

About Retreathaus Berghof e.V.

The Tibetan name of the Berghof retreat house is Rinchen Bangdzö, "precious treasure". It was founded in 2015 by a group of students from the Tibetan Buddhist teacher and Tibetologist H.E. Dargyab Kyabgoen Rinpoche and serves as a seminar and retreat house for Tibet House Germany in Frankfurt, a renowned cultural institute and study center under the patronage of H.H. the Dalai Lama and spiritual head by H.E. Dargyab Kyabgoen Rinpoche and H.E. Zong Rinpoche.

Located at the edge of Wiesen, a small village in the Spessart Nature Park, surrounded by meadows and extensive forests, we can devote ourselves to study and meditation here and, on the basis of these experiences, explore how we have to interweave our Buddhist practice with constructive action in our personal environment and within society. It offers a place for a temporary retreat from the hustle and bustle of everyday life in order to find access to more inner peace and deeper insights through meditation. We also offer Buddhist meditation courses and seminars.

The former country inn has a larger meditation or seminar room with seat mats and cushions for about 50-80 people, a small seminar room with tables and chairs for about 20 people, a small meditation room for 15 people and rooms for the participants to stay overnight.

There is a well-equipped kitchen and two dining rooms. We provide a cook for vegetarian cuisine. Due to the location on the outskirts, you are usually completely undisturbed, even during walking meditations in our garden or on the forest paths. Beside the house there is a nice meadow with a walnut tree in the middle for outdoor activities and exercises.

We are open to cooperation events with other Buddhist, interreligious or ethico-ecological groups, as long as these are in line with the values and goals of Retreathaus Berghof e.V.

Registration:

Here you can register for the retreat and for room and meals. The rooms are allocated in the order in which they are registered. We ask for your understanding that rooms can only be booked for the entire period of the retreat. For registration please use the prepared online form at the Berghof homepage:

<https://www.retreathaus-berghof.de/programm/>

Course fee: 208 € regular, 144 € members of Retreathaus Berghof, 102 € social price.

In addition to this Retreathaus Berghof course fee there will be the possibility to offer a dana to James to express your gratitude for the teachings.

Prices for rooms and meals:

Overnight stay per person and day including VAT:

Room with bathroom € 35

Double room 27 €

Double room for one person 54 €

Overnight stay in multi-bed area € 11

Bed linen / towels if required 7 € per stay

Daily meal rate per person including VAT.

Full board 35 €

Only lunch and dinner (if you stay overnight outside) 28 €

Tea, coffee, cookies (if you do not book meals in the house) 5,50 €

Due to unforeseen price increases for catering, it might be possible that we will have to adjust the prices at short notice.

Contact:

Retreathaus Berghof e. V.

Am Berg 1

D-63831 Wiesen (Spessart)

Germany

Phone: +49 152 0427 123

Email: office@retreathaus-berghof.de

<https://www.retreathaus-berghof.de>

Travel Direction

Wiesen can be reached by car in about an hour from Frankfurt / Main.

The international airport Frankfurt / Main is 45 minutes away by car.

The next longdistance train station is Aschaffenburg,

The next regional train station is Heigenbrücken. From Monday to Friday there are buses (20 min. drive) to Wiesen, on Saturday and Sunday every 2 hours during the day.

Bus schedule both Heigenbrücken – Wiesen:

https://www.kvg-mobil.de/dokumente/Fahrplaene/28_beide_2023.pdf

Accommodation in the area:

Since it is unfortunately not possible to accommodate all participants in the retreat house for large courses, we have compiled a list of accommodation options in the area.

Camping site, 3 km distance to Berghof

Camping Wiesbüttsee (06096 970256) www.cris-camping.com

Wiesen

Haus Schönblick www.haus-schoenblick-wiesen.de

Hella Elsässer (06096 252) and Sandra Elsässer (06096 603)

Kleinkahl (7 km distance)

Gasthof Bamberger Mühle www.bamberger-muehle.de

Pension an der Kahlquelle www.pension-kahlquelle.de

Flörsbach (7 km distance)

Ferienwohnung Flörsbachtal drei Ulmen www.ferienwohnung-drei-ulmen.de

Frammersbach (12 km distance)

Gästehaus Laubertal www.gaestehaus-laubertal.de

Landhotel Spessartruh www.landhotel-spessartruh.de
Gasthof zum Grünen Baum www.gasthof-zumgruenenbaum.de
Gästehaus Blatz www.gaestehaus-blatz.de
Gasthof zur frischen Quelle www.diefrischequelle.de
Pension Haus Sonnenhang www.sonnenhang.de

Heigenbrücken (14 km distance)

Privatpension Hasenstab www.pensionhasenstab.de
Gasthof zur frischen Quelle www.zurfrischenquelle-heigenbruecken.de
Pension Villa Walburga www.pension-villa-walburga.de
Hotel Garni Berghof www.hotelgarni-berghof.de
Pension Haus Sonneck www.pensionhaussonneck.de)
Flairhotel Hochspessart www.flairhotel.com
Hotel Villa Marburg www.villa-marburg.de

Flörsbachtal (15 km distance)

Hotel Flörsbacher Hof www.floersbacher-hof.de
Hotel Waldeck www.waldeck-spessart.de
Bergdorf Spessart www.bergdorf-spessart.de