



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 Stupa and make offerings. Do kora of stupa. Prayers, meditation and chanting.
- ▶ 11am Visit Kopan Monastery
- ▶ 5pm Evening prayers and meditation
- ▶ 7pm Dinner together.
- ▶ 8pm Rest

5th Feb

- ▶ 5.00am depart for Lumbini by car (early departure)
- ▶ During our stay in Lumbini, we will visit the main sites there (Ashoka Column, Mayadevi Temple, Lumbini Museum), including the place where Buddha was born (Sala Grove). The journey by car is a long one. Expect an early departure from Kathmandu. Please pack food to eat during the journey such as fruit and nuts, water, biscuits etc.
- ▶ We will be staying at Buddha Maya Garden Hotel in Lumbini. This is a beautiful hotel, part of the famous KGH group, which is located within the Lumbini Heritage Site.

6th Feb

- ▶ Return to Kathmandu by car. Late arrival back to hotel.

7th Feb

- ▶ 6.30 (there will be no morning meditation and chanting this morning)
- ▶ 7.30 Breakfast.
- ▶ 5pm Evening prayers and meditation
- ▶ 7pm Dinner together.
- ▶ 8pm Rest

8th Feb

- ▶ 6.30 Morning prayers & meditation.
- ▶ 7.30 Breakfast
- ▶ DAILY ACTIVITY (tbc)
- ▶ 5pm Evening prayers and meditation
- ▶ 7pm Dinner together.

9th Feb

- ▶ 6am Depart for Namobuddha by car (EARLY DEPARTURE)
- ▶ 7pm Dinner
- ▶ 8pm Rest
- ▶ (Please pack food and water for day trip. There will be no morning or evening meditation today.)

10th Feb

- ▶ 6.30 Morning prayers & meditation.
- ▶ 8am Breakfast.
- ▶ 9am Monkey temple
- ▶ 12pm Lunch
- ▶ 2pm Sightseeing/Shopping
- ▶ 5pm Evening prayers and meditation
- ▶ 7pm Dinner
- ▶ 8pm Rest

11th Feb

- ▶ 6.30 Morning prayers & meditation.
- ▶ 7.30 Breakfast
- ▶ FREE DAY IN KATHMANDU FOR SHOPPING ETC
- ▶ 5pm Evening prayers and meditation
- ▶ 7pm Dinner
- ▶ 8pm Rest

12th Feb

- ▶ Fly to Delhi at 8.25am (EARLY DEPARTURE)
- ▶ Kathmandu-Delhi (Jet Airways 9W724)
- ▶ 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 Katila 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.

13th Feb

- ▶ Check in Zambala Guest House
- ▶ Breakfast
- ▶ Rest This is primarily a rest day. It is important to acclimatise to the altitude and weather of Dharamsala and get plenty of rest first on arrival.
- ▶ Afternoon go to Tsulakhang (Main Temple) to pay respect to Buddha at the Main Temple. We do a circumambulation (Kora) around the temple and His Holiness' residence.

14th Feb

- ▶ 7am Meditation and chanting
- ▶ Visit Tibetan Government (Kashag), Tibetan Library, Mentsee Khang Tibetan Medical and Astrology visit.
- ▶ Afternoon rest/shopping

15th Feb

- ▶ 7am Meditation and chanting
- ▶ Visit Gyuto Monastery , lunch with managers, make offerings.

16th Feb

- ▶ 7am Meditation and chanting
- ▶ Visit Lama Tendar's family home in Mentsee Khang for Losar lunch and celebrations.

17th Feb

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

18th Feb

- ▶ 7am Meditation and chanting

19th Feb

- ▶ 7am Meditation and chanting
- ▶ Visit TCV

20th Feb

- ▶ 7am Meditation and chanting

21st Feb

- ▶ 7am Meditation and chanting

22nd Feb

- ▶ Flight Dharamsala-Delhi (flight times TBC)

23rd Feb

- ▶ Delhi (sightseeing/shopping)

24th Feb

- ▶ February Tour ends. Depart Delhi

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.*

Buddha Maya Hotel , Lumbini

Located in a calm and serene area of the Lumbini World Heritage Garden, the Buddha Maya Garden Hotel and Resort lies just over five minutes walk from the Mayadevi temple, the birthplace of Lord Buddha.

Arriving/Leaving

- ▶ Check-in time ends at: 2 PM
- ▶ Check-in time starts at: noon
- ▶ Check-out time is: noon
- ▶ Express check-in

Internet

- ▶ WiFi (surcharge) in room
- ▶ WiFi (surcharge) in public areas
- ▶ Wired Internet access: surcharge
- ▶ Wired Internet access - surcharge

Business facilities

- ▶ Business center
- ▶ Conference space
- ▶ One meeting room

Food and drink

- ▶ Coffee/tea in common areas
- ▶ Free breakfast
- ▶ Restaurant
- ▶ Room service: 24 hours

Services

- ▶ 24-hour front desk
- ▶ Free newspapers in lobby
- ▶ Luggage storage
- ▶ Porter/bellhop
- ▶ Tours/ticket assistance

Facilities

- ▶ Garden

Cleaning services

- ▶ Daily housekeeping
- ▶ Iron/ironing board: on request
- ▶ Laundry facilities

Entertainment

- ▶ Satellite TV service
- ▶ Television in common areas

Health and Wellness

- ▶ Spa services on site
- ▶ Spa treatment room(s)

Comfort

- ▶ Air conditioning
- ▶ Ceiling fan
- ▶ Slippers

Bathroom

- ▶ Free toiletries
- ▶ Hair dryer: on request
- ▶ Private bathroom
- ▶ Shower only

Room layout

- ▶ Balcony

Room amenities

- ▶ Free bottled water
- ▶ Free newspaper
- ▶ Microwave: on request



TOUR
2018
DAY 2 DAY
ITINERARY
3rd Feb - 24th Mar

3 FEB ARR KATHMANDU (ROKPA GUEST HOUSE)

4 FEB KATHMANDU (ROKPA GUEST HOUSE)

5 FEB KATHMANDU (BUDDHA MAYA HOTEL)

6 FEB KATHMANDU (ROKPA GUEST HOUSE)

7 FEB KATHMANDU (ROKPA GUEST HOUSE)

8 FEB KATHMANDU (ROKPA GUEST HOUSE)

9 FEB KATHMANDU (ROKPA GUEST HOUSE)

10 FEB KATHMANDU (ROKPA GUEST HOUSE)

11 FEB KATHMANDU (ROKPA GUEST HOUSE)

12 FEB FLY KATHM - DELHI (am),
Jet Airways 263
Kathmandu 8.25am
Delhi 10.00am
Overnight bus to DHARAMSALA (pm)

13 FEB DHARAMSALA (ZAMBALA HOUSE)

14 FEB DHARAMSALA (ZAMBALA HOUSE)

15 FEB DHARAMSALA (ZAMBALA HOUSE)(TIBETAN LOSAR)

16 FEB DHARAMSALA (ZAMBALA HOUSE)

17 FEB DHARAMSALA (ZAMBALA HOUSE)

18 FEB DHARAMSALA (ZAMBALA HOUSE)

19 FEB DHARAMSALA (ZAMBALA HOUSE)

20 FEB DHARAMSALA (ZAMBALA HOUSE)

21 FEB DHARAMSALA (ZAMBALA HOUSE)

22 FEB FLY DHARAMSALA-DELHI
Please note the luggage allowance on domestic flights in India / Nepal is usually around 15kg.

23 FEB DELHI (HOTEL TBC)

24 FEB TOUR ENDS. FLY HOME.

HOTEL CONTACT DETAILS

ACCOMMODATION IN NEPAL:

ROKPA GUEST HOUSE

BOUDHA RD, KATHMANDU, TEL: +977-1-4479705

Free WIFI available

BUDDHA MAYA GARDEN HOTEL

KAPILVASTU, LUMBINI 32914, TEL: +977-147-00632

ACCOMMODATION IN INDIA:

DHARAMSALA:

ZAMBALA HOUSE

HOTEL BHAGSU ROAD, MCLEOD GANJ, TEL: 01892-221121, 9418833838

Free WIFI available

DELHI:

Flight from Dharamsala to Delhi then connect onto international flight. Please notify us if hotel is required in Delhi if connection onto international flight does not suit and hotel will be organised in Majnu Katila Tibetan quarters in Delhi. Alternatively, you can book your own hotel near Delhi airport at Aerocity.