Ballardvale Drive
White River Junction, VT 05001
888-465-4329
<mailto:wrjhie@innvermont.com>

Hotel Coolidge

www.hotelcoolidge.com

(Restaurant on premises)

39 S. Main Street

White River Junction, VT 05001

802-295-3118

800-622-1124

info@hotelcoolidge.com

Lake Morey Resort

www.lakemoreyresort.com

(Restaurant on premises)

1 Clubhouse Road

Fairlee, VT 05045

802-333-4311 or 800-423-1211

Loch Lyme Lodge (21 cabins)

www.lochlymelodge.com

70 Orford Rd

Lyme, NH 03768-3420

603-795-2141

800-423-2141

<mailto:LochLymeLodge@valley.net>

Lyme Inn

www.thelymeinn.com/

(Restaurant on premises)

1 Market Street

Lyme, NH 03768

(603) 795-4824

Marge's B&B

<http://www.vtchamber.com/Lodging/Marge's-BB-1717>

480 Brook Road

Sharon, VT

802-763-7052

The Norwich Inn

www.norwichinn.com

(Restaurant on premises)

325 Main Street

Norwich, VT 05055

802-649-1143

innkeeper@norwichinn.com

Shady Lawn Motel

<http://shadylawnvermont.com>

687 Maple Street (Route 14)

White River Junction, VT 05001

802-295-7118.

mayur1016@hotmail.com

Super 8 White River Junction

www.super8.com

442 N. Hartland Road

White River Junction, VT 05001

802-295-7577

800-454-3509

White Goose Inn Bed & Breakfast

www.whitegooseinn.com

422 Rt. 10

Orford, New Hampshire (NH) 03777

603-353-4812

whitegooseinn@myfairpoint.net

White River Hampton Inn

<http://hamptoninn.hilton.com>

104 Ballardvale Road

White River Junction, VT 05001

802-296-2800

40-55 minutes from Pema Osel

Capitol Plaza Hotel

www.capitolplaza.com

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

Comfort Inn & Suites at Maplewood

comfortinn.com

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

Hollow Inn & Motel

www.hollowinn.com

278 S. Main Street
Barre, VT 05641
802-479-9313
Email: barre.hollow@gmail.com

Three Stallion Inn Bed and Breakfast

www.threestallioninn.com

665 Stock Farm Road
Randolph, VT 05060
802-728-5575
info@threestallioninn.com

CAMPING

20 to 40 minutes from Pema Osel

Jacobs Brook Campground

www.jacobsbrookcampground.com

46 High Bridge Road
Orford, NH 03777
603-353-9210
mailto:talk_to_us@jacobsbrookcampground.com

Pastures Campground

www.thepastures.com

499 NH Route 10
Orford, NH 03777
603-353-4579
<mailto:camp@thepastures.com>

Rest N Nest Campground

<http://www.restnnest.com>

300 Latham Road
East Thetford, VT 05043
802-785-2997
info@restnnest.com

Storr's Pond Campground

www.storrspond.org/activities/camping

P O Box 106 (Reservoir Road)
Hanover, NH 03755
603-643-2134
info@StorrsPond.org

40-55 minutes from Pema Osel

Lazy Lions Campground

lazylions.com

281 Middle Road
Barre, VT 05654
(802) 479-2823
camping@lazylions.com

DINING

20-25 minutes from Pema Osel

Isabell's Café

Serves breakfast and lunch
Closed Sundays.
3052 US Route 5

East Thetford, VT 05043
(802) 785-4300

Leda's Pizza Restaurant

Greek food, pizza. Closed Tuesdays.
456 S Rte 5 (next to Silver Maple Lodge)
Fairlee, VT 05045
(802) 333-4773

26-35 minutes from Pema Osel

Ariana's at Bunten Farmhouse Kitchen

arianasrestaurant.com/
Closed Wednesday and Sunday
Reservations suggested, dinner only
1322 NH Route 10
Orford, NH
(603) 353-4405

Colatina Exit - 36 min

colatinaexit.com
Italian cooking
164 Main Street
Bradford, VT
(802) 222-9008

Hungry Bear Pub & Grill --35 min

<http://hungrybearpubandgrill.com/>
776 Lower Plain
Bradford, VT 05033
(802) 222-5288

Peyton Place

<http://www.peytonplacerestaurant.com/>
Reservations required
Route 10, Main Street
Orford, NH
(603) 353-9100

Stella's Italian Kitchen & Market

www.stellaslyme.com/

5 Main Street Lyme, NH

(603) 795-4302

info@stellaslyme.com

35+ minutes from Pema Osel

Carpenter & Main - 32 min

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

326 Main St.

Norwich, VT

(802) 649-2922

Hanover, NH, the home of DARTMOUTH COLLEGE and about 30 min from Pema Osel, has a plethora of eateries, both simple and upscale, many open quite late. Here is but a sampling of the Hanover eateries:

Boloco

boloco.com

wraps/burritos, salads, smoothies

35 S. Main Street

Hanover, NH

(603) 643-0202

Canoe Club - 35 min

www.caonoclub.us

Upscale American cuisine

27 S. Main Street

Hanover, NH

(603) 643-9660

Everything but Anchovies

<http://www.ebas.com>

5 Allen Street

Hanover, NH 03755

(603) 643-6135

Jewel of India

www.interdial.net/jewel

27 Lebanon St.
Hanover, NH 03755
603-643-2217

Lou's Restaurant & Bakery

www.lousrestaurant.net/

30 South Main Street
Hanover, NH
(603) 643-3321

Market Table

www.markettablenh.com/

prepared foods to go
44 South Main Street
Hanover, NH
(603) 376-7996

Murphy's on the Green

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

3 Lebanon Street
Hanover, NH 03755
(603) 643-8888

Sushi Ya

Japanese and Korean food
74 S. Main Street
Hanover, NH 03755
(603) 643-4000

Basecamp

Himalayan/Nepalese food
3 Lebanon St
Hanover, NH 03755
(603) 643-2007

Grocery Stores**20-25minutes from Pema Osel****Baker's General Store**

Open daily 6:30 a.m. to 9 p.m.
7788 Rte. 113
Post Mills, VT
802-333-9170

Flanders Market

Open Mon-Sat 7 a.m. to 9 p.m; Sun 730 a.m. to 9 p.m
259 VT Route 110
Chelsea, VT 05038
(802) 685-3085

Wing's Supermarket

Daily 6 am - 11 pm
6901 Route 5
Fairlee, VT 05045
(802) 333-9790

25-35 minutes from Pema Osel**Dan & Whit's Vermont General Store**

Open daily 7 a.m. to 9 p.m.
<http://www.danandwhits.com/>
319 Main Street
Norwich, VT 05055

(802) 649-1602

dan@danandwhits.com

35+ minutes from Pema Osel

Hanover Coop

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

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

45 South Park Street

Hanover, NH 03755

802-643-2667

Lebanon Coop

Daily 7:00 a.m. – 9:00 p.m.

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

12 Centerra Parkway

Lebanon, NH 03766

603-643-4889

Upper Valley Food Co-Op

daily 8 am – 8 pm

www.uppervalleyfood.coop

193 North Main Street

White River Junction, VT

802-295-5804

White River Junction Coop

Daily 7:00 a.m. – 8:00 p.m.

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

209 Maple Street

White River Junction, VT 05001

802-295-3400