



Ari Bhöd, The American Foundation for Tibetan Cultural Preservation What-To-Bring List and Directions

We're glad to welcome you to Pema Drawa, Ari Bhöd, located in the mountains of Tehachapi, CA, about two hours north of Los Angeles. While summer is warm and mild, autumn brings much cooler days and nights. Pema Drawa is at an elevation of 6500 feet, so please be aware that there can be uniquely cooler temperatures as well as stronger weather than the surrounding cities. Although Ari Bhöd is a peaceful and beautiful space, it is a rustic mountain facility that is currently undergoing renovation. We advise you to pack clothes that are practical for such a location. Please note that there will be unpaved, uneven terrain for walking so please plan your footwear accordingly.

****SPECIAL NOTICE FOR 2016****

We are in the midst of a severe drought. Our water source has begun to run very low, at times running dry. We request everyone to be **EXTREMELY MINDFUL** of water usage and for resident retreatants to **LIMIT THEIR SHOWER TIMES** to five minutes only. This is the only way that we will not run out of water.

What to Bring

We recommend that you bring everything you need for the full length of your stay. It is not possible for us to do shopping for individual needs. There are no laundry facilities, so it is helpful to bring ample changes of clothing. Please bring all personal items you will need for the duration of the event. **Please note that if you are on a severely restricted diet that you may wish to bring your own snacks and special foods that we will store for you.** Please contact us as soon as possible regarding cooking for any special dietary needs.

We have compiled the following list to assist you in packing for your stay. Please read it carefully and remember to bring along the items that are specific to your comfort. Although the temperature may turn out to be very warm for the length of your stay, please **PLAN FOR TEMPERATURES INTO THE LOW 40's** Fahrenheit at night, just in case! **Tent Campers**, please take note!

WHEN ATTENDING A TRADITIONAL TIBETAN PRACTICE RETREAT:

- Personal dharma practice items (bell, dorje, chöd drum, text) and formal dharma clothing for shrine room (i.e. traditional attire such as chubas, zens, etc.), as well as your personal zafu (seat cushion). **PLEASE MAKE SURE TO BRING YOUR PERSONAL SEAT CUSHION!**
- Please plan accordingly for any (recommended) offerings you might wish to make directly to the lamas at the end of the retreat, as change may not be available on site. In addition to His Eminence, there will be eight Tibetan Lamas/Monks in attendance supporting this retreat.

GENERAL ITEMS

- Sturdy shoes for uneven mountain terrain (slip-ons are helpful; flip-flops and heels are not recommended)
- Throw blanket for possible cool weather
- LAYERS of clothing for changes in temperature
- Sleeping bag/bedding/pillow if a resident retreatant
- Towels/washcloths/soap if a resident retreatant
- Shower shoes
- Earplugs for sleeping
- Personal toiletries
- Alarm clock
- Flashlight or headlamp with extra batteries if camping
- Feminine hygiene items for women
- Full supply of any prescription drugs or medicinal aids or supplements you may need
- Notebooks/paper/Pens/pencils (if desired for note-taking)
- Thermos/water bottle
- Snacks/Specialty Foods if you are on a Restricted Diet

Important Reminder

There are **absolutely no tobacco products** or recreational drugs allowed at Pema Drawa at any time for any reason. Our policy is extremely strict on this point. If we find evidence of smoking or tobacco we will have to ask you to depart without recourse. Please do not bring any matches, candles, incense, etc. Food must not be stored outside, due to wildlife activity.

NO PHOTOGRAPY OR AUDIO/VISUAL RECORDING

It is Ari Bhöd policy that NO PHOTOGRAPHS or VIDEO or AUDIO recordings are permitted inside any of our buildings, especially the shrine room and temple. We thank you for your understanding. (You may occasionally see Ari Bhöd staff or the monks of His Eminence taking photographs, but this is for our official archives.)

Internet Service

Internet service will not be provided by Ari Bhöd. It is not available at Pema Drawa. It is possible that you will have limited reception on your handheld device, especially if your carrier is Verizon. You should not expect to get clear telephone reception from your cell phone. There are places in the city of Tehachapi (such as Starbucks) where internet service is available, but we encourage you to “unplug” for the duration of the retreat.

Contact Information

Office Phone:

PH: 626-564-0702 FX: 626-564-0701

Pema Drawa Phone and Address:

16175 Paradise Valley Road, Tehachapi CA 93561

PH: 661-823-9308

DIRECTIONS:

From Los Angeles:

- Take Route **5 North** towards Sacramento. (Proceed about 15 miles past Burbank). Merge right onto Route 14 North towards Palmdale/Lancaster. (You'll go through mountains, then the Antelope Valley for about 70 miles total). Once you're in the small town of Mojave, look for signs for **58 WEST** (towards Bakersfield) You'll be making a rather strange left turn at a small sign for 58 West on the highway. This left turn is past the city of Mojave and its traffic lights by a few miles. **DO NOT MISS THIS TURN!** It is easy to miss this left.
- Take highway 58 WEST (about 15 miles), through the valley and past the windmills. You will pass a big "Love's" Truck Stop on your right as you are nearing Tehachapi. You'll see three exits for Tehachapi. Take the third exit, **Route 202** and turn left at the end of the exit.
- This will put you on Tucker Rd. Continue past the shopping center and go through several traffic lights.
- Take Tucker up towards the mountains until it ends on Highline Drive. Make a right on Highline Drive.
- Take Highline Drive about a mile. Look for a small sign on the right that says "CAMP GILBOA". (On the left will be a house with a small wind turbine.) This is Water Canyon Road, which goes left up towards the mountain. Make a left at Water Canyon Road. Head up the mountain. Here the road has many sharp curves, so please drive slowly and with caution. The road is paved.
- After a few miles you will see the woods give way to a field on your right. There will be a road on your right that says "Paradise Valley Road". There will be signs for a Norbertine Monastery. TURN RIGHT HERE. You will drive straight for a few hundred feet until there is a CLOSED GATE. This gate leads straight ahead and says "END"-this is what you want. From here the road will not be paved. Open the gate, then close it behind you, and take the road past through the field of oaks at the monastery. (Do not turn right into the Norbertine Monastery property itself.) Note that there is NO PARKING AT ALL AT THE NORBERTINE MONASTERY, AS THE PREVIOUS PARKING AREA HAS BEEN FENCED OFF.
- Once you are on the unpaved road DO NOT DRIVE FASTER THAN 15 MPH! There are numerous blind curves and often there is oncoming traffic on this one-lane road.
- Take this unpaved road for a few miles-the road will split--take a right where the signs point towards the camp. Go up 1/2 mile and you will come to another Y in the road. Take the left road, towards the red gate. The gate should be open if we are expecting you. Please leave the gate as you found it unless otherwise instructed.
- After passing through this red gate, continue all the way up and you will come to the end of the road and you will see a large lodge and one final gate that is green. Proceed to the parking lot and park your car, or follow signs to other parking areas. Please **do not park along the stone wall** that runs parallel to the main building, as this is a fire zone. The second door to the right is marked "REGISTRATION", which leads to the office in the main building. Please enter here to register. Welcome!