

Pilgrimage to Nepal and India

PILGRIMAGE TO LAMA ZOPA RINPOCHE
HOLY PLACES

This is a journey of peace, silence, companionship and a lot of introspection so that it becomes a turning point in your daily life.

The heart of the trip consists of a 9-day pilgrimage to Lawudo Gompa, in the Solo Khumbu area, the birthplace of Lama Zopa Rinpoche

What is a pilgrimage?

Lama Zopa Rinpoche explains

“The main point of pilgrimage is to subdue our minds. By eliminating mistaken thoughts, not allowing the mind to be under the control of delusion, the mind is better able to actualize the lamrim realizations, from guru devotion up to enlightenment.”

By doing pilgrimage, we receive blessing from the holy places where enlightened beings, great yogis and bodhisattvas, have practiced. With the blessing entering our hearts, our mental continuum is able to soften, to become subdued, and we are able to decrease the delusions. We are then able to develop bodhicitta, strong compassion, towards other sentient beings, and our guru devotion, renunciation, right view, our meditation on emptiness, all become stronger. That means that our mental continuum becomes Dharma. This is the result of pilgrimage.”



This is an opportunity for students that knew Lama Zopa Rinpoche or those that never met with Rinpoche in this life, but feel connected to his teachings, to visit and connect with the holy places of Rinpoche’s past and the holy places of the Buddha.

During the pilgrimage, besides relaxing and having a good time, we will be doing prayers, practices and especially strong requests for Rinpoche’s swift return. We will also have some dharma talks while in Lawudo, creating a retreat environment of silence and contemplation.



Lawudo Gompa

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Where does the idea of this pilgrimage come from?

Hello, my name is Thubten Kalden, and I had the incredible privilege of being a student of Lama Zopa Rinpoche for over 10 years. Back in 2015, I had the privilege to spend an unforgettable month in Lawudo in Rinpoche's presence, an experience that forever changed my life. It was during this time that Nepal was struck by a devastating earthquake, claiming thousands of lives and nearly taking mine as well. Because of this, Lawudo holds an exceptionally special place in my heart.

In the spirit of sharing these beautiful experiences, many have expressed a desire to organize a pilgrimage to Lawudo for the students of Thubten Kunga Ling Center in Florida. Since this will be the first trip to Nepal for many of us, we decided to take advantage of the journey by also visiting some of the most sacred sites in Buddhism, including Bodhgaya, where the Buddha attained enlightenment, and to have the remarkable opportunity to see the living Buddha, His Holiness the 14th Dalai Lama, in Dharamsala.

This pilgrimage is not just a journey through breathtaking landscapes; it is an invitation for everyone to awaken their inner potential, to seek wisdom, and to connect with the profound teachings of the Buddha. Together, we will walk a path of inspiration, compassion, and understanding, carrying forward the legacy of Rinpoche's teachings in our hearts. Join us as we embark on this transformative journey, honoring the past while illuminating the future with the light of our shared aspirations.

I can't wait to share this pilgrimage with all of you!

Where are we going?

The Solo Khumbu region is truly a gem of breathtaking beauty, where the landscape is adorned with vibrant prayer flags fluttering in the breeze, gentle yaks roaming the hills, and stones etched with sacred mantras.

This enchanting area has been blessed by many remarkable teachers, making it an ideal sanctuary for spiritual practices like meditation. For all of us who are students of the incredibly kind Lama Zopa Rinpoche, Solo Khumbu holds a particularly special place in our hearts, especially the renowned Lawudo Cave. Known affectionately as the Cave of Blissful Attainments, this sacred site is not just a highlight of the region but a true treasure for those on a spiritual journey.

Lawudo Cave was discovered by the previous Lawudo Lama, Kunsang Yeshe, and its significance is amplified by the blessings of a lifetime devoted to pure Dharma practice. It is the original home of our beloved Lama Zopa Rinpoche, whose compassion and wisdom continue to inspire us all.

As we journey through the Solo Khumbu region, let us open our hearts to the teachings that echo through the mountains, allowing the beauty and spirit of this sacred land to inspire our own paths toward understanding and compassion. Together, we can embrace the transformative power of this extraordinary place, cultivating a deeper connection to ourselves and the world around us.



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TWO OPTIONS

NEPAL ONLY: STARTING ON OCT 10TH
INDIA AND NEPAL: STARTING ON OCT 3RD



DAY 1: TRIP TO DELHI
OCT 3, 2025

- Morning:** Final packing and getting ready to a pilgrimage of a lifetime.
- Afternoon:** Meeting at 4 pm at Miami International Airport (Qatar Airways check in)
- Evening:** Flight to Delhi

FLIGHT #: 1234 56789

DEPARTURE: Oct 3, 2025 at 7.20 pm

ARRIVAL: Oct 5, 2025 at 1.55 am in New Delhi

DOMESTIC FLIGHT #:

DEPARTURE: Oct 5, 2025 at 6.00 am

ARRIVAL: Oct 5, 2025 at 7.45 am in Dharamsala



DAY 2: DHARAMSALA
OCT 5, 2025

- Morning:** Arrival at Dharamsala, rest.
- Afternoon:** Visit to His Holiness's Temple and prayers.
- Evening:** Early dinner and rest.



**DAY 3: DHARAMSALA
OCT 6, 2025**

- **Morning:** Visit to the different Lamas (Ling Rinpoche, etc)
- **Afternoon:** Visit to different sites in Dharamsala.
- **Evening:** Early dinner and rest.



**DAY 4: DHARAMSALA
OCT 7, 2025**

- **Morning:** If there's no public teachings with His Holiness, then possibility of a meeting with His Holiness.
- **Afternoon:** Visit to Tushita Meditation Center and prayers there.
- **Evening:** Early dinner and rest.



**DAY 5: BODHGAYA
OCT 8, 2025**

- **Morning:** Early flight to Delhi and from Delhi to Bodhgaya
- **Afternoon:** Arrival at Root Institute
- **Evening:** Visit to the Mahabodddhi Stupa and rest



**DAY 6: BODHGAYA
OCT 9, 2025**

- **Morning:** Visit to the Mahabodddhi Stupa and prayers
- **Afternoon:** Visit to Maitreya Land and rest
- **Evening:** Visit to the Mahabodddhi Stupa and prayers



DAY 7: BODHGAYA
OCT 10, 2025

- **Morning:** Early depart to Rajagriha and Nalanda pilgrimage.
- **Afternoon:** All day pilgrimage.
- **Evening:** Rest.



DAY 8: KATHMANDU
OCT 11, 2025

- **Morning:** Early visit to Mahabodhi stupa and dedication prayers.
- **Afternoon:** Flight to Delhi and then to Kathmandu.
- **Evening:** Arrival in Kathmandu, stay at Kopan Nunnery.



DAY 9: KATHMANDU
OCT 12, 2025

- **Morning:** Rest and visit to the Nunnery
- **Afternoon:** Visit to Kopan and Lama Zopa's Holy Body.
- **Evening:** Visit to Bouddhanath stupa and dinner.



DAY 10: KATHMANDU
OCT 13, 2025

- **Morning:** Visit to Swayambhunath stupa.
- **Afternoon:** Lunch and last minute shopping in Thamel.
- **Evening:** Dinner in Bouddha and rest.



DAY 11: KATHMANDU
OCT 14, 2025

- **Morning:** Visit to Taras in Thamel and Prajanaparamita.
- **Afternoon:** Final shopping and dedication prayers at Buddha's room.
- **Evening:** Early evening.



DAY 12: LUKLA
OCT 15, 2025

- **Morning:** Early depart to Lukla.
- **Afternoon:** Walk from Lukla to Benkar (around 10km)
- **Evening:** Night in Benkar.



DAY 13: NAMCHE
OCT 16, 2025

- **Morning:** Walk from Benkar to Namche Bazaar (around 8km)
- **Afternoon:** Lunch in Namche Bazaar.
- **Evening:** Night in Namche Bazaar.



DAY 14: NAMCHE
OCT 17, 2025

- **Morning:** Rest and acclimatisation in Namche.
- **Afternoon:** Rest and acclimatisation in Namche.
- **Evening:** Night in Namche.



DAY 15: LAWUDO
OCT 18, 2025

- **Morning:** Walk Namche to Lawudo.
- **Afternoon:** Rest in Lawudo (prayers at the Cave).
- **Evening:** Night in Lawudo.



DAY 16: LAWUDO
OCT 19, 2025

- **Morning:** Retreat in Lawudo.
- **Afternoon:** Retreat in Lawudo.
- **Evening:** Night in Lawudo.



DAY 17: LAWUDO
OCT 20, 2025

- **Morning:** Retreat in Lawudo.
- **Afternoon:** Retreat in Lawudo.
- **Evening:** Night in Lawudo.



DAY 18: LAWUDO
OCT 21, 2025

- **Morning:** Retreat in Lawudo.
- **Afternoon:** Retreat in Lawudo.
- **Evening:** Night in Lawudo.



DAY 19: BENKAR
OCT 22, 2025

- **Morning:** Walk from Lawudo to Benkar
- **Afternoon:** Walk from Lawudo to Benkar.
- **Evening:** Night in Benkar.



DAY 20: LUKLA
OCT 23, 2025

- **Morning:** Walk from Benkar to Lukla.
- **Afternoon:** Walk from Benkar to Lukla.
- **Evening:** Night in Lukla.



DAY 21: KATHMANDU
OCT 24, 2025

- **Morning:** Early flight from Lukla to Kathmandu.
- **Afternoon:** Rest in Kathmandu.
- **Evening:** Night at Kopan Nunnery.



DAY 22: KATHMANDU
OCT 25, 2025

- **Morning:** Rest and shopping or visit to Bouddha.
- **Afternoon:** Late afternoon: dedication prayers at Rinpoche's Holy Body.
- **Evening:** Leave to the airport at 10.30 pm.

PRICE

NEPAL ONLY: around \$3,500 - \$4,000
INDIA AND NEPAL: around \$4,500 - \$5,000

What's included:

All air tickets;
All accommodation;
All meals with the group;
Basic offerings/donations to pilgrimage places;

What's NOT included:

All visas;
Health Insurance - mandatory (including
helicopter emergency)
Gifts;
Other donations;

PAYMENT:

- Each person buys their own air tickets (Miami - Delhi/Kathmandu).
- Cash for the Lawudo part: around \$1,000 including the air tickets Kathmandu <-> Lukla.
- To pay for all the hotels and meals, withdraw cash in India and Nepal or change US dollars to local currency.

**FOR MORE INFORMATION ON HOW TO REGISTER, WHAT TO
BRING OR ANY QUESTIONS, WRITE TO:
pilgrimagelawudo@gmail.com**