



TONGLEN GUEST INFORMATION 2022 - 2023

Thank you for choosing to join us for the ultimate experience in nature on our Tonglen farm set up in the high mountains of Dullstroom. In order to be prepared for your experience, please read this essential information and visit our website:

www.tonglenretreat.com

Connect with us on social media Instagram: @tonglenretreat
FB: @tonglenretreat to see what goes on at our beautiful property specifically designed for getaways into nature and harmonizing in a retreat space.

Tonglen Retreat Pty Ltd requires a signed liability waiver before your arrival.

Check-in: from 10am-4pm.

All guests must arrive at Tonglen Retreat no later than 4:00pm on arrival day; please schedule your travel accordingly.

Check-out: 10:00am on final day

When you arrive at Tonglen or the allocated parking area at the bottom of the mountain unless you are driving up your 4x4 vehicle. Our friendly staff members will greet you and collect your luggage for transport.

We will transport your luggage to the parking area at the end of your stay or to your vehicle.

What to Bring:

We recommend traveling light, you won't need much while you are here. Bring an adventurous spirit, an able mind and body, and willingness for personal growth and transformation.

Be sure to pack these necessary items:

- Flashlight or Headlamp with fresh batteries
- Walking/hiking shoes
- Soap, shampoo, conditioner



TONGLLEN GUEST INFORMATION
2022 - 2023

We also recommend bringing the following to make your stay more enjoyable:

- Flip flops, sandals for walking to and from the Dharma Centre
- Refillable Eco-Water bottle (our tap water is natural spring water)
- Sunblock and bug repellent
- Sarong or flowy clothes for summer (November – May)
- Medications, Vitamins, Herbs, Benadryl, Panado, Advil, etc.
- Basic First Aid Supplies like band-aids – we have a first aid kit on site
- Warm clothes (nighttime it gets very cold)
- Sun hat
- Sunglasses
- Journal
- Camera
- Binoculars
- Compact umbrella (Nov - Feb)
- Cash for tips
- Power banks – limited electricity

We do not offer a laundry service. One can bring some gentle soap to hand wash and hang dry your clothes if staying for weeks at a time.

It is important to inform your Tonglen Retreat facilitator of any recent illness, injuries, surgeries, medications, significant allergies or special circumstances. We are 3 hours' drive from a hospital should the need arise.

Travel Info

Travelling in own vehicle: Only 4x4 vehicles can make it up the mountain, please do not attempt to bring any other vehicle besides this or you will get stuck.

Please Send all of your travel details to Katherine (personal bookings) or your retreat leader as soon as you have them.

A pin location will be sent to you via WhatsApp to the gate of the farm.



TONGLLEN GUEST INFORMATION
2022 - 2023

Shuttle Service: Should you wish to go down the mountain for any reason the cost is R400 per roundtrip (cash is accepted upon booking) should you utilize our shuttle.

From Johannesburg to Dullstroom: 30km outside Dullstroom towards Lydenberg

Road name: R540

NB: Parking is R50 per car for the weekend should you make use of the undercover parking area, please make sure to pay this to Shadrack, the man who is watching the cars at the parking section upon arrival.

Money

Although your booking/retreat at Tonglen Retreat is all inclusive, you will need cash for the parking, shuttle service (emergency or need to go down the mountain)

In Dullstroom or Lydenberg town for spa services, local excursions and staff gratuities.

Staff Gratuities

Our team works hard to provide you with amazing service. We recommend tipping amount is R50 per person per night which gets divided amongst housekeeping and grounds keeping. One can give this directly to Jacob (maintenance) and Christina (cleaning lady).

Food options and Cooking Facility



TONGLLEN GUEST INFORMATION 2022 - 2023

- The centre is a self-catering venue.
- If requested a chef can be arranged for the period of your stay.
- The centre has a fully functional communal kitchen & private kitchen in the cottage, which is stocked with basic cooking and serving equipment.

You must inform your retreat leader of any food allergies no less than two weeks prior to your retreat

Meal times for retreats via caterers are: 9am, 2pm and 7pm.

Power & Electricity

We are 100% off the grid space! Please be mindful and considerate that we are using the following:

- Paraffin lamps – glass flutes need to be handled carefully and left where you found them
- Wood fire geysers for hot water “donkeys”- these are started by our maintenance manager for you.
 - Therefore, the following times for showers during retreats:
 - Morning: 6:30am – 7:30am
 - Evening: 8:00 – 9:00pm
- Lister Generator powered by Diesel: Electricity to Khaya’s & Dharma Centre at set times:
 - Morning: 8:00am – 10:00am
 - Evening: Sunset – 9pm



TONGLEN GUEST INFORMATION 2022 - 2023

Wifi & Cell Phones:

- We do not provide Wi-Fi but there is cellular reception in some areas of the farm where a dongle will work to connect you to the internet. You can log on anytime to check in with family, friends and work but we recommend using your retreat as a chance to un-plug.
- Download apps such as “What’s App” and “Skype” prior to arrival for free international calling and texting over Wi-Fi. Keep your cell phone on airplane mode with Wi-Fi on to avoid expensive international charges. We do have a telephone to make and receive emergency calls. Please make sure to bring a power bank as there is limited electricity in allocated areas.
- Vodacom network is stronger than MTN. Please advise your guests that signal might be strong or weaker in certain areas of the farm.

Farm Life:

There are a few things to keep in mind about life in on a farm. We live harmoniously amidst spectacular wildlife. Remarkable trees, plants, flowers, mammals, birds, amphibians, reptiles and insects all call Tonglen home. You will most likely see and hear monkeys in the trees, birds singing, crickets chirping and butterflies floating by.

Our rule is that **we do not kill ANYTHING on the property**. Should you have a snake or something that worries you in the space, please call Katherine or the property manager on site to remove it.

There are many local activities nearby but we encourage you to relax and enjoy the the great beauty we have created for you. Weather can change quickly, especially during the rainy season (November – March) so please pack accordingly.

Use of Paraffin Lamps and Candles



TONGLEN GUEST INFORMATION
2022 - 2023

- When paraffin lamps are lit, the wick must be kept low (especially when left unattended).
- Candles must always be blown out when leaving the room in order to prevent fires.
- A demonstration will be given as to how to use the paraffin lamps upon arrival.

Regarding the Environment

- The region is experiencing a drought, so guests are asked to please use water sparingly.
- Tonglen Retreat Centre is an eco-friendly environment, so waste is to be kept to a minimum. Guests asked to take all of their trash consumed with them down the mountain when they leave.
- The area can be very windy, so windows must be hooked at all times.

We look forward to having you at our most magical space.

Katherine Mathias
tonglenretreat@gmail.com
082 854 5707