



TERGAR CHARITY NEPAL

Yongey Mingyur Rinpoche's Non-Profit Organization to

Educate & Empower Remote Himalayan Communities for Sustainable Change & Social Well-being

| Day | Date | Trekkers Itinerary | Rinpoche's Itinerary |
|--------|----------------------|---|--|
| Day 1 | Oct 27 th | <i>Welcome Program</i> | |
| Day 2 | Oct 28 th | <i>Preparation Day</i> | |
| Day 3 | Oct 29 th | <i>Drive to Machha Khola</i> | |
| Day 4 | Oct 30 th | <i>Trek to Yarubagar</i> | |
| Day 5 | Oct 31 st | <i>Trek to Philim</i> | |
| Day 6 | Nov 1 st | <i>Trek to Dyang</i> | |
| Day 7 | Nov 2 nd | <i>Trek to Prok</i> | |
| Day 8 | Nov 3 rd | <i>Trek to Namrung</i> | |
| Day 9 | Nov 4 th | <i>Trek to Lho</i> | |
| Day 10 | Nov 5 th | <i>Trek to Samagaun</i> | |
| Day 11 | Nov 6 th | <i>Rest day & Visit Birendra Lake</i> | |
| Day 12 | Nov 7 th | <i>Day hike to Pungyen</i> | |
| Day 13 | Nov 8 th | <i>Day hike to Milarepa Cave</i> | |
| Day 14 | Nov 9 th | <i>Trek to Namrung</i> | |
| Day 15 | Nov 10 th | <i>Trek to Dyang</i> | |
| Day 16 | Nov 11 th | <i>Trek to Philim</i> | <i>Drive to Philim</i> |
| Day 17 | Nov 12 th | <i>Stay in Philim</i> | <i>Opening Ceremony of Philim Kindergarten</i> |
| Day 18 | Nov 13 th | <i>Stay in Philim</i> | <i>Teaching by Rinpoche at Philim</i> |
| Day 19 | Nov 14 th | <i>Trek to Yarubagar</i> | <i>Trek to Yarubagar & Teaching by Rinpoche in the evening</i> |
| Day 20 | Nov 15 th | <i>Trek to Machha Khola</i> | <i>Drive back to Kathmandu</i> |
| Day 21 | Nov 16 th | <i>Drive to Kathmandu</i> | |

MEDITATION JOURNEY TO NUBRI VALLEY (Yongey Mingyur Rinpoche's Birth Place). Oct/Nov 2024

"A Fundraising for Yongey Mingyur Rinpoche's Educational Projects in Nubri Valley."

www.tergarcharity.org