



## 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 – 2024** “Embark on a Journey of Inner Peace & Purpose!”

*[Program Itinerary in Detail]*

#### **Day 1: Nov 6<sup>th</sup> - Meet & Greet!**

Upon your arrival in Kathmandu, the bustling capital city of Nepal, you will be greeted at Hotel Moonlight in Pagnajol, Thamel. Here, you will have a meeting at the hotel to kick off your meditation adventure journey. During this meeting, we will talk about the meditation journey and check the trekking gear. If some of you need to buy additional gear, we are happy to assist. Most importantly, we will collect final payments and all necessary documents such as passports for permit processing, ensuring all administrative tasks are taken care of smoothly.

#### **Day 2: Nov 7<sup>th</sup> - Visit Tergar School and attend Rinpoche's teaching at Swayambhu.**

In the evening, a welcome dinner will be arranged for you, providing an opportunity to meet fellow travelers and get acquainted with your trekking companions. You will check into Hotel Moonlight, situated in the vibrant neighborhood of Thamel, offering a cozy and convenient base for your Kathmandu stay.

Dinner at Thamel house restaurant <https://hotelthamelhouse.com.np/> and Breakfast at Hotel Moonlight. <https://www.hotelmooonlight.com/>

#### **Day 3: Nov 8<sup>th</sup> - Drive to Machha Khola (870m)**

Prepare for an early start as you depart Kathmandu for Machha Khola, situated along the banks of the Budhi Gandaki River. The scenic drive takes approximately 7 hours, offering glimpses of rural life and picturesque landscapes. Upon arrival, you will spend the night in Machha Khola, immersing yourself in the tranquility of your riverside surroundings. Teahouse or camping Breakfast Lunch Dinner (B.L.D)

#### **Day 4: Nov 9<sup>th</sup> - Trek to Yaruphant (1,200m)**

Fuel up with a good camping breakfast before setting out on your trekking adventure. Today's journey involves approximately 6 hours of walking alongside the Budhi Gandaki

River. Traverse terraced fields, verdant forests, and quaint settlements as you make your way to Yaruphant. Upon reaching your destination, you'll camp under the starlit sky, surrounded by the beauty of the Himalayan foothills or check into your teahouse. Teahouse or camping (B.L.D)

#### **Day 5: Nov 10<sup>th</sup> - Trek to Philim (1,590m)**

Continue your trekking odyssey along the banks of the Budhi Gandaki River. Trekking for about 6 hours, you'll pass through lush forests and traditional Gurung villages en-route to Philim. The village's rustic charm and serene ambiance provide the perfect backdrop for a night of sleeping beneath the towering peaks of the Himalayas. Teahouse or camping (B.L.D)

#### **Day 6: Nov 11<sup>th</sup> - Trek to Dyang (1,800m)**

Embark on a 7-hour trek through pine and rhododendron forests, catching occasional glimpses of the majestic surrounding peaks. Arrive at Dyang, nestled amidst breathtaking scenery, where you'll set up camp for the night by bank of the river, or check in to your teahouse. As evening falls, immerse yourself in the tranquility of nature and the camaraderie of your fellow trekkers. Teahouse or camping (B.L.D)

#### **Day 7: Nov 12<sup>th</sup> - Trek to Prok (2,380m)**

Ascend gradually through forests and terraced fields, trekking for approximately 7 hours to reach Prok. Soak in the stunning mountain views along the way. Upon reaching Prok, unwind and relax in your room or at your campsite, surrounded by the beauty of the Himalayan landscape. Teahouse or camping (B.L.D)

#### **Day 8: Nov 13<sup>th</sup> - Trek to Namrung (2,630m)**

Today's trek takes you deeper into the heart of the Himalayas as you ascend through forests and charming village of Ghap. Trekking for about 6 hours, enjoy waking through dense forest of Oak trees and blue pine tree and rhododendrons, you approach Namrung. Settle into your room or campsite, where you'll spend the night amidst the serene beauty of the mountains. Teahouse or camping (B.L.D)

#### **Day 9: Nov 14<sup>th</sup> - Trek to Lho (3,180m)**

Trekking for approximately 6 hours, traverse alpine terrain adorned with prayer flags and traditional Tibetan-style houses. Pass through the villages of Lihi and Sho before reaching Lho, where you'll be greeted by stunning views of Manaslu. We will spend the night amidst the tranquility of Lho, soaking in the awe-inspiring beauty of the Himalayas. Teahouse or camping (B.L.D)

**Day 10: Nov 15<sup>th</sup> - Trek to Sama Gaon (3,530m)**

Embark on a 6-hour trek through lush forests and across babbling streams as you make your way to Sama Gaon; the birth place of Yongey Mingyur Rinpoche. Arrive at this large village with Tibetan influences, where you'll be treated to panoramic views of Manaslu. Check in to your teahouse or set up camp and spend the night, relishing the serene ambiance of Sama Gaon. Teahouse or camping (B.L.D)

**Day 11: Nov 16<sup>th</sup> - Rest Day in Sama Gaon**

Take a well-deserved rest day in Sama Gaon to acclimatize to the altitude and explore the surrounding area. Optional activities include a day hike to Birendra lake, meet with Margot Clavier, the project director for HELP and probably visit some project sites. Teahouse or camping (B.L.D)

**Day 12: Nov 17<sup>th</sup> - Trek to Pungyen (3,800m)**

Ascend gradually towards the Pungyen Glacier, enjoying breathtaking views of Manaslu and surrounding peaks along the way. Visit secret monastery of Pungyen and walk back to Sama Gaon. Teahouse or camping (B.L.D)

**Day 13: Nov 18<sup>th</sup> - Visit Milarepa Cave (4,110m)**

Embark on a 7-hour day trip to the sacred Milarepa Cave, believed to be the meditation site of the revered Tibetan saint, Milarepa. Explore the mystical surroundings and soak in the serene atmosphere before returning to Sama Gaon. Spend the night, reminiscing about your spiritual journey amidst the Himalayan wilderness. Teahouse or camping (B.L.D)

**Day 14: Nov 19<sup>th</sup> - Trek back to Namrung (2,630m)**

Descend along the same trail, enjoying different perspectives of the landscape as you make your way back to Namrung. Trekking for about 6 hours, settle into your teahouse or campsite and spend the night, surrounded by the serene beauty of the mountains. Teahouse or camping (B.L.D)

**Day 15: Nov 20<sup>th</sup> - Trek back to Dyang (1,800m)**

Continue your descent through forests and villages, trekking for approximately 6 hours back to Dyang. Arrive at your teahouse or campsite and unwind, relishing the tranquility of the surroundings and the camaraderie of your fellow trekkers. Teahouse or camping (B.L.D)

### **Day 16: Nov 21<sup>st</sup> - Trek back to Philim (1,590m)**

Descend further along the Budhi Gandaki River, trekking for about 5 hours back to Philim. Arrive at your teahouse or campsite we will spend the night. The biggest highlight for the day will be meeting Rinpoche here. Teahouse or camping (B.L.D)

### **Day 17: Nov 22<sup>nd</sup> - Day in Philim**

Attend the opening ceremony of Philim Kindergarten with Rinpoche and then an empowerment ceremony with the locals. Teahouse or camping (B.L.D)

### **Day 18: Nov 23<sup>rd</sup> - Another day in Philim**

Rinpoche will give a Teaching. Teahouse or camping (B.L.D)

### **Day 19: Nov 24<sup>th</sup> - Trek back to Yaruphant (1,200m)**

Descend through the valley, passing through familiar villages as you make your way back to Yaruphant. Trekking for approximately 5 hours, arrive at your teahouse or campsite and spend the night, surrounded by the tranquility of the Himalayan foothills. Teahouse or camping (B.L.D)

### **Day 20: Nov 25<sup>th</sup> - Trek back to Machha Khola (870m)**

Continue your trek downstream along the Budhi Gandaki River, trekking for about 6 hours back to Machha Khola. Arrive at your teahouse or campsite and spend the night, reflecting on the incredible experiences of your trekking adventure. Teahouse or camping (B.L.D)

### **Day 21: Nov 26<sup>th</sup> - Drive back to Kathmandu.**

Bid farewell to the picturesque surroundings of Machha Khola as you embark on the journey back to Kathmandu. Arrive in the bustling city, marking the end of your memorable Meditation journey trek. Night stay in Hotel Moonlight. <https://www.hotelmoonlight.com/>

Farewell Dinner. At third eye restaurant <https://www.thirdeye.com.np/>

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

Camping in comfort of the Himalayas. An experience of a lifetime!

On this meditation journey, we will be camping each night. While that might sound like roughing it, rest assured that camping on this trip is more comfortable and less crowded.

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.

### **COST:**

Cost for Camping - US \$ 3500.00 per person

Cost for Teahouse lodging - US \$ 3300.00 per person.

(For folks interested in Teahouse lodging, your main dinner course will be served at the tea house however desert, breakfast and Lunch, Tea, coffee, Hot chocolate, milk, etc., are served from our Kitchen.)

### **What's INCLUDED:**

- Transportation airport pick and drop from Kathmandu to trekking and back to Kathmandu. Hotel Moonlight.
- Welcome and farewell dinners in Kathmandu.
- 2 nights hotel accommodation with breakfast 1 night before and 1 night after trekking.
- All meals on trek (B.L.D) breakfast Lunch Dinner.
- 15kg Luggage it carries by porters/Mules.
- Special Manaslu restricted area permit, National Park Entrance/Conservation Fees
- Guide, cooks Kitchen and porters wages their insurances.
- Quality service and trek camping equipment's
- Proper Oxygen set
- Oximeter

### **NOT INCLUDED:**

- International flights
- Additional tours and meals that are not mentioned
- Beverages
- Personal bills
- Visas
- Excess baggage charge (beyond 15 Kg)
- Insurance (for cancellation, accident, health, emergency evacuation and loss, theft of or damage to baggage and personal effects)
- Tips 5%.
- Single supplement in Kathmandu US\$. 50 per person.

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## **MEDITATION JOURNEY**

Trekking into Nubri Valley, Manaslu Region. November 2024

*"A Fundraiser for Yongey Mingyur Rinpoche's Education Projects in Nubri Valley."*

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