

## Heavenly Himalaya & Sri Lankan Buddhist Heritage Journey

**October 12–31, 2025**

A spiritual journey through sacred Buddhist landscapes in **Upper Mustang**, **Lumbini**, and **Sri Lanka**

Hosted by CEBA/Anatta/One Child's Village

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### **Part 1: Upper Mustang Jeep Pilgrimage**

**October 12–16, 2025**

**Start/Finish:** Pokhara

**Total Days:** 5 nights / 6 days

**Highest Altitude:** 3,840 metres

**Difficulty:** Easy – suitable for families

**Tour Cost:** USD \$1,725 per person (twin sharing)

**Single Supplement:** USD \$875

#### ◆ **Highlights**

- Travel at a gentle pace through the surreal, restricted region of Upper Mustang.
- Discover ancient cave dwellings and temples carved into cliffsides.
- Walk the alleys of the walled city of **Lo Manthang**, and visit centuries-old monasteries.
- Pay homage at **Muktinath** and **Lo Gekar**, the first Tibetan Buddhist monastery.
- Enjoy warm Loba hospitality and scenic boutique lodges.

#### ◆ **Inclusions**

- Scorpio Jeep 4x4 AC vehicles from Pokhara to Pokhara
- Private guided sightseeing as per itinerary with licensed guide
- Domestic flight: Pokhara to Bhairahawa
- Transfers to/from domestic airports
- Twin-sharing accommodation with breakfast and lunch
- ACAP & Restricted Area Permits (\$500 non-Nepalis only)
- Government taxes

### ◆ **Exclusions**

- Medical/travel/rescue insurance
  - Dinners
  - Beverages and personal items
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### **Day-by-Day Itinerary**



#### **Sunday Oct 12 – Day 1: Pokhara → Jomsom (157 km)**

- Drive through the spectacular Kali Gandaki Gorge
- Pass Marpha village (famous for apples)
- Views of Dhaulagiri and Nilgiri
- Overnight in Jomsom (2,700m)



#### **Oct 13 – Day 2: Jomsom → Ghami (79 km)**

- Morning trek to Dhumba Lake (4.3 km)
- Visit Kagbeni's old gumpa and petroglyphs
- Optional: stop at Metsun Lhakhang or Samar petroglyphs
- Walk to Chungshi Rangjung cave near Sangboche
- Overnight in Ghami (3,500m)



#### **Oct 14 – Day 3: Ghami Exploration**

- Visit **Dhakmar caves & Lo Gekar (Ghar Gumpa)**
- Drive to Ghara via Chharang, trek to **Luri Gumpa & Tashi Kabum**
- Optional: Explore Chharang on return
- Cultural exchange with local villagers



#### **Oct 15 – Day 4: Ghami → Lo Manthang (42 km)**

- Drive via Sam Dzong village
- Explore **Kunchongling caves and relics**

- Tour Lo Manthang's city gates, alleys, and mud-brick homes
- Overnight in Lo Manthang (3,800m)

#### **Oct 16 – Day 5: Lo Manthang → Pokhara (254 km)**

- Visit Lo Manthang's three major monasteries
  - Return journey to Pokhara
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### **Part 2: Lumbini Sacred Pilgrimage & Upasampadā**

**October 17–21, 2025**

**Start:** Flight from Pokhara to Bhairahawa

**Tour Cost:** USD \$600 per person (twin sharing)

**Single Supplement:** USD \$175

#### **Itinerary Overview**

#### **Oct 17 – Day 6: Arrive in Lumbini, peacefully connect with nature**

- Arrival, orientation, lunch at Kasai Hotel
- Afternoon: Peace Pagoda & Lumbini Crane Sanctuary walk
- Evening: Maya Devi Temple & Ashokan Pillar (Buddha's birthplace)

#### **Oct 18 – Day 7: Lumbini Tours and afternoon Leisure**

- Morning puja & meditation at Bodhi Institute
- Visit Lumbini Heritage site with stops at Tara, Chinese, and Korean Temples and monasteries
- Lunch at Buddha Maya Gardens
- Enjoy relaxing pool time at Buddha Maya Gardens
- Evening: Maya Devi Temple

#### **Sunday Oct 19 – Day 8: Karuna School Celebrations**

- Morning puja & meditation at Bodhi Institute

- Karuna Girls School 11<sup>th</sup> Anniversary Celebration, Sports Day & Prize Ceremony
- Evening: Maya Devi Temple



### **Oct 20 – Day 9: Upasampadā ,Ancient Sites & Dipawali**

- Morning puja & meditation at Bodhi Institute or help nuns prepare for Upasampadā
- **Bhante Metteyya's Upasampadā (Full Ordination)** at Myanmar Monastery
- 11:00 am lunch for monastics | 12:00 pm for non-ordained guests
- Afternoon trip to Kapilvastu & Nigrodharama
- **Dipawali bonfire** at Bodhi Institute with snacks, songs & stories



### **Oct 21 – Day 10: Tree Planting. Village walk & Farewell**

- Tree planting at Bodhi Institute (in memory of loved ones)
- Metta School visit and local village walk
- Lunch and farewell
- Afternoon flight to Kathmandu



## **Part 3: Sri Lanka Buddhist Heritage Journey**

**October 22–31, 2025**

**Tour Cost:** USD \$2,150 per person (twin sharing)

**Single Supplement:** USD \$875

**Duration:** 10 days / 9 nights

### **◆ Inclusions**

- Flight to Sri Lanka from Nepal
- Accommodation in 4-5 star hotels and resorts (twin-sharing)
- Private transportation throughout
- Professional, knowledgeable guides
- All site entry fees



## Itinerary Overview



### Oct 22 – Day 11: Arrival in Colombo

- Arrive CMB ~17:00
- Visit **Kelaniya Raja Maha Vihara** for first puja
- Overnight in Colombo



### Oct 23 – Day 12: Colombo → Jaffna

- Scenic drive to Jaffna (~6 hrs)
- Visit **Dambakola Patuna** (Sanghamittā landing site)
- Sunset at Casuarina Beach



### Oct 24 – Day 13: Jaffna – Nagadeepa Island

- Morning boat to **Nagadeepa Purana Vihara** & Naga Pooshani Amman Kovil
- Optional: Keerimalai sacred springs or beach time



### Oct 25 – Day 14: Leisure in Jaffna

- Optional: tour Jaffna Fort, library, market, snorkelling, cycling to coves



### Sunday Oct 26 – Day 15: Anuradhapura

- Explore sacred Bodhi tree, stupas, and historic monastic sites
- Evening chanting and offering



### Oct 27 – Day 16: Mihintale, Polonnaruwa, Safari

- Visit Mihintale and Polonnaruwa ruins

- Afternoon **elephant safari** at Minneriya National Park
- Overnight in Dambulla



#### **Oct 28 – Day 17: Dambulla → Kandy**

- Sunrise visit to **Dambulla Cave Temples**
- Stop at **Aluvihara** & herbal spice garden
- **Temple of the Sacred Tooth Relic** pooja in Kandy



#### **Oct 29 – Day 18: Kandy (Leisure + Recap)**

- Dawn puja at Temple of the Tooth
- Optional: gardens, tea museum, cafes, shops, spa
- Evening recap talk with Bhante Metteyya



#### **Oct 30 – Day 19: Pinnawala & Farewell Dinner**

- Visit **Pinnawala Elephant Orphanage**
- Return to Colombo
- Farewell Dinner



#### **Oct 31 – Day 20 Friday: Departure Day**

- Transfers to Colombo Airport as per flight schedule
- Visit world renowned **Spa Ceylon** (at your own cost) if time permits

### *Other Important Notes*

#### **Inclusions/Exclusions**

\*\*Recommend all travelers obtain Travel/Medical Insurance. Proof of insurance will be required prior to travel.

Vegetarian Breakfasts, Lunches and bottled water for drinking are **included**.

Sri Lanka- Vegetarian Dinners are **included**.

Visas for Nepal and Sri Lanka, travel insurance, flights to Nepal and Pokhara, as well as flights home/onward from Sri Lanka, alcohol/soft drinks/juices, laundry, spa services, and all other incidental/personal expenses **not included**.

#### **Packing Considerations**

Recommend bringing runners/sneakers and walking sandals, umbrella for sun and rain, very light rain poncho (think warm and tropical rain, it could pour for an hour then be hot and humid soon after), sunscreen, personal medications/supplements, a warm jacket, Advil/Tylenol, Gravol/anti-Nausea, Immodium, other personal care items, etc.

Bring modest **white** attire (cover shoulders to past knees) for visiting Sri Lanka holy sites (can also be worn in Lumbini). Modest attire at all temples and monasteries in Mustang, Lumbini and Sri Lanka. Beachwear only at pools or beaches. A lightweight shawl is a handy item. Footwear must be removed for all temples and monasteries. Bring extra **socks** for some sites where it will be too hot to walk barefoot.

#### **Health**

See your Travel Clinic well in advance for advice about **immunizations** and other health protocol. We will not be at extreme high altitudes and will have medication should anyone require it. Use **PiActive** insect repellent or one with at least 30% **DEET**. Mosquitoes carry Dengue Fever for which there is no immunization or cures, as well as Malaria and Japanese Encephalitis. Best defense is avoid being bitten with repellent, long clothing early mornings and evenings. Rooms will have nets or be mosquito-free by other means depending on hotel. Ticks here carry no disease. You may encounter the odd leech in humid grass and forests.

## **Currency**

Visa/MC Debit and Credit are reliably accepted in **metropolitan areas only**. AMEX not widely recognized.

**USD** is useful to carry for emergencies. If you bring any ensure they are NEW series bills, unmarked, not ripped or in any other way damaged/defaced.

**Local Currency** is best and often the only option for Incidentals. ATM's and money changers are readily available at Kathmandu and Colombo airports, in Pokhara and Kathmandu. **Be ready with local currency in hand before the morning of Oct 12 when we depart.**

Dinners and incidentals Nepal approximately:

\$142 USD = **20,000 NPR rupees for Mustang,**

\$100 USD = **14,000 NPR rupees for Lumbini**

Incidentals only **for Sri Lanka** \$150 USD= **45,000 LKR rupees**

## **Nepali Visitor Visa ('Visa on Arrival')**

Cost: **\$30 USD -15 days** (will be sufficient if you arrive in Nepal on Oct 8 – 11)

\$50 USD -30 days if you plan to arrive Oct 7 or earlier,

\$125 USD -90 days

3 Steps: 1-Fill out form at **Kiosk** in Arrivals hall, 2-proceed to **payment counter**, 3-then proceed to **Immigration Line up** for Foreigners.

## **Sri Lankan Visitor Visa**

Obtain E-visa up to 4 days in advance Online at [www.eta.gov.lk/slvisa](http://www.eta.gov.lk/slvisa) For **\$50 USD**

Obtain upon arrival at Colombo International Airport (Bandaranaike) **\$60 USD**

## **Weather**

**Sri Lanka**: The average daily temperatures in Sri Lanka in October range from 25°C (77°F) to 31°C (88°F). The coastal areas and low-lying regions tend to be hotter, while the hill country and higher altitudes are cooler. However, due to the high humidity, it can feel much hotter



than the actual temperature. Sri Lanka has many meteorological influences and the weather can be very changeable. Be prepared equally for sun and tropical rain storms.

**Mustang:** The temperature during the day is warm and comfortable while the nights can get chilly. The average temperature during the day in Upper Mustang is around 16 to 20 degrees Celsius, while at night, it can drop down to just below freezing (0 to minus 6) Celsius. The temperature can vary depending on the altitude and the time of the day. Climate change is having an impact, and the weather may also be much warmer.

**Lumbini:** Climate change too is affecting this region, the monsoon has been arriving later and therefore be prepared for some rain to continue in October, though traditionally the monsoon would be over. In October, the weather in Lumbini now generally includes very high temperatures and moderate rainfall. Anticipate daytime temperatures around 34°C, while night temperatures can drop to 26°C. Again, due to high humidity it can feel much hotter.

## **Electricity**

For North Americans traveling to South Asia, understanding the electrical differences is crucial. South Asia primarily uses 220-240V, 50Hz electricity, while North America uses 120V, 60Hz. This means you'll likely need both a [voltage converter](#) and an [adapter](#) for your electronics.

Key Differences and What to Pack:

- **Voltage:** South Asia uses 220-240V, while North America uses 120V.
- **Frequency:** South Asia uses 50Hz, while North America uses 60Hz.
- **Plugs:** South Asia typically uses [Type C, D, and G plugs](#), while North America uses Type A and B.

What You'll Need:

1. **[Travel Adapter:](#)**

You'll need a plug adapter to fit your North American plugs into the South Asian sockets.

2. **Voltage Converter:**

If your devices are not dual-voltage (110-240V), you'll need a voltage converter to step down the voltage to avoid damaging your electronics.

3. **Dual-Voltage Devices:**

If your electronics are dual-voltage (110-240V), you'll only need a travel adapter.

Tips for Choosing and Using Converters/Adapters:

- **Universal Adapter:**

A universal travel adapter can be useful, especially if you're traveling to multiple countries in South Asia with different plug types.

- **Check Device Compatibility:**

Before you go, check the voltage and frequency requirements of your devices (usually found on the power adapter or device itself).

- **Power Banks:**

Consider bringing a power bank to charge your devices when access to electricity is limited or during power outages, which can be common in some areas.

- **Converter Ratings:**

When choosing a converter, ensure it can handle the wattage of all the devices you plan to use simultaneously.

- **Safety:**

Be cautious when using converters and adapters, especially with high-powered devices. Follow the manufacturer's instructions and consider using a surge protector for sensitive electronics like laptops.

Canadian Engaged Buddhism Association (CEBA) [www.CEBAINfo.org](http://www.CEBAINfo.org) contact Bodhi [CEBAbodhi@gmail.com](mailto:CEBAbodhi@gmail.com)

Anatta World Health and Education Outreach [www.AnattaWorldHealth.org](http://www.AnattaWorldHealth.org) contact Cornelia [Cornelia.santschi@me.com](mailto:Cornelia.santschi@me.com)

One Child's Village [www.OneChildsVillag.org](http://www.OneChildsVillag.org) contact Trevor [ironside@shaw.ca](mailto:ironside@shaw.ca)

## HHH 2025 - Registration Form

Please complete this form and return it **along with a copy of your passport** and a **\$500 USD non-refundable deposit** no later than **August 31, 2025**.

Payment options:

- **E-transfer (within Canada):** CEBAbodhi@gmail.com
  - **Secure PayPal:** [www.CEBAinfo.org](http://www.CEBAinfo.org)
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### Personal Information

- **Full Name:** \_\_\_\_\_
  - **Date of Birth (DOB):** \_\_\_\_\_
  - **Passport Number:** \_\_\_\_\_
  - **Passport Expiry Date** (must be valid for at least 6 months after Oct 31, 2025):  
\_\_\_\_\_
  - **Occupation:** \_\_\_\_\_
  - **Brief description of past meditation experience:**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
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- **Can you climb 2 flights of stairs?** ☐ Yes ☐ No
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### Trip Selection

Please select only one option below and indicate room preference:

#### A. Entire Trip (Nepal + Sri Lanka)

- ☐ **Double Sharing:** \$4475 USD
- ☐ **Twin Sharing:** \$4475 USD
- ☐ **Single Room:** \$6300 USD
  - Name of person sharing with: \_\_\_\_\_

#### B. Nepal Only (Mustang and Lumbini)

- ☐ **Double Sharing:** \$2325 USD
- ☐ **Twin Sharing:** \$2325 USD
- ☐ **Single Room:** \$3375 USD
  - Name of person sharing with: \_\_\_\_\_

### C. Lumbini and Sri Lanka Only

- ☐ **Double Sharing:** \$2750 USD
- ☐ **Twin Sharing:** \$2750 USD
- ☐ **Single Room:** \$3800 USD
  - Name of person sharing with: \_\_\_\_\_

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### Agreement

I have read and understood the full itinerary and terms of the HHH 2025 pilgrimage. I acknowledge that changes to the itinerary may be made due to unforeseen circumstances. I will not hold CEBA, Anatta, or One Child's Village responsible for any accidents, illness, injury, or additional costs incurred during the trip. I understand that **travel insurance is recommended and is my responsibility to obtain**. I understand all prices are quoted in USD.

By signing below, I agree to the above terms and conditions.

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**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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Return the completed form along with a copy of your passport and the \$500 USD non-refundable deposit (e-transfer to **CEBAbodhi@gmail.com** or PayPal via [www.CEBAinfo.org](http://www.CEBAinfo.org)) by **August 31, 2025**.