

NEPAL AND TIBET TOUR

Guided by Lama Glenn Mullin

May 28 – June 13th, 2019

with optional extension trip to Bhutan



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.

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



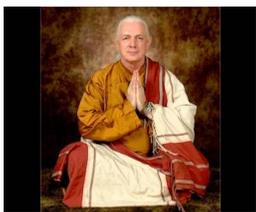
remaining wildernesses with its lush forests supporting abundant wildlife. Its many mountains feed some of Asia's most revered rivers and Mt. Kailash is the most sacred mountain in the world. Its people are some of the most resilient in the world. Through their richness and deep religious convictions, 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. **ALSO: For the 1st time, this itinerary includes a drive back from Tibet to Kathmandu, with a stop at the base-station at Mt. Everest !**

Bhutan

...or the "Land of the Peaceful Dragon"... is a country of sprawling forests, venerated monasteries, overpowering fortresses; lush green valleys fed by bountiful rivers and age-old practices. Cultivated fields surrounded by pitched roof houses with their typical trefoil-shape windows and Dzongs (fortresses) dominate the scenery with their sheer size. Its people are hardworking, vibrantly attired and deeply religious while the land is immaculate.

Out of the many breathtaking sights one of the most striking is the Taktsang Monastery that is suspended on the side of a vertical cliff 3000m north of Paro. Also known as Tiger's Nest, it is the unofficial symbol of Bhutan.

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.



These are not sightseeing trips... they are experiential pilgrimages led 100% of the time by Lama Glenn who has been leading groups here since 1985. You'll see places that other groups don't even know about, with other of like mind and consciousness, with a tour leader that speaks the many languages of the people that you will meet. These trips change people's lives, and there is limited space remaining... Cut-off date to register is March 1st, or sooner when the program is filled.

Your Tibet/Nepal Itinerary

Day 1; 27 May 2019 - Depart your home for your international flight to Kathmandu, Nepal

Day 2; 28 May 2019: Arrive in Kathmandu.

Upon arrival in Kathmandu airport, clear all the immigration formalities. Then you are met by the guide and transferred Hotel Tibet. **Dinner on your own** **Overnight at Hotel Tibet (Deluxe Room)**

Day 3; 29 May, 2019: In Kathmandu.

Visit **Swayambhu and Lalitpur**. The former is the place where Nagarjuna received the Prajnaparamita Sutras in the Second Century; the latter is the Buddhist section of the Kathmandu Valley where much of the great art is created. Artists from here helped build many of the great temples and monasteries in Tibet over the centuries.

Dinner on your own **Overnight at Hotel Tibet; Meals – Breakfast & Lunch Only**

Day 4; 30 May, 2019: In Kathmandu.

Today you will visit **Parping**, sources of many Tibetan Buddhist Lineages (90 minutes' drive each way). This is one of the most sacred Buddhist sites in Nepal. The cave in which Guru Rinpoche gained enlightenment is located here, as are the retreat places for the Pamtingpa Brothers (important in the Naropa Vajrayogini lineages) and the Rva Lotsawa meditation site (famous for Yamantaka and Kalachakra Tantras) are part of the valley.

Dinner on your own **Overnight at Hotel Tibet; Meals – Breakfast & Lunch Only**

Day 5; 31 May, 2019: Fly to Lhasa, drive to Tsedang – 3100 m / 10170 ft (100 km / Approx. 2 hrs drive)

Upon arrival at Lhasa airport, clear all the immigration formalities. Then you are met by the guide and you are transferred Tsedang.

Tsetang served as the old capital of Tibet from approx 400 BC to 650 AD, when King Songsten Gampo, the 33rd king of the Yarlung Dynasty, moved the capital to Lhasa.

The drive from the airport to Tsetang is approximately 90 minutes, and is very beautiful. It runs by the riverside, with temples and stupas on the mountains to the right.

Please note that it is only a one hour flight and a two hour ride, but because all of China is on Beijing time, we lose two hours and fifteen minutes in the time zone change. Also, going through customs and immigration in Tibet takes an hour or so. Evening rest to acclimatize to the altitude

Overnight at Tsedang Hotel; Meals - Breakfast, Lunch & Dinner

Day 6; 1 June, 2019: In Tsedang

An easy day to acclimatize to the altitude

Today we will drive to **Machik Labdon temple and cave**. Machik is one of the greatest female teachers in Tibetan history. She is often depicted as dancing naked, because she often travelled naked, in a statement of being "free from obscurations." Several books on her life are available in English, and are well worth a read. Her cave and temple, less than a two hour drive from Tsetang, is the place where she lived and taught for much of her post-enlightenment life, until her death at the age of 99.

Overnight at Tsedang Hotel; Meals - Breakfast, Lunch & Dinner

Day 7; 2 June, 2019: In Tsedang

Morning khorra (circumambulation) of the old town. This is one of my favorite khorra's in Tibet. It is easy enough, but of course because of the altitude it requires patience. Also visit to the **Yambhu Lagang**, the temple built on the foundations of Tibet's first castle/palace.

Optional; afternoon visit to the Dradruk Temple, for those with the energy

Overnight at Tsedang Hotel; Meals - Breakfast, Lunch & Dinner

Day 8; 3 June, 2019: Drive to Samye - Visit Chimpuk Mountain

Driving Distance: 70 km / Approx. 2 hrs – One Way

Early breakfast at the Hotel

Then you are transferred to Samye (**3556 m / 11667 ft**) for a day visit to **Chimpuk Mountain** and its many caves is a tough walk. 25 of Padma Sambhava's disciples attained enlightenment here. Participants not up to the walk up the mountain can meditate in the Buddhist Nunnery at the foot of the mountain. The nuns there are delightful, and the temple beautiful. Then you are transferred to Samye Hotel.

Overnight at Samye Hotel; Meals – Breakfast, Lunch & Dinner

Day 9; 4 June, 2019: In Lhasa : Today visit **Potala Palace**, Potala Palace, the chief residence of the Dalai Lama since the 7th century has been the focus of the travelers for centuries. It is the cardinal landmark and a structure of massive proportion. It symbolizes Tibetan Buddhism and its role in the traditional administration of Tibet. It is an architectural gem that was built in the colossal monastic style of Central Tibet in the 7th century but rebuilt in the mid 17th century. The Tibetans themselves rarely speak of the sacred place as the "Potala", but rather as "Peak Potala" (Tse Potala), or usually as "The Peak."

Then visit **Sera Monastery**. Situated 5km North of Lhasa, the Sera Monastery's setting is one of the prettiest in Lhasa. Founded in 1419, Sera Monastery is one of the "great three" Gelukpa university monasteries in Tibet. Buddhist Scriptures written in gold powder, fine statues, scent cloths and unparalleled murals can be found in these halls.

Overnight at Kyichu Hotel; Meals – Breakfast, Lunch & Dinner

Day 10; 5 June, 2019: In Lhasa : Today visit **Drak Yerpa Cave**. A short drive to North – East of Lhasa, is the Yerpa Cave one of the holiest cave retreats ever. At one time the hill at the base of the Cave – dotted cliffs was home to the Yerpa Monastery. The Monastery, however, was effectively laid to waste in the Cultural Revolution and there is very little to see nowadays. From the ruins of the monastery, it is possible to see some of the cave retreats a couple of hundred meters away at the foot of the cliffs. The history of Drak Yerpa includes many of the great names responsible for the establishment of Buddhism in Tibet. The Emperor Songtsen Gampo meditated in seclusion here: Guru Rimpoche and several of his disciples also meditated here. Although the ancient Kadampa Gompa has been destroyed, the geomantic qualities that made Drak Yerpa a major power place still remain and still attract hermits to its caves. The site is very peaceful and offers stunning views.

Overnight at Kyichu Hotel; Meals – Breakfast, Lunch & Dinner

Day 11; 6 June, 2019: Train to Shigatse

Train Duration: approx. 3 hrs.

Train Schedule:

Altitude: 3,800m/12,457ft

Breakfast at the hotel. Today depending on the schedule, we will go to Shigatse. It is the second largest city in Tibet and the capital of the traditional Tibetan province of Tsang. Upon arrival at Shigatse, check in to the hotel. Later we will visit **Tashilhunpo Monastery** is a historic and culturally important monastery in Tibet. It is located on a hill in the center of Shigatse, the second largest city in Tibet.

Tashilhunpo in Tibet means "all fortune and happiness gathered here" or "heap of glory".

Founded by the First Dalai Lama in 1447, the monastery is the traditional seat of successive Panchen Lamas, the second highest-ranking tulku lineage in the Gelukpa tradition. Tashilhunpo in its prime had over 4,000 monks, but after the Tibetan national uprising that took place in 1959, a handful of Tashi Lhunpo Monastery monks along with many thousands of Tibetans escaped into India.

Since the early 1980s parts of the Tashilhunpo monastery have been open to the public and it is an important tourist attraction in Tibet today.

Overnight at Gesar Hotel; Meals – Breakfast, Lunch & Dinner

Day 12; 7 June, 2019: Day visit to Gyantse

Driving Distance: approx. 90 kms / 55 miles

Driving Time: approx. 1.5 hrs. drive each way

Today we make a day visit to Gyantse. we will visit the famous **Kumbum Stupa**. Popularly known as "The Jewel of Tibet," it is a seven-story building with seventy-seven small chapels, each painted from floor to ceiling with Buddhas, Bodhisattvas and Mandalas. The stupa was designed by Newari architects from Nepal. The adjoining monastery, **Palkhor Chodey**, was the childhood home of Tsongkhapa's chief disciple Khedrup Jey. Palkhor has a special influence over Buddhism in Tibet owing to its unity of Gelugpa, Sakyapa & Bhuton sects.

Overnight at Gesar Hotel; Meals – Breakfast, Lunch & Dinner

Day 13; 8 June, 2019: Drive to Shegar. En-route visit Sakya Monastery

Driving Distance: approx. 235 kms / 146 miles

Driving Time: approx. 4 hrs. drive

Altitude: 4,050 / 13,287 ft.

After breakfast, we begin our drive to Shegar. On the way from Shigatse to Shegar in the city of Sakya we visit **Shakya Monastery**, built in 1073. Sakya means 'Grey Soil' in Tibetan, a name given because of the grey soil in the surrounding area. The monastery is divided into Southern and Northern parts. The Northern Monastery is now visible as ruins.

There are a lot of historical articles in the monastery, among them are found a lot of the imperial certificates, gold signets, crowns, costumes bestowed by the Yuan Dynasty emperors. It has over 10,000 volumes of Tibetan books on astronomy, medicine, calligraphy, and history. So the Sakya monastery enjoys the title 'the second Dun Huang Cave.'

Overnight at Hotel Bebar; Meals Breakfast, Lunch & Dinner

Day 14; 9 June, 2019: Visit EBC and back to Shegar

Driving Distance: approx. 184 kms / 114 miles

Driving Time: approx. 4 hrs. drive

After breakfast, drive for an hour and a half to **Rongbuk** and further to visit **EBC**.

It's just over a two-hour walk each way from Rongbuk Monastery to the Everest Base Camp. Vehicles do the trip in about 15 minutes. Above Rongbuk the valley expands into a large glacial outwash plain. There is a short cut from behind the big Chorten at the Monastery, which cuts

through a meadow and then past a superbly photogenic complex of ruins called Rong Chung. Until the communist takeover this was a thriving meditation retreat. The road climbs up through a jumble of boulders and glacial debris favoring the left side of the valley. Passing the recently built SherabCholing Hermitage (signposted as the Guru Rinpoche Monastery) you may see herds of deer and yak on the hillsides. Later we continue back to Shegar.

Overnight at Hotel Bebar; Meals Breakfast, Lunch & Dinner

Day 15; 10 June, 2019: Drive to Kerung

Drive Distance: 360 kms / 223 miles

Drive Time: approx. 7 hrs. drive

Altitude: 2900m/ 9514 ft.

After early breakfast, drive to the Kyirong border. On the way, enjoy breathtaking views of mountain.

Overnight at Local Guest House; Meals Breakfast, Lunch & Dinner

Day 16; 11 June, 2019: Drive back to Kathmandu

Drive Distance: 145 kms / 173 miles

Drive Time: approx. 8 hrs. drive

Today after breakfast, we clear the immigration and enter Nepal. We will then continue our drive to Kathmandu.

Overnight at Hotel Tibet; Meals – Breakfast & Lunch.

Day 17; 12 June, 2019: In Kathmandu

Leisurely breakfast at the hotel.

Today remaining day will be free for shopping etc

Evening gather all the fellow group members for a farewell dinner at a selected local restaurant.

Overnight at Hotel Tibet; Meals – Breakfast & Dinner

Day 18; 13 June, 2019: Final Departure OR Take Bhutan extension (5 Nights)

Depending upon your flight timings, you are transferred to Kathmandu Airport for your flight back home. OR join the group going on to Bhutan. Note, this Bhutan extension will be lead by English speaking guides, but Lama Glenn will not be accompanying this extension.

Trip Ends

B = Breakfast, L = Lunch, D = Dinner

Note: All information in this itinerary is accurate to the best of our knowledge but please note that changes to our trips can and do occur. This may be due to our effort to improve our program or logistical reasons such as changes in flight schedules, traffic conditions, weather conditions, or government policies. Dharma Adventures will make every effort to keep you informed of any changes but cannot be held liable for any alterations made to the published itinerary.

***Note:** In regards to Chinese Visa, the guests will require to stay minimum 3 working day in Nepal. As per the program designed, **the guests will have to submit their original passport copies to the Chinese Embassy before 1:00 PM on the day of arrival.** Otherwise we will not be able to issue the Visa on time. Hence, **all the guests must arrive in Nepal before 12:00 noon.**

PRICING:

Tibet / Nepal

The land cost in US\$ per person on twin / double sharing room:

USD \$ 4,495.00 per person based on 15+ total guests

\$ 4,895.00 based on 10-14 guests

\$ 5,295.00 based on 6-9 guests

Single room supplement: USD 895.00 per person

Plus Extra cost:

Airfare

Kathmandu- Lhasa

USD \$ 510.00 per person

Extra cost: Chinese visa fee [Subject to change if revised] Payable in cash when you arrive in Nepal

- For US nationality: USD \$ 200.00 per person
- For other nationality: USD \$ 115.00 per person

NOTE: The above airfare and Chinese Visa fees are based on 2018 rates and hence are subject to change without prior notice.

Extra cost: Pre Arrival and Post Departure arrangement

Hotels

Double sharing room: US \$ 50.00 per person per night

Single occupancy room: US \$ 40.00 per person per night on single room supplement

Transfer

Private Airport transfer: US \$ 22.00 per transfer.

THE ABOVE LAND COST INCLUDES:

Nepal Portion

- Necessary transfers as indicated in the above program along with the representative.
- All tipping of food service and porters for luggage handling
- **5 nights' accommodation at Hotel Tibet (Deluxe Room) - Kathmandu on twin/ double sharing basis on bed and breakfast plan.**
- All sightseeing and transfers as per the above program by private vehicle and escorted with English speaking local guide.
- 3 Lunches at the selected local restaurant in Kathmandu on day 3, 4 & 16.
- 1 farewell dinner at the selected local restaurant (on Day 17).
- Bottled water throughout the trip
- All monument entrance fees as above.

Tibet portion

- Arrival & departure transfer.
- 2 Nights' accommodation at Tsetang Hotel - Tsetang on twin/ double sharing basis on full board plan.
- 4 Nights' accommodation at Kyichu Hotel – Lhasa on twin/ double sharing basis on bed and breakfast plan.
- 2 Night's accommodation at Gesar Hotel – Shigatse on twin sharing basis on full board plan.
- 2 Night's accommodation at Hotel Bebar – Shegar on twin sharing basis on full board plan.
- 1 Night's accommodation at Local Lodge – Kerung on twin sharing basis on full board plan.
- All the sightseeing tour and transfers as per the itinerary with local English speaking guide by private vehicle.
- 4 Lunches & 4 Dinners at the selected Local restaurant in Lhasa.
- One time Entrance fees for those which are mentioned in the above program.
- All tipping of food service and porters for luggage handling
- Tibet Travel Permit fee.

THE ABOVE COST EXCLUDES:

- International & domestic airfare & airport taxes.
- Nepal visa fee & Chinese Visa fee.
- Early Check-in and Later Check-out
- Items of personal nature such as bar bills, alcoholic beverages, laundry, telephone calls, extra mileage, personal gratuities as tips to guide, porters, drivers etc
- Personal insurance policy - suggested a comprehensive travel insurance covering tour and flight cancellations, loss of valuables, thefts, illness, accidents and hospitalization.
- Excess baggage
- Gratuities, tipping to guides and drivers is NOT included, you are invoiced and pre-paying for tipping to porters & meal service..
- Expenses incurred by re-routing, inclement weather, floods, famine, political disruptions, strikes, riots and other disturbances
- Any items and services not mentioned on cost inclusions.
- Meals which are not mentioned in the above cost inclusion.

Remarks:

Please note this is a proposal only and is subject to availability at the time of confirmation – we are not holding any spaces for this itinerary at this time.

Terms & conditions:

Payment policy:

Deposit of US\$ 500.00 per person has to be made with registration form completed. There is a after the trip has been confirmed. Balance payment to be made 45 days prior to the commencement of the trip. If a trip is booked within the period of 45 days before it commences, then full payment has to be made at the time of booking the trip.

Flight payment:

We need full payment for the flight on the time of confirmation, so that we can issue the tickets timely.

Cancellation Policy:

The trip will be considered as canceled if the final payment is not received when due. No refunds will be made for unused trip arrangements - transportations, hotel accommodations, meals, sightseeing, trek days and others after the trip commences.

Trip payments will be billed to you ongoing – full payment is due 60 days prior to departure

We will not be responsible for any change of itinerary incurred due to bad weather, flight cancellations, and illness of clients, any political disturbance or damage/blockade of roads. All expenses arising out of these unforeseen circumstances will have to be borne by the client.

Travel Insurance:

We suggest the clients to take appropriate travel insurance in the country of residence to cover the following:

- All payments if the trip needs to be cancelled.
- Emergency helicopter rescue, evacuation and medical expense Insurance is mandatory for all treks going above 3,500 m (11,000 ft) and must include helicopter rescue.
- Loss of money if incase the trip needs to be cut short or extra cost if trip has to be extended due to unforeseen interruption or personal reason.
- Loss and damage of baggage.
- Flight delays and cancellations. Note. The flights in & out of the mountains in Nepal are weather dependent and that have been cased that flights have been cancelled for several days. Appropriate policy is to be purchased to cover

Rescue & Evacuation:

The client will be required to bear all costs of rescue and/or medical services that may incur on his/her part even if they are or are not insured. We strongly advise that an insurance policy covering the above details is obtained and copy of the policy to be given to us on arrival. We have trip insurance companies available, or with a goggle search, you can price and obtain your own.

Hotel payment terms & cancellations can differ from hotel to hotel.

Optional 6 Day extension: Bhutan - June 13th – 18st



Itinerary

Day 01, 13 June : Fly to Paro.

Today you will fly to Bhutan. Upon arrival at Paro international airport, clear all the immigration formalities. You are then met by your local Bhutanese guide and transfer to the Paro Hotel. Remaining day is at leisure.

Overnight at Tenzeling Hotel or Similar; Meals – Dinner Only

Day 02, 14 June: Drive to Thimphu (52 km / Approx. 1 hrs drive) Altitude: 2,350 m / 7,709 ft.

After breakfast at the hotel, start your drive to Thimphu which takes approx. 1 hrs drive.

On the way to Thimphu lies **Simtokha Dzong**; officially known as 'Sangkak Zabdhon Phodrang' or the Palace of the Profound Meaning of Secret Mantras. Built in 1629 by Shabdrung Ngawang Namgyal, it is often said to be the first dzong built in Bhutan and is a gateway to Thimphu Valley. The name Simtokha is derived from the name sinmo (demoness) and do (stone), the site is said to have been chosen to guard over a demon that had vanished into the rock nearby.

Afternoon visit the **National Library of Bhutan**, first established in 1967 under the patronage of HM Queen Ashi Phuntso Choden (1911–2003), with a small collection of precious texts. The library was initially housed within the central tower (utse) of Tashichodong. Later, due to its growing collection, it had to move to a building in the Changgangkha area of Thimphu.

A three storied traditional building houses the **Folk Heritage Museum**. The earthen and timber building was renovated and restored few years ago to appear as it was century ago. Established in 2001 in Thimphu, the museum provides glimpse into the traditional Bhutanese material culture and way of life. The artifacts, which are kept inside the house, remind the visitors about how the rural Bhutanese live today. This 19th century traditional house provides you a glimpse of the Bhutanese lifestyle, and artifacts from the rural households. One can come across typical household objects, tools and equipment.

The **National Institute of Traditional Medicine** was established in 1988 with the concept to merge the allopathic and traditional systems of healing. It contains an impressive, large laboratory and production facilities that ensures quality of the products, the components of which includes plants, minerals, animal parts, precious metals and gems. The Institution produces traditional Bhutanese medicine towards the needs of the public. After the closing of the Institute the visitors can walk along the compound to view it from the outside.

Later evening visit, the **Memorial Chorten**, also known as the Thimphu Chorten is a large Tibetan-style Buddhist Monastery with golden spires and bells. It is a popular landmark and one of the most visible religious structures in Thimphu.

Also visit **Tashichho Dzong**. This dzong is an impressive building also known as 'the fortress of the Dharma Raja'. It has traditionally been the seat of the Druk Desi, the head of Bhutan's civil government.

Note: Tashichho Dzong is open during weekdays after office hours (5pm onwards) and from 9am to 5pm on weekends.

Overnight at Peaceful Resort or Similar; Meals – Breakfast, Lunch & Dinner

Day 03, 15 June: Drive to Punakha (78 km / Approx. 3 hrs drive)

Punakha is situated in its valley and is best known for its **Punakha Dzong**, home to the central monk body and the Je Khenpo during the milder winter months. A temperate climate and natural drainage from the Phochu (male) and Mochu (female) rivers, the fertile Punakha Valley produces abundant crops and fruits. Punakha Dzong was strategically built at the junction of the two rivers in the 17th century by the first Shabdrung to serve as the religious and the administrative center. In spite of four catastrophic fires and a devastating earthquake that destroyed many historic documents, Punakha Dzong houses sacred temples including the Mercheng where the embalmed body of Shabdrung Ngawang Namgyal lies in the state. The Dzong has been fully restored by the present king. In 1993 the largest Thongdrel, religious embroidery composed entirely of appliqué on silk brocade that has ever been created, was dedicated to the Dzong and the people of the Punakha valley by his majesty King Jigme Singye Wangchuck and the Je Khenpo.

Overnight at Drubchhu Resort or Similar; Meals – Breakfast, Lunch & Dinner

Day 04, 16 June : Drive to Paro (122 km / Approx. 4 hrs drive) - Altitude: 2,250 m / 7,382 ft

After breakfast at the Hotel, continue your drive to Paro. . From a Buddhist point of view, Paro was the first stop for Guru Rinpoche on his crusade from Tibet to Bhutan over one thousand years ago.

Upon arrival at Paro, transfer to Hotel. Later afternoon visit Kyichu Lhakhang, Paro Dzong and Ta Dzong.

Kyichu Lhakhang is an important Himalayan Buddhist Temple. It is one of Bhutan's oldest religious sites built in the seventh century.

This temple is one of 108 built by Tibetan emperor Songtsen Gampo to subdue a demoness who prevented the spread of Buddhism.

Temples were built across the Himalayas to pin her body down. Kyichu Lhakhang pins down her left foot and Jamba Lhakhang in Bumthang her left knee.

Guru Rinpoche visited this temple in the eight century and concealed many spiritual treasures here. Pilgrims turn the many prayer wheels along the walls as they circumambulate the temple. The fine statues of the Bodhisattvas and the Buddha are national treasures. The wooden floor of the sanctum is inlaid with turquoise and coral gemstones offered by pilgrims.

Paro Dzong is one of the most impressive and well-known dzongs in Bhutan. One of the finest examples of Bhutanese architecture, it is also known as the Ringpung Dzong, which means 'fortress on a heap of jewels'. It is the administrative seat of the district of Paro. The dzong was built in the 16th century on the foundation of a monastery built by Guru Rinpoche. It was used on numerous occasions to defend the Paro Valley from invasions by Tibet.

Unlike most of the other dzongs in Bhutan, it survived the massive 1897 earthquake mostly unscathed, though it was almost burnt to the ground by a fire in 1907. All-important relics were lost to the fire and nothing could be salvaged except for the Thongdrol, a 20x20 meter-wide Thangka. The Thangka is displayed annually during a ceremony called Paro Tshechu. The Dzong was however rebuilt the following year.

Overnight at Tenzeling Hotel or Similar; Meals – Breakfast, Lunch & Dinner

Day 05, 17 June : In Paro

Today embark on a majestic hike to **Taktsang Monastery**. Perched on the side of a vertical cliff at 3000 m altitude north of Paro, this monastery creates an impressive sight, and is the unofficial symbol of Bhutan. It is one of the most famous Buddhist Monasteries in Bhutan and is also referred to as the 'Tiger's Nest'. Legend has it that Guru Rinpoche (Guru Padmasambhava) flew to this location from Khenpajong, Tibet on the back of a tigress and subdued a demon. He then meditated in a cave here for three months and emerged in eight incarnated forms (manifestations) and blessed the place. Guru Padmasambhava is known for introducing Buddhism to Bhutan. Today, Paro Taktsang is the best known of the thirteen caves in which he meditated.

The first monastery was constructed 1694, but in 1998 a tragic fire destroyed most of the original buildings - which have since been painstakingly restored to their former glory. Taktsang Monastery is a pilgrimage site for both tourists and locals, it is a journey filled with spiritual bliss. Keeping the spiritual side aside, the journey up to Taktsang Monastery is a Hiker's delight. An hour hike up to a small wooden teahouse called Cafeteria provides close view of the monastery. A further and a rather challenging hike lead you to the glorious Taktsang Monastery. Remaining day is at leisure. **Overnight at Tenzeling Hotel or Similar; Meals – Breakfast, Lunch & Dinner**

Day 06, 18 June: Fly to Bangkok or back to Kathmandu...

(some folks will have connected to/from New Delhi India, while others may have connected to Kathmandu from Bangkok.

Thus you can make your return flight home from either city with your Bhutan connection on the 21 – If you need an extra overnight (or as many days as you would like to says in Kathmandu, Bangkok, or New Delhi) we can assist you with those reservations.

TRIP ENDS

PRICING:

Optional trip to Bhutan
Lama Glenn will NOT be leading the group in Bhutan

The land cost in US\$ per person on twin / double sharing room:

USD \$ 1,895.00 Per Person

Single Room Supplement: US\$ 295.00 Per Person

Includes Economy Airfare

Kathmandu / Paro /Kathmandu:

Or: Kathmandu / Paro / Bangkok

The above cost does not include:

- International Airfares (Quoted Separately).
- Meals which are not mentioned in the above program
- Any items of purely personal nature such as laundry, telephone calls, tips and gratuities to drivers, guides, etc
- Personal, travel and health insurance
- Refreshments. (typically, even at “included” meals, there will be a charge for any drink... even water ?)
- Tipping for site guides and drivers (porters, luggage handlers, wait staff, and room service is included).
- Purchase of trip insurance... *and we've never had a guest need it, but we always suggest it.*
- Changes arising out of flight cancellation/road blockades/landslides/riots and events beyond our control.
- Expenses of personal nature and any other expenses not mentioned in the above cost.
- (occasional) Photography charges in the monasteries and monuments.
- Any items, services and meals which are not included in the above cost inclusion or mentioned in the above itinerary.

We do our best to make sure that these trips are as all inclusive as possible...

Notes from Lama Glenn:

Because we are entering Tibet from Nepal, we do this with a group visa issued in Nepal. If you have any other Chinese visa in your passport, it will be cancelled. All group members enter Tibet with one visa on one piece of paper. Foreign travel in Tibet is only allowed in this kind of group process. Also note that the Nepal visa is available at the Nepal airport. Please bring a few visa photos, or they might charge you to have one made in the airport. Please apply for a double-entry visa, to cover the return from Tibet entry. The cost was \$60 last year, but might change by next spring... or 5 minutes from now... but it won't be more than that.

Also Note: Tibet is under Chinese administration, so in addition to our China visa our Nepal agent has to get us a Chinese-issued permit for all of the places that we plan to visit in Tibet. Sometimes specific sites are open to foreigners, but can be closed without notice for any of a number of reasons, usually political. Therefore our itinerary is a “working plan,” and might have to be adjusted. I have led approximately 30 groups to Tibet over the years, starting from the mid 1980s. I have never had any serious difficulties with the altitude with my people, so long as they follow basic advice and formula behavior (i.e., careful breathing and also monitoring energy output) for high altitude travel. Older people tend to have less problems than young people, perhaps because they can follow these simple disciplines more easily. Most guests that join me are in their late 50's and above... and no guest has ever had a “serious” problem with the high altitudes. YES, you have to take that into consideration, but no more than you need to drink more water than you did back home. It's just different, not bad or dangerous.

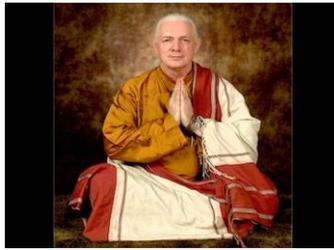
Journey to...

Tibet & Nepal

May 28th - June 13th, 2019

with Optional trip to

Bhutan June 13th- 18th



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 deposit (\$700. if you plan to extend this trip into Bhutan), 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, and are honored to continue this relationship.

The price for this Tibet & Nepal tour is \$ 4,495.00 per person (based on 15 or more guests – slightly higher pricing per the brochure, for fewer participants) - plus \$ 510.00 airfare as included in the itinerary. This price is per person, based on 2 guests sharing a double room. We have also included pricing for a single room at \$ 895.00 & \$ 295.00 on the Bhutan extension. The program begins and terminates in Kathmandu, and there are convenient connections from the states via either Bangkok Thailand or Delhi India.

Please attach your deposit check or money order for \$ 500.00 USD, (or \$ 700.00 if you select the Bhutan extension). Please mail that with this signed and completed registration form, payable to **Runaway Journeys – at the above address**. You will receive future billings, with final payment due no later than 60 days prior to departure. Feel free to phone me anytime with questions or concerns. Or wire payments to : **Runaway Journeys - Routing # 267084131 Account # 378880022 JP Morgan Chase Bank,- New York, NY Swift Code: CHASUS33**

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: _____

Date of Birth: _____ General Health: _____ - email address (again) _____

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

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

* _____ Check here for us to find you a suitable roommate. or/ _____ Check here if you want a single room at \$895.00 additional.

_____ I would like to be included in the 6 day optional trip to Bhutan (June 13 – 18) for \$1895.00 includes economy airfare, Kath. – Bhutan – Kath

NOTE: Lama Glenn Mullin will NOT be participating in this Bhutan extension.

I plan to purchase trip interruption insurance _____ no _____ yes. I will purchase my own coverage _____ or/ please send me an application.

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 for 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. We suggest that you secure trip insurance, and have these available on our internet site from multiple providers. This could protect payments, and any emergencies that could arise prior to or during the trip. All of our prices are stated in \$ USD
Upon receiving of any payments, we forward those to our tour operator(s) who in turn make deposits for goods and services.
Most health issues can be accommodated; however, we must be informed beforehand. Must be over 21 years old.