

Tarab Ling Institute

An Abode for Study, Research, and Retreat

Practical Information



Welcome to Tarab Ling Institute!

Tarab Ling Institute was established by the late Tarab Tulku Rinpoche as a place for study, research, and practice based on what he named - Inner Science - it is deeply rooted in the ancient spiritual tradition of India. Besides this specific purpose Tarab Ling also welcomes other groups or individuals who need a peaceful place for study and contemplation as interaction and exchange of ideas is beneficial for people with an open mind. Tarab Ling is an excellent place if one also wants to go for treks in the mountains or explore the historical places around.



Where is Tarab Ling Institute?

Though close to the city of Dehradun, Tarab Ling is placed in a serene and beautiful landscape on the fringe of a small village Asthal, with a hilly forest secluding it from the city with a breathtaking view over the Baldi river towards the Himalayan foothills.

The Campus

Tarab Ling campus spreads over 3 acres of land with many fruit trees and flowering plants. The environment is serene and perfect for study, meditation and peaceful retreat. Tarab Ling is a wonderfully cosy, quiet and protected location, which allows guests to enjoy beautiful nature in company of a family-spirited team. Tarab Ling is a vegetarian, alcohol free and non smoking zone.



Main Teaching building

Tarab Ling facilitates Teachings, Retreats, Conferences, Workshops, Yoga Practice and Ayurveda Treatments etc.

The Teaching building at Tarab Ling has one big hall at the ground level (202 m²), two smaller teaching halls on the first floor (88 m²/38 m²) as well as a library (38 m²). In addition to this there is a retreat room / flat at the second floor. The big hall and one of the smaller has wooden flooring and are well suited for yoga practice. The big hall is equipped with projector, sound and recording systems. To provide a good acoustic the teaching halls has sound absorbing ceilings to give a pleasant acoustic.

Capacity of the big hall: 100 - 150 people seated
Capacity of the small hall: 30 - 50 people seated.



Accommodation

There are 3 fully furnished guest houses.

Each 2 storied house has 8 studio flats, total 24.

The studio flats are well suited for 2 persons and have attached bathroom with hot running water (solar water heaters). At the stairs there is a kitchenette on each floor. There is a joint entrance with cupboards for two opposite flats. Two opposite flats may also be used as one unit. Upstairs each flat has access to two balconies and downstairs there is direct access to the garden.

Each flat is equipped with 2 single beds and complete beddings, 1 study table and chair, 2 bed side tables, 2 lamps, a coffee table with 2 easy chairs, ceiling fan, fireplace and its accessories.

In addition, bathroom accessories provided are towel, soap, etc.

For longer staying guest there is an option of choosing the preferred room. However, if the group is big and all are staying for long duration, Tarab Ling reserves the right to allocate the rooms

The Teachers houses:

This 2 storied house has at the ground floor 3 bed rooms, one common room as well as a kitchen plus 2 bathrooms.

On the first floor there are 2 bedrooms with balconies, one big lounge with a kitchen with access to a large balcony plus two smaller. Here there is one bathroom.

There is space for 10 people in this





On Arrival at Tarab Ling Institute Campus

Since it is not easy to locate Tarab Ling Campus for newcomers, it would be best to make a call to Tarab Ling Institute's office at 9410186214 from taxi drivers' phone to get the right direction.

Staff will meet you and take you to the room, introducing and making you comfortable. In case of late arrivals for those who have already been to Tarab Ling, you will be informed about your room number, the keys will be hanging on the doors.

For those who are coming for the first time to Tarab Ling, staff will be there to welcome at any time of your arrival.

We request all guests to please read the information folder in the room.

Once checked in, please fill out the visitors' register at the office. Present your ID card, Passport (in case of international visitors) which we have to register at the Indian Government Foreign Registration Office.

Catering

Tarab Ling has a good team of cooks. Basic supplies like grains, pulses, potatoes and vegetables are mostly acquired from organic suppliers to ensure clean, hygienic and healthy foods. Since India is famous for its vegetarian cuisine, we serve only vegetarian dishes freshly cooked every day.

In case you need a special diet, please let us know in advance.



Other Services

Preparation for Traveling to India

Visa It is advisable to apply only for tourist e-visa. For long stay, it is recommended to apply for multi-entry 6 months visa.

You can use the Tarab Ling address when applying for tourist visa:

Tarab Ling, Asthal Village, PO Maldevta, Raipur block, Dehradun 248009, Uttarakhand, India

Health precautions

Please consult your doctor for necessary vaccination and other health-related precautions prior to coming to India.

Foreign Currency Exchange

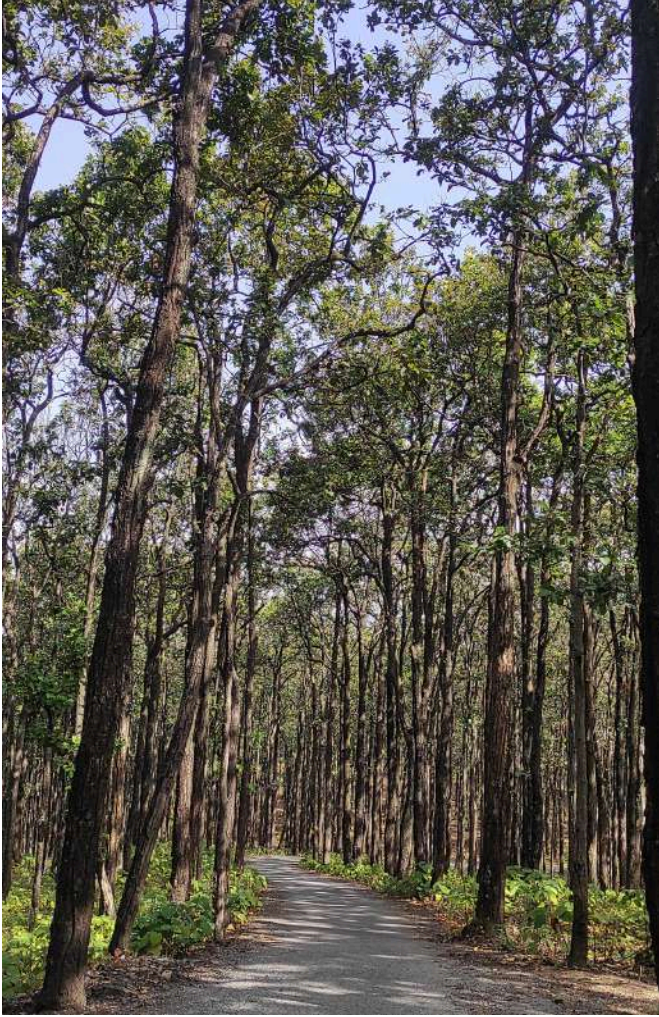
Tarab Ling will facilitate exchanging foreign currency to INR. The rates will be as per the market.

It is advisable to change some money into INR in your respective countries before your travel.

You may also change currency at IG airport, but usually better rates from home.



Taxi Service



Tarab Ling will facilitate to arrange taxi as per requirement of the guests for local sightseeing such as Tibetan Sakya monastery, Clement town, Mussoorie, Surkhandha Devi temple, Rishikesh, Haridwar. The details of local and higher Himalayan treks are given at the end of the document.

Tarab Ling will provide guidance for nearby sightseeing tours.

Travelling to Tarab Ling Institute from Indira Gandhi International Airport, Delhi

By Taxi

Write to us in advance, in case you want us to arrange taxi from IG airport to Tarab Ling. You will find the taxi driver outside gate number 5 with name placard.

The distance is approximately 250 km and 8 hours from IG airport to Tarab Ling.

A small car will cost 10,000/- INR, comfortable for 3 passengers with light luggage.

A bigger car will cost 15,000/- INR, comfortable for 3 passengers with heavy luggage.

In case you want us to arrange taxi from New Delhi Airport to Tarab Ling in Dehradun, please contact Mr. Norbu Wangchuk on

email:- norbu.wangchuk@tarabling.org / infotarabling@gmail.com



Image Courtesy - Central Railway on X

By Train

Take “Airport Metro” available at IG airport itself or take a taxi booked at prepaid booths at the airport and reach New Delhi railway station.

Taxi will take approximately 1 hour, while “Airport Metro” will take about 20 minutes to reach New Delhi railway station and is also cheaper.

To travel by train from New Delhi to Dehradun you need to book rail tickets 2-3 weeks in advance. Tarab Ling can facilitate rail reservations if informed one month in advance from the date of journey. Your railway ticket will be sent to you by email and you can reimburse the cost on your arrival in Tarab Ling.

It will take approximately 7 hours to reach Dehradun from New Delhi railway station and is approximately 300 km.

Train name, arrival and departure timings can be viewed at www.irctc.co.in

For advance railway ticket booking please send your full name (as per your passport details), date of birth, gender, and your travel dates to Norbu Wangchuk on following email. infotarabling@gmail.com

Taxi from Dehradun railway station to Tarab Ling

Taxis are available at Dehradun railway station to reach Tarab Ling.

Tarab Ling is about 12 km from railway station

Tarab Ling can facilitate in arranging taxi from railway station. The cost is 2000/- INR

Please contact Tarab Ling in advance for arranging taxi

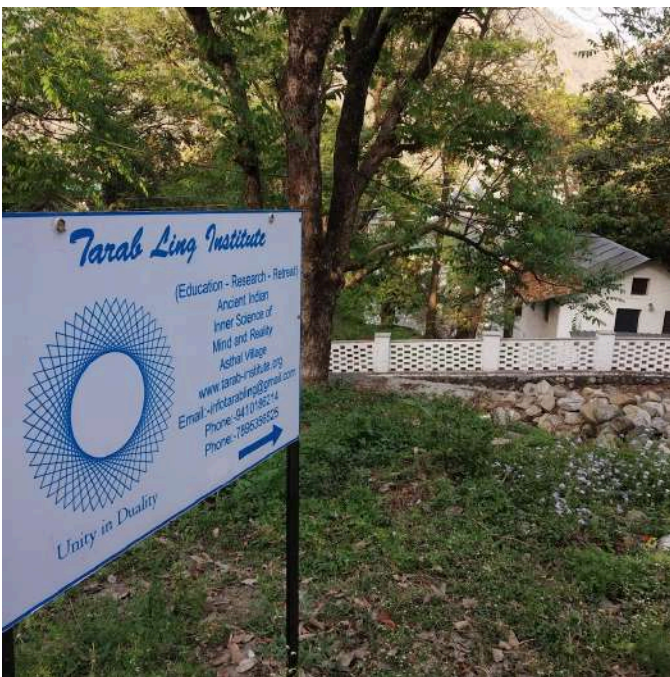


Image Courtesy - Padma Stanzen

Image Courtesy - Triplanza



By Plane to Dehradun Airport:

From IG airport to Dehradun. Please check the flight timings and costs at the website “www.makemytrip.com”.

On domestic flights, the luggage weight is often limited to 22 kg approximately including cabin bag. Extra weight of luggage will be charged by the airlines.

Taxi From Dehradun Airport to Tarab Ling:

- Taxis are available at Dehradun airport to reach Tarab Ling.
- Tarab Ling is approximately 30 km from the airport and costs 2000 INR.
- It will take approximately 45 minutes if the traffic is less.
- Contact Norbu Wangchuk in case you want us to arrange a taxi from Dehradun airport to Tarab Ling

Water Supply

The water supply is from our own bore well as well as from public supply. We recommend using filtered drinking water. This is available in the 20 liter dispensers in each guest house or direct from the RO-unit in the dining hall. You may bring your own bottles for refilling.

Electric Power Supply

As the common power supply is kind of on and off in this area, Tarab Ling has generator backup, an electric solar installation as well as battery backup to manage shorter breaks.

The studio flats have back up of light and one plug point by the entrance; this is for charge of laptops and mobile phones, not for heavy use.



Recommended Equipment For Comfortable Stay



- Good walking shoes and possibly walking sticks, mosquito repellents round the year.
- Warm comfortable clothes (including gloves, hat, warm pullovers and scarves (wool), socks) for the months of November to March. Temperature range from 28 to 7 degree Celsius.
- Light comfortable clothes, cap, water bottle, sun protection, swim suit, sunglasses for the months of April to October. Temperature range from 40 to 17 degree Celsius.
- Rain equipment for the months of June to September.

Wi-Fi

Tarab Ling has Wi-Fi on the campus and password will be provided on arrival. There are designated wi-fi zones on the campus. Please refer to the the document 'Introduction to Tarab Ling Institute' shared with you by the Office.

Please switch off roaming on your mobile phones when not needed as it 'eats' the capacity of the Wi-Fi.





Laundry Services

If you need laundry service then Tarab Ling can provide this on payment basis. We use environmental friendly detergents.

If you do the washing yourself, then you can purchase the detergent at the office.

Medical Services

There are good and qualified hospitals within 15-30 minutes drive. You may also choose the Tibetan medical doctor or an Ayurvedic clinic.

First aid medical kit is available in the office.

Sale On-Site at Tarab Ling

- Organic tea and herbal tea
- Organic shampoo, shower gel, toothpaste, body and hand cream
- Tissues, toothbrush, paper napkin and massage oil
- Fire ignition products
- Stamps for international mail
- Nuts, raisins, and other dry fruits, chewing gums, chocolate
- In case of emergencies, Tarab Ling will arrange buying any accessories from the market
- Mosquito repellent during summer and rainy season



Image Courtesy - Samarpita Mandal

Additional Services Available On-Site or Nearby

- **Ayurvedic Massage (Abhyanga)**
- **Tibetan Physiotherapist**
- **Ayurvedic Doctor and Medicine**



Image Courtesy - Sayantika Dasgupta

Souvenirs

- Pashmina shawls and other varieties of woolens using natural dyes
- Glass products made from Murano glass beads i.e., necklaces, bracelets, choice of beads to create your own jewellery
- Muesli made in Tarah Ling



If you need further assistance or have more requests, feel free to ask!

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