



Remote Zanskar with Khandro Thrinlay Chodon

8th - 27th June 2023

20 days & 19 nights - ex Manali (arrival) and Delhi (return)

Wednesday 07/06/2023 or prior Delhi

Pilgrims will arrive in Delhi on or before this day to prepare for their journey to Manali by flight or car. This is arranged either privately or through SSdT/Druk Expeditions as an extra. The pilgrimage starts in Manali on 8th June.

Thursday 08/06/2023 Day 1 Manali

First gathering of our group will be at lunch in the hotel restaurant. Here you will be introduced to Khandro Rinpoche and other guides, given an introduction to the area and our journey together.

After lunch we will visit the famous Hadimba temple, built in 1553 over a large rock which was worshipped as an image of the deity Hadimbi Devi of the Indian epic The Mahabharata. Later we explore and enjoy coffee in Old Manali then walk through cedar forest back into main town. Dinner and early night. Overnight stay at Aloka Resort. Lunch and dinner included.

Friday 09/06/2023 Day 2 Lahoul-Manali

Day visit to the Shakya Shri hermitages of Kardang and Peukar.

We depart early morning for the 2 hours drive through the new mountain tunnel into the sacred Dakini land of Garsha aka Lahoul. Breakfast will be had on the way or on arrival in Peukar and will be followed by meditation, a special puja and lunch. After we visit the birthplace of Khandro Rinpoche, Kardang Gumpa for tea and again meet the Shakya Shri yogis and yoginis. Late we head back to Manali. Overnight stay at Aloka Resort. Breakfast, lunch and dinner is included

Saturday 10/06/2023 Day 3 Manali

Morning time we gather for meditation and yoga session. Later we drive along the Beas river to the ancient capital of the region, Naggar where we have lunch and visit the 500 year old Naggar Castle as well as the art gallery/museum of the famous Russian naturalist and explorer Nicholas Roerich.

Overnight stay at Aloka Resort. Breakfast/dinner at Aloka Resort. Lunch at Naggar included.

Sunday 11/06/2023 Day 4 Manali

It is a beautiful walk through the forest and down the hill past ancient Manali homes before we arrive at HH Shabdrung Rinpoche and Khandro Rinpoche's home Druk Zimkhang. Here you will feel the power and presence of His Holiness and see the active dharma hub it is today due to the ongoing blessing of Khandro Rinpoche. You will meet the Bhutanese caretakers, the children mentored by Khachodling and the very happy and active Khachodling ladies group. Puja will be held on this day. During this day we will also visit a nearby holy Shiva temple. Overnight stay at Aloka Resort. Breakfast, lunch and dinner included.

Monday 12/06/2023 Day 5 Manali

Today we will prepare for tomorrow's departure to remote Zanskar. You may choose to visit the nearby Vashist village with its hot springs or take a waterfall walk (half day activity). You may also choose to visit town for last minute shopping before heading to remote Zanskar.. Overnight stay at Aloka. Breakfast, lunch and dinner included.

Tuesday 13/06/2023 Day 6 Zanskar

Early departure for the long day drive into the high Himalayas to remote Zanskar. The new tunnel has opened this area so it may be reached now in around 7-8 hours rather than 30 hours! Overnight stay at Potala Guesthouse in Padum. Breakfast, lunch and dinner included.

Wednesday 14/06/2023 Day 7 Zanskar

Rest day at Zanskar
Overnight stay at Potala Guesthouse in Padum
Breakfast, lunch and dinner included.

Thursday 15/06/2023 Day 8 Zanskar

Long life wang (empowerment) and teaching for entire community by Khandro Rinpoche. This empowerment is special - it is of the divine mother Tara and Dsendali from Togden Shakya Shri. This historic event is hosted by the local "Kanishka Cultural Preservation and Welfare Association" as part of the inauguration of the recently completed Phodrang (palace) in memory of His Holiness the 9th Shabdrung. This is the first time this special empowerment is being bestowed by the female lineage holder and is the first time she has offered it to such a large crowd. Overnight stay at Potala Guesthouse in Padum. Breakfast, lunch and dinner included.

Friday 16/06/2023 Day 9 Zanskar

Teachings by Khandro Rinpoche continues. The School of Zanskar and students of the local college will be in attendance along with the public.

Concluding ceremony will be a cultural programme of local song and dances.

Overnight stay at Potala Guesthouse in Padum

Breakfast, lunch and dinner included.

Saturday 17/06/2023 Day 10 Zanskar

Today we will visit the famous Dzongkhul monastery, amazingly built on a rock wall high above the valley floor. It surrounds two caves, one of which the famous Indian saint Naropa meditated in. You may see his footprint embedded in rock. Great yogis have practiced here over the centuries. Sani Kangyur Festival

Overnight at Khachodling hermitage in Sani

Breakfast, lunch and dinner included.

Sunday 18/06/2023 Day 11 Zanskar

Day of puja and celebrations with the nuns of Sani Khachodling hermitage. Due to covid their Spiritual Director Khandro Rinpoche has not been able to visit for some years. Sani Kangyur Festival continues

Overnight at Khachodling hermitage in Sani

Breakfast, lunch and dinner included.

Monday 19/06/2023 Day 12 Zanskar

Today we visit Zangla Khar, a 10th century palace/castle and Thongde monastery - the 11th century Gelugpa gompa with its ancient wall paintings. In addition we visit Karsha Gompa, the largest gompa in Zanskar

Overnight at Khachodling hermitage in Sani

Breakfast, lunch and dinner included.

Tuesday 20/06/2023 Day 13 Camp Purney

For your last full day in Zanskar we will make an early departure so we see the famous Phuktal Monastery. This day you may trek a few hours or if you prefer you can travel by horse to this magical monastery which is built into the rock and whose caves were said to have been retreat home to the 16 arhats who were legendary followers of Buddha.

Overnight at Camp Purney

Breakfast, lunch and dinner included.

Wednesday 21/06/2023 Day 14 Manali

Our journey to Zanskar is at its end and today we journey back through Shingo-la Pass toward Manali

Overnight stay at Aloka Resort. Breakfast, lunch and dinner is included

Thursday 22/06/2023 Day 15 Manali

This morning is for relaxation and catch up while in the beautiful rooms and facilities of the modern at Aloka Resort. You will enjoy refreshing everything after your week in the remoteness of Zanskar.

Afternoon is reserved for time to relate with Khachodling's women's group at Drukpa Zimkhang.

Overnight stay at Aloka Resort. Breakfast, lunch and dinner is included

Friday 23/06/2023 Day 16 Manali

Day excursion to Triloknath, a most holy shrine from the 10th Century, for Buddhists and Hindus alike. For Buddhists the marble deity is the Buddha of Compassion and for Hindus she is Shiva. After the rich blessing of this shrine we return to our Himalayan home base Manali.

Overnight stay at Aloka Resort. Breakfast, lunch and dinner is included

Saturday 24/06/2023 Day 17 Manali

Work with Khachodling's ladies group at Drukpa Zimkhang on a Local Project & Environment cleanup

Overnight stay at Aloka Resort. Breakfast, lunch and dinner is included

Sunday 25/06/2023 Day 18 Tso Pema

Travel by car to Tso Pema (approx. 3 hrs) where you will stay the next 2 nights. In the afternoon explore the village area and the famous lake created by Guru Rinpoche! This area is renowned to the Tibetan Buddhist community. It is a small rural town with a holy lake and many monasteries surrounding it and more recently a large Guru Rinpoche statue is built overlooking the lake.

Overnight stay at the local monastery simple guesthouse.

Breakfast, lunch and dinner included.

Monday 26/06/2023 Day 19 Tso Pema

On this day you will travel above the lake where there are many caves renowned for retreat and with a very famous Guru Rinpoche cave you can visit. A good place also to raise prayer flags on this hilltop. We may take a picnic lunch and share it in the beautiful forest or hilltop above.

Overnight stay at the local monastery simple guesthouse.

Breakfast, lunch and dinner included.

Early morning departure for our drive back to Delhi. (Approx 10 hours)

The Pilgrimage cost concludes with your drop at your Delhi hotel. Your place of stay on this evening will be arranged privately or by SSDT/Druk Expeditions as an extra.

Breakfast included but lunch on way and dinner not included.

Take you happy memories home with you

DRUK EXPEDITIONS

Dates

The pilgrimage starts in Manali on 8th and concludes on 27th when you are dropped at your departure accommodation early evening of 27th June.

Arrival to Manali by Flight leaves Delhi early morning of the 8th. Arrive at airport at 4am for the Alliance Air flight 91 805 to Kullu via Chandigarh. Departs 6.05am arrives 8.15am. You will be met at Buntar airport. In Kullu and transferred by taxi to your hotel in Manali (approx 1 hr drive) where you may rest and settle into your hotel room with Himalayan view.

Arrival to Manali by Car or Bus - Manali is approx 10-12 hrs drive from Delhi so you will need to travel to Manali on 7th.

The bus leaves early evening and arrives by around 9am where you will be picked up and transferred to our pilgrimage hotel. If travelling by car you can travel by day and /or by night to arrive at Aloka resort by lunchtime on 8th. We would rather suggest you arrive early evening of 7th so you have a good night's rest before our first gathering at lunch. Transport can be arranged by our travel agents Druk Expeditions.

Costs - \$4500AUD for 20 days ex Manali (arrival on 8th June) and Delhi (departure on evening of 27th June). Based on twin sharing accommodation and all transport and meals included as per the itinerary. Single supplement is \$75AUD or \$50USD per day.

Exclusions:

International and domestic flights and all transport not specified in itinerary

Any monument /temple entry fee

Any pujas or tsog offerings

2 bottles of water per day

Any item of personal requirement not mentioned in the itinerary

Any medical or evacuation expenses

Any unforeseen circumstance or item not mentioned

Please note that itinerary may be subject to change

