

Information Sheet and Accommodation List

(PLEASE RETAIN THIS INFORMATION FOR YOUR REFERENCE)

2016 Summer Retreat with Sogyal Rinpoche at Dzogchen Beara

Dzogchen Beara, Garranes, Allihies, West Cork, Ireland

Tel: +353 (0)27 73032 Fax: 027 73177

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RETREAT DATES

- **8pm Friday 1st to 4pm Sunday 10th July 2016**

ATTENDANCE AND ARRIVAL TIMES

- **To enable Rinpoche to give these teachings fully, we ask everyone to arrive in time for the beginning of the retreat and to attend its full duration.** Each teaching builds upon the preceding one, and taken as a whole the retreat presents a complete and comprehensive series of teachings which it is important to receive fully.
- **Registration for the retreat** will be from **6pm** Friday 1st July. **We strongly request that all participants arrive by 6pm for registration.** This is particularly the case for those who have not been on retreat with Sogyal Rinpoche before. Registration and supper will be from 6.00pm to 7.45pm and the first session will begin at 8pm. It is important to make every effort to attend this first session.
The latest possible arrival time is 9am on Saturday 2nd July.
A final registration will be held from 1-2pm on Saturday
- The retreat is likely to include periods of silence and there may be meditation sessions lasting for up to 45 minutes.
- We advise everyone to book as soon as possible and send in the booking form, by 17th June at the latest.

FINISHING TIME

The retreat will continue until **4pm** on Sunday 10th July. **Please make your travel arrangements accordingly.**

ACCOMMODATION

A list of hostels and B&B's in the nearby area is attached (and we recommend that you book as soon as possible).

DAILY TRANSPORT

We run a daily mini-bus service to Dzogchen Beara from Castletownbere and Allihies at a charge of €40 for the duration of the retreat.

CATERING

All meals are vegetarian. Tea breaks, lunch and supper are included in the retreat fee beginning with supper on Friday, finishing with lunch on Sunday.

As some teaching sessions might be longer than scheduled, please feel free to take some snacks and drinks with you into the venue.

WORK STUDY PLACES

There are a limited number of work-study places available in areas such as transcribing, cleaning, household, washing up and tea breaks. A work-study position offers a reduction of €150 in return for four hours work a day. It is required that those with a work-study place arrive by the morning of Thursday 30th June. To apply, please e-mail or phone us, giving brief details of your skills and whether you have previously attended retreats at Dzogchen Beara.

ASSISTING DURING THE RETREAT

In order to reduce retreat costs and to ensure the retreat runs smoothly, we ask all who come on retreat at Dzogchen Beara to offer one or two hours per day participating in a rota job. (Those with health problems can help with lighter tasks or need not participate in the rota.) 'Rota' represents an opportunity for putting the teachings into practice, and is part of the retreat programme.

CHILDCARE

Unfortunately there are no onsite childcare facilities at Dzogchen Beara. If you bring your children with you, you are entirely responsible for their behaviour and well being at all times. There will be a presentation of the *Rigpé Yeshe* programme during the retreat and an opportunity for parents to meet and discuss how *Rigpé Yeshe* is evolving in Ireland.

WHAT TO BRING

A **meditation cushion** only if you are not traveling from abroad (chairs will be provided). Warm and light clothes, shawls and blankets, warm socks, waterproof clothing, sturdy shoes, **drinking cup/flask**, sunglasses, sun lotion, **insect repellent**, torch. The currency is €.

MEDICAL

Please note there are no medical facilities or staff on site. The local doctor is 5 miles away in Castletownbere, and the nearest hospitals are in Bantry (49 km) and Cork (120 km).

- We ask that you have full medical insurance and bring the relevant documents with you, particularly your insurance number.
- If you are taking prescribed medication make sure you bring an adequate supply.
- If you have a medical condition that you think we should know about, please indicate this on your booking form and **let the First Aid Team know at registration.**
- If you need to visit the local GP in Castletownbere during your stay, please note there is a consultation charge of €50, payable at the time of your appointment. European medical insurance may cover all or some medical costs in Ireland, but you must have your medical insurance number and relevant papers with you.
- If your state of health or level of mobility is such that you would benefit from extra support during the retreat, please telephone 027 73370 beforehand to discuss if we are able to meet your needs. We can offer some support at the Care Centre where a limited number of wheelchair accessible rooms are available.

PSYCHOTHERAPY

Retreats are based on Tibetan Buddhist teachings and are not intended as a substitute for psychotherapy. If you have a psychological or psychiatric condition we ask that you consult your therapist before applying, as we have no facilities to provide appropriate care if needed.

RETREAT FEE

10-Day Retreat - Retreat Fee – Full fee: €515 Concession: €470

(Concession fee applicable to students, unemployed, pensioners.)

The retreat fee covers retreat costs, lunches and evening meals.

It does not cover accommodation, an offering to Sogyal Rinpoche, or Tsok offerings.

We ask those who are unable to meet this amount to apply to the Retreat Fund (see below).

RETREAT FUND

Please consider making a contribution to this fund which is to enable people to attend this retreat who, for financial reasons, would otherwise not be able to.

Applications from people requesting assistance from the Retreat Fund should be made in writing by 1st June, explaining your financial circumstances and how much you are able to offer towards retreat fees. Please also return the booking form.

BANKING FACILITIES

The nearest banking facilities are in Castletownbere. Please note that Dzogchen Beara is unable to cash cheques or change money, nor give cash back from credit card payments.

PAYMENT

We accept payment by cheque or a bank draft, *drawn on Irish Banks only*, postal order or credit card (*please make sure to include your expiry date and 3-digit security number*).

We also accept bank transfers from *outside Ireland only*.

DETAILS FOR BANK TRANSFERS

Allied Irish Bank:

Sort Code:

Account number:

Bank Identifier Code (BIC):

International Bank Account Number (IBAN):

Castletownbere, West Cork, Ireland

93 62 78

02992097

AIBKIE2D

IE57AIBK936278 02992097

Travel Information

Dzogchen Beara is situated on the Beara Peninsula in County Cork, on the south-west coast of Ireland. The nearest village is Castletownbere, 7km. The nearest city is Cork, 120km.

Travel to Cork from Outside Ireland

The nearest airport, sea-port, train and bus stations are in Cork.

- By Air - daily flights to Cork from Europe with Aer Lingus, Ryan Air, Aer Arran
Also options to Kerry (Farranfore) and Dublin Airport.
- By Sea - ferries from France and UK to Cork or Rosslare (6 hrs drive to Dzogchen Beara)

Travel to Cork from Dublin

Helpful websites

- www.buseireann.ie www.irishrail.ie www.aircoach.ie

Daily Transport between Cork and Castletownbere

- Harrington's Bus – a privately run minibus that travels once a day only (see schedule below).
- Bus Eireann – national bus service (see schedule below)
- Taxi – Cost approximately €150, journey time 2.5 hours

Ensure your flights coincide with bus times, as there is no other transport between Cork and Castletownbere. A taxi from Cork airport to the city centre will take 10-15 minutes.

Castletownbere to Dzogchen Beara

There are no buses from Castletownbere to Dzogchen Beara. A taxi will take 15 minutes and costs approx. €15

Shanahans: 027 70116 **Beara Cabs:** 087 6494796 **AD Hackney Service:** 087 284 5796

Harrington's Bus Times: Tel: 027 74003 Seats must be booked in advance.

Departs From Parnell Place, (beside the bus station)	Mon to Sat (excl. Thurs)	Sunday	Thursday (O'Donoghue's Bus) Tel: 027 70007
Depart Cork / Arrive C'bere	18:00/20:15	19:30/21:45	18:00/20:15
Depart Castletownbere/Arr. Cork	08:00/10:15	16:50/19:00	07:30/10:30

Bus Eireann Times: Tel: 021 450 8188 www.buseireann.ie

Departs From Central Bus Station	Mon, Wed, Fri	Saturday	Sunday
Depart Cork / Arrive C'bere	08:30/11:30 & 14:30/17:40	08:30/11:30	10:30/13:20
Depart Castletownbere/Arr. Cork	07:20/10:30 & 13:30/16:40	13:30/16:40	14:15/17:30

NB: This bus schedule applies throughout the year. Sunday bus times will apply on Bank Holidays

Accommodation List for Castletownbere and Allihies

Average Prices: **Hostels** from €15 **Bed and Breakfast** from €35 **Camping** from €6

Shared Local Accommodation – Arrangements for Summer Retreat 2016

Castletownbere: (7km from Dzogchen Beara)

Camping Site

Golf Course (campsite only)		027 70700
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Bed and Breakfast

Bellatrix (<i>Women only</i>)	Lainey & Rita	027 71717
Cottage Heights	Mary Barry	027 71743
Errisbeg	John and Mary	027 70841
Anne's	Anne McCarthy	0868616002
Island View	Dennis Hanafin	027 70415
Knockanroe House	Mary Kearney	027 70029
FormaneshouseB&B formaneshouse@eircom.net	Rosarie O'Neill	027 74360

Self Catering Cottages

Castletownbere Holiday Homes	JJ O'Sullivan	027 70900
Domhain Eile	Cora Crampton	087 2393320
Toormore Farm House	Margaret O'Dwyer	027 70598
Tir na Hilan	Sean O'Sullivan	027 70108
Pulleen Cottage	Jack and Mairead Murphy	027 70170

Allihies: (9km from Dzogchen Beara)

Hostels and Camping

Allihies Village Hostel allihieshostel@eircom.net	John	027 73107
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Bed and Breakfast

Beach View	Irene Harrington	027 73105
Sea Haven Lodge	Eileen Irwin	027 73225
Veronica's	Veronica/Nealie	027 73072
Harbour View	Kate O'Sullivan	027 73139

Self Catering Cottages

Allihies Self Catering	J T O'Sullivan	027 73004
Allihies Holiday Cottages	Sheila Sheehan	027 73888 087
Allihies Self Catering	Gerard Looney	2363553

Hotel

Cametringane	Hotel	027 70379
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Lugano B&B	Mary Shanahan	027 70116
Murphy's Restaurant	John Murphy	027 70244
Rodeen Country House	Ellen Gowan	027 70158
Sea Breeze	Noraleen McGunn	027 70508
Summerhill	Cornelius O'Sullivan	027 70417
Seapoint Lodge blackseapointlodge@eircom.net	Teddy & Ann Black	027 70292
Even Tide	Margaret Downey	087257 0996

Kealinda Holiday Homes	Micheal Donegan	027 70101 086
Goldwater Cottages	Cait Donegan	8755655
Bearhaven Lodge info@berehavenlodge.com	Claire Power Room rental	027-71464
Self Catering Cottage	Cathy Harrington	027 70319
Self Catering Cottage	J T O'Sullivan	027 73004

The Strand (<i>Campsite Only</i>)	Anthony	027 73002
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Sea View	J T O'Sullivan	027 73004
Tower View	Mary Healy	027 73223
Lily B&B	Lili O'Sullivan	027 73118
House of the boat maker	Lorna Ramshaw	086 1732606

Beara Holiday Homes	Ann O'Sullivan	027 70219
Strand View Holiday Homes info@strandviewholidayhomes.com	Eileen Harrington	087 908 2331