



Ancient Mysteries of Tibet & Nepal

Guided & Hosted by: Lama Glenn Mullin

May 28th – June 13th, 2019

\$ 4,495.00 Plus Airfare

Nepal... Nepal boasts eight of the world's tallest mountains and the world's oldest Hindu and Buddhist sites. While Kathmandu Valley is made of three ancient cities filled with enchanting medieval palaces, pagodas, temples, statues and stupas, the rest of the kingdom offers unparalleled adventure options with abundance in flora and fauna. As for its people, they are as amazing as the land itself. From the Tharus that share their land with the splendid Asian tuskers in the plains to the brave Yak herders of Dolpo. Here in its tropical jungles the Royal Bengal Tiger prowls, higher up the legend of the Yeti lives on.

Tibet... Call it "The Roof of the World", "The Forbidden City" or the "Third Pole"- so magnetic is its fame that a mere mention conjures up images of grandeur and spirituality amidst a wild and uncompromising landscape. It has the earth's highest ecosystem and is one of its last remaining wildernesses with its lush forests supporting abundant wildlife. Its many mountains feed some of Asia's most revered rivers and Mt. Kailash is the most sacred mountain in the world. Its people are some of the most resilient in the world. Through their richness and deep religious convictions, were built many fascinating monuments - Dalai Lama's summer and winter retreats, the Potala Palace and Norbulingkha are most prominent. It is one of the most fascinating places to visit in all of Asia).



Lama Glenn Mullin...

is world recognized Tibetologist, published Buddhist author, international lecturer, teacher, and translator of classical Tibetan literature and Historical ancient art. He has written 20+ books and since the 1980's, has led over 30 tour groups to Tibet, Nepal, and Bhutan. He travels constantly throughout the world except stopping to take the time to lead these small intimate groups.

YOUR TOUR PRICE INCLUDES

- * 4-Star and/or best available accommodation
- * 3 Meals daily – every day.
- * 1st class transportation in air-conditioned vehicles
- * All sightseeing and visits as per the itinerary
- * Escorted by English speaking licensed guide throughout
- * Personally led (every minute) by Lama Glenn Lama
- * Farewell banquet in both Nepal and Tibet
- * Itinerary "custom designed" by Lama Glenn
- * 30 years experience in hosting programs to this area



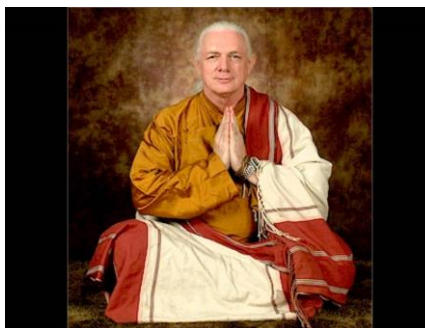
TOUR HIGHLIGHTS

- * **Tibet return drive back, to visit and view Mt. Everest**
- * Hosted and guided throughout by Lama Glenn Mullin
- * Special visits to sacred places, other companies can't do
- * Not sightseeing, Lama Glenn's programs are Pilgrimages
- * 1st class bus transportation, & most meals included
- * Lama Glenn does 1 - 2 trips a year for a limited # of guests.
- * 1st class - best hotels and all and admissions.
- * visit places other companies don't even know about.
- * Every Itinerary, is custom designed by Lama by Lama

18 Days in Tibet & Nepal

- Day 1, 27 May Depart USA for Kathmandu
- Day 2; 28 May Arrive in Kathmandu.
- Day 3; 29 May In Kathmandu.
- Day 4; 30 May In Kathmandu.
- Day 5; 31 May Fly to Lhasa, drive to Tsedang
- Day 6; 1 June In Tsedang
- Day 7; 2 June In Tsedang
- Day 8; 3 June Drive to Samye –
- Day 9; 4 June In Lhasa Potala Palace
- Day 10; 5 June Shigatseeing
- Day 11; 6 June Train to Shigatse.

Your Itinerary...



- Day 12; 7 June: Day visit to Gyantse
- Day 13; 8 June: Drive to Shegar
- Day 14; 9 June: Visit to Everest Base Camp
- Day 15; 10 June: Drive to Kerung
- Day 16; 11 June: Drive across border to Kathmandu
- Day 17; 12 June: Day in Kathmandu – Farewell Dinner
- Day 18, 13 June: Final tour departure

Add the 5-day Bhutan Option

- Day 01, 13 June: Fly to Paro.
- Day 02, 14 June: Drive to Thimphu
- Day 03, 15 June: Drive to Punakha
- Day 04, 16 June: Drive to Paro
- Day 05, 17 June: Paro – return flight to Kathmandu

For complete itinerary & Registration Form

www.RunawayJourneys.com

770-289-3241