

**Tibet, Nepal & Mt. Kailash - 24-days, May 25<sup>th</sup> – June 18<sup>th</sup>, 2020**

**Tibet & Nepal – 14 days – May 25<sup>th</sup> - June 8<sup>th</sup>, 2020**

*Pilgrimage/expedition leader: Buddhist author and meditation teacher*

*Lama Glenn Mullin*



*Lama Glenn Mullin has been leading groups to Tibet and Nepal since 1985, and this program has been rated by travel experts as the most experiential and enlightening pilgrimage of its kind. The program in May -June of 2020, in no exception to that, however it goes one better... After those guests experiencing this 13 days in Tibet & Nepal program fly back to Kathmandu, 21 guests, will continue upward and onward with Lama Glen for that once-in-a-lifetime pilgrimage of the traditional khorra (“Walkaround”) at Mt. Kalash... a spiritual and awakening experience like no other. Thus, this trip is broken into 2 programs. Part 1 – 2, the tradition Tibet - Nepal 14 day experience, and those doing Tibet – Nepal, and then the Khorra at Mt. Kallash, for the full 24 days.*

### **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 adventure options with abundance in flora and fauna.

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 back to Kathmandu June 7th, with the rest of this day free to explore Kathmandu. Then enjoying a farewell dinner, with your return flights home on June 8<sup>th</sup>.**

## Part Three: Onward and Upward to Kailash

Now acclimatized to easy living at 12,000 feet, we will leave on the three day drive to Lake Manasrover in Western Tibet. As most readers will know, 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 are very fit and therefore 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.

Less fit people, or those who are more interested in meditation than in khorra, can stay in town during this time period, 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.

LAST DAY: Back at our hotel in Nepal, we will have a free day for shopping etc., and a final dinner together.

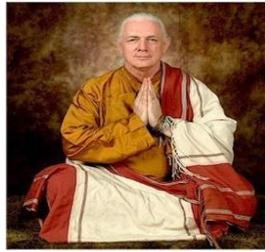
*We do not yet have the exact dates of this trip, or the pricing, but the information above and the prices below, will give you an idea of the plans that we have. We will be setting up a schedule to allow everyone to pay either Monthly or Quarterly, at your choice, with insurance available to protect your investment and your health along the way.*

14 day Pilgrimage to...

**Tibet & Nepal**

24 day Pilgrimage to

**Tibet, Nepal  
& Mt. Kailash**



Presented By:

**Runaway Journeys, LLC.**

602 Old Mill Pond Road

Palm Harbor, Fl. 34683

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We do not have any real specifics as far as exact date(s) and price... but we do want to offer these program on a 1<sup>st</sup> come, first serve basis. The only way to do that is to initiate this “**Reservation Form**”, and the date that you sign and return this, will be your reserved “place in line”. We are guessing that this will be a 14 day AND a 24-day program, with both groups doing the first 14 days together, and the second group to Mt. Kailash is limited to just 21 guests. These dates are for initial pricing and preparation only... however our guess here should be close to accurate. This program is all inclusive of entrance and fees, 3 meals daily, all transportation departing from and returning to Kathmandu. You will also stay at the best available accommodations along this route...

In order to secure your “place in line” please print and mail this form back to Runaway Journeys at the address above, with a check or money order for \$100.00, When we finalize the details, you will be assigned a guest registration number, mailed a registration form, and that \$100.00 will be applied to your initial \$500.00 deposit. Starting on June 1<sup>st</sup>, we will initiate a monthly or quarterly payment schedule, and as soon as we have the finalized details and price of these programs, we will have trip insurance available on our site.

**Select One:**

\_\_\_\_\_ 14 day Pilgrimage to... Tibet & Nepal, estimated price \$4,795.95 - \$ 5,195.00

\_\_\_\_\_ 24 day Pilgrimage to...Tibet, Nepal & Mt. Kailash, estimated price \$ 5,995.00 - \$ 6,395.00

## Reservation Form

**Please send your form in today to reserve your place.**

Date of reservation: \_\_\_\_\_ Name as it appears on passport: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Cell #: \_\_\_\_\_ email address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Any Health Concerns \_\_\_\_\_

\* My roommate will be: \_\_\_\_\_

*(must submit a separate registration form and check).*

\_\_\_\_\_ Check here if you will want a single room *at an additional cost* \_\_\_\_\_ Here for us to find you a suitable roommate

Please complete all information, save a copy, and sign: \_\_\_\_\_ /ls Date: \_\_\_\_\_

Please include your \$100.00 reservation fee, and mail this form to Runaway Journeys, at the address above

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