



TERGAR CHARITY NEPAL

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

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

[Program Itinerary in Detail]

- April 30** Trekkers arrive in Kathmandu. Stay where you like (*tonight's lodging not included in price*)
- May 1** Meet to collect passports for special permits, final payments, trek briefing, gear check, and introductions. (*tonight's lodging not included in price*)
- May 2** **Check in Hotel Moonlight in Thamel. Group welcome dinner!**

Trek

Day 1. May 3: Drive to Machha Khola by private bus (869m.) 165km. 8 to 9 hours.

Early in the morning, we will drive from Kathmandu to Machha Khola. On Nepali roads, some parts will be paved and some will be gravel only. We will be driving through Dhading Besi town in Arughat Gorkha district. From here the roads gets a little rougher, but the countryside view will make it worthwhile. We will also be able to get a view of the mountains, Mt. Manaslu and Ganesh Himal. We will go through villages with local traditional houses with slate roofs. We will pass through Soti Khola and then next town is Machha Khola. **BLD (Breakfast, Lunch & Dinner) Camping**

Day 2. May 4th Machha Khola to Yaruphant (1170m.) 6 to 7 hours walking.

After breakfast, we are ready to hit the road walking on a Nepali country road. There is not much traffic, but it can be bit dusty when vehicles pass. It is a good idea to have a mask handy, just in case. We will be alternating between walking along the road and on the trail. The path stretches along the Budhi Gandaki River. We will pass the town of Tatopani (Nepali for “hot water”) and the natural hot spring. There are a few tea houses by the river and as we continue walking, we will crossing a bridge over the river. The next town is Dhovan, where we will have lunch, then continue to Yaruphant. **(BLD) Camping**

Day 3. May 5th Yaruphant to Philim (1570m.) 5 to 6 hours walking.

Crossing the bridge over Yaru Khola, we will climb up a stone staircase and down to the river. We again climb up the stairs and to Thado Bharyang. 2-3 hours of walk along the west bank of Budhi Gandaki and climbing over a ridge, cross the suspension bridge, then enter Jagat village. Jagat is the entry point of the Manaslu Conservation Area. We officially enter the restricted area at Jagat. We will continue walking through Jagat village. Some parts of the trail are paved with slate. We will also come across through

various mani walls (Buddhist Holy script carved in Stone). We will climb over the rocky ridge to Salleri and descend to the pleasant village of Sirdibas. It is a compact village with stone houses and slate roofs. We then pass through Ghotta Khola and cross one of the longest suspension bridges of the trek over Budhi Gandaki River. After a steep climb, we will arrive in Philim. (BLD). Camping and a teaching from Mingyur Rinpoche in the evening.

Day 4. May 6th Philim to Deng (1860m.) 6 hours walking.

Walking in same contour line to little place name called Ekle Bhatti. From here, the terrain gets steep. We will pass an uninhabited gorge and cross Budi Gandaki. The river is at its narrowest here. We will encounter beautiful nature, walking through a bamboo forest and different types of trees. We will walk along the west bank of the river and reach Deng Khola. Crossing the river, we will arrive Deng village. (BLD) Camping

Day 5. May 7th Deng to Prok(2397m.) 4 to 5 hours walking.

This will be one of the short hiking days on this trip. We will cross Budi Gandaki river, then there is a steep incline to the beautiful little village of Rana. The trail continues a gentle up hill slope and towards Bhi Phedi and then on to Prok. (BLD) Camping and a teaching from Mingyur Rinpoche in the evening.

Day 6. May 8th Prok to Barzam (2600m.) 4 to 5 hours walking.

Trek to Namrung above the Ghap village. Up and down hill contouring through dense forests and various mani walls, which reflect the Buddhist culture in the area. As we pass through the forests, we will have a chance to see various wildlife: a variety of birds and animals, langurs etc.

Crossing the Budhi Gandaki River and over a wooden bridge above the beautiful gorge. The trail goes down a narrow gorge and less dense forest. After the last steep climb of the day, we reach Namrung Village. It is considered as a good viewpoint for Siringi and Ganesh Himal. (BLD) Camping

Day 7. May 9th Barzam to Lho (2920m.) 4 to 5 hours walking.

We enter the village of Lihi. After crossing the Hinang River, we will reach Lho, which is dominated by a large Gumpa. Lho is known as the best place to witness Mt. Manaslu with its double peaks and to explore the Tibetan Buddhist culture. (BLD) camping

Day 8. May 10th Lho to Samagaon (3520m.) 4 hours walking.

We then climb through a forest towards Shyala. Shyala Village is surrounded by mountains. The view of the snowy mountains is magnificent here. We cross the slope draining the Pung Gyen glacier and reach Samagaon. It is the closest village to Mt. Manaslu Base Camp. We might get there early today. If so, we can visit Tergar Charity Nepal's kindergarten. (BLD) Camping

Day 9. May 11th Day trip to Birendra Lake (3632m.) 1 hour walking.

Today in the morning, we will go for some local sightseeing and visit the old village of Samagaon. After lunch, we will make a quick visit to Birendra Lake which is about an hour away from the village.

Day 10. May 12th Stay in Samagaon (3520m)

We will attend the opening ceremony of Sama Kindergarten with Yongey Mingyur Rinpoche and spend most part of the day at the kindergarten in class and may be some cultural programs. (BLD) Camping.

Day 11. May 13th Samagaon to Pung-gyen Monastery (3980m). 4 to 5 hours walking

Today in the morning, we will receive teaching from Yongey Mingyur Rinpoche. After the teaching, we will then start our trek to Pung-gyen monastery and stay the night there. (BLD) Camping.

Day 12. May 14th Pung-gyen monastery to Sama. 4 hours walking.

Return to Samagaon and visit Birendra Lake. (BLD) Camping.

Day 13. May 15th Samagaon to Milerepa Cave (3750m). 3 to 4 hours walking.

In the morning after a good breakfast, we will then start our trek to Milerepa cave. After the visit, have our packed lunch there and then return to Samagaon. (BLD) Camping

Day 14. May 16th Return to Machha Khola. 40 minutes flight.

Fly to Machha Kola by helicopter and stay in a teahouse for the night. (BLD)

Day 15. May 17th Private bus drive back to Kathmandu.

After breakfast in tea house, we will drive to Kathmandu by private bus and spend the night at Hotel Moonlight. (BLD)

Day 16. May 18th Kathmandu.

Breakfast at Hotel Moonlight and we say goodbye (B)

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

Camping in comfort in the Himalayas with Yongey Mingyur Rinpoche. 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, less crowded, and more hygienic than staying in local teahouses.

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 trekking.
- Welcome group dinner in Kathmandu.
- Bus to Machha Khola and and return.
- Camping tent, two per tent, pillow and foam mattresses.
- Shower tents, dining tents, toilets tent etc.
- Specified meals on trek prepared by cooks.
- Trekking Special restricted area permits, MCAP Conservation
- 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 trek equipment
- 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