



school and college visits on weekdays

Thousands of students visit the Temple every year. They meet a Buddhist teacher who shares their experience of living a modern Buddhist way of life and so brings alive what the students are learning at school or college. [See manjushri.org/Day Visits/School and College Visits](http://manjushri.org/Day Visits/School and College Visits)

'Thank you so much for our trip today. It was superb and the children are full of information and reactions to the day. They have asked if we can incorporate some meditation into our school day!'

group visits on weekday afternoons

A guided tour geared to your group's interests. Discover the history of Conishead since 1160, and visit the Temple to learn about the spiritual life of modern Buddhists. Can include a cream tea after your tour. [See manjushri.org/Day Visits/Group Visits](http://manjushri.org/Day Visits/Group Visits)

'A big thank you for looking after us so well. The group thoroughly enjoyed the afternoon, and there were many comments about how peaceful and interesting they found the visit.'



meditation and buddhism – something for everyone

We offer day and weekend courses, guided retreats, relaxation breaks, and Spring and Summer Festivals. Drop-in evening classes are also available throughout Cumbria. Pick up a leaflet from the foyer or see manjushri.org/Meditation Classes.

volunteers welcome

As a Charity we run the Centre mainly through the volunteer efforts of the residential and local community. The generosity and dedication of these volunteers enables us to welcome visitors all year round. Some volunteers give a few hours each week, others come for a week-long visit. If you would like to help please see online application form at manjushri.org/About/Volunteering.

Opening Times – 1 Jan 2015 to end Feb 2016
Times may vary - please see manjushri.org/Day Visits/Opening Times or call Reception on 01229 584029 Monday to Friday 9.30 to 1pm and 2 to 5pm

Summer 1 March to end Oct

TEMPLE Mon to Sat 11 to 5pm,
Sun 12 to 5pm

CAFÉ AND SHOP Daily 11 to 5pm

GROUNDS Daily dawn to dusk

GUIDED TOURS for casual day visitors at 2.30pm on Sat, Sun and BHs (except during Festivals)
Adults £3.60, children free, please buy tickets from shop

Winter 1 Nov to end Feb

TEMPLE, CAFÉ AND SHOP
Daily 11 to 4pm
Open Christmas Day and Boxing Day

GROUNDS Daily dawn to dusk
No weekend Guided Tours

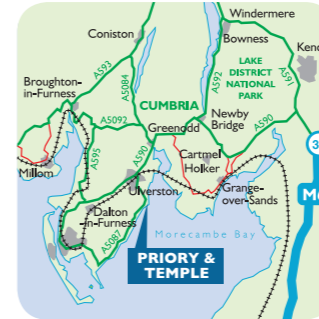
Closed for Buddhist Festivals in 2015

Mon 11 May and reopen Mon 1 June
Mon 13 July and reopen Sat 15 Aug
Wed 30 Sept and reopen Sat 10 Oct

Pre-booked **GROUP VISITS** available on Mon to Thurs (except during Festivals)
See manjushri.org/Day Visits/Group Visits for more information

information

FREE parking and admission to Temple, Café, Shop, Grounds and Toilets. Disabled parking and toilet. Wheelchair access to Temple, café, shop and ground floor of house.



getting here

Road LA12 9QQ. 2 miles south of Ulverston on A5087 Coast Road. 30 minutes from M6 J36, follow signs for A590 Barrow. In Ulverston take second exit at roundabout by Booths Supermarket, take second left onto A5087 signed Bardsea / Croftlands and 'Coastal route to Barrow'.

Bus Coast Road Service 11 from Victoria Rd (by Church), Ulverston. Tel. Traveline on 0871 200 22 33
See cumbria.gov.uk/buses

Rail 5 minute taxi ride from Ulverston station. See manjushri.org/Day Visits/Getting Here for list of taxis
Tel. National Rail Enquires on 08457 48 49 50
See thetrainline.com or nationalrail.co.uk



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Conishead

Registered Charity No. 1015054

Conishead Priory and Buddhist Temple

ULVERSTON, SOUTH LAKELAND



1 Jan 2015 to end Feb 2016

Buddhist Temple • Café • Shop • Historic House
Guided Tours • Gardens • Woodland Walks
Beach • Meditation Classes

FREE PARKING AND ADMISSION
2 miles south of Ulverston, LA12 9QQ

manjushri.org



unique visitor experience

From a hospital founded by Augustinian monks in 1160 to a modern-day Buddhist centre, Conishead Priory has a long history of healing and spiritual activity.

The historic house was rescued from dereliction in the 1970's and is being carefully restored by the Buddhist community, who have also built the magnificent Temple for World Peace.

Enjoy a unique day out. Visit the Temple, café, shop, and gardens. Stroll through the woods to the beach. Try a free 15 minute meditation session. Join a Guided Tour at weekends and Bank Holidays.

All profits and donations support the International Temples Project, an international fund dedicated to public benefit. See kadampa.org/Temples/InternationalTemplesProject

*'As I advanced, all that I saw or felt
Was gentleness and peace.'*

**William Wordsworth describing
Morecambe Bay near Conishead**



Kadampa Temple for world peace

Take some time to enjoy the special atmosphere of the Temple. Sitting in such a blessed place gives us the opportunity to let go of our troubles and develop a peaceful and happy mind.

[Opening Times - see back page](#)

drop-in meditation classes in the Temple

For dates and times see manjushri.org/MeditationClasses

Daily Simple 15 minute guided meditation to find inner calm. FREE

Wednesdays 7.30 - 9pm

Practical advice to solve our daily problems. £5

Sundays 10.30 - 11.45am

Prayers for World Peace

Making a positive contribution to our world. FREE

Kids' Club in main building. £3.50 per child

*'Just looking at the Temple with a happy mind
brings inner peace'* Geshe Kelsang Gyatso



café and shop

World Peace Café at Conishead Priory Light lunches, cakes, coffee, tea and cold drinks. Our amazing shop has unique gifts, kid's corner, Buddhist books, cards and posters. Free WiFi.

[Opening Times - see back page](#)

World Peace Café in Ulverston Town Centre Full vegetarian menu, fresh coffees and teas, cakes, gifts and Buddhist books. Free WiFi. Lunchtime meditation 12.30 to 1pm Tues and Thurs.

5 Cavendish Street, Ulverston, LA12 7AD. Tel: 01229 587793

Opening Times: Tuesday to Saturday 10am to 4pm

gardens, picnics, woodland walks, beach

Explore seventy acres of gardens, woodland and lake. Enjoy a picnic in the gardens. A six minute walk to the beach on Morecambe Bay offers amazing views to the Lake District and Yorkshire Dales, and is one of the UK's best places for estuary birds. Pick up a free woodland walks leaflet in the foyer. Grounds open from dawn to dusk most of the year. Dogs on leads welcome.



guided tours and open days at weekends

Guided Tours Join a guided tour, lead by a member of the Buddhist community, to learn about the history of Conishead and gain an insight into the daily life of modern Buddhists. 2.30pm on Weekends and Bank Holidays from 1 March to end of October (except during Festivals). Adults £3.60, children free, please buy tickets from the shop.

Open Days FREE guided tours on these days

Garden Open Days 25 and 26 April, 11 to 5pm, Adults £3.60 entry donation to National Gardens Scheme Charity, children free

Heritage Open Days 12 and 13 Sept, 11 to 5pm FREE

visitor comments

*'Fantastic experience. The Temple is so tranquil and peaceful.
Delicious food in the café.'*

'Love the woods and walking on the beach.'

*'Most wonderful place I have ever been to and what a
fantastic guided tour.'*

*'This is a place that makes me believe world peace can be
achieved.'*

