

# JOURNEY TO THE TOP OF THE WORLD

Kathmandu, NEPAL ■ Paro, BHUTAN ■ Lhasa, TIBET ■ Dharamsala, INDIA

Up to Four Destinations, May 27 through June 19, 2011



NEPAL



TIBET



BHUTAN

Lynne Wiggins and Tibet Aid invite you to experience the most sacred destinations on the Planet

Join us on a professionally guided tour to "the top of the world" and visit villages, monasteries and sacred sites. Travel with a small group to two, three or all four countries: Nepal, Bhutan, Tibet and India. Be prepared to be awed by the breathtaking landscape with the Himalayas as a back drop, and charmed by the warmth of the local people.

Our journey begins in Kathmandu, where we visit Boudhanath Stupa, Swayambhunath and Patan. We then fly to Bhutan, where the Buddhist faith plays a fundamental role in the culture, ethics and history of its people. After returning to Kathmandu we continue on to Lhasa, "Place of the Gods," the Capital city, heart and soul of Tibet. One of the highest cities in the world, Lhasa is the birthplace of Tibetan Buddhism and home to unique religious sites such as the Potala, Jokhang and Norbulingka palaces. From Lhasa, we drive out into the countryside and experience two days in a Tibetan nomad camp. Then we return again to Kathmandu on route to Delhi and then our final destination, Dharamsala, the current home of His Holiness the Dalai Lama and the Tibetan Government in Exile. We will tour the Tibetan Children's Village, Gythoe Monastery, the Kalachakra Temple, and related Tibetan arts and cultural organizations. While immersing ourselves in the spiritual depths of the Tibetan culture, we will bring a welcome boost to the local economics.



Lynne Wiggins has been leading spiritual and adventure tours to the World's Sacred Sites for the past 20 years. Her trips offer the traveler safe and first class travel to unusual and ancient locations. Her philosophy is for her clients to enjoy all the local sites, as well as experience their rich past. For over 25 years, Lynne has studied with various Teachers, Healers and Shamans. She is well versed in the ways of the ancient teachings and world religions. After selling her Metaphysical Center in Boston, she devoted herself full time to helping others discover these Sacred Sites. Her travels have taken her to Peru, Egypt, Tibet, Nepal, Bhutan, Burma, Cambodia, Thailand, Bolivia, India, Mexico, Guatemala, Greece, Bali, Africa, Spain, France, England and Brazil. She now co-owns a wellness center and spa in Mooresville, NC. She is also on the board of directors for Tibet Aid.

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# Journey to the top of the world



**May 31, 2011 Tue:**

Depart USA

**June 1, 2011 Wed:**

Flight

**June 2, 2011 Thu: Arrive in Kathmandu. Visit Swayambhunath Stupa. Hotel Shangri-La. (-/L/D)**

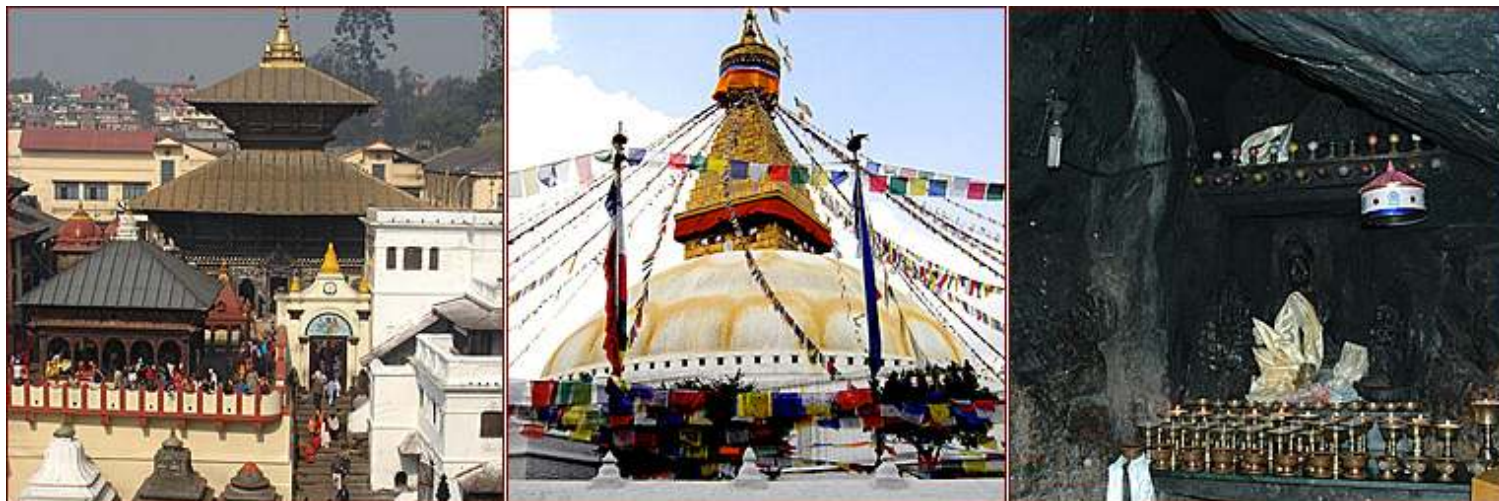
**Swayambhunath:** It is one of the world's greatest Buddhist Stupas. It lies 3 km west of the city and situated about 77m above the level of the Valley. It is said to be 2000 years old. The Stupa, which forms the main structure, is composed of a solid hemisphere of brick and earth supporting a lofty conical spire capped by a pinnacle of copper gilt. Painted on the four-sided base of the spire are the all-seeing eyes of Lord Buddha. This hill is a mosaic of small Chaityas and Pagodas temples.

**June 4, 2011 Sat: Kathmandu Valley Sightseeing, PM: Briefing. Hotel Shangri-La. (B/L/D) Visit Pashupatinath, Boudhanath & Pharping.**

**Pashupatinath:** Situated 5 Kilometers east of Kathmandu city, Pashupatinath temple is one of the holiest Hindu temple dedicated to Lord Shiva. Situated amidst a lush green natural setting on the bank of the sacred Bagmati River, the temple built in pagoda style has gilded roof and richly carved silver doors. Visitors will be permitted to view the temple from the east bank of Rivers Bagmati, entrance in the temple being strictly forbidden to all non-Hindus. Pashupatinath is the center of annual pilgrimage on the day of Shivaratri which falls in the month of February / March. Behind the temples are the cremation grounds.

**Boudhanath:** One of the holiest in Buddhist power places in Nepal, and one of the biggest stupas in the entire world. It stands with four pairs of eyes in the four cardinal direction keeping watch for righteous behavior and

human prosperity. King Man Dev built this Buddhist stupa at the advice of Goddess Mani Jjogini. It is built on an octagonal base inset with prayer wheels. Houses of Lamas ring the shrine or Buddhist priests. **Pharping:** Pharping village offers many arts object. It is believed that Padmasambava, the founder of Lamaistic School of Buddhism in Tibet. There is Guru Rinpoche's cave where one can see Guru Rinpoche's residence and reminder such as hand print, foot print etc.



**June 5, 2011 Sun: Fly to Lhasa, Free day Acclimatization, Overnight at Kyichu Hotel (B/L/D)**

Transfer to the airport for the flight to Lhasa. Meet and assistance at the airport by our representative. Check in to the hotel and rest for most of day to acclimatization. **Lhasa:** Lhasa, the heart and soul of Tibet, is a city of wonders. The visits to Potala Palace, Norbulingka, and Sera monastery, Drepung Monastery and Jokhang Temple would be an awesome experience.

**June 6, 2011 Mon: In Lhasa. Visit Jokhang, Barkhor, Ani Sankhu Nunnery. Overnight at Kyichu Hotel (B/L/D)**

**Jokhang Temple:** The oldest and the most revered religious structure in Tibet, it dates back to 639 to 647. Pilgrims from all over Tibet come here to worship and prostrate themselves in full length in front of the main doors of the temple. **Ani Sankhu Nunnery:** Ani means nun in Tibetan. Built around a meditation cave used by Tibetan mystics over the centuries, in the mid- 15th century it became a practice hermitage for six female disciples of Lama Tsongkhapa. They transformed it into a nunnery, and it has remained as such until the present day.

**June 7, 2011 Tue: In Lhasa. Visit Potala Palace & Drepung Monastery, Overnight at Kyichu Hotel (B/L/D)**

**Potala Palace:** Potala Palace has been the focus of pilgrims to Lhasa for centuries. It is the cardinal landmark and a structure of massive proportion. This symbol of Tibet is an architectural gem. **Drepung Monastery:** Drepung, one of the world's largest monasteries was built in 1416 by Jamyang Choje. Drepung literally means "Rice Mountain".

**June 8, 2011 Wed: Drive to Drikung, Overnight at Drikung Guest House(B/L/D)**

After breakfast we drive to Drikung. It takes approx. 3hrs to reach Drikung. Drikung was once a teaching center of the Kargyupa sub sect until it was destroyed during the Cultural Revolution. Now rebuilt, it offers stunning views of the valley. We will have lunch at the Guest House.



### **June 9, 2011 Thu: Drive to Shigatse, Overnight at Manasarovar Hotel (B/L/D)**

After breakfast, we'll drive to Shigatse. (about 7 hours) Shigatse has one of the most impressive monastery complexes left in Tibet. Home to the Panchen Lama, Shigatse was spared during the devastation of the Cultural Revolution.

### **June 10, 2011 Fri: Drive to Gyantse, Overnight at Jian Zhang Hotel (B/L/D)**

After breakfast, visit Tashlunpo Monaster and drive for about 90 minutes to Gyantse. Visit The Kumbum Stupa and Phalkor Monastery. **Tashilunpo Monastery:** It is the seat of the Panchen Lamas. This is the monastery founded by Gedun Drup who was later recognized as the first Dalai Lama. **Gyantse:** The third most important city Gyantse is one of the least Chinese influenced towns in Tibet and is worth a visit for this reason alone. **Kumbum Stupa:** It is one of the most revered and unusual architectural masterpieces. It was built in 1440 and is in the shape of a 108-sided mandala. Kumbum means 10,000 images. The Stupa raises over four symmetrical floors and is surmounted by a gold dome. The dome rises like a crown over four sets of eyes that gazes serenely out in the cardinal directions of the compass. **Phalkor Monastery:** It was founded in 1418. It was designed by Newari architects from Nepal. The former has a special influence over Buddhism owing to its unity of Gelugpa, Sakyapa & Bhuton sect.

### **June 11, 2011 Sat: Drive to Lhasa, Overnight at Kyichu Hotel (B/L/D)**

After breakfast at the hotel, we will drive for about 5 hours to Lhasa. We will drive via the Turquoise Lake. Drive through the Kamba La pass with a good view of the lake. Upon arrival in Lhasa, check in to Kyichu Hotel, rest of the day free for self exploration Lhasa.

### **June 12, 2011 Sun:**

Fly to Kathmandu & connect flight to Delhi OR USA (B/-/D)



**Land Only Price, International Airfare not Included to and from Kathmandu.**

**All Price are Based on 8 People.**

**US \$ 3985.00**

**Journey to the top of the World with Lynne Wiggins June 5 – June 12, 2011**

I enclose my deposit of \$500.00 (non-refundable) per person, payable to Ahlara International.

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