



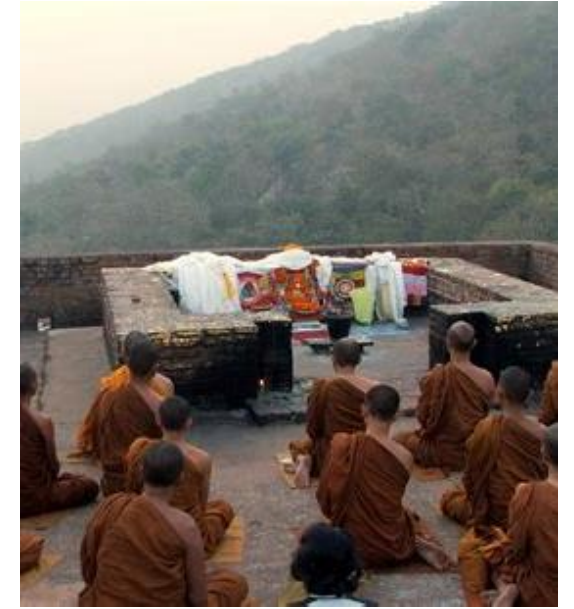
Pilgrimage to India and Nepal



Buddhist pilgrimage to holy sites in India and Nepal

What the benefits of a pilgrimage are?

- Pilgrimage is not only a tourist trip, but also an inner journey that can transform your mind and open your heart.
- You can take advantage of the blessings and the inspirations of the places we will visit to transform your own mind by decreasing your self cherishing and your wrong views that make you suffer and make others suffer.
- Not only that, but it helps to connect with our inner potential of transformation and insight into our unlimited and unconditional source of love, compassion and wisdom.





What do you do on a pilgrimage?

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



Itinerary

- We will go to McLeod Ganj and try to meet with His Holiness the Dalai Lama, a once in a lifetime transformative experience.
- We will go to the sacred site of Bodhgaya where the Buddha got enlightened and a powerful place to do offerings and prayers for our own future enlightenment.
- Then, we will go to Nepal, to Kathmandu to visit the holy sites of this vibrant city. Especially Bouddhanath and Swayambunath stupas.
- But our main destination is Kopan Monastery to visit and make strong prayers at Lama Zopa Rinpoche's holy body.





McLeod Ganj

- McLeod Ganj is known as the Holy Seat of the Dalai Lama.
- The Tsuglagkhang complex, a custard-coloured concrete monastic village that's home to the Dalai Lama along with two colourful temple rooms and the excellent Tibet Museum, whose entrance you'll pass en route.
- The delightful Norbulingka Institute, 6km southeast of McLeod Ganj, was established in 1988 to teach and preserve traditional Tibetan art forms. It's a beautiful and fascinating place to visit, and you can watch artisans at work on woodcarving, metal statue-making, thangka painting and embroidery.



Bodhgaya

- Bodh Gaya holds a very important place in Buddhism because it was under the sacred Bodhi Tree where the Buddha meditated until he attained Enlightenment.
- It's a place where all the different schools of Buddhism have temples and holy objects.
- Around Bodhgaya are other places important to the Buddha story as they represent other key elements of where Buddha was before and after enlightenment.





Kopan Monastery



- Our main destination in Kathmandu is Kopan Monastery to visit and make strong prayers at Lama Zopa Rinpoche's holy body.
- Kopan is committed to helping all beings develop their full potential of infinite wisdom and compassion as taught by our founder, Lama Thubten Yeshe, and spiritual director Lama Zopa Rinpoche.
- It is the home of 360 monks, lamas, teachers and workers. The monks come from all areas of Nepal and Tibet with ages ranging from seven to sixty years old. They have devoted their lives to the study and practice of the teachings of Buddha Shakyamuni, with special emphasis on the teachings of Lama Tsong Khapa, the founder of the Gelug Lineage.
- For those that can't come to o, you'll have a special opportunity to attend one of the famous Kopan courses with the renowned monks and nuns.

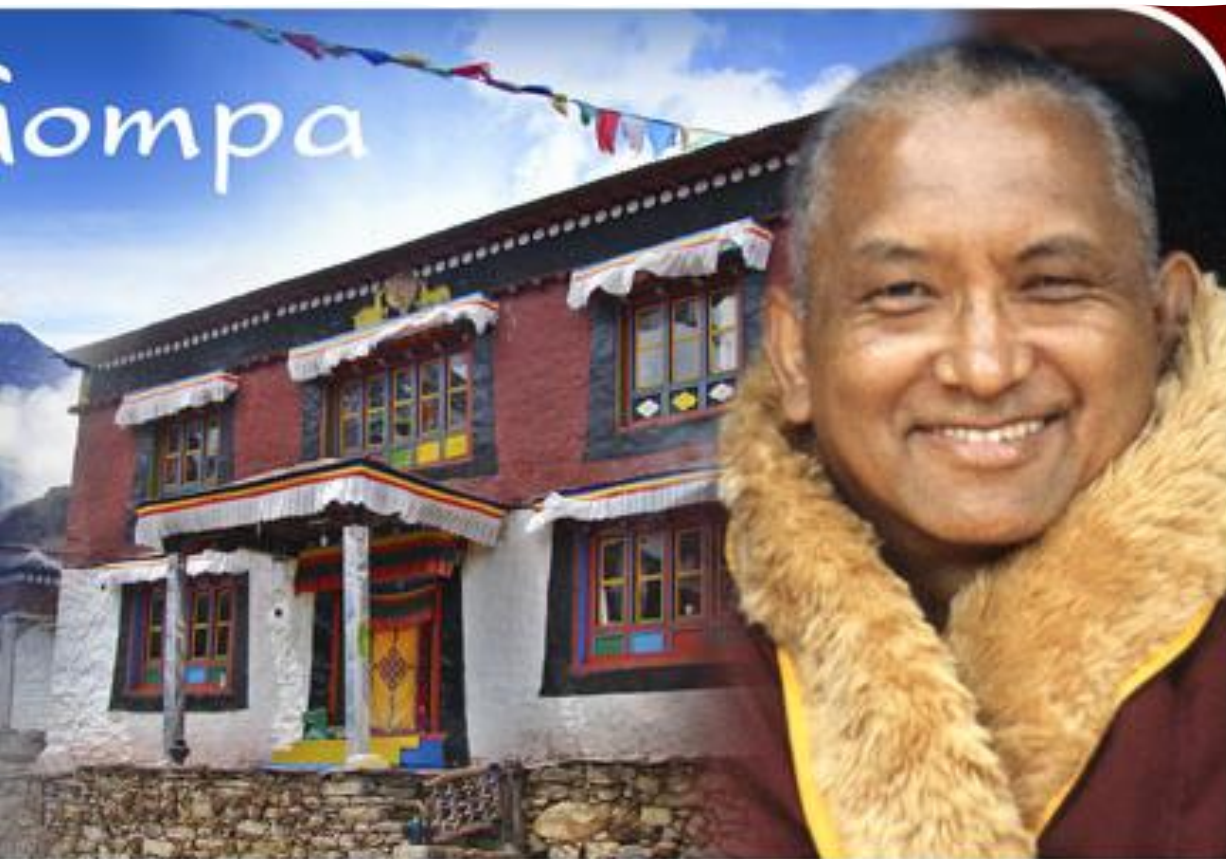
Solu Khumbu

- For those that can commit (physically) we will embark on a journey to the mystic and spiritual area of Solu Khumbu, where lama Zopa Rinpoche was born and many yogis meditated.
- 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.
- We will trek up to 4000 m (above 13,000 feet) on our way to the holy cave of Lawudo Gompa.





Lawudo



- The 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.

Costs for India & Nepal Lawudo

INDIA & NEPAL (Lawudo)	
<u>Flights</u>	
Miami -> Delhi x Kathmandu -> Miami =	\$ 1,254.00
Delhi -> Dharamsala =	
Dharamsala -> Gaya =	\$ 750.00
Gaya -> Kathmandu =	
Kathmandu <-> Lukla =	\$ 450.00
TOTAL	\$ 2,454.00
<u>Accommodation:</u>	
Dharamsala (3 nights) =	\$ 80.00
Bodhgaya (3 nights) =	\$ 60.00
Kathmandu (3 nights) =	\$ 60.00
Lawudo trip (9 nights) =	\$ 700.00
Kathmandu (2 nights) =	\$ 50.00
TOTAL	\$ 950.00
<u>Food:</u>	
Dharamsala (3 nights) =	\$ 60.00
Bodhgaya (3 nights) =	\$ 30.00
Kathmandu (3 nights) =	\$ 70.00
Lawudo trip (9 nights) =	\$ -
Kathmandu (2 nights) =	\$ 30.00
TOTAL	\$ 190.00

<u>Extras:</u>	
Visas =	\$ 55.00
Transportation =	\$ 100.00
Health Insurance =	-
Gifts =	\$ 150.00
TOTAL	\$ 305.00
<u>Offerings (we will give a minimum but you are free - and we encourage - to offer as much as you can):</u>	
	<u>Min</u>
Dharamsala:	\$ 20.00
Bodhgaya:	\$ 20.00
Kathmandu:	
- Bouddha	\$ 20.00
- Swayambhu	\$ 20.00
- Kopan	\$ 20.00
- Nunnery	\$ 20.00
Lawudo:	
- Tips	
- Porters	\$ 20.00
- Lawudo Team	\$ 50.00
- Lawudo	\$ 100.00
TOTAL	\$ 290.00
TOTAL	\$ 4,189.00

Costs for India & Nepal Lawudo

Kalden's costs	
<u>Flights</u>	
Miami -> Delhi one way	\$ 750.00
Delhi -> Dharamsala =	\$ 750.00
Dharamsala -> Gaya =	
Gaya -> Kathmandu =	
Kathmandu <-> Lukla =	\$ 450.00
TOTAL	\$ 1,950.00
<u>Accommodation:</u>	
Dharamsala (3 nights) =	\$ 80.00
Bodhgaya (3 nights) =	\$ 60.00
Kathmandu (3 nights) =	\$ 60.00
Lawudo trip (9 nights) =	\$ -
Kathmandu (2 nights) =	\$ 50.00
TOTAL	\$ 250.00
<u>Food:</u>	
Dharamsala (3 nights) =	\$ 60.00
Bodhgaya (3 nights) =	\$ 30.00
Kathmandu (3 nights) =	\$ 70.00
Lawudo trip (9 nights) =	\$ -
Kathmandu (2 nights) =	\$ 30.00
TOTAL	\$ 190.00
TOTAL	\$ 2,390.00

Kalden's costs if we have:	
- 12 people	\$ 199.17
- 15 people	\$ 159.33
- 18 people	\$ 132.78
TOTAL PER PERSON:	
If we have:	
- 12 people	\$ 4,388.17
- 15 people	\$ 4,348.33
- 18 people	\$ 4,321.78

Costs for Nepal only Lawudo

Nepal only (Lawudo)	
<u>Flights</u>	
Miami <-> Kathmandu =	\$ 1,374.00
Kathmandu <-> Lukla	\$ 450.00
TOTAL	\$ 1,824.00
<u>Accommodation:</u>	
Kathmandu (3 nights) =	\$ 60.00
Lawudo trip (9 nights) =	\$ 700.00
Kathmandu (2 nights) =	\$ 50.00
TOTAL	\$ 810.00
<u>Food:</u>	
Kathmandu (3 nights) =	\$ 70.00
Lawudo trip (9 nights) =	\$ -
Kathmandu (2 nights) =	\$ 30.00
TOTAL	\$ 100.00

<u>Extras:</u>	
Visas =	\$ 35.00
Transportation =	\$ 60.00
Health Insurance =	-
Gifts =	\$ 150.00
TOTAL	\$ 245.00
<u>Offerings (we will give a minimum but you are free - and we encourage - to offer as much as you can):</u>	
	Min
<u>Kathmandu:</u>	
- Bouddha	\$ 20.00
- Swayambhu	\$ 20.00
- Kopan	\$ 20.00
- Nunnery	\$ 20.00
<u>Lawudo:</u>	
- Tips	
- Porters	\$ 20.00
- Lawudo Team	\$ 50.00
- Lawudo	\$ 100.00
TOTAL	\$ 250.00
TOTAL	\$ 3,229.00

Costs for Nepal only Lawudo

Kalden's costs	
<u>Flights</u>	
Miami -> Delhi one way	\$ 750.00
Kathmandu <-> Lukla =	\$ 450.00
TOTAL	\$ 1,200.00
<u>Accommodation:</u>	
Kathmandu (3 nights) =	\$ 60.00
Lawudo trip (9 nights) =	\$ -
Kathmandu (2 nights) =	\$ 50.00
TOTAL	\$ 110.00
<u>Food:</u>	
Kathmandu (3 nights) =	\$ 70.00
Lawudo trip (9 nights) =	\$ -
Kathmandu (2 nights) =	\$ 30.00
TOTAL	\$ 100.00
TOTAL	\$ 1,410.00

Kalden's costs if we have:	
- 5 people	\$ 192.00
- 8 people	\$ 120.00
- 10 people	\$ 96.00
TOTAL PER PERSON:	
If we have:	
- 12 people	\$ 2,366.00
- 15 people	\$ 2,294.00
- 18 people	\$ 2,270.00

Costs for India & Nepal Kopan

INDIA & NEPAL (Kopan)	
<u>Flights</u>	
Miami -> Delhi x Kathmandu -> Miami =	\$ 1,254.00
Delhi -> Dharamsala =	
Dharamsala -> Gaya =	\$ 750.00
Gaya -> Kathmandu =	
TOTAL	\$ 2,004.00
<u>Accommodation:</u>	
Dharamsala (3 nights) =	\$ 80.00
Bodhgaya (3 nights) =	\$ 60.00
Kathmandu (2 nights) =	\$ 60.00
Kopan (10 nights) =	\$ 275.00
Kathmandu (2 nights) =	\$ 50.00
TOTAL	\$ 525.00
<u>Food:</u>	
Dharamsala (3 nights) =	\$ 60.00
Bodhgaya (3 nights) =	\$ 30.00
Kathmandu (2 nights) =	\$ 60.00
Kathmandu (2 nights) =	\$ 30.00
TOTAL	\$ 180.00

<u>Extras:</u>	
Visas =	\$ 55.00
Transportation =	\$ 100.00
Health Insurance =	-
Gifts =	\$ 150.00
TOTAL	\$ 305.00
<u>Offerings (we will give a minimum but you are free - and we encourage - to offer as much as you can):</u>	
	Min
Dharamsala:	\$ 20.00
Bodhgaya:	\$ 20.00
Kathmandu:	
- Bouddha	\$ 20.00
- Swayambhu	\$ 20.00
- Kopan	\$ 20.00
- Nunnery	\$ 20.00
TOTAL	\$ 120.00
TOTAL	\$ 3,134.00

Costs for India & Nepal Kopan

Kalden's costs	
<u>Flights</u>	
Miami -> Delhi one way	\$ 750.00
Delhi -> Dharamsala =	
Dharamsala -> Gaya =	\$ 750.00
Gaya -> Kathmandu =	
TOTAL	\$ 1,500.00
<u>Accommodation:</u>	
Dharamsala (3 nights) =	\$ 80.00
Bodhgaya (3 nights) =	\$ 60.00
Kathmandu (3 nights) =	\$ 60.00
Kathmandu (2 nights) =	\$ 50.00
TOTAL	\$ 250.00
<u>Food:</u>	
Dharamsala (3 nights) =	\$ 60.00
Bodhgaya (3 nights) =	\$ 30.00
Kathmandu (3 nights) =	\$ 70.00
Kathmandu (2 nights) =	\$ 30.00
TOTAL	\$ 190.00
TOTAL	\$ 1,940.00

Kalden's costs if we have:	
- 12 people	\$ 161.67
- 15 people	\$ 129.33
- 18 people	\$ 107.78
TOTAL PER PERSON:	
If we have:	
- 12 people	\$ 3,295.67
- 15 people	\$ 3,263.33
- 18 people	\$ 3,241.78

Costs for Nepal only Kopan

Nepal only (Kopan)	
<u>Flights</u>	
Miami <-> Kathmandu =	\$ 1,374.00
TOTAL	\$ 1,374.00
<u>Accommodation:</u>	
Kathmandu (2 nights) =	\$ 60.00
Kopan (10 nights) =	\$ 275.00
Kathmandu (2 nights) =	\$ 50.00
TOTAL	\$ 385.00
<u>Food:</u>	
Kathmandu (2 nights) =	\$ 60.00
Kathmandu (2 nights) =	\$ 30.00
TOTAL	\$ 90.00

<u>Extras:</u>	
Visas =	\$ 35.00
Transportation =	\$ 60.00
Health Insurance =	\$ -
Gifts =	\$ 150.00
TOTAL	\$ 245.00
<u>Offerings (we will give a minimum but you are free - and we encourage - to offer as much as you can):</u>	
	Min
<u>Kathmandu:</u>	
- Bouddha	\$ 20.00
- Swayambhu	\$ 20.00
- Kopan	\$ 20.00
- Nunnery	\$ 20.00
TOTAL	\$ 80.00
TOTAL	
	\$ 2,174.00

Costs for Nepal only Kopon

Kalden's costs	
<u>Flights</u>	
Miami -> Delhi one way	\$ 750.00
TOTAL	\$ 750.00
<u>Accommodation:</u>	
Kathmandu (3 nights) =	\$ 60.00
Kathmandu (2 nights) =	\$ 50.00
TOTAL	\$ 110.00
<u>Food:</u>	
Kathmandu (3 nights) =	\$ 70.00
Kathmandu (2 nights) =	\$ 30.00
TOTAL	\$ 100.00
TOTAL	\$ 960.00

Kalden's costs if we have:	
- 5 people	\$ 192.00
- 8 people	\$ 120.00
- 10 people	\$ 96.00
TOTAL PER PERSON:	
If we have:	
- 12 people	\$ 2,366.00
- 15 people	\$ 2,294.00
- 18 people	\$ 2,270.00

Should you go on a pilgrimage?

- 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.

