

Nepal Retreat Itinerary  
October 2024

The retreat is divided into two parts. Participants may sign up for one or both parts.

**Part 1 (October 1<sup>st</sup> – 13<sup>th</sup>)**

14 days in Kathmandu (Pilgrimage to the Three Stupas and 9 days in Pharping)

Fee: 950 USD per person

**Includes:**

- Lodging in Kathmandu for 14 nights
- Transportation to all sites
- Three vegetarian meals (may contain eggs) per day for 9 days while in Pharping

**Does not include:**

Meals outside of Pharping  
Flight to Nepal

Day 1

Welcome meeting with Lama Karma and Khandro Drolkar at 11 am  
Visit to Boudha Stupa  
Spend the night in the Hotel in Boudha

Day 2

Trip to Swayambhu Stupa  
Spend the night in the Hotel in Boudha

Day 3

Trip to Namobuddha Stupa  
Spend the night in the Hotel in Boudha

Day 4 through 12

Retreat in Pharping and visit Guru Rinpoche caves, Vajrayogini Temple, and Self-Arisen Tara

Day 13

Return to Boudha and farewell party

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One day break

**Part 2 (October 15<sup>th</sup> – 21<sup>st</sup>)**

7 days in Hyolmo

Fee: 700 USD per person

**Includes:**

- Lodging in Hyolmo for 6 nights
- Round trip transportation Kathmandu-Hyolmo and within Hyolmo
- Three vegetarian meals per day

**Note:** While in Hyolmo we will do a Tara practice in the mornings and Kusum Gongdu chöd in the evening. For anyone who does chöd as their practice please bring your damaru and bell.

Day 1

Trip to Hyolmo and stay in Tarkegyang

Day 2

Trip to Milarepa Cave with Lama Karma

Day 3

Hike to Melamchi Gyang to visit Guru Rinpoche Cave

Day 4 through 6

Retreat in Chiri/Tarkegyang in the vicinity of Ngakchang Shakya Zangpo's Monastery and Cave

Day 7

Tsok Offering

Return to Kathmandu