

Himalaya Pilgrimage 2024

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Day 1: June/24/24 Monday

Arrival in Delhi:

TRAVEL ASTU representative will meet you at the New Delhi airport and take you to the hotel. DELHI, in the physical and allegorical sense is the gateway to India and has the power to turn its visitors into residents. It has two parts, New Delhi, which is the modern city of the 21st century, and Old Delhi, the walled city.

Night in Delhi.

Day 2: June/25/24 Tuesday

Delhi-Dharamshala:

By flight:

After breakfast we will head to the airport for our flight to Dharamshala, away from the urban landscape of Delhi. Arriving at Dharamshala, we will drive to our hotel and then visit the Norbulinga Monastery institute and handicraft shops. The place is filled with Tibetan energy with fluttering prayer flags and black painted windows and gives us our first glimpse of the Tibetan exile settlement. In the evening we will visit the convent followed by dinner with a local family.

Day 3: June /26/24 Wednesday

Dharamshala:

After breakfast, travel to MCLEODGANJ and visit the Tsuglagkhang Monastery which is home to thousands of monks from the exile community. After paying homage to the daties, we will perform the Monastery Parikrama (kora) and proceed to visit Nechung Monastery, home of the famous His Holiness Oracle, followed by the Tibetan Literary Works and Archives. MCLEODGANJ is also home to the Tibetan government-in-exile and community healing center - Mentsekhang. After the visit to the monastery, we will have a Tibetan tea session with a monk in one of the many cafes and discuss the contemporary issues of life in exile. Overnight in Dharamshala.

Day 4: June /27/24 Thursday

Dharamshala: (Dharamkot)

After breakfast we will visit the small village of Dharamkot, perched on the ridges of Dharamshala. We will start with a visit to the Tushita meditation center and doing a meditation practice in one of its three rooms. We will visit his library and spend some quiet time sitting on the grass. The retreat center is known for conducting silent retreats and all members of the group are requested to remain silent and not disturb the students practicing there. There we will walk through its tiny streets of Dharamkot and we will stop at a cafe for lunch. On our way back from Dharamkot, we will visit Baksunath Kund (hot springs) and the famous Golu Nath Shiva temple.

Day 5: June /28/24 Friday
Dharamshala–Bir Billing:

After breakfast we will head to Bir Billing, another Tibetan settlement and a center for the practice of Tibetan Buddhism. On the way to the Sherabling Monastery hotel where we will spend the night, we will visit Togdenmasde Jetsunma Tenzin Palmo, a famous Buddhist nun and Tashi Dzong Monastery. We'll try to have an audience with the Tongdens there. Visit the different monasteries in the surroundings and walk through the beautiful place at sunset.

Day 6: June 29/24 Saturday
Bir-Tso Padma (Rewalsar):

After breakfast and paying homage to the monastery, we will drive to Tso Padma. On the way we will stop at Mandi to visit the ancient Shiva temple at the confluence of the Suketu and Bias rivers. The foundation of the temple is unknown but legend has it that it has been there since the first settlers in the area. Arriving at Tso Padma we will do a Parikrama of the holi lake and feed the eternal fish of Guru Rinpoche. At night we will offer prayers to the holy lake and spiritual gods of Guru Padmasambhava and Goddess Mandarava and get blessings. We can spend the rest of the afternoon walking around the lake or meditating in different serene places around the lake. After an early breakfast, we will start our trek to the sacred cave of Padmasambhava and Goddess Mandarava.

Day 7: June 30/24 Sunday
Mandarva Cave Retreat:

After an early breakfast, we will start our trek to the holi cave where Guru Padmasambhava and Goddess Mandarava meditated and acquired her rainbow body. The holy place has strong spiritual energy and it is considered auspicious to meditate there for a while. Our accompanying monk will lead the mediation. We will spend most of the day visiting different life size statues of Guru Padmasambhava and paying our instance and silk scarf offerings to Gurudev's holy relics.

Day 8: July 1/24 Monday
Pso Padma–Chandigarh:
By highway:

After breakfast, we will start our journey to Chandigarh, one of the first planned cities in India. Upon arrival in Chandigarh, we check in at the hotel and visit Sukhna Lake in the afternoon.

Night in Chandigarh.

Day 9: July /2/24 Tuesday
Chandigarh–Leh:
By flight: Only on Tuesday and Saturday:

After breakfast we will head to the airport in time for our flight to Leh. Most departures to Leh are in the morning. Upon arrival transfer to hotel. Rest of the day to acclimatize to the altitude and relax. It is recommended to stay hydrated and not push yourself too hard on the first day. You will be served Khewa tea and soup in the evening to help with the acclimatization process.

Day 10: July 3/24 Wednesday

Leh:

After breakfast, departure for the Heritage walk in the old town. We will start by visiting the museum built by the group "Leh Old Town Restoration Initiative" (LOTI), with locally available materials and infrastructure. The structure revolves around a skyscraper (Thokskar) on the top floor and has relics from Ladakh. From there you will enter the streets of the old city where the entire landscape is as it was in the time of the Kings, some of which have been restored by LOTI. The walk will take you through the palace of King Singay Namgyal. After lunch, explore Shanti Stupa and Sankar Monastery.

Overnight in Leh.

Day 11: July 4/24 Thursday TOUR OF THE INDUS VALLEY MONASTERY

Leh:

Today we will visit one of the biggest and oldest Thikse monasteries in the morning for morning prayer at 6 am. After the prayer, we had breakfast at a cafe in Thiksey and proceeded to Stankna, and Hemis Monastery and Museum. On the way back we will visit Stok Palace and drive back to Leh.

Day 12: July 5/24 Friday

Leh – Lamayuru: On the way to Lamayuru see the Alchi Monastery

The Leh to Lamayuru route takes you on a captivating journey through the fascinating region of Ladakh. Leaving Leh, you'll pass picturesque villages, ancient monasteries, and stunning lunar landscapes. We will visit Alchi Monastery, Spituk on the outskirts of Leh and drive to Phyang Monastery. The highlight of the trip is the Lamayuru Monastery, dramatically perched amid towering mountains, adding a touch of spiritual charm to the already scenic route. Prepare to be enchanted by the natural beauty and rich culture that unfolds during this unforgettable tour.

Day 13: July 6/24 Saturday

Lamayuru:

Embark on a transformative two-day retreat in Lamayuru, where spirituality meets ancient culture. The first day is spent with a visit to the revered Lamayuru Monastery, followed by a walk through the village that connects you with the simplicity and beauty of the surroundings. Guided meditation offers a deep introspection into this tranquil sanctuary. Evening.

Day 14: July 7/24 Sunday

Lamayuru:

On the second day, rise early to participate in morning prayers at the monastery, setting a spiritual tone for the day. Engage in deep meditation amidst the rich wisdom of ancient culture, allowing this time to take you inward to a place of deep self-discovery and inner peace. Sacred Earth will weave an indelible tapestry of spiritual growth during this unforgettable retreat.

Day 15: July 8/24 Monday Lamayuru-Leh:

After a morning prayer session at the monastery, we will check out of our hotel and head back to Leh. On the way to Leh for the last leg of our trip in Ladakh. Arriving in Leh checkin. Free day of your account.

Day 16: July 9/24 Tuesday

Leh-Delhi:

By flight:

Breakfast at the hotel.

Himalayas marks the end of his life-changing pilgrimage journey. With a heart full of gratitude and a soul enriched by the spiritual path, you bid farewell to the sacred mountains.

Depart for the airport, taking with you the blessings bestowed on you during this moving expedition. Fond memories of the Himalayan pilgrimage will remain forever etched in your heart, serving as a guiding light on your path ahead. The mountains have embraced you with their timeless wisdom, leaving a mark that will accompany you throughout your life.

Night in Delhi.

Day 16: July 10/24 Wednesday Delhi – Flight Home:

Breakfast at the hotel. Akshardham temple tour, Lotus temple.



Luego visita al Raj Ghat, un sencillo cenotafio de Mahatma Gandhi; recorrido pasara hasta la mezquita Jama, una de las mezquitas más grandes de Asia.



After visiting Old Delhi, you will be driven to New Delhi, which reflects the legacy of the British left behind by time. The division between New and Old Delhi is the division between the capitals of the British and the Mughals respectively. New Delhi is a true cosmopolitan city in its character, always full of life. Imperial Delhi includes the Qutub Minar, the tallest minaret in India, the imposing India Gate, the Parliament building, Rastrapathi Bhawan, the President's residence.

Departure to the airport with happiness to make auspicious pilgrimage to the Indian Himalayas.