

Pilgrimage Trip to Central Tibet

This very special journey will take us to the most spiritually known, sacred monasteries and places of great beauty in Central Tibet. Places we will visit include **Mt Bon Ri**, the **Jokhang Temple**, the **Potala palace**, the monasteries of **Menri**, **Yungdrung Ling**, **Tashi Lunpo**, **Samye**, **Drepung** and **Sera** and the **Kumbum Stupa**. In Menri monastery and Yungdrun Ling monastery we will participate in the prayers and ceremonies with the monks.



We will pass through very old, traditional Tibetan villages. We will see and witness Tibet's spiritual life and Nomadic Tibetan life. There will be optional morning meditation, prayer, and Dharma talks. We invite you to reserve the dates and join us for this once-in-a-lifetime trip.



Itinerary

Day 1. Monday (July, 12): Depart from USA.

Day 2. Tuesday (July, 13): Fly to Lhasa, Tibet.

Day 3. Wednesday (July 14): Arrive in Lhasa. Rest and visit Jokhang Temple.

Day 4. Thursday (July, 15): Meditation and orientation with Tempa Lama. Visit the Potala Palace (Dalai Lama's winter palace) and Norbu Linkha (Dalai Lama's summer palace)

Day 5. Friday (July, 16): Visit Drepung Monastery and Sera Monastery.

Day 6. Saturday (July, 17): Drive across the Tibetan High plateau to Sacred Mt. Bon Ri.

Day 7-8. Sunday-Monday (July, 18-19): We will explore Kongpo valley, Sacred Mt. Bon Ri and the surroundings monasteries.

Day 9. Tuesday (July, 20): Drive along the Bramaputra River green valley. Rest in Gyatsa Xian Lodge.

Day 10. Wednesday (July, 21): Drive to Tsethang via Potang la pass.

Day 11. Thursday (July, 22): We will visit Yunbulakhang, Tradruk Temple and the nearby Tibetan village.

Day 12. Friday (July, 23): Excursion to Samye Monastery, the first Buddhist monastery built in Tibet.

Day 13. Saturday (July, 24): We will explore the Nyemo valley and visit Sangri Bon Monastery and Yundrung Ling Bon Monastery. We will stay in the monastery guesthouse and participate in the prayers and ceremonies with the monks.

Day 14. Sunday (July, 25): Visit Menri monastery either walking or by horse back riding. We will participate in meditation and prayer ceremonies. Then we will drive to Shigatse.

Day 15. Monday (July, 26): Visit Tashi Lhunpo monastery, the main seat of the Panchen Lama. Then drive to Gyantse, visit Kumbum Stupa and monastery and Gyantse Fort.

Day 16. Tuesday (July, 27): Drive to Lhasa, visit Yamdrok Lake and check into the Yak hotel.

Day 17. Wednesday (July, 28): Free day. Time to shop gifts for friends and family.

Day 18. Thursday (July, 29) Drive to the airport and fly home.



Costs and Registration

Trip costs: \$2780. Please visit our website for registration.

The above costs cover:

- Twin shared accommodation (guesthouse or hotel).
- Full board.
- Airport pick up and drop OFF service in Lhasa
- Tibet alien travel permit.
- Transport by Japanese land cruiser and supporting truck for baggage.
- Support staff including English-speaking guide and cook.
- Monastery entrance and national park fees.
- Twin shared tent for sleeping if necessary, dining tent with table and chairs, kitchen and toilet tent.

Please note that the above costs do not cover:

- International airfare
- Chinese visa fee (ca \$50 per person, to be arranged prior to travel).
- Medical and other insurance coverage and emergency evacuation.
- Excess baggage on flights
- Phone calls and faxes during the pilgrimage
- Personal beverages.
- Tips for the support staff.
- Local donations to the monasteries.

Pilgrimage trip staff

This trip will be guided by Tempa Dukte Lama and experienced support staff.



Tempa Dukte Lama is the founder and spiritual director of Olmo Ling Bon Center in Pittsburgh, PA. He has guided and accompanied several pilgrimage trips to Tibet, Nepal and India.

Tempa Lama studied in Menri Monastery, India from the age of six under the close direction of H.H. Menri Trizin Rinpoche, the spiritual head of the Bon tradition and Geshe Chongtul Rinpoche. He teaches regularly on Bon healing practice and other core Bon practices, the stages of meditation, and the path of compassionate beings. At Olmo Ling Center, Tempa Lama is working to make the ancient Bon teachings available and accessible through workshops and retreats, translation and commentaries of Bon texts, a weekly meditation program and compassionate outreach.



Journey to Central Tibet

With Tempa Dukte Lama

July 12-29, 2010

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