

Tibet and Mt. Kailash 24days, Spring 2020

Pilgrimage/expedition leader: Buddhist author and meditation teacher

Lama Glenn Mullin



To Buddhists and Hindus alike, Mt. Kailash is regarded as the most sacred power place on the planet. Every Tibetan hopes to visit it and do the traditional *khorra* (“Walkaround”) at least once in his or her life.

Part One: Nepal



We will all meet in Nepal, and stay at the Butsugen Hotel in Baudhanath, the Tibetan area of Kathmandu, near the Great Stupa. Nepal issues various visas at the airport. Please apply for a double entry visa, because after coming back from Tibet we will use that second entry. The cost of the visa is posted at the airport

Our travel agent will arrange to meet everyone at the airport and transport them to the hotel. We will be here for three nights, [giving us two days](#) to pick up our China visa and Tibet permit. During this time we will visit various Buddhist power places in and around Kathmandu, including Parping and Sangkhu, the two “Female Buddha” power places.



Please note that we all have to apply for our China visa through our agency, because we have to go in on a “group visa,” meaning that we are all on the same piece of paper. Any China visa that is already in your passport will be cancelled. Therefore please do not get a China visa in advance, other than through our agency. We will, however, have to begin the process electronically through Runaway Journeys in the US no later than two months before departure.

Part Two Central TIBET



We will spend a week in Central Tibet, to acclimatize to life above 12,000 feet. While here we will visit sacred sites such as the Potala in Lhasa, Samye Monastery near Tsetang, Tashi Lhunpo Monastery in Shigatse, and Sakya Monastery in Sakya (final itinerary to be decided).

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 Mansarovar 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.

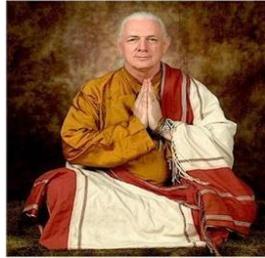
LAST DAY: Back at our hotel in Nepal, we will have a free day for shopping etc., and a final dinner together.



If any participants want to spend a few extra days in Nepal, our agent there can easily organize this.

We do not yet have the exact dates of this trip, or the pricing, but the information above will give you an idea of the plans that we have. We have had a great deal of interest from guests that have already committed to this program, and based on that, I am certain that this pilgrimage will fill to capacity

24 day Pilgrimage to...
**Tibet, Nepal and
Mt. Kailash**



Presented By:

Runaway Journeys, LLC.
602 Old Mill Pond Road
Palm Harbor, Fl. 34683

We do not have any real specifics as far as exact date(s) and price... but we do want to offer this program on a 1st 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 24 day program, and there will be a maximum of 20 guests. Both of those numbers are however, subject to change. This program is all inclusive of entrance and fees, 3 meals daily, all transportation Kathmandu to Kathmandu, and best available accommodations along this 24 day route... we will be able to get exact pricing by August of 2019, but a fair estimate is to figure at a maximum of \$200.00 per person per day.

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, if you are within the numbers that can attend, you will be assigned a quest registration number, mailed a registration form, and that \$100.00 will be applied to your initial deposit. If at that time, you decide not to attend, your reservation payment will be refunded. We will try to have all details and information pertaining to this trip by April 15th, 2019... based on the large number of guests that have expressed an interest to participate, we’re quite confident that this trip will be filled by that time. Thank you for your understanding.

Reservation Form

Please send your this 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: _____ /s/ Date: _____

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