

February 21 - March 3, 2025

PEACE PILGRIMAGE - PROGRAM

Sacred Valley of Kathmandu, Nepal



**“The blessings of sacred places helps us to
let go of problems and sufferings”**

Lama Gangchen T. Rinpoche

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NGALSO
Path To Enlightenment

This year too we wish to offer the opportunity to disciples, members and friends of the Kunpen Lama Gangchen to spend the **Losar - Tibetan New Year** in Kathmandu, Nepal. In addition to participating in the pujas and celebrations dedicated to this anniversary, we will visit the sacred Buddhist places of the valley led by **Francesco Prevosti**, teacher of our dharma center and former collaborator of Lama Gangchen Rinpoche for many years. Finally, we will have the opportunity to visit the monasteries of our lineage, the school dedicated to Lama Gangchen and to discover the liveliness of the Boudhanath neighborhood, immersing ourselves in its daily life.

REGISTRATION FORM

To register for the pilgrimage you must complete this [registration form](#). Participants will be invited to an **online meeting** as soon as the group is formed.

PARTICIPATION FEE

The **participation fee is €200**. It will cover organizational and administrative costs, donations for the labrang, monasteries and pujas. You can make your contribution by clicking on [this link](#).

FLIGHT

Each participant is required to book their own flight independently. Arrival and departure dates and airlines may differ, but we ask everyone to arrive in Kathmandu **by February 21st**. Some of the companies that provide flights to and from Kathmandu are: Qatar Airways (Doha stop), Etihad (Abu Dhabi stop), Air India (Delhi stop) and Emirates (Dubai stop).

Anyone who would like help booking and purchasing airline tickets can contact the following trusted travel agency: MHL Travel - roberto@mhltravel.it - tel. 02 29013030 (contact person: Roberto Stocco)

TRANSFER TO AND FROM THE AIRPORT IN KATHMANDU

The transfer to and from the airport will be organized by us and is based on the arrival and departure times of your flight (to be communicated in the registration form). The cost of the transfer is **10 euros (20 euros for a return trip)**.

ENTRY VISA

The "on arrival" tourist visa is the only entry visa to Nepal.

1° Step

Fill out the "Tourist Visa Form" via [this link](#). Please indicate the airport as your entry point and the following address as your residence: Drubkhang Gangchen Labrang, Rapti Marg 14, Boudha, Kathmandu. Print the receipt and take it with you.

2° Step

At the airport, present your receipt and make payment at the counter. The cost of a 15-day visa is **\$30**. You can pay in euros or dollars.

3° Step

Proceed to the Immigration Desk with your payment receipts and passport. Hand over your documents to the immigration officer for visa processing.

ACCOMMODATION AND FOOD

Accommodation will be at [Drubkhang Gangchen Labrang](#), Lama Gangchen Rinpoche's retreat house, in a double room with private or shared bathroom. The costs of accommodation - breakfast included - **per person** are as follows:

- Place in a shared double room with private bathroom: **20 euros**
- Place in a shared double room with shared bathroom: **15 euros**
- Single or double room for single use: **30 euros (limited availability)**

Meals at Drubkhang Gangchen Labrang cost **€6 each per person**. On some days, meals will be taken in monasteries or local restaurants. **Payment for accommodation and meals must be made on site in cash (euros, dollars or rupees)**.

LOCAL TRANSPORT

A bus will be organized for trips included in the program. **The cost of transportation will be paid in cash on site and will be divided among the participants.** If, however, someone needs to take a taxi, we recommend using the Pathao app or simply asking for a taxi on the street (it is advisable to bargain as the rates applied to foreigners are sometimes very high). Sample fares: Boudhanath to Patan 850/1000 NRS, Boudhanath to Thamel 600/700 NRS, Boudhanath to Airport 700/900 NRS.

TOURIST INFORMATION

Entry to some of the Kathmandu Valley's cultural sites - such as the Swayambhunath and Boudhanath stupas - requires a **cash payment** of 200 to 400 Nepalese rupees. For entry to Durbar Square the cost is 1000 rupees.

USE OF THE SERVICES AND ADVICE

1. Most of the sewage system in Nepal is not done properly so it is recommended not to throw toilet paper down the toilet: all bathrooms are equipped with a dustbin.
2. Electricity, especially after storms or rainy days, may not be available and consequently boilers will not be able to produce hot water.
3. The Kathmandu Valley is very polluted and full of dust. It is recommended to wear a filter mask when walking on the streets. Good quality masks are available in most local pharmacies.
4. Drink only bottled water as tap water is untreated.
5. You will find ATMs in tourist areas of Kathmandu such as Thamel where you can withdraw cash with your credit card (VISA and MasterCard). Only Nepalese Rupees are available.
6. For those with sensitive stomachs, it is recommended not to eat street food. In any case, it is recommended to avoid raw fruit and vegetables (unless they are peeled) and to eat only cooked foods.

Other specific information will be provided to registrants.

Day by day Program

First day - February 21

Arrival in Kathmandu e
transfer to Drubkhang Gangchen
Labrang. Welcome dinner.



Second day - February 22

Dakinis day

Puja with the monks at Drubkhang. Visit
to the Boudhanath stupa and spiritual
practices.



Third day - February 23

Visit to the Vajrayogini temple
to Sankhu and spiritual practices.
Free time.



Fourth day - February 24

Visit to the temple and crematorium of Pashupatinath, place of Heruka and Chakrasamvara, and the Naropa caves and Tilopa with spiritual practices.

Free time.



Fifth day - February 25

Visit to the Atisha temple, the Tara statues Bianca and Chenrezig in Thamel.

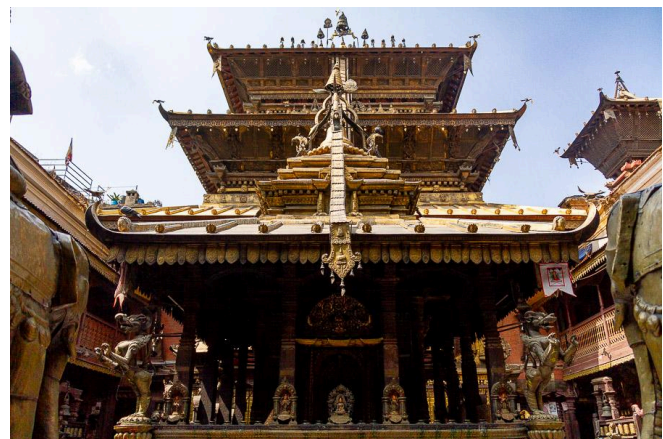
Visit Durbar Square. Free time.



Sixth day - February 26

Visit to Buddhist sacred places in Patan, spiritual practices and free time.

Astrological evening with Francesco Prevosti and Guilherme Fortunato Bitencourt.



Seventh day - February 27

Losar Gutor

Puja of elimination of interferences with the monks at Drubkhang in preparation for Losar. In the evening traditional soup (thukpa) at Drubkhang.



Eighth - February 28

Losar Celebration

New Year Puja (starting at 4pm morning), visit to the masters of the lineage and lunch at Drubkhang. Free time.



Ninth day - March 1

Visit to Sedgyu Monastery and puja with the young monks. Free time.



Tenth day - March 2

Visit to the Swayambunath stupa, the Vajrayogini Temple with spiritual practices and visit the Pelgyeling Monastery.



Eleventh day - March 3

Free time and departure.



Everyday it will be possible to perform spiritual practices at the Boudhanath stupa early in the morning before breakfast.

The program is subject to change with the exception of arrival and departure dates.

For any requests for information, please write to massimo@kunpen.it

See you all in Kathmandu!