



TERGAR CHARITY NEPAL

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

SHORT TREK

		TREKKERS' ITINERARY	RINPOCHE'S ITINERARY
Day 1	Nov. 7 th	<i>Welcome, Meet & Greet Program</i>	
Day 2	Nov. 8 th	<i>Preparation Day</i>	
Day 3	Nov. 9 th	<i>Drive to Machha Khola</i>	
Day 4	Nov. 10 th	<i>Trek to Yarubagar</i>	
Day 5	Nov. 11 th	<i>Trek to Philim</i>	<i>Drive to Philim</i>
Day 6	Nov. 12 th	<i>Stay in Philim</i>	<i>Opening Ceremony of Philim Kindergarten</i>
Day 7	Nov. 13 th	<i>Stay in Philim</i>	<i>Teaching by Rinpoche</i>
Day 8	Nov. 14 th	<i>Trek to Yarubagar</i>	<i>Trek to Yarubagar & Teaching in the evening</i>
Day 9	Nov. 15 th	<i>Trek to Machha Khola</i>	<i>Drive back to Kathmandu</i>
Day 10	Nov. 16 th	<i>Drive to Kathmandu</i>	

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

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

www.tergarcharity.org