



## Pilgrimage Journey to Nepal

### ITINERARY



*Vajra Hotel, an oasis in Swayambhu*

#### **DAY 1 - ARRIVAL IN KATHMANDU**

Arrival and pick up at Tribhuvan International Airport of Kathmandu. We drive straight to Hotel Vajra in Swayambhu, West Kathmandu. There may be time to rest from the journey, go for a walk or enjoy the sunset on the rooftop in the evening. In the afternoon there will be an introduction to the yoga pilgrimage by instructors Alex d'Artois & Sisse Budolfsen



*The majestic Swayambhu stupa*

#### **DAY 2 - SWAYAMBHU**

Morning meditation session followed by breakfast. We pack up Jeep or Bus before walking to Swayambhu Stupa. The Jeep will pick us up after our pilgrimage to Swayambhu and drive to Neydo Monastery, Pharping for lunch. Free time after lunch. We will have an evening introduction to Tibetan Buddhism. Meditation session after dinner. We spend the next coming nights at Neydo Monastery in Pharping.



*At the Pharping Guru Rinpoche cave*

#### **DAY 3 – PHARPING**

After morning meditation and breakfast, we hike through rice fields to visit the Asura cave and the self-arisen Tara in Pharping. We hike back for lunch at Neydo Monastery. Free afternoon. Dinner and Meditation session. We spend the night at Neydo Monastery.



*The pine tree forest of Haatiban hill*



## DAY 4 - HAATIBAN RESORT

After morning meditation and breakfast we venture up the Haatiban hill to find Haatiban Resort which is tucked away in pine tree forests. After lunch and a little rest in the beautiful surroundings we have an afternoon meditation session in the resort's yoga shala space. There is the option of enjoying the sauna and steam facilities before or after dinner. We spend the night at Haatiban Resort.



*View from the Haatiban Hill*

## DAY 5 - NAMO BUDDHA RESORT

After our morning mediation session we can again use the spa facilities before we ride out to Namo Buddha Resort, where we spend the next two nights. We will have lunch in the beautiful surroundings of the Namo Buddha Resort followed by a free afternoon. After dinner we will have a meditation session.



*View of Thrangu Rinpoche's monastery*

## DAY 6 - NAMO BUDDHA PILGRIMAGE

Morning meditation session and breakfast at Namo Buddha Resort. After lunch we hike to pilgrimage in Namo Buddha where it is said that the previous incarnation of Shakyamuni Buddha sacrificed his body to feed a starving Tigress and her cubs. We visit the stunning monastery of Thrangu Rinpoche and the sacred Namo Buddha Stupa. We overnight again at the beautiful Namo Buddha Resort.



*The majestic Boudha stupa*

## DAY 7 - BOUDHANATH

Morning meditation/yoga session before breakfast. After breakfast we depart for the Boudha Stupa. Here we will learn about the sacredness of the stupa; circumambulate the stupa, and walk up to the first Tibetan Buddhist monastery in Kathmandu, Shechen Monastery, built by the great Buddhist master Dilgo Khyentse Rinpoche. After the afternoon in Boudha we will have dinner and spend the night at Vajra Hotel.



*Crossing a bridge over a creek*



## DAY 8 - HIKE TO CHIWANG MONASTERY FROM PHABLU

After breakfast, we fly, weather permitting\*, from Kathmandu domestic airport to Phablu. (\*Weather permitting: if there is low visibility we will then travel by Jeep to Phablu, approx. 8hrs) Phablu is located in the lower Everest region known as Solukhombu, nestled in the foothills of the Himalayas. Flying arrival: We will arrive in Phablu, have lunch, and then hike up the hillside to Phablu (2-3 hrs) and spend the night at Chiwang monastery which overlooks the valley below. Jeep arrival: We will overnight in Phablu and hike to Chiwang monastery the following day.



*Hiking through lush forests in the Everest region*

## DAY 9 - HIKE FROM CHIWANG TO EVEREST VIEW GUESTHOUSE

After breakfast, we continue our hike as pilgrims up through to the next village of Ringmo where we have lunch before continuing on to spend the night at Everest View Guesthouse.



*Nun climbing the stairs at Thubten Choling*

## DAY 10 - HIKE FROM EVEREST VIEW GUESTHOUSE TO THUBTEN CHOLING

After breakfast, we hike from Everest View Guesthouse over the mountain ridge to Thubten Choling, a nunnery located up in the lower Everest region. At Thubten Choling we experience the living tradition of a sacred heritage, passed down from the historical Buddha Shakyamuni, to the present day, in an unbroken lineage of masters whose teachings have been passed on to their students, seeking the qualities and realisation of awakening. We join the nuns in their daily practices in the main gompa (place of meditation), and otherwise there is the chance to go for short hikes in the astounding surroundings of hillsides, dotted with prayer flags and retreat caves.



*Nuns at Thubten Choling*

## DAY 11 - THUBTEN CHOLING NUNNERY

We take a few days off hiking and spend the day at Thubten Choling, where we are able to sit in at the nunnery gompa with the nuns practicing. It is possible to go for short hikes in the area around the nunnery. The day is partly guided, partly free for own adventures. According to Tibetan terminology, Thubten Choling is seen as a pure realm; a Buddha field. This signifies a place where many prayers and mantras have been whispered throughout the years, of the many nuns living there; mantras and prayers of compassion and loving kindness for the wellbeing of all sentient beings, and very naturally one senses the result of this accumulation of merit.



*Nuns practicing at Thubten Choling*

#### **DAY 12 - FINAL DAY & NIGHT AT THUBTEN CHOLING NUNNERY**

We spend our last full day at Thubten Choling, 3 nights in total, and are able to join the nuns for meditation practice, do yoga, meditation, rest, or go for short hikes in the area around the nunnery.



*Crossing a bridge in Solo Khumbu*

#### **DAY 13 - HIKE FROM THUBTEN CHOLING DOWN TO PHABLU**

After breakfast we hike from Thubten Choling down through the valley below, descending to Phablu.



*At Boudha Stupa*

#### **DAY 14 - TRAVEL BACK TO KATHMANDU & FAREWELL DINNER**

Weather permitting, we fly (or take the Jeep) back to Kathmandu, enjoy a free afternoon, and have our farewell dinner at Kathmandu's best pizza joint. We overnight at Vajra Hotel.