



TOUR
2018
DETAILED
ITINERARY
3rd Feb - 24th Mar

3rd Feb

- ▶ We depart Melbourne at 12.40am.
- ▶ We arrive in Kathmandu at 11.20am. We take the taxi to Boudhanath (approx. 40 minutes)
- ▶ Check in at Rokpa Guest House. (2pm)
- ▶ 2pm Lunch together. Rest.
- ▶ 5pm Afternoon/evening kora around the Great Stupa (Chorten)
- ▶ 7pm Dinner together
- ▶ 8pm Rest

4th Feb

- ▶ 6.30am Morning meditation and chanting
- ▶ 7.30am Breakfast together. This is our first morning together as a group. Lama Tendar will give an introductory talk to the group about the trip.
- ▶ 9am Visit Boudhanath Stupa and make offerings. Do kora of stupa. Prayers, meditation and chanting.
- ▶ 12pm Lunch together.
- ▶ 2pm Rest/Shopping
- ▶ 5pm Evening prayers and meditation
- ▶ 7pm Dinner together.

5th Feb

- ▶ 6.30am Morning prayers and meditation.
- ▶ 7.30am Breakfast.
- ▶ Visit Monkey Temple and Kopan Monastery
- ▶ 5pm Evening prayers and meditation
- ▶ 7pm Dinner together.
- ▶ 8pm Rest

6th Feb

- ▶ 6.30am Morning Meditation and chanting.
- ▶ 7.30am Breakfast.
- ▶ Visit Thamel (am) Boudhanath (pm)
- ▶ 5pm Evening prayers and meditation
- ▶ 7pm Dinner together
- ▶ 8pm Rest

7th Feb

- ▶ Day trip to Namobuddha (this is a full day excursion)(departs at 6am, return at 6pm). Please bring water, snacks for the day excursion. Breakfast will be outside or on the bus.
- ▶ There will be no evening meditation today.
- ▶ 7pm Dinner together.
- ▶ 8pm Rest

8th Feb

- ▶ 6.30am Morning prayers & meditation.
- ▶ 7.30am Breakfast
- ▶ Today is a free day.
- ▶ 5pm Evening prayers and meditation
- ▶ 7pm Dinner together.

9th Feb

- ▶ Day trip to Lumbini (the main place of pilgrimage)(depart at 6am and return at 7pm or later)
- ▶ Please pack water, snacks for the day trip which will be by plane unless otherwise notified.
- ▶ There will be no morning or evening meditation today.
- ▶ 7pm Dinner
- ▶ 8pm Rest

10th Feb

- ▶ 8am Breakfast.
- ▶ 12pm Lunch
- ▶ 2pm Sightseeing/Shopping
- ▶ 5pm Evening prayers and meditation
- ▶ 7pm Dinner
- ▶ 8pm Rest

11th Feb

- ▶ 6.30am Morning prayers & meditation
- ▶ 7.30am Breakfast
- ▶ FREE DAY IN KATHMANDU FOR SHOPPING ETC
- ▶ 5pm (there will be no Evening prayers and meditation tonight)
- ▶ 7pm Dinner
- ▶ 8pm Rest

12th Feb

- ▶ Fly to Delhi at 8.25am (EARLY DEPARTURE) Kathmandu-Delhi (Jet Airways 263)
- ▶ We check in at Wongdhen Guest House in Majnu Katilla , New Tibetan Colony and rest and relax. We then take the overnight bus from Majnu Katilla to McLeod Ganj, Dharamsala. This is an overnight journey where you wake up to the sun rising over the Himalayans. It is very much a door to door service and very convenient. Those not used to bus journeys are recommended to take medication for travel sickness. There will be toilet stops during this 12 hour journey. Dress warmly as it will get quite cold as we ascend the mountain.

13th Feb

- ▶ Dharamsala Arrive in McLeod Ganj at 6am.
- ▶ Check in Zambala Guest House
- ▶ Breakfast
- ▶ Rest This is primary a rest day. It is important to acclimatise to the altitude and weather of Dharamsala and get plenty of rest during the first day of arrival.
- ▶ Afternoon go to Tsulakhang (**Main Temple**) to pay respect to Buddha at the Main Temple. We do a circumambulation (Kora) around the temple.

14th Feb

- ▶ Dharamsala 7am Meditation and chanting
- ▶ This is also a rest day for shopping in McLeod Ganj. Lama Tendar will take you around the shops of McLeod Ganj and take you on the big kora around His Holiness residence (lingkor).
- ▶ Afternoon rest/shopping

15th Feb

- ▶ Dharamsala 7am Meditation and chanting
- ▶ Visit Norbulingka and **Gyuto Monastery** , lunch with managers, make offerings. Visit the beautiful grounds of the Norbulingka, named after the Dalai Lama's summer residence in Lhasa. This is a good opportunity to dress up as the beautiful grounds beckon photo opportunities. After this, we visit Gyuto Monastery where Lama Tendar trained as a monk for 14 years. We will visit the monastery's library and be introduced to the monastery's education and healthcare programs. This is a good opportunity to make offerings or donations to the monastery's managers directly. All donations go directly to the monastery and a receipt will be issued by the monastery (labrang). We will have lunch together with the monastery managers and partake in the meditation in the main hall.

16th Feb

- ▶ TIBETAN LOSAR Dharamsala 7am Meditation and chanting
- ▶ Visit Lama Tendar's family home in Mentsee Khang for Losar lunch and celebrations.
- ▶ Today is Tibetan Losar (New Year). We will visit Lama Tendar's family's home and enjoy a scrumptious meal there. It is recommended that you have a small breakfast this morning as a large and scrumptious lunch will be served. We will spend the day eating, drinking and listening to Tibetan music. Eat, drink, be merry.

17th Feb

- ▶ TIBETAN LOSAR Dharamsala 7am Meditation and chanting
- ▶ Walk to Bagsu Water fall.

18th Feb

- ▶ Dharamsala 7am Meditation and chanting
- ▶ A second visit to Gyuto Monastery to spend New Year with the monks of the monastery. Lama Tendar's students will offer us lunch and tea in their rooms. This event will be confirmed during our time in Dharamsala.

19th Feb

- ▶ Dharamsala 7am Meditation and chanting
- ▶ Visit Tibetan Government (Kashag), Tibetan Library, Mentsee Khang Tibetan Medical and Astrology visit. This is the heart of the Tibetan community and official seat of government for the Tibetan people living in exile. You will experience true Tibetan life and see how far it has come since it was set up by His Holiness Dalai Lama 59 years ago when he first arrived in India in 1959.

20th Feb

- ▶ Dharamsala 7am Meditation and chanting

21st Feb

- ▶ Dharamsala 7am Meditation and chanting

22nd Feb

- ▶ 7am Meditation and chanting

23rd Feb

- ▶ Flight Dharamsala-Delhi (flight times TBC)

24th Feb

- ▶ February Tour ends. Depart Delhi (11pm)

Last year, members of our group took up the opportunity of booking themselves into some of the 5 star accommodations available at Aerocity near Delhi airport as a way of rewarding themselves.

Five star accommodation is a lot more affordable in India than it would be in the West. As this is not part of the tour, Please let us know if you wish to do this on your own, so that we do not book a room for you in Delhi. It is definitely a worthwhile thing to do while in India.

Daily activities in Nepal include:

- ▶ Monkey Temple and surrounding areas
- ▶ Visit Kopan monastery
- ▶ Visit Namu Buddha (day trip)(TBC)
- ▶ Visit Lumbini (day trip/overnight trip)(TBC)
- ▶ There will be plenty of free time for shopping, massages etc

Daily activities in Dharamsala include:

- ▶ Visit Gyuto monastery
- ▶ Visit Norbulingka Tibetan Institute
- ▶ Visit Tibetan library and Tibetan government in exile
- ▶ Visit Mentsee Khang Tibetan Medical Institute
- ▶ Visit Tibetan Children's Village (TCV)
- ▶ Walk to Bagsu Village and Bagsu Waterfall (leisurely)
- ▶ Visit Lama Tendar's family's home for Tibetan New Year (Losar)

**Please note this is a rough guide of what we are doing on a day to day basis and is subject to change. The program will be fine-tuned once we approach departure date or even once travel has commenced.*