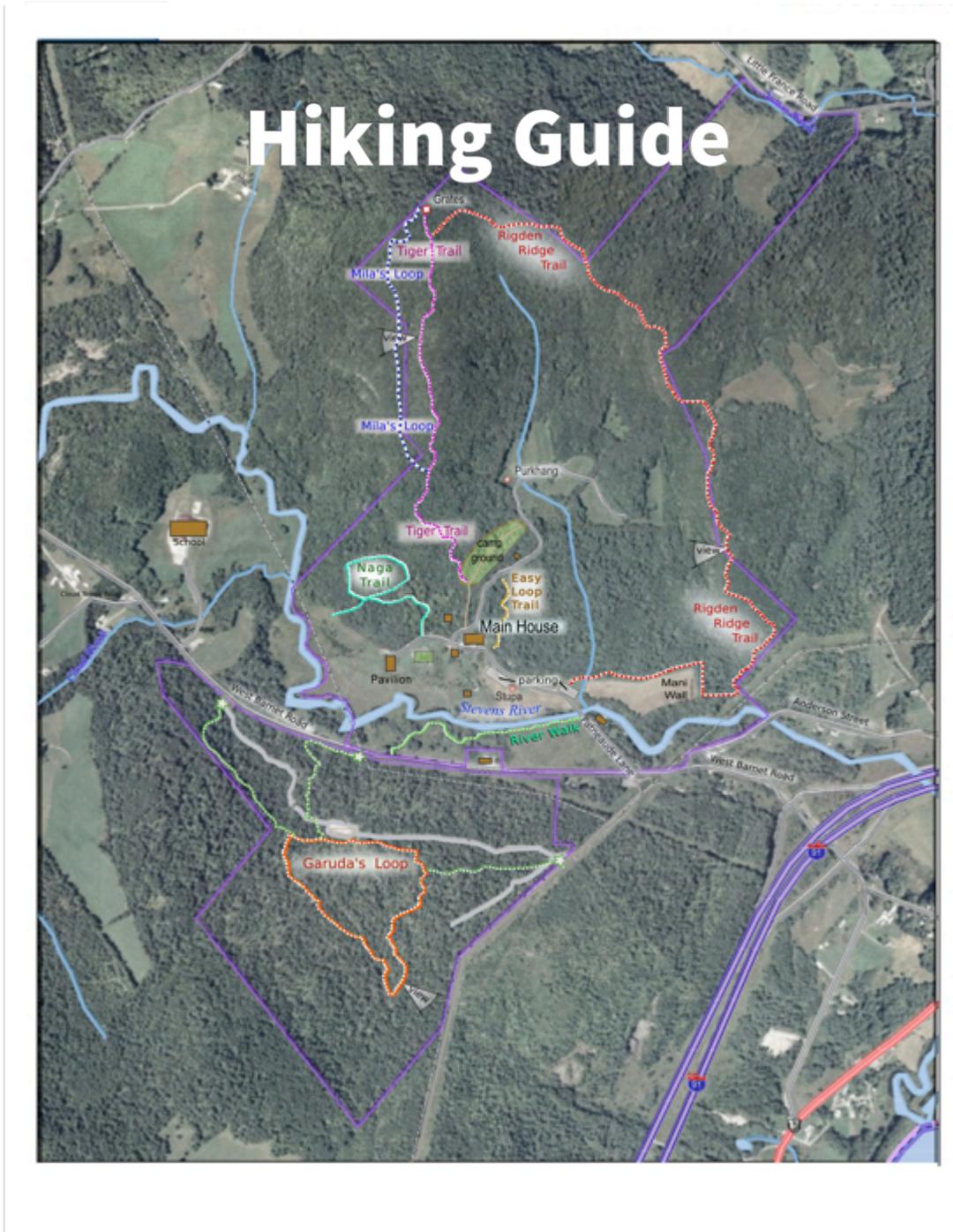
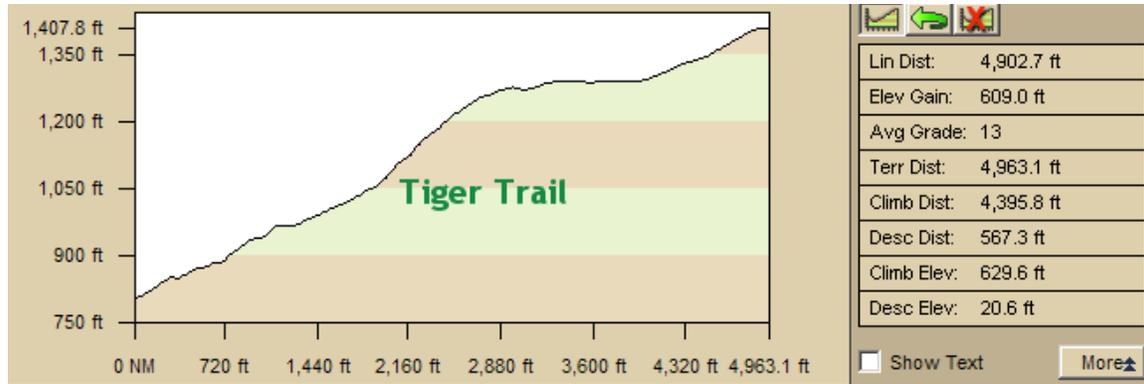


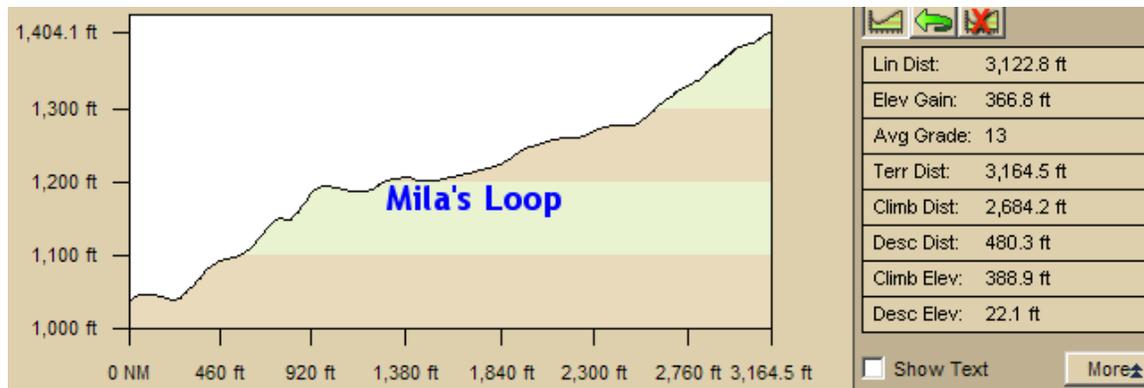
Karmé Chöling Trail System



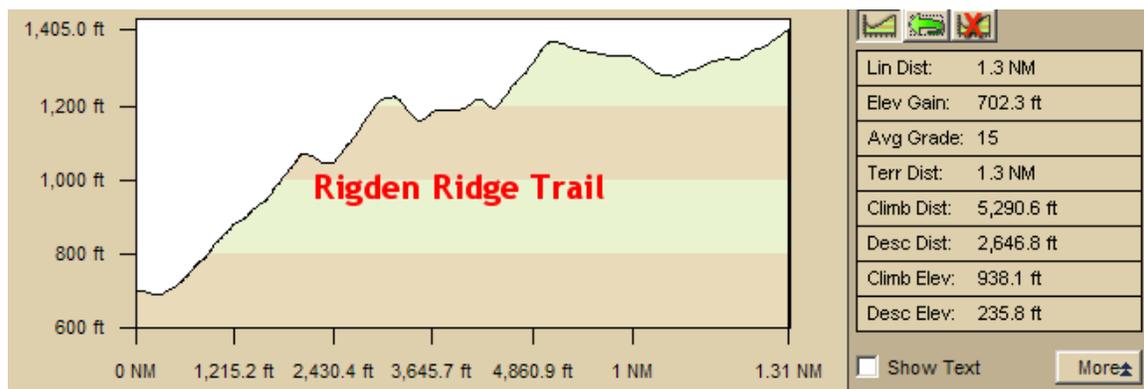
Northern Trail Profiles:



Tiger Trail – about 40 minutes round trip hike up to the Grates along the western ridge above Karme Chöling with a view at one point across the valley to the west known as Little Switzerland. Note the steep portion in the middle.

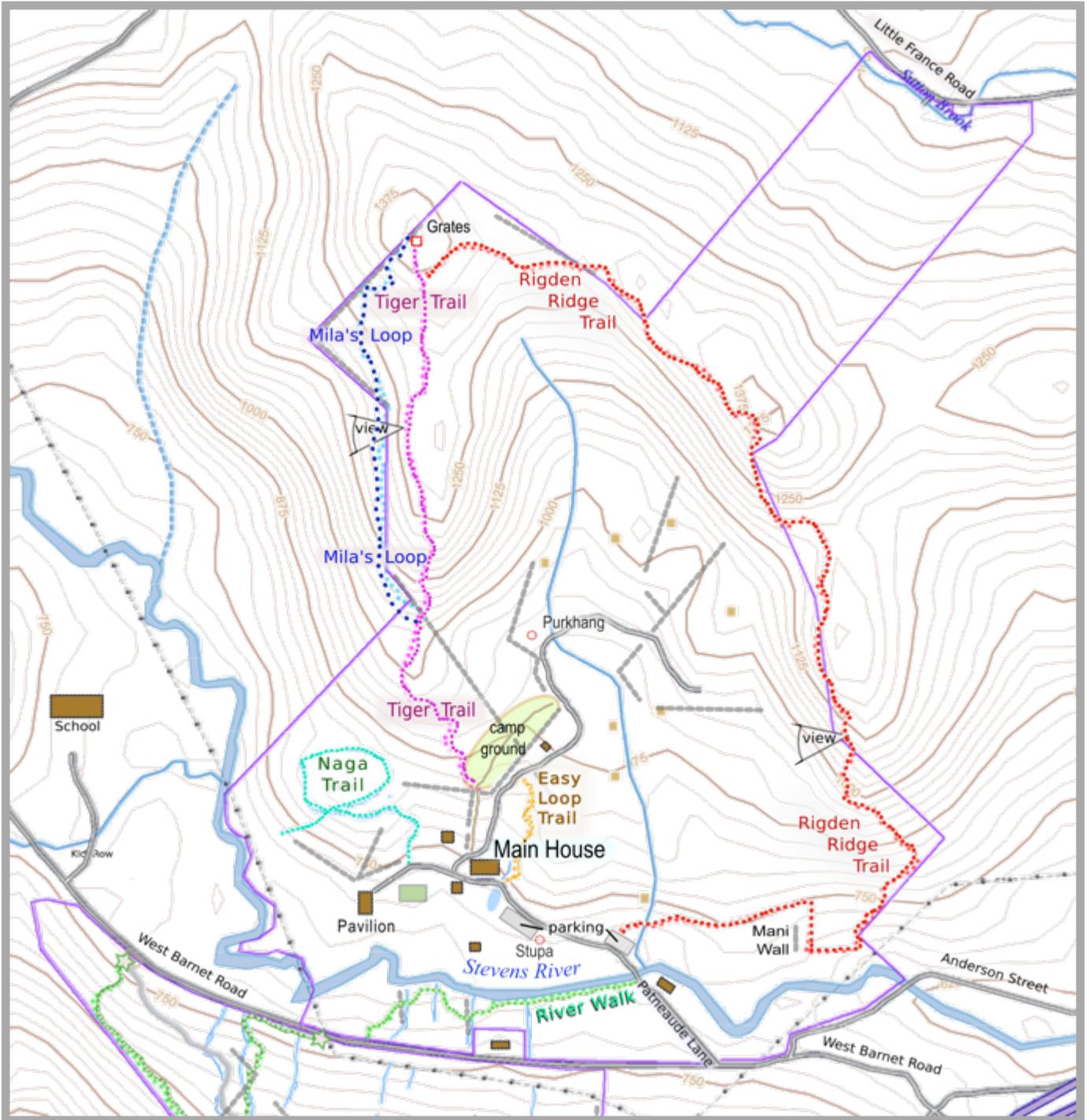


Mila's Loop – an alternative route for the upper end of Tiger Trail providing a somewhat gentler approach to the Grates that has no vistas but does pass by Milarepa's meditation cave with its vernal pool at the base of a cliff.



Rigden Ridge Trail – a vigorous hike with several steep and somewhat difficult spots taking perhaps an hour and a half with an ending or beginning on the Tiger Trail and with pauses to enjoy the environment and vistas (or to catch your breath). It traverses most of the ridge around Karme Chöling known in Feng Shui as a “Dragon's Spine”, a nexus of energy for this area.

Northern Trails



Legend:

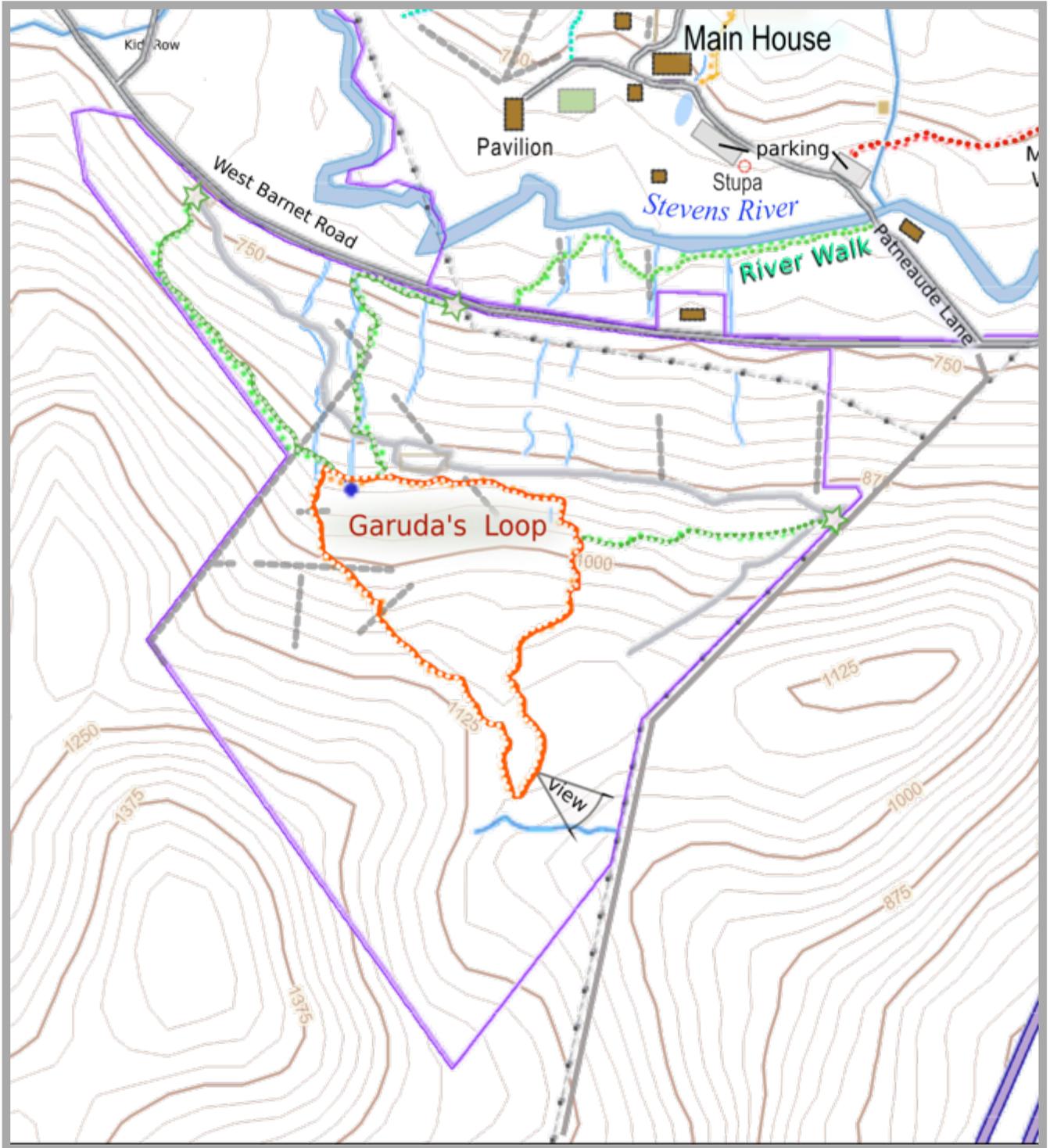


stone walls



boundaries

Southern Trails



Legend:

stone walls ●●●●●●●●

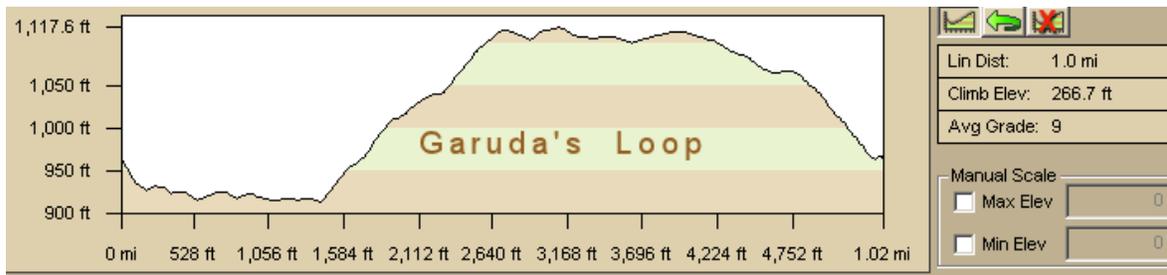
———— access road

boundaries —————

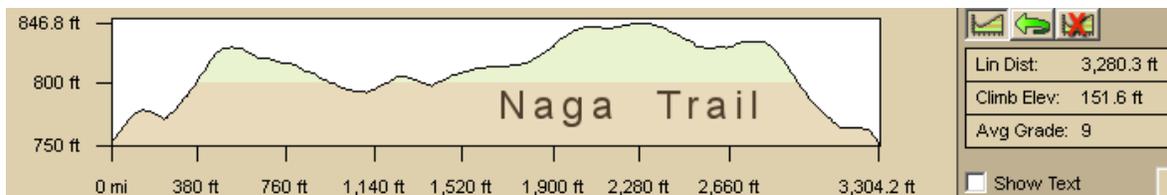


access point

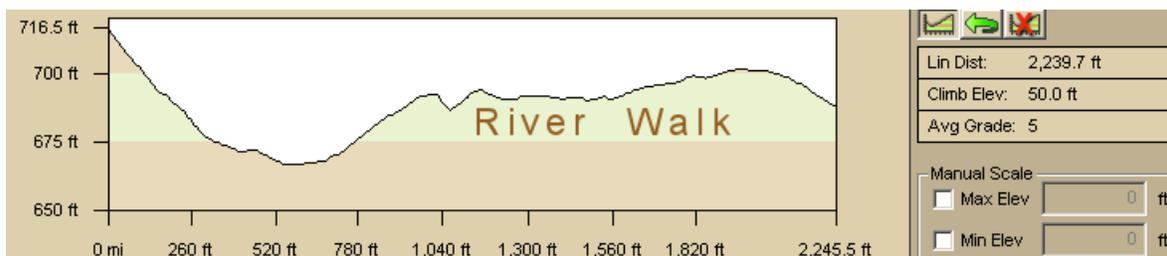
Southern Trail Profiles:



Garuda Trail – an exploratory looping of Karme Choling's southern ridge in about 25 minutes (plus about 15 minutes round trip on one of the 3 access trails). See the traces of past farming communities' stone walls and foundations and a large, stone-lined spring still offering fresh water. That's Mount Moosilauke (4802') you see from the top of the loop looking southeast down the Connecticut River Valley.



Naga Trail – this is a nice little stroll in the woods of no more than 15 minutes (unless you dawdle) that would be enjoyable for the family with children. It's only a bit steep for a little ways at the beginning.



River Walk – feel the moods of Steven's River rushing by below you on the steep bank it has carved into the hillside or glimpse it serenely meandering through the meadows just past you in the pine woods. You could traverse these scenes and be back in twenty minutes or extend your hike across the highway at the far end to meet the central access trail to Garuda's Loop (about 200 feet further along that road).

Hiking Guide:

Don't get lost! Stay on the trails. If the path is not obvious, do not leave the vicinity of the trail marker that you are at before you have spotted the next one ahead.

If you do get lost and have access to GPS, here are some coordinates that might help you get home:

Grates: N44° 18.9649' W72° 4.3062'

Purkhang: N44° 18.5167' W72° 4.1208'

Main House: N44° 18.2477' W72° 4.2009'

Mani Wall: N44° 18.164' W72° 03.699'

Garuda's Loop at the southern tip: N44° 17.654' W72° 04.385'

On the maps true north is up. Magnetic variation is 16° west.

If you have cell/satellite phone connectivity and need to call for rescue:

The Karme Choling front desk phone number is (802) 633-2384.

The emergency pager number is (802) 283-6118

Getting Tick Smart.

Walking the fields and forests around Karne Choling can be a delightful meditation, yet we may also encounter a disease carrying deer tick.

Most ticks on this land are dog tick, aka wood tick. They do not carry Lyme or other diseases. Dog ticks roam around mostly in sunny and semi shaded areas, for instance around the karne Choling buildings and river meadows.

Deer ticks require a shaded environment with at least some moisture around, deeper into the woods and around stone walls.

To Be Completely Safe:

Spray your clothes with **PERMETHRIN** (a botanical made from the chrysanthemum plant). You can find the permethrin spray bottle in or outside the mudroom. Place your shoes, socks, long pants and shirt on the ground, spray all exterior sides and let it dry for two hours. (spray remains effective for 5 weeks)

Helpful Hints: (when not using Permethrin)

1. Avoid walking through tick infested areas: tall grasses, shrubs, the deep wood.
2. Avoid sitting on the forest floor, fallen trees or stone walls.
3. When hiking, stay on the paths and avoid brushing up against plants
4. Wear light colored clothing for easy tick detection. Wear long-sleeved shirts and pants. Wear closed shoes. Tuck socks and shirt into your pants.
5. Apply special tick repellent (botanical or DEET) to exposed skin.
6. Check for ticks on your clothes regularly while hiking.
7. After visiting 'tick country' check your body thoroughly, perhaps with the use of a mirror or the help of a friend's eye. Ticks especially like warm hidden areas of your body: armpits, groin, back of the knees. Tiny tick nymphs often hide between the toes and around ankles.
8. After visiting the outdoors: place your clothes in a warm dryer machine for
9. 15 minutes. (dries and thus kills the tick)