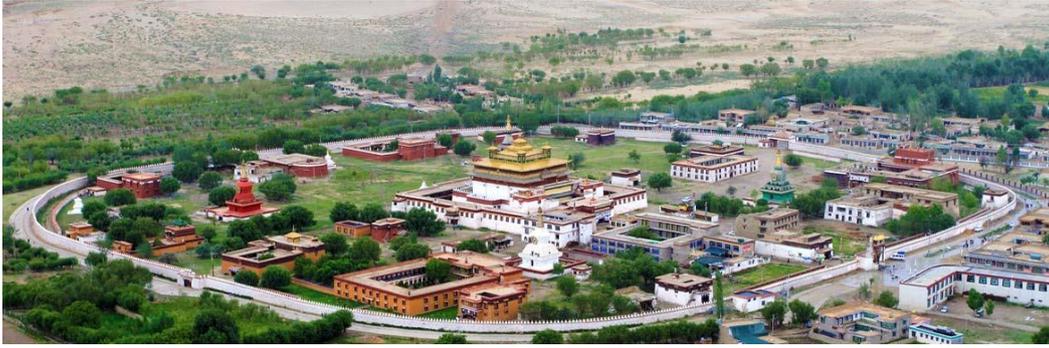


Samye Festival Tour with Natalia Visit Samye, Mt. Kailash & Lake Manasarovar



Holy Mount Kailash

The most sacred mountain in the Tibetan Buddhist world is also considered by many to be the centre of the universe. Uncannily symmetrical, this remote and remarkable peak is located in the far west of Tibet, 1200 km from Lhasa. Mt. Kailash (6714m) is not only geographically one of the most important mountains in Asia, it is also the source of four major rivers, namely, the Indus, Sutlej, Karnali and Tsang Po which nourish Asia with water. In Sanskrit Kailash means 'luminous crystal'. Hindus believe Mt. Kailash to be the abode of Lord Shiva and his wife Parvati. Tibetan Buddhists call the mountain Kang Rinpoche, the 'Jewel of Snow', and regard it as the body mandala of Korlo Demchog and his consort, Dorje Phagmo (Chakrasambhava and Vajra Varahi). A pilgrimage to this great sacred and magical landscape is the most precious of pilgrimages for both Tibetan and Indian people, a journey they hope to experience at least once in a lifetime.

Samye festival with Natalia



Samye is the first monastery in Tibet build around 750 and that is where Guru Rinpoche / Padmasambava gave the first teachings and established the Buddhist belief system....

This summer 2017 when we visited Samye monastery our Tibetan guide told us about the special annual Festival in Samye with Lama Dances. During the Festival days Tibetans spend the nights at Samye and watch religious dances. Many of the pilgrims do also circumambulate sacred mountains nearby by carrying Holy Scriptures on their shoulder all the way in order to wash away sins and earn merits for their present and future life. I immediately made the aspiration to visit Samye monastery during such a special period and now we made this new program for you. After the festival we will

circumambulate Mt. Kailash as well as sacred Lake Manasarovar and travel out to Nepal via Kyirong new border crossing.

Lake Manasarovar is the female principal and represents the wisdom aspect; meanwhile Mt. Kailash represents the male and Diamond (Vajra) aspect. In Hindu tradition Lake Manasarovar is regarded to be the spirit of Brahma where all life is being born.

Expedition or Inner Purification All trips to Mt. Kailash have expedition character. Long drives require a lot of patience, tolerance and little expectations. In return we will see some of the most untouched and beautiful landscapes and we are likely to meet genuinely nice people.

Seen as a pilgrimage, the vast open spaces encourage deep personal inner experiences. Therefore certain undigested events may (and probably will) suddenly pop up in the mind. Consequently, this journey is generally quite the opposite of a usual holiday or trek, where one seeks to forget about home and past. The journey tends to retrieve memories and you may find yourself taking a conscious look at events in your life and realise how much one is connected with everything.

«Mt. Kailash feels like a place where heaven and earth are merging in one place...»

Somewhere over the rainbow
Skies are blue
And the dreams that you dare to dream
Really do come true

~Arlen-Harburg

Guide: Natalia Sander, born 1974 in Russia, Translator & Tour guide, Journalist. Since 2006 she is living in Asia. This will be my 7th time / trip Mt. Kailash. I will be glad to accompany you on this great journey.



Group Size: Minimum 7, maximum 16 people.

Duration: June 25th–July 12th 2018.

Price: RMB 14500 Euro 1890 (at a rate of 1 Euro 7.5CNY) / Single room mark-up +390Euro

Plus flight: KTM-LXA = 290-400 Euro depending on booking class available

Single room mark-up 390Euro (only guaranteed in 95% of the places)

Included: airport transfer KTM- LXA; drive in Tibet via Samye to Mt. Kailash, Lake Manasarovar and back to Nepal Kathmandu (see itinerary); all overnight; all permits and road tolls in Tibet; local guide, drivers; Western guide Natalia. Entrance fee of Samye monastery 50CNY, Sakya 50CNY, Mt. Kailash 150CNY, Manasarovar 150CNY.

Excluded: visa fee for Tibet 114\$; visa for Nepal; All cost for food, porter, horse and horse driver for personal ride; cost in case of an emergency; airport transfer and hotel in Kathmandu; personal expenses; insurances; tip.

- **Of course we cannot determine or foresee your spending behaviour, however with a moderate way of spending you will need about 100-150 CNY / day this will cover food. If you need a porter the cost is extra 210CNY/ Day.**

Remark: Nepal Accommodation / activity Add-ons: If want us to book a room in a Monastic G.H. cost is: Single 20\$ double 28\$. Airport transfer 10\$ per PAX. For Nepal programs we can send you a variety of offers from City tour, trekking to Safari, just let us know.

Dates:

June 19: Arrival in Kathmandu; hand over of passport Chinese visa form, 10- 17.00
 June 20+21: Tibet visa; at 13.00 p.m. briefing for the tour / Free day
 June 22: Excursion day to Pharping with Natalia / Visa is finished by 16.00
 June 23+24: Free days

July 13th: Earliest departure, evening 18.00

Alternative entry from Chengdu main land China on June 24/ Departure 13th July is possible and cheaper and needs less time only 21days! Please get in touch with Roger he will explain all details to that way of joining the group and Natalia in Tibet at the airport!

Itinerary – Short Itinerary

Day 1: Flight, Kathmandu – Lhasa – Samye / Guesthouse (G.H.)
 Day 2: Samye / festival visit Samye Monastery and pick nick on Hehuri/ G.H.
 Day 3: Samye / Festival excursion by car and walk to Chimpu caves / G.H.
 Day 4: Samye – Festival
 Day 5: Samye – Sakya / H.
 Day 6: Sakya – Saga / visit Monastery / G.H.
 Day 7: Saga – Darchen on Mt. Kailash /G.H.
 Day 8-10: 3 days Mt. Kailash Kora / trekking / G.H.
 Day 11. End kora drive to Manasarovar Chiu Gompa/ G.H..
 Day 12-15: 4 days Manasarovar lake Kora / trekking / G.H.
 Day 16: drive to Saga / G.H.
 Day 17: Saga – Kyrong – Rasuwa / H.
 Day 18: Rasuwa – Kathmandu by private transport end of service.

Itinerary – Detailed

- Day 1:** Early morning transfer to airport, flight to Lhasa with beautiful Everest view. In Lhasa the Tibetan guide will pick you up from Gongar airport and bring you to Samye approximately 3-4h drive / 143 Km. You will stay in a Hotel.
- Day 2:** This day is primarily acclimatisation day; You can visit the Samye monastery walk the kora around and have a pick nick on Hebu-Ri and enjoy the beautiful view on the mandala of Samye monastery. If you don't feel well, simply relax! G.H.
- Day 3:** Samye /Chimphu Kora walk: Samye was the first Monastery built by King Trisong Detsen with the help of Guru Rinpoche. It is built in a Mandala style representing the Indian Cosmology. Above Samye Monastery are the Chimphu caves which represent Guru Rinpoche enlightened speech aspect. While staying in Samye, Guru Rinpoche was giving the first Vajrayana teaching to his consort and closest students (all together 25 disciples). Hotel.
- Day 4:** Samye festival. Hotel
- Day 5:** 10h drive approximately 520 Km from Samye to Sakya overnight Sakya Hotel.
- Day 6:** Morning 9 Am we will visit the Sakya monastery the first monastery of this tradition, and the seat of the Sakya School was built by Khonchog Gyalpo (1034–1102) in 1073. Afterwards you travel on to Saga about 7-8 h drive 346 KM. We stay the night in a simple pilgrim guesthouse.
- Day 7:** 8-9h drive 540km from Saga to Darchen. We cross over a pass of 4800m and will enter the high desert of western Tibet. We pass Paryang with a nice Himalayan view in the grasslands. Then (270km) through beautiful landscape from Paryang to Darchen (4560m) at the base of Mt. Kailash. After crossing the Mayumla pass (5216m), we drive along the shores of Gung Gyu lake, before getting the first glimpse of the holy Mt. Kailash..We stay the night in a simple pilgrim guesthouse.
- Day 8-9:** Begin of the Kailash kora. First, the trek brings us to Tarpochen, the so-called navel of the universe, and continuing along we pass Chuku monastery (those who have lots of energy can go for a short visit). After a 6-7h casual walk, we will stay just below the north face of Mt.Kailash near Dirapuk monastery (4900m) where we have one full rest day for acclimatisation. During the rest day we will have time to do some side excursions to the north face for two hours and/or to Dirapuk monastery where we can find a small cave in which the famous yogi Gialwa Gotsangpa practiced meditation for a long time!
- Day 10:** Now the heart of the kora begins. We slowly start to walk up to the Tara-Pass/Drölma-La (5630m) where we have a break before we descend to the valley. From here we trek all the way down to the Zutulpuk monastery (4790m). This will be a solid 8h hike and we will need all the energy reserves we have built up from the rest day before.
- Day 11:** Last the easy part is coming, we walk 3-4h to Darchen where we have lunch in a simple restaurant. Afterwards we will drive to Drive about 30 minutes to

Chiugompa where we stay in simple guesthouse with the most amazing view of Lake Manasarovar, Gurla Mandata (7728m) and Mt. Kailash.

Day 12-15: Manasarovar kora 4 days. This is so beautiful and cannot be put in words; however see some pictures of the vastness so you can imagine yourself.



Day 16: You drive Onwards the same way back via Paryang to Saga. simple G.H.

Day 17: Saga 5h – drive to Kyirong, we descend the high desert and enter the green. Along the way we visit the enlightenment cave of Milarepa. In Lower Kyirong/Rasuwa we leave the Tibetan crew and cross the border and walk one kilometre to our hotel in Nepal.

Day 18: 7-8h drive to Kathmandu end of service.

General Information

Please Note

- We will not be responsible for extra cost incurred by landslides, road blockages and other weather-related or political problems.
- You are responsible for your own health. Our arrangements are designed to allow sufficient time for acclimatisation.

- Accommodation will occasionally be in shared rooms (small dormitories). During the Kailash kora accommodation will be very simple. We assume your preparedness to share rooms/tents with others, regardless of gender.
- We reserve the right to increase the tour price should the Euro in relation to the Chinese Yuan (RMB) depreciate significantly.

Visa and Passport Information

Visa Nepal

Is best applied upon arrival in Nepal. You will need a passport photo. For your first entry in a calendar year you get a 30 day or 90 day multiple-entry visa valid from the date of entry. The visa costs US\$ 40 or US\$ 100, respectively.

Tibet Group Visa

Will be obtained in Kathmandu. For this, we need one passport photo and a filled in Visa form please print out here; <http://snowjewel.com/visalinks.html> Visa- Fee US\$ 114 in cash, payable upon arrival when handing over the passport. (US citizens must pay US\$ 198.)

Passport Validity

Minimum 6 months from date of entry.

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May all beings be happy!