

Tibet & Nepal - 14 days - May 22 - June 4, 2020

With optional 13 day Pilgrimage to:

Mt. Kailash 13 days - June 2nd - 15th, 2020

Dates will be determined around the traditional full moon, and prices will be finalized soon

Pilgrimage/expedition leader: Buddhist author and meditation teacher

Lama Glenn Mullin



Originally I had thought to only offer the full itinerary of Nepal/Tibet/Kailash to participants, but the first eight days in Central Tibet follows a route that is common to my general pilgrimage to the Tsetang and Lhasa areas, and some friends who cannot come to Mt. Kailash asked that we allow them to join us for the Nepal and Central Tibet portions. Basically the itinerary remains the same until we arrive at Old Tingri, which has a view of Everest in the distance.

After Tingri part of the group will drive to the Nepal border and return to Kathmandu.

Those continuing to Mt Kailash will undertake the three day drive from Tingri to Lake Manasrover, spend two nights by the sacred lake, and then move up to the town of Darchen, below Mt. Kailash, for two nights. By this time everyone should be sufficiently acclimatized to the altitude to begin the three day walk around the sacred mountain.

If by the time we begin our walkaround of the sacred mountain some of the members feel are either unable or simply do not believe they need to do the walk, there will be provisions for them to stay in town and daily visit and meditate in what the Theosophical Society calls "The Vesak Valley," known to Tibetans as Chak Nay, meaning "Place of Homage." Many Tibetans come here in spring and offer prostrations and meditation for weeks and even longer, before undertaking the walk around of the sacred mountain on the full moon of Vesak. Ancient texts state that Maitreya Buddha himself often makes an appearance in visions of the karmically ripened practitioners during this time period.

After our Mt. Kailash walkaround we will make the three-day drive to the Tibetan border at Kyerong, and then back to Kathmandu.

The dates are fixed, based on your arrival in Nepal on the New Moon of the 4th month, and the prices shown here are a close estimate. We wanted to make the program available as soon as it was announced, and many have already mailed in a reservation form to secure their place on the Mt. Kailash portion. We still have a couple of places available to reserve, and others can be put on a back-up list. (Since this is Lama Glenn's last Pilgrimage to Mt. Kailash, Perhaps he will increase the maximum number past 21 guests for this portion... since some will be going to Mt. Kailash without actually participating in the Korrah (3 day walk around).

Part One - 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 adventures.

As for its people - From the Tharus that share their land with the splendid Asian tuskers in the plains to the brave Yak herders of Dolpo, they are as amazing as the land itself. Here in its tropical jungles the Royal Bengal Tiger prowls, higher up the legend of the Yeti lives on. Although modernization has set in, the quintessence of ancient Nepal remains amongst its people.

Part Two Central 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 Asia.



Those participating in Lama Glenn's Tibet & Nepal program only, will be flying driving back to Kathmandu, with that arrival day free to explore Kathmandu. Then enjoying a farewell dinner, with your return flights home the following day.



(Optional) - Part Three: Onward and Upward to Mt. Kailash

Now acclimatized to easy living at 12,000 feet, we will leave on the three day drive to Lake Manasrover in Western Tibet, and experience the breathtaking scenery enroute...

This is the sacred lake located 20 or so miles from Kailash. Most Kailash khorra's begin here, to further acclimatize to the higher altitude (just above 15,000 feet). It has several monasteries/temples on its shore, and we will spend a couple of nights here to get used to the thinner air.

After that we will move to a hotel in the town just below Kailash, and spend two nights here to prepare for the khorra.

We will probably break into two groups: those who feel up to the three day (40 kilometer) walk around the mountain, which involves walking over the Dolma La Pass (18,600 feet). The walk is not dangerous but is physically demanding. Most of it is above 16,500 feet.



Others, not actually wanting to do the 3 day walkaround, can stay in town during this time, and make daily visits for meditation in the Chak Ney, or "Salutation Place," made famous in the West as "The Vesak Valley," the name given to it by Mme Blavatsky, the founder of the Theosophical Society. Some Tibetans do prostrations here for several weeks and even months, before making the sacred khorra. According to legend, Maitreya Buddha himself often appears in visions to those engaged in spiritual practice here.

Having successfully completed our meditations and/or khorra, we will drive back to Nepal (four days of driving) via Kyerong. The route skirts along the highland plateau to the north of the Himalayas, and offers wonderful views of these sacred mountains. Upon returning to Kathmandu, we have a day to adjust to being back... and many may want to secure an additional night lodging before they return home.

Again, we do not yet have the exact pricing, but having booked programs into this area for 20 years, we have a really good idea. These properties simply do not publish their rates for 2020 until after July 2019... and by that time we need to start making guaranteed reservations... As soon as we know, you will be told, and all trip payments are refundable until February 2020.

THESE ARE ESTIMATES: The Tibet & Nepal program is 14 days, that full itinerary remains on our Internet site, and the 2019 price was \$4,495.00 plus \$ 500 airfare, \$4,995.00.

Add an additional \$3,000.00 for the Mt. Kailash pilgrimage, and that will total +/- \$ 7,995.00

Tibet & Nepal - 14 days - May 22 - June 4, 2020

With optional Pilgrimage to:

Mt. Kailash 13 days - June 2nd - 15th, 2020

This program is all-inclusive of entrance and fees, 3 meals daily, all transportation departing from and returning to Kathmandu, and you will be staying at the best available accommodations along the way... Our estimate of the program costs is \$ 4,995.00 for the Tibet & Nepal program (which matches our 2019 prices), and \$3,000 additional for the Mt; Kailash extension – total \$7,995. **These are estimated prices at this juncture, as many of the facilities that Lama Glenn has chosen for this Pilgrimage, have not published their 2020 prices yet.** *We do however believe these are pretty close.* All prices will be in US dollars.

There is a \$500.00 refundable deposit required to reserve your place on this Pilgrimage. If you submitted a reservation form with \$100.00, that will be applied to your deposit, and along with this REGISTRATION FORM, please submit the remaining \$400.00. You can then select your trip payment option from those listed on the Registration Form. There is no question that everyone should purchase trip insurance, and there are dozens of insurance companies available to you. We have a preferred carrier listed on our site, but there is no obligation to use our preferred provider other than they are most familiar with this program and Runaway Journeys. This deposit becomes non-refundable when it is received, unless the final price increases by more than 10%, in which case ALL money paid as a reservation or registration fee will be returned upon request.

Please complete the registration form on the following page. We understand that we are a year out, however this is a very lengthy and complex itinerary, and considering the details that have to be coordinated, on the other side of the planet (in China,,), this “lead time” is very important to make sure that it works flawlessly.

TERMS AND CONDITIONS:

Runaway Journeys LLC, is acting as an agency-only in coordinating, collecting, and arranging this trip. Every service provider (transportation, lodging, and food service) has their own specified “Terms & Conditions”, and you are subject to those. Our primary tour-operator, Dharma Adventures, is in Kathmandu Nepal, and Runaway Journeys guests, and Lama Glenn Mullin, have used the services provided by this company since 1985. A copy of their Terms & Condition will be provided to you by mail within 60 days.

Payments: **Your \$500.00 deposit** becomes non-refundable 30 days after it is received and will be applied to your final trip payment. All other payments received are 100% refundable until 120 days out:
Between 120 and 90 days, 75% of any payments received are refundable.
Between 90 days and 60 days, payments received are 50% is refundable.
Inside of 60 days out, we have already secured trip expenses, and no payments are refundable
This is why your purchase of trip insurance is important.

With you signature below, you are assuring us that you understand and agree to these terms and conditions, and are retaining a copy for your records.

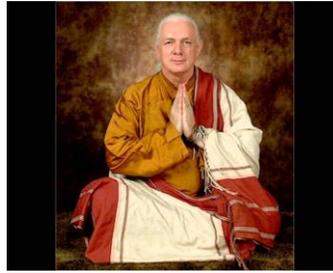
Sign: _____/ls Print name: _____ Date _____

Tibet & Nepal

14 days - May 22- June 4th, 2019

Mt. Kailash - Extension

14 days June 2nd - 15th, 2019



Presented By:

Runaway Journeys, LLC.

602 Old Mill Pond Road
Palm Harbor, Fl. 34683
770-289-3241

This is your registration form, to be completed and returned with your \$500.00 so that our tour operators can commit to these accommodations and flights. Everything about this trip is 1st class, and the itinerary is custom designed ONLY for our group. *Runaway Journeys* is the US agency, coordinating the funds, and guest information for this program. We have worked with Lama Glenn and hundreds of guests since the early 90's.

The price for this Tibet & Nepal tour is estimated to be \$ 4,995.00 per person, and we estimate the Mt. Kailash extension to be \$3,000.00 This price is per person, based on 2 guests sharing a double room. We will provide pricing for a single room upon your request. The program begins and terminates in Kathmandu. We will attempt make arrangements for group airfare out of LAX, for your convenience.

_____ **I wish to participate in the Tibet Nepal program only**

_____ **I want to extend my trip to Mt. Kailash**

_____ I would like to make \$700.00 monthly payments, with a final payments due on Feb. 20th, 2020 for the remaining balance.

_____ I would like to make \$2,000. Payments in June, Sept. Dec. 2019, and the remaining balance being billed in February 2020.

_____ I would like to schedule a 1st payment for October 27th 2019, with the remaining balance being billed in February 2020.

Please attach your deposit check or money order for \$ 500.00 USD, along with this signed and completed registration form, and the signed and completed Terms & Conditions, with check payable to **Runaway Journeys, LLC**. You will receive future billings, as selected above. Your deposit is refundable until 30 days our notification of the exact dates and pricing.

Space is limited, and we know this trip will fill - please **send your registration in today to reserve your place.**

Name as it appears on passport: _____ Passport # _____ expires: _____

Mailing Address: _____ City: _____ State: _____ Zip: _____

Day Phone: _____ Cell #: _____ email address: (please print clearly) _____

Date of Birth: _____ General Health: _____ List any health problems or diet restriction on the reverse of this form.

* My roommate is: _____ (submit a separate registration).

_____ **Please send me information and prices for a Single room.** _____ **We will attempt to match you with a suitable roommate.**

Please copy the front page of your passport, and send it with this registration form. Country of Birth if different _____

My emergency contact back home is: _____ - Relationship: _____ Phone: _____

Please complete all information, save a copy, and sign: X _____ /ls Date: _____

With your signature above, you are registering to participate in this tour program, as it is detailed in the brochure. You understand that Runaway Journeys, LLC. is acting in the capacity as agents only for this program and has no responsibility for the performance of your contractors. Each contractor/provider, has their own "terms and conditions, and you will be provided with those as soon as we have confirmed exact dates and pricing - (By July 27st, 2019)
Most health issues can be accommodated; however, we must be informed beforehand. Must be over 21 years old.