

China & Tibet with Mt. Kailash May 22nd - June 17th, 2020

Dates could fluxuate slightly as we confirm room space,
and prices will be finalized by July 1st

Pilgrimage/expedition leader: Buddhist author and meditation teacher

Lama Glenn Mullin



Via Beijing and Quinghai

In 2020 I will lead my last pilgrimage to Kailash, the sacred mountain in Western Tibet that is the source of the four holiest rivers of the Indian Sub-Continent.

I had thought to begin in Nepal, fly from there to Central Tibet, and drive overland from Lhasa to Kailash. However, my 2019 experience in Nepal has made it seem wiser to bring the group in and out of China directly. International flights to China are less expensive from most places in the world, and in addition political fluctuations are less likely to affect the pilgrimage.

For this reason, we will begin by meeting up in Beijing, and will spend two nights there to recuperate from the long flight. During this rest and recuperation period, we will visit the Great Wall.

We will then fly to Xining City in Qinghai Province and transfer to the nearby town of Kumbum, home of the Kumbum Jhampa Ling Monastery, which was built on the birthplace of Lama Tsongkhapa. Kumbum is at about 7,000 feet altitude, so this will prepare us for 12,000 feet of Lhasa. We will spend three nights (two days) here, on one of these days visiting Kumbum Jhampa Ling, and on the other driving to the nearby Kokonor Lake.

We will then take the 24 hour train from Xining to Lhasa, spend a few days making pilgrimage to the sacred places of Lhasa and Tsetang to acclimatize to 12,000, and then drive to Kailash.

On the return journey, we will drive back to Lhasa and fly to Beijing.

Projected Itinerary

May 22th Day 01: Arrive in Beijing and transfer to our hotel. We will choose a hotel near the airport, making it easy for transfer both on arrival and on departure, and also because it is only an hour and a half drive to the Great Wall.

May 23th Day 02: Drive to the Great Wall and stretch our legs with a bit of a walk there. Overnight in our hotel near the airport.

May 24 Day 03: Fly to Xining in Qinghai, and transfer directly to Kumbum, the birthplace of Lama Tsongkhapa, the founder of the Dalai Lama School of Buddhism. The old Tibetan name for Xining is Tsongkha. A boy born here in 1357 became a monk by the name of Lobsang Drakpa, and founded the Dalai



Lama School of Tibetan Buddhism, by uniting the best lineages from the 30 or so sects of Indian Buddhism that had emerged in the various regions of Tibet over the centuries preceding him. He became famous as Tsongkhapa, “The Master from Tsongkha.” In ancient times Tsongkha was a buffer zone between Tibet and Mongolia, sometimes belonging to one and at other times to the other. The present Dalai Lama was also born in this region in 1935. When the Manchu Mongols conquered China in 1644, Tsongkha became a protectorate of the Manchu Mongols, mainly because the Manchu kings had been patrons of the Lama Tsongkhapa School of Tibetan Buddhism for over two centuries before their conquest of China.

May 25th Day 04: Visit Kumbum Monastery and its temple complex. This temple complex contains the tomb and relics of the Third Dalai Lama, who spread Buddhism throughout the Mongol territories in the late 1500s, and passed away in the region.

May 26th Day 05: Drive to Kokonor Dalai, or “The Blue Lake,” and visit the Nyingma Monastery in the area. Overnight in Kumbum.

May 27-8th Day 06-07: The 24 hour train to Lhasa. First overnight on the train, and the second in Lhasa

May 29th Day 08: Here we will have an easy day in order to adjust to the altitude, with a morning visit to the Jokhang, the holiest temple in the Tibetan Buddhist World, and if energy allows, an afternoon visit to Sera Monastery to watch the debates. Overnight in Lhasa.



May 30th Day 09: A day visit to Drak Yerpa, with its cave and temple complex. Such greats as Padma Sambhava, Atisha, Lama Drom Tonpa, Tsongkhapa, and various Dalai and Panchen Lamas meditated in the caves on this holy mountain.

May 31 Day 10: Morning visit to the Potala, residence of the Fifth to Fourteenth Dalai Lamas, as well the 120 monks of Namgyal Monastery, the private monastery of the various Dalai Lama incarnations, and from the time of the Fifth Dalai it was also the seat of the Dalai Lama Government. Lunch in Lhasa, and then take the train to Shigatse. Overnight in Shigatse.



June 1st Day 11 Morning visit to Tashi Lhunpo, the monastery built in 1447 by the First Dalai Lama. Overnight in Shigatse.

June 2nd Day 12: Drive to Sakya, and visit this great spiritual center. Overnight in Sakya.

June 3rd Day 13: Drive to Old Tingri, and overnight in a local rustic guest house, with a view of Everest 30 miles in the distance.

June 4th Day 14: Start the drive to Kailash. Stop the first night in a hotel in Saga.

June 5 – 6 Day 15-16: Drive to Laka Manasrover, considered by Buddhists and Hindus alike to be the most sacred lake on the planet. Overnight by the Lake.

June 7th Day 17: Make a circumambulatory drive around Manasrover, visiting several of the temples on the way, including the cave and sacred springs associated with Padma Sambhava. Overnight by the Lake.

June 8th Day 18: Drive to Darchen, the town below Kailash. Overnight in a hotel in town. Take small walks to acclimatize to the altitude.

June 9th Day 19: Start the four day walk around the Sacred Mountain.

June 10th Day 20: Continue the walk around the Sacred Mountain.

June 11st Day 21: Make the walk over Dolma La, or “Tara’s Pass,” the 18,500 foot mountain pass at the back of Kailash.

June 12nd Day 22: Finish the khorra. Overnight in Darchen.

June 13rd Day 23: Drive half way back to Shigatse.

June 14th Day 24: Drive to Shigatse

June 15th Day 25: Train to Lhasa.

June 16th Day 26: Fly to Beijing. Overnight in hotel near airport or fly to Nepal for 5 day optional program.

June 17th Day 27: Fly home. Of continue on to the 5 days Riwo Tse Nga, or the Five Peaks Range of Bodhisattva Manjushri program shiwn below



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NOTE: This is my suggested itinerary, we will have it finalized by July 1st

ALSO:

I am working on an optional five-day program after Beijing, with a pilgrimage to Riwo Tse Nga, or the Five Peaks Range of Bodhisattva Manjushri, the most sacred Buddhist pilgrimage site for Tibetan Buddhism in China.

OR:
There will be an extension that includes 5 days in Nepal, after Mt. Kailash. (as the others return from Lhasa to Beijing – those on this extension will fly into Nepal

Again this is being worked on and should be available by July 1st.

Your Program Includes

This program is all-inclusive of entrance and fees, 3 meals daily, all transportation departing from and returning to Beijing, and you will be staying at the best available accommodations along the way... Our estimate of the program costs is \$ 7,995.00 complete. **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 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.***

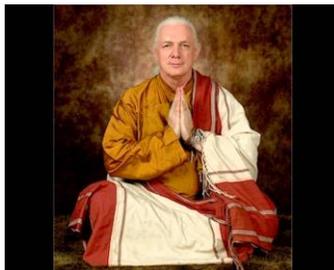
With you signature below, you are assuring us that you understand and agree to these terms and conditions, and are retaining a copy for your records.

Sign: _____/ls Print name: _____ Date _____

PAYMENTS: For your convenience, we are also set up with Zelle to handle online payments. Zelle will handle payments up to \$2,000.00 with no fee on either side. All you have to do is set up your account to bank online and sent the payment to the email address that I have tied to my Zelle account. JackxSchafer@GMail.com We are both notified when the payments arrive. Otherwise, we can only process checks and money orders.

**Central China,
Tibet Mt.Kailash**

May 22- June 17th, 2020



Presented By:

Runaway Journeys, LLC.

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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 Program is estimated to be \$ 7,995.00 per person. We will have this pricing finalized by July 1st. There are 2 option extensions that you will be provided information to participate. This price is per person, based on 2 guests sharing a double room. **Again, this is an estimated price based on past years and similar programs.** We will provide pricing for a single room upon your request. The program begins and terminates in Beijing China . We will attempt make arrangements for group airfare out of LAX, for your convenience.

_____ 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..

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. You can Zelle payment option as stated above.

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.***