

## **4-Day Pharping Pilgrimage in the Kathmandu Valley, Nepal**

### **Period:**

October: 11-14<sup>th</sup>

November: 15-18<sup>th</sup> / Nov 29 - Dec 2

February: 21-24

April: 25-28<sup>th</sup>

### **Introduction:**

The Pharping Pilgrimages is a four-day pilgrimage held in the area of Pharping, located in the South-Western corner of the Kathmandu Valley. It is the ideal long weekend get-away if you are a resident of Kathmandu, wishing to further explore the Buddhist culture in Nepal and learn about Tibetan Buddhist meditation techniques, or if you are visiting Nepal and wish to take a few days out of of your programme and explore a sacred valley with many holy sites. The groups will be of maximum 7 people. We stay at a Tibetan Buddhist monastery, host to some 100 monks located on a hill in the beautiful and sacred valley of Pharping, overlooking the entire Kathmandu Valley. This gives us an incredible opportunity to witness Buddhist monks in their daily lives in in the monastery, while at the same time it offers us the perfect place and environment to learn about Tibetan Buddhist philosophy and Tibetan Buddhist meditation practices. In the afternoons, we walk through rice fields to the Asura Cave – a Guru Rinpoche meditation cave, as well as walking through pine tree forrest up to Dudjom Rinpoche’s retreat land – one of the greatest Tibetan Buddhist masters of our time. The Tibetan Buddhist monastery guesthouse we stay serve delicious, vegetarian and organic meals and their rooms are very nice with own bath tub and hot water.

### **Program:**

#### **DAY 1 - ARRIVAL AT THE TIBETAN BUDDHIST MONASTERY IN PHARPING**

We gather at the Kathmandu Guesthouse’s parking lot in Thamel at 5 PM. so that people who have been to work get a chance to join us for our pilgrimage toward Pharping and the Tibetan Buddhist monastery. We arrive just in time for dinner at the guesthouse restaurant. After dinner from 8-9 PM. we give an introduction to the weekend pilgrimage, do a winding down meditation practice before bedtime.

## **DAY 2 – STAY AT THE TIBETAN BUDDHIST MONASTERY & AFTERNOON HIKE**

We start the day with morning meditation in the Monastery shrine room and after breakfast we continue our session on Tibetan Buddhist philosophy and storytelling of great, Buddhist masters of the Himalayan region.

In the afternoon we become pilgrims as we hike through rice fields and local villages in the Pharping Valley. It is said that Guru Rinpoche attained his ultimate enlightenment in this place. We visit the cave of the self-arisen Tara; manifesting naturally from inside the cave, a sacred Vajrayogini spot (Buddhist deity) and other Guru Rinpoche caves. We have a guided meditation session after dinner.

## **DAY 3 – STAY AT THE TIBETAN BUDDHIST MONASTERY & AFTERNOON HIKE**

We start the day with morning meditation in the Monastery shrine room and after breakfast we continue our session on Tibetan Buddhist philosophy and storytelling of great, Buddhist masters of the Himalayan region.

After lunch, we venture up the Haatiban hill through pine tree forest from the monastery to Dudjom Rinpoche's retreat land, overlooking the Pharping Valley. If weather permits, we are able to see the majestic Himalayas above the Kathmandu City.

We talk about the tradition of doing solitary retreat within the Tibetan Buddhist tradition, and guide a session of meditation in the small shrine room. We return to the monastery for a rest before dinner. We have a guided meditation session after dinner.

## **DAY 4 - LAST DAY**

We start the day with morning meditation and breakfast. After breakfast we have free time to rest. After lunch we finish the weekend pilgrimage with a session of meditation and close the pilgrimage before we return to Kathmandu evening time at 5pm.

## Guidance

Sisse Budolfson & Alex d'Artois are the founders and co-directors of the specialised company called Himalayan Hermitage that offers authentic pilgrimage journeys throughout the Himalayas, namely to Nepal, Tibet and Bhutan (India to-be-added in 2019). Our expertise comes from merging Western and Eastern perspectives. We explore the hallmarks of Himalayan Buddhist cultures –philosophy, history and various cultivation practices, such as mindfulness, compassion and wisdom. With this we offer a unique introduction to the spiritual heritage of the Himalayan region through becoming pilgrims (rather than tourists) as we immerse ourselves experientially into the raw, powerful environments and uplifting cultures of the Himalayas.

## Introduction to Tibetan Buddhist Philosophy & Meditation Practice

We receive daily introductory sessions in Tibetan Buddhist philosophy and get to both learn about, as well as practicing meditation, according to the Tibetan Buddhist tradition. The pilgrimage journey is set up in a way that allows for daily meditation practice time morning and evening. We will be introduced to the foundation of *Shamatha* meditation practice, a Sanskrit word that means calm abiding, or peaceful abiding that we will become familiar with during the pilgrimage journey. At the end of the pilgrimage journey, through familiarisation and practice we will be able to bring back home the meditation tools that we have learned throughout the journey.

## Group

The groups are of minimum 4 people and of maximum 10 people.

## Price

**Single room**  
540 USD

**Double room**  
390 USD

## Including:

- 3 nights / 4 days
- All food and accommodation throughout the pilgrimage
- Local transportation between Kathmandu to Pharping and back
- Experienced guides and facilitators
- All meditation and philosophy sessions
- Healthy, delicious and organic vegetarian meals

## Exclusive:

- international flight to Nepal
- Visa required for Nepal (25 USD for 15 days / 30 USD for 30 days)
- Personal insurance during the pilgrimage
- Alcoholic beverages throughout the pilgrimage
- Personal tip to the local guides

**Language:** The pilgrimage is held in English