



TERGAR CHARITY NEPAL

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

	TREKKERS' ITINERARY	RINPOCHE'S ITINERARY
Day 1	Nov. 6th	<i>Welcome Program</i>
Day 2	Nov. 7th	<i>Preparation Day</i> <i>Teaching by Rinpoche</i>
Day 3	Nov. 8th	<i>Drive to Machha Khola</i>
Day 4	Nov. 9th	<i>Trek to Yarubagar</i>
Day 5	Nov. 10th	<i>Trek to Philim</i>
Day 6	Nov. 11th	<i>Trek to Dyeng</i>
Day 7	Nov. 12th	<i>Trek to Prok</i>
Day 8	Nov. 13th	<i>Trek to Namrung</i>
Day 9	Nov. 14th	<i>Trek to Lho</i>
Day 10	Nov. 15th	<i>Trek to Samagaon</i>
Day 11	Nov. 16th	<i>Rest Day & visit Birendra Lake</i>
Day 12	Nov. 17th	<i>Day hike to Pungyen</i>
Day 13	Nov. 18th	<i>Day hike to Milarepa Cave</i>
Day 14	Nov. 19th	<i>Trek to Namrung</i>
Day 15	Nov. 20th	<i>Trek to Dyang</i>
Day 16	Nov. 21st	<i>Trek to Philim</i> <i>Drive to Philim</i>
Day 17	Nov. 22nd	<i>Stay in Philim</i> <i>Opening Ceremony of Philim Kindergarten</i>
Day 18	Nov. 23rd	<i>Stay in Philim</i> <i>Teaching by Rinpoche</i>
Day 19	Nov. 24th	<i>Trek to Yarubagar</i> <i>Trek to Yarubagar & Teaching in the evening</i>
Day 20	Nov. 25th	<i>Trek to Machha Khola</i> <i>Drive back to Kathmandu</i>
Day 21	Nov. 26th	<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