

Jampa Ling Tibetan Buddhist Meditation Centre



Know Before You Go Guide



Jampa Ling is in Bawnboy, Co Cavan, which is a friendly and comfy place in a quiet countryside area. This guide will help you get ready for your visit.



To book an activity or stay with Jampa Ling you can either book online at <https://www.jampaling.org/> or call +353(0)499523448.



This is Desmond and he is happy to help you with any questions before and during your visit.



There is a car park on site. You can also arrive by bus to Bawnboy.



At Jampa Ling, we offer meditation and retreats for everyone. Meditation helps with feeling calm and grounded. There are four meditations each day in our special room. We also have retreat days and weekends for all types of people.



We also offer forest bathing, which can be good for many people.



You can stay over night in Jampa Ling, either in Tara House, our Hostel or a Retreat Mobile.



We sometimes burn incense. If you are sensitive to smells, please let us know before you Come. We want you to feel comfortable



Sensory Tools in Nature



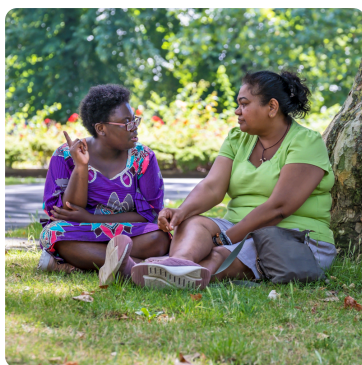
Jampa Ling is surrounded by nature in a quiet countryside. The perfect place to relax or explore.



Stop and listen to the sounds around you. Hear the birds singing, and the wind moving through the trees.



Look at the trees and clouds in the sky. Can you spot shapes? It is calming to notice what's around you.



We have a large grassy area. Put your feet in the grass. Feel the leaves. You can use these textures to stim or feel calm.



Watch how the plants and trees move in the wind. Sway like the trees. Moving your body can feel fun and help you feel good.



Take a deep breath and notice the different scents. Smell the flowers, grass, and trees. Smelling nature can be relaxing and make you feel happy.



Jampa Ling has lots of space to explore your senses. You can look, listen, touch, move, and smell. Spending time in nature can help you feel good.



Eco Friendly



Jampa Ling is a Member of Cuilcagh Lakelands Geopark's Business Sustainability Network



Jampa Ling welcomes volunteers from Ireland and abroad to share skills in gardening, land care and sustainable living practices.



We are part of the Templeport Community Biodiversity Action Plan. Our gardening methods in our Victorian Walled Garden are chemical-free.



About Geoparks



Jampa Ling is located in Cuilcagh Lakelands Geopark.



What is a Geopark? A Geopark is a protected area that showcases important natural features like rocks, fossils, caves, and landscapes.



Geoparks also celebrate local culture, wildlife, and traditions. They involve communities to preserve nature.



Things To Do Nearby in Cuilcagh Lakelands Geopark



Ballyconnell Canal Trail – A peaceful waterside trail, with wildlife, and relaxing scenic views.



Tullydermot Falls – A cascade surrounded by tranquil woodland scenic beauty.



Altachullion Viewpoint – Offers panoramic views, rolling hills, and serene landscapes.

Photosymbols[®]

Personal Licence 23989507654008

Cuilcagh Lakelands Geopark's Regenerative Tourism Business Network is continuously working on improving our accessibility. We welcome your feedback on our facilities and our Know Before You Go Guides. You can send feedback to info@cuilcaghlakelands.org.