

Namgyalgar Visitors Information

Facilities

Facilities at Namgyalgar include the Gonpa (meditation hall), Gawaling (Master's residence), retreat cabins, a Sangkang (for sang practice), communal kitchen, primitive camping ground, showers and toilets, gazebo, and pathways for walks. There is some dormitory accommodation and a few caravans and otherwise there are ample tent sites available. (See also infodocs on Gar Accomodation and offland Rental Accommodation).

Electricity

The Gar is powered by solar power, gas and wood fired systems - there is no mains electricity. People are asked to be aware of conserving solar power - please turn off lights when not in use. Please ask the Geko (caretaker) for permission to charge mobile phones and laptop computers at the Gar

Water

Please be mindful of the fact that water is very scarce at the Gar. Australia has experienced severe drought over recent years, and we have no guarantee of rain in the near future. If you are camping on the Gar, please have very short showers, and do not do any washing of personal items. The water supply, though drinkable is very limited. Bottled water is available at NamgyalBar and from nearby supermarkets.

FIRE SAFETY

Being a bush environment people are asked to observe the Namgyalgar fire safety rules. Due to fire risk there can be **no candles, cooking or any type of open fire at tent sites. Please bring a good battery powered lamp / torch.** Cigarettes must be properly extinguished. Do not throw butts into the forest leaves or on paper in bins etc. Remember there is to be **no unattended fires, flames, candles or incense inside or outside tents or buildings.** The Fire Safety Rules will be explained by the Retreat Coordinator.

Pets

Pets of any kind are not permitted at the Gar.

Laundromats

Laundromats are located at Tilba Tilba, Wallaga Lake Caravan Park, Bermagui and Narooma. (There are no laundry facilities at Namgyalgar).

PHONE / INTERNET

There is no public phone at the retreat centre. If necessary please ask at the Registration Office to use the phone. During the retreat there is no internet facility available. For urgent emails please ask about sending a message at the registration office. Public Phones and Internet facilities are located in the nearby village of Central Tilba at the Post Office, and the local towns of Narooma, and Bermagui at the Public Libraries and internet cafes. It is not possible to charge mobile phones and laptops etc during the main retreat.

Fax – Please ask the Geko regarding sending faxes from the Gar office. It is possible to send faxes from the Post Office in Central Tilba (10 minutes drive from the Gar).

Mail Collection

When staying at the Gar please have your personal mail sent to “ Post Office, Central Tilba, NSW, 2546 ” where you can collect the mail at the counter. (Mail sent to the Namgyalgar address (PO Box 14, Central Tilba, NSW, 2546) can only be collected by the secretary.)

Banks

In Narooma there are the Commonwealth, National and I.M.B. Banks. ATM Machines are available in Bermagui and Narooma. Most shops and businesses in the area have EFTPOS.

Please see info on next page.....

Doctors / Hospitals

There are several GP's at the Lighthouse Surgery in Narooma. Hospitals are located in Moruya and Bega which are both within 45 minutes drive from the Gar. There are a number of naturopaths, homoeopaths, masseurs and a variety of other natural therapists in the area. Please ask for info. at the registration desk.

Weather

February will be warm summer weather (25-28C by day) but be prepared for cool or wet conditions also. In autumn at Easter it can be sunny and balmy (18 - 25C by day), but also quite cold especially at night so please bring some warm clothing, sleeping bag etc. It is a notoriously windy area.

Beach Safety

There are several beautiful pristine beaches not far from Namgyalgar. If you are not familiar with surf beaches it is advisable not to swim alone - tidal rips, which change location, can be very dangerous. Talk to 'locals' about which beaches to go to in different weather conditions. Sunscreen protection and a hat should be worn, as the Australian sun can be very harsh. When you are at the beach be sure to lock your car securely, as stealing from cars is quite common.

ITEMS TO BRING

TORCH

Please bring a torch (flashlight), needed at night in the camping area and other areas of the Gar where there is no solar lighting such as the carpark.

WEATHER GEAR

Please bring an umbrella and/or other suitable gear for wet weather conditions including overhead tarpaulin for your tent. Be sure to bring warm blankets, sleeping bag or doona as the nights will be cool-cold. Autumns days can be sunny and balmy but naturally the weather can be variable .

Mosquito repellent

It is recommended to bring mossie repellent if camping on the land.

Requirements of Visitors at Namgyalgar

All visitors to Namgyalgar are asked to please observe that there is to be:

- No smoking anywhere on the Gar except at: wood heater for showers hot water or in lower road car park.
- No unattended fires, flames, candles or incense inside or outside tents or buildings.
- No excessive use of alcohol (No drunkenness)
- No use of soft or hard drugs
- No killing or harming other beings

(Please act in accordance with the basic principles of awareness having the intention not to create problems for others, including neighbours & local people)

Namgyalgar Enquiries:

The Secretary : Email: : secretary@dzogchen.org.au Tel / Fax : 02.4473 7668

The Gekö : Email: : geko@dzogchen.org.au Tel : 02.447 3770