



www.ajantavoyages.com

Buddhist Trek in Ladakh 08

Trekking & Meditation

From Sept 6 to 21, 08 - 16 days - 7 days walk



- *Easy trekking in Ladakh*
- *Visit of the monasteries and temples of Indus Valley*
- *Meetings and teachings with the masters of Tibetan Buddhism*
 - *Introduction to the various forms of Buddhism*
 - *Meditation practices in a pristine environment*

1 - ITINERARY

Buddhist Trekking to Ladakh

An easy trek between Indus and Zaskar, based on the discovery of Buddhism and on the learning of basic meditation techniques. This trip is opened to those who wish to practice the meditation in the context of the living tradition of Tibetan Buddhism, advanced practitioners as well as beginners without previous experience, whatever their philosophy or their religion.

Alchi, Mangyu, Sumda, outstanding heritage of frescoes from the XII^o century which miraculously survived ; Hemis, Mathok & Phyang, great monastic centers since centuries in Ladakh ; small villages such as Thar or Hesmishukpache, only accessible on foot with traditional houses surrounded by barley fields. This trip is lead by Jerome Edou, writer, tibetologist and Buddhist practitioner since more than 25 years.

- 1 Departure from Europe.
- 2 Delhi
Arrival in Delhi. Meeting in Delhi at the Ashok Country Resort, 10 minutes from airport. Night in the Ashok Country Resort in B/B.
- 3 **Delhi - Leh - Alchi**
Early in the morning, transfer to the airport for mountain flight between Delhi and Leh, the capital of Ladakh (1:10h -3600m).
Drive to Alchi. Night in Guest House in Alchi.
- 4 **Alchi**
Rest and acclimatization in Alchi. Visit Alchi Temple whose frescoes are registered as a World Heritage site. Intro to Buddhism and meditation.
Night in Guest House in Alchi.
- 5 **Mangyu (3 - 3600 m)**
Following the Indus, we climb gorges to reach the beautiful village of Mangyu. The small temple of the village shelters superb frescos similar to those of Alchi.
Meditation in the temple and camp at outskirts of the village.
- 6 **Thar Village (5/6 h - 3600 m)**
Le hardest trekking day of the trip : from Mangyu, trek uphill to cross the Mangyu La Pass (4200 m). Then walking on the ridge to cross several small passes before going to down to Thar Village. Visit the monastery and meditation. Camp.
- 7 **Themisgang (4 h - 3500 m)**
We reach the Indus that we cross before reaching the big village of Themisgang.
Camp.
- 8 **Hemishukpachen (5 h - 3700 m)**

Great and easy walk to cross the Rongthil La pass (3900 m) and the Hepti La pass (4000 m). in the afternoon, we reach Hemishukpachen which name comes from the junipers trees (shukpa).

Camp.

- 9 Rizong Gompa (4 h - 3300 m)**
Uphill to the Tsermachen La pass (4000 m) to reach the Rizong Gompa, and old hermitage place in an incredible environment. Meditation in the monastery.
Camp near a nunnery where we will practice meditation in the evening with the nuns.
- 10 Sumda (4 h - 3300 m)**
Short drive early morning to Sumda Dho on the Zanskar river and trek to Sumdo Village and monastery.
Camp near the monastery.
- 11 Sumda**
Full day at Sumda to enjoy the place. Meditation in the monastery.
Same camp.
- 12 Phyang (4 h)**
A few hours walk (4 h) to reach the Zanskar valley then drive to Phyang monastery belonging to the Drigung Kagyu School. Visit and meditation. Camp or Guest House in Phyang
- 13 Hemis, Mathok & Leh**
Short drive to visit the Hemis monastery, the oldest one of Ladakh belonging to Drukpa Kagyu school. Short transfer to Mathok, Monastery belonging to Sakyapa school, nested on a rocky piton. Camp near the village from where the view on the Ladakh range is superb.
In the evening drive to Leh (1 h). Night in hotel at Leh in B/B
- 14 Leh**
Day free in Leh. Night in hotel in BB.
- 15 Delhi**
Early in the morning, flight for Delhi (1h). Afternoon free in Delhi. In the night, flight for Europe or other destination.
- 16. Arrive**

Note: *The schedule of days can be modified for logistics reasons or to visit a Lama in a particular monastery. We therefore recommend you to be flexible, the changes always being turned towards improving the program or solving a logistical problem.*

2 - PRACTICAL INFORMATIONS

Dates 08 :

* 6 to 21 September '08 (Europe/Europe)

Level of trek : Easy to moderate

4 to 5 h walk a day.

Trekking :

An easy to moderate trek without big denivalation, the only difficulty may come from altitude but we will take time to acclimatize. The better the body shape, the better enjoyment: therefore don't hesitate to do a bit of walk, jogging, cycling etc, some weeks before departure. This trek is supervised by a local team of guide, cook and assistants.

Meditation :

In the morning, around 45 minutes of meditation before breakfast.

At the end of the afternoon, an other session of 45 minutes. Introduction to buddhist philosophy, spiritual discussion, lectures, etc... One or the other session may be replaced by visit of a lama or in depth visit of a temple from which we take the opportunity to enter more in details in the Buddhist concepts. The sessions of meditation are 'almost' compulsory to help everyone in his personal discipline and to generate a dynamic within the group by collective meditation. The sessions take place in a big tent specially made for this purpose or most of the time, in local temples. This initiation doesn't require any preliminary experience of buddhist meditation and is therefore open to beginners as well as for those with more experience. The techniques taught are *Shamatha* (tib : Shines), the calm abiding, and *Vipassana* (tib : Laktong), penetrating insight, as well as some techniques of visualization and analytical meditation stretched from Mind Training (tib : lojong)

Guide :

This unique trip will be guided by Jerome Edou, writer and tibetologist, author of Machik Labdrön and the Chöd Tradition. He has studied Buddhism in various traditions and practiced meditation since more than 25 years. He will also translate for eventual teachings than we might received from Lamas on the way.

Participants:

Small independent groups of 6 to maximum 15 persons supervised by a local guide and his trekking team, cooks and muleteer.

Lodging:

In the hotel with breakfast in Delhi and Leh (Lunch and dinner not included).
In camps or eventually Guest Houses elsewhere

Recommended equipment:

A sleeping bag and trekking shoes, a pair of baskets and slippers
Thin pants and shorts, pull or woolen sweater, wind proof jacket.

A raincoat, a swim suit, cap, a pair of gloves, a pair of warm long underwear, muffler, sun protection cream, lip stick, sunglasses

Toiletries, metal water bottle (2 liters), or thermos, flash light, some big plastic bags.

A kit bag (wheels and suitcase are not practical) 15 kg maximum.

An unbreakable mug or bowl for tea, a cushion and a comfortable shawl for meditation

Some books and a notepad, a Dictaphone may be an interesting accessory.

Budget :

Besides the meals in Delhi and Leh, it is necessary to foresee a small supplementary budget for tips and offerings in monasteries and temples (3/4 euros/day).

Pharmacy :

Your guide will be in possession of a basic pharmacy for the first aid but bring also your own medicines.

Note : Your guide is neither a doctor nor a nurse even if he knows the medicines of the pharmacy and has a basic knowledge of the first aid..

Visa : Attention : **you will not be able to obtain a visa upon your arrival in Delhi.** Therefore you must get an Indian visa at the Indian

Appointment in Delhi:

Those who wish can take their international tickets independently but they must imperatively be in Delhi on day 2 to take the flight for Leh.

Insurance:

You must imperatively purchase a travel insurance (cancellation & rescue) that you can buy at the travel agency that will issue your tickets or you can subscribe individually or with your Visa Card : check the conditions well.

3 - PRICE & CONDITIONS

Buddhist trekking to Ladakh - Ref: Aj Ladakh 08

Price from 6 to 9 persons: € 1390/person

10 & more: € 1180/person

(Supplement 4/5 persons: € 1100)

Flights Delhi - Leh - Delhi: € 350/person (subject to change)

- Includes :
- 1 night in Delhi in Ashok Country Resort hotel in B/B.
 - Trek in Ladakh in full board except B/B in Leh.
 - Local team, cooks & assistants
 - Camping equipment (except sleeping bag)
 - Bilingual Buddhist guide French / English
 - Entrance fees in the monasteries.

- Doesn't Includes:
- International flight round trip Delhi & flight Del/Leh/Del
 - Meals in Delhi & Leh
 - Indian Visa
 - Airport tax, tips & offerings in the monasteries.

Note

- *Single supplement & individual tent for the trip: € 210.*
- *Eventual extra night in Delhi before or after the program: € 80/person*

Ajanta Voyages

The specialist of trekking in theme in Himalaya,
Programs on measures for constituted groups in India, Tibet, Nepal, Bhutan

www.ajantavoyages.com

For all information, contact us : info@ajantavoyages.com

AJANTA VOYAGES GENERAL CONDITIONS

Itinerary & Price

Itinerary and price are communicated to you according to the informations in our possession on the day of this contract, but changes can be caused notably on the domestic flights. We will do our best to keep you informed about these changes so that they cause you the less disagreement possible.

Insurance & Urgencies

You must necessarily have an insurance contract for tour cancellation & rescue. We should be provided a copy of your contract, passport and your contract number with references, clearly mentioning the name, policy number & as well as the name of contact person at home in case of emergency.

Cancellation charge

Thanks for effectuating the payment of your trip minimum 15 days before your departure. Please find below the conditions of cancellations:

- More than 15 days before the departure: no cancellation charge
- 15 days or less before the departure: 30% of cancellation charge will be kept.

I undersigned Mr., Mr, Miss _____ declares of having known the general and special conditions of this trip. I am conscious that I run certain risks during this trip but I take the entire responsibility and I engage myself.

Place

Date

Signature:

***Page to be send to Ajanta by mail or fax
00 977 1 44 12 337***