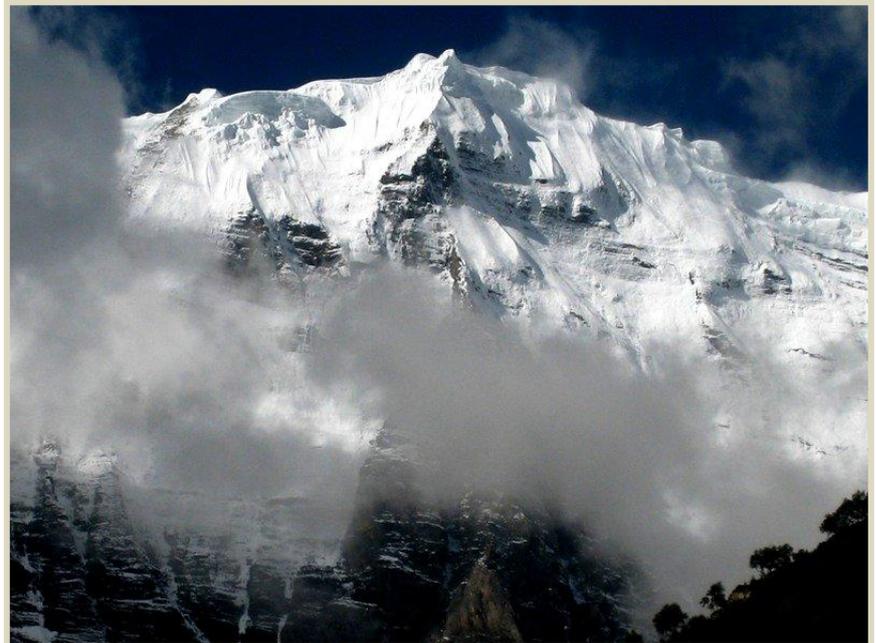


## SACRED CRYSTAL MOUNTAIN

### Under-construction

The sacred mountain of Dolpo is called She-Re Drug da, which translates as "Dolpo Crystal Mountain of The Dragon's Roar". In the 12th century, a Buddhist practitioner named Druptop Senge Yeshe was sent to Dolpo by his master Kyabpa Jigten Sumgon, the founder of the Drikung Kagyu Order. On his arrival on the hilltop of Zhegpa Gang, Senge Yeshe flew through the middle of a huge rock on his way up the sacred mountain of Shel-Re Drugda. There he saw Chakrasamvara (the tantric deity, Dechog) at the Crystal Mountain, and through the power of his meditative realization, he heard the sound of a dragon's roar. Having directly perceived the holiness of the mountain, Senge Yeshe christened it "Shel-Re Drugda" and, riding on a lion, he blessed the sacred land. The hole in the rock through which Senge Yeshe flew can still be seen and his dharma activities are recorded in historical books and oral stories still told by the people of the Dolpo region.



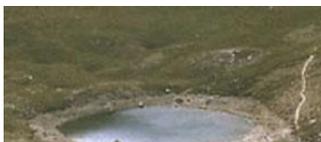
#### Sites around the Sacred Crystal Mountain



This stupa is one of the most precious objects in the Gomoche Monastery. According to historical records, the monks at the monastery left the remains of Senge Yeshe in the main shrine. Then, history continues, seven southern Indian saints appeared as birds and began to construct the stupa around his remains. The monks were instructed to leave the shrine closed for seven days, but they opened it one day early and found the incomplete stupa. It was then up to them to complete the structure. It is easy to see the difference between the part made by the "gods" and that made by the monks of the monastery.



This is Dorjee cave, where Senge Yeshe retreated for nine years and gained the highest attainment of enlightenment. Most pilgrims perform heartfelt prayers and meditation here for as long as they can.



This lake is Tso Kava Le. The lake is something very special to see: it is as blue as the sky and, even without a water source; the lake never dries up during the year.



This is a natural image of the sacred Mount Kailash printed on a stone and is easily seen at the side of the path circumambulating Dolma La, the sacred Shel-Re Drugda hill. The most important similarity is that the sacred Mount Kailash is also known as the residence of Dechog.



We can see lions' footprints on a rock and were told that, when Senge Yeshe was in Dolpo, he discovered there were powerful evil spirits disturbing people's lives and their spiritual practices. To stop those spirits, he had to manifest himself into three lions, which represented his body, mind and speech. Those three lions multiplied themselves into one hundred lions in order to tame the evil spirits. Their negativities were buried underneath the big rock. Now the rock is a place where pilgrims go to see the footprints of the lions and get blessed by them.



This is a footprint of Lord Jigten Sumgon, at Drikung Gonpa. It was given to Lama Nagpo-Zume as a gift by Lord Jigten Sumgon himself when he was sent to Dolpo to help living beings there.

**Duration:** 23 Days – can be extended according to your wish

**airport taxes** and hotel in Kathmandu; personal expenses; insurances; tip & Gratitude's for staff.

**Price overview:**

Camping Trek cost: Euro .....00 per person

We will send you detail itinerary day by day via e-mail.

**Special Permit:**

- Royalties / Special permit Upper & lower Dolpo .....US \$ per person
- National park fee Shey Phoksundo & Annapurna .....US \$ per person
- Government taxes & Sherpa Insurance 50\$ Per person

**Total Permits** .....\$ per PAX (payable in Kathmandu in US\$)

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- Skyp : nepalsnowjewel
- Skype : kailashroger

**Grandtotal € ..... + US\$ .....**

**Included:**

- All Air fares as per itinerary
- Food, 3 meals a day
- Accommodation on a tented camp during trek
- All cooking utensils, dining and toilet tent
- All necessary equipment expect sleeping bag and mat see equipment list
- An English speaking guide, Cook, Sherpa, and Porters.



**Excluded:** visa for Nepal; alcohol and soft drinks when eating in restaurants; airport transfer **and**

**May all beings be happy!**