

# Pema Chodron Visitor's Guide

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 a 3 hour drive, New York City is about a 5 hour drive. There are no bus or taxi services to the center from nearby towns and no cell phone service within a 10-mile radius of the center.

## PUBLIC TRANSPORTATION TO VERMONT

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 daily)

Burlington International Airport – Burlington, VT (car rental is best transportation option)

Traveling to Vermont by Bus

Dartmouth Coach: Buses from Boston's South Station & Logan Airport to Hanover NH, also from New York City to Hanover.

For more information, call (800) 637-0123 or visit <https://dartmouthcoach.com/com>

Greyhound: Manchester Airport to Hanover, NH. Information is not always on their website. Call (800) 231-2222 for assistance.

Traveling to Vermont by Train:

Amtrak's "Vermont" service from Washington and New York arrives daily in White River Junction. Details at: <https://www.amtrak.com>.

## ACCOMMODATIONS AND DINING OUT

The Pema Chodron May 5-6, 2018 retreat will be held at Pema Osel Do Ngak Choling. There are no on-site accommodations, but there is a variety of lovely places to stay in the surrounding area. A number of small towns, from 10 to 50 minutes away, offer accommodations. Some larger towns – i.e. White River Junction and Barre in Vermont; Hanover and West Lebanon in New Hampshire—also have hotels. Accommodations listed below are organized by their proximity to Pema Osel. They include hotels, motels, guesthouses, and bed and breakfasts. Please check with innkeepers for current prices. Additional options available on Airbnb.

### ACCOMMODATIONS

#### 10– 20 minute drive from Pema Osel:

The Stagecoach Stop Hostel, Vershire, VT

[www.vershare.org](http://www.vershare.org)

[reservations@vershare.org](mailto:reservations@vershare.org)

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

Diann Ward's Vacation Rental

(4 bedroom house for rent)

Reservations and rates: 802-685-2238

Devil's Den Bed & Breakfast

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

396 VT Rt. 110, Chelsea, VT 05038

802-685-4582

## **25 - 45 minute drive from Pema Osel:**

Chelsea Village Homestay welcomes fellow buddhist practitioners. Single rooms are \$110. Bed in shared room with other Pema Osel guest are \$55 bed, \$45 air mattress. Breakfast included. Dinner by reservation \$15. Vegan options available. Room for one very low income guest available (fee negotiable), tenting also an option. eveofthegardens@gmail.com

Silver Maple Lodge  
[www.silvermaplelodge.com](http://www.silvermaplelodge.com)  
520 U.S. Rt 5 South, Fairlee, VT 05045  
(802) 333-4326

Fairlee Motel  
[www.fairleedrivein.com](http://www.fairleedrivein.com)  
1809 US Rt 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

Vermont Grand View 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

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

**Larger Inns & Hotels (45-60 minute drive from Pema Osel):**

The Hanover Inn  
www.hanoverinn.com  
(Restaurant on premises)  
2 S. Main Street, Hanover, NH 03755  
603-213-4300

Six South Street Hotel  
www.sixsouth.com  
6 E South St, Hanover, NH 03755  
(603) 643-0600

The Norwich Inn  
www.norwichinn.com  
(Restaurant on premises)  
325 Main Street, Norwich, VT 05055  
802-649-1143

Courtyard by Marriott  
www.courtyard-hanoverlebanon.com  
10 Morgan Drive, Lebanon, NH 03766  
(603) 643-5600

Residence Inn by Marriott  
www.marriott.com  
32 Centerra Pkwy, Lebanon, NH 03766  
(603) 643-4511

Baymont Inn  
www.wyndhamhotels.com  
45 Airport Rd, West Lebanon, NH 03784  
(603) 298-8888

Hotel Coolidge  
www.hotelcoolidge.com  
(Restaurant on premises)  
39 S. Main Street, White River Junction, VT 05001  
802-295-3118

Super 8 White River Junction  
www.super8.com  
422 N. Hartland Road, White River Junction, VT 05001  
802-295-7577

Comfort Inn  
www.comfortinn.com  
56 Ralph Lehman Drive, White River Junction, VT 05001  
802-295-3051 or 802-295-5990

Fairfield Inn by Marriott  
www.marriott.com  
102 Ballardvale Drive, White River Junction, VT 05001  
(802) 291-9911

Hampton Inn  
www.hamptoninn.hilton.com  
104 Ballardvale Road, White River Junction, VT 05001  
802-296-2800

Days Inn  
www.wyndhamhotels.com  
104 Ballardvale Drive, White River Junction, VT 05001  
(802) 296-2800

Econo Lodge  
www.econolodge.com  
91 Ballardvale Drive, White River Junction, VT 05001  
802-295-3015

Holiday Inn Express & Suites  
www.hiexpress.com  
121 Ballardvale Drive, White River Junction, VT 05001  
802-299-2700

White River Inn & Suites  
www.whiteriverinnandsuites.com  
91 Ballardvale Drive, White River Junction, VT 05001  
(802) 295-3015

## **DINING OUT**

### **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

Samurai Soul Food  
Asian fusion, vegetarian friendly  
176 Rt 5 North, Fairlee, VT 05045  
(802) 222-1077

Leda's Pizza Restaurant  
Greek food, pizza. Closed Tuesdays.  
456 Rte 5 South (next to Silver Maple Lodge,) Fairlee, VT 05045  
(802) 333-4773

### **25 - 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  
Italian cooking.

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

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  
<http://www.carpenterandmain.com/>  
326 Main St, Norwich, VT  
(802) 649-2922

**Hanover, NH - the home of DARTMOUTH COLLEGE and 30- 35 min from Pema Osel, has a plethora of eateries, both simple and upscale, many open quite late. Here is a sampling of some Hanover eateries:**

Boloco  
boloco.com  
wraps/burritos, salads, smoothies  
35 S. Main Street, Hanover, NH  
(603) 643-0202

Canoe Club  
www.caonoclub.us  
Upscale American cuisine  
27 S. Main Street, Hanover, NH  
(603) 643-9660

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/  
Sit down eatery as well as prepared foods to go  
44 South Main Street, Hanover, NH  
(603) 376-7996

Murphy's on the Green  
www.murphysonthegreen.com/  
American and Irish 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, 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