



## TERGAR CHARITY NEPAL

Yongey Mingyur Rinpoche's Non-Profit Organization to Empower & Equip Remote Himalayan Communities for Sustainable Change & Social Well-being.

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### **Meditation Journey with Yongey Mingyur Rinpoche – 2023** “Accessing our True Nature in Nature”

Yongey Mingyur Rinpoche will be offering teachings in and around his birthplace of Samagaun in the majestic Himalayan mountains. For those of you who are unable to join the group trekking up to Nubri Valley with Rinpoche, you have the opportunity to fly in and out via helicopter.

Trip Cost: **\$2,800.00 USD**

*[Program Itinerary in Detail]*

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|----------------------------|---|
| <b>May 6<sup>th</sup></b>  | Arrive in Kathmandu. Stay where you like.<br><i>(tonight's lodging not included in price)</i>   |
| <b>May 7<sup>th</sup></b>  | Meet to collect passports for special permits, final payments, trek briefing, gear check, and introductions. <i>(tonight's lodging not included in price)</i>   |
| <b>May 8<sup>th</sup></b>  | Check in Hotel Moonlight in Thamel. Group welcome dinner!<br><i>(tonight's lodging &amp; dinner included in the price)</i>  |
| <b>May 9<sup>th</sup></b>  | We will travel by private bus to Machha Khola (869m) and stay the night in a local tea house. (B, L, D)   |
| <b>May 10<sup>th</sup></b> | Fly to Samagaun. (3520m)<br><i>(Double occupancy lodging for 7 nights in Samagaun is included in the price of this trip.)</i>   |
| <b>May 11<sup>th</sup></b> | We will enjoy some local sightseeing in the day and a meditation guidance from Yongey Mingyur Rinpoche in the evening. (B, L, D)  |
| <b>May 12<sup>th</sup></b> | Attend the opening ceremony of Sama Kindergarten. (B, L, D)   |
| <b>May 13<sup>th</sup></b> | Rinpoche's will give teaching to the trekkers/ students in the morning. Then you will have the option to trek to Pung-gyen monastery (3980m) and camp the night there, or you can stay in Samagaun. (B, L, D)<br><i>(Please note that YMR will not be trekking to Pungyen monastery as he has to give teachings to the villagers in the afternoon.)</i> |
| <b>May 14<sup>th</sup></b> | Return to Samagaun. (B, L, D)   |

<b>May 15<sup>th</sup></b>	Optional day trip visit/ trek to Milarepa Cave (3750m) and return to Samagaon. (B, L, D)
<b>May 16<sup>th</sup></b>	Fly out to Machha Khola and stay the night in a local tea house. (B, L, D)
<b>May 17<sup>th</sup></b>	Travel back to Kathmandu by a private bus. <i>(tonight's lodging &amp; food included in the price)</i>
<b>May 18<sup>th</sup></b>	Kathmandu. Breakfast at Hotel Moonlight and we say goodbye. (B)

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*(Please note that itinerary is subject to change due to weather or other unforeseen circumstances.)*

On our journey to Pung-gyen, we will be camping the night. While that might sound like roughing it, rest assured that it is more comfortable, less crowded, and more hygienic.

In addition to fresh, delicious vegetarian meals made just for our group, our incredible support staff will provide a 2-person tent (double occupancy). Each person will have an air mattress and a pillow. Each morning, our support team will deliver a hot cup of coffee or tea to your tent, followed by a large bowl of hot water for personal cleaning. We will also have a toilet tent and a shower tent in our campsite.

**Included:**

- Airport transfers in Nepal,
- 2 Nights Hotel Moonlight 1 night before and 1 night after the trip.
- Welcome group dinner in Kathmandu.
- Bus to Machha Khola and and return.
- Trekking Special restricted area permits, MCAP Conservation (*Mandatory to enter into the region*)
- Fees TIMS cards
- Staffs, Guide, assistant guides and porters, mules their insurances.
- 15 kg free language on trekking tours, carried by porter or mules
- Quality service and camping equipment while visiting Pung-gyen monastery
- Basic first aid kit.
- Oxymeter, proper oxygen set.

**Not Included:**

- International flights
- Additional tours and meals that are not mentioned
- Beverages
- Personal bills
- Visas
- Excess baggage charge (beyond 15 Kg. each)
- Insurance (for cancellation, accident, health, emergency evacuation and loss, theft of or damage to baggage and personal effects)
- Tips

**MEDITATION JOURNEY**

Trekking in Nubri Valley, Manaslu Circuit Trek. May 2023

*“A Fundraiser for Yongey Mingyur Rinpoche’s Education Projects in Nubri Valley.”*

[www.tergarcharity.org](http://www.tergarcharity.org)