



**Tour Name** : Journey with Buddha **Duration:** 12 Nights/ 13 Days  
**Destination** : Delhi – Shimla – Baspa – Recong Peo  
 – Nako – Tabo - Kaza – Lahaul – Keylong – Manali  
 – Rewalsar – McLeodganj

As the dew drop slip in to the shining sea the teachings of the Buddha, The Enlightened One, sought for the individual to merge with the Universal life. He could thus attain nirvana and end the cycle of birth and rebirth.

Tabo in Spiti is the oldest Buddhist monastery in Himachal and dates back to 996 AD. Many others are just a little younger. Then there are others which are barely a few decades old and came into being after 1959 when his Holiness the Dalai Lama left Tibet along with several of his followers and came to reside in India.

This circuit is planned as a two week itinerary which can be altered to time and interest. The two ends of the circuits Shimla and Dharamshala are well served by air, rail and road. The circuit itself is by road.

**Note:** Travelers with Health issues are advised to avoid such trips



### Day 01: Arrive in Shimla

- Assistance on arrival. Check in into the Hotel
- Time and weather permit, visit the two recently built monasteries. The Geluk-pa sect has one at Sanjauli and the Nyingma-pa one is at Kasumpti.

### Day 02: Baspa Valley In Kinnaur

- Leave for the Baspa valley in Kinnaur. 229 km from Shimla. There are 33 Buddhist monasteries and temples in Kinnaur district and the Nyingma-pa Drug-pa and Geluk-pa sects are well represented. En route visit the small nineteenth century Buddha temple at Rampur 130 km from Shimla.

### Day 03: Recong Peo

- Leave for Recong Peo 2290 m 38 km from Sangla village. En route visit some of the four small temples in the picturesque village of Sapni, Baru, Sangla and Batseri. Recong Peo is Kinnaur district headquarters and has a recently built gompa where his Holiness the Dalai Lama conducted a Kalchakra ceremony in 1992. The ancient settlement of Kalpa with spectacular views lies just above Recong Peo. Here is the Hu-Bu-lan-kar gompa said to have been founded by Rinchensang-po.

### Day 04: Nako

- Leave for Nako. At 2950m 107 km from Recong Peo, 7 km on a side road bifurcating near Yangthang the village of Nako is built around a lake. On its northern side are four Buddhist temples that house large prayer wheels. Near Nako is a rock where a footprint like impression is ascribed to Padmasambhava.

## Day 05: Tabo

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- Leave for Tabo. At 3050m 65 km from Nako. Tabo is in arid Spiti where there are thirty monasteries spread over its rugged terrain. Tabo is the largest monastic complex in Spiti and has nine temples, twenty three chortens, a monks' chamber and a nuns' chamber. The Tabo Chos-hKhor or Doctrinal Enclave was founded in 966 AD by the great teacher Rinchensang-po and is renowned for its breathtaking murals and stucco statues. This has been declared a 'World Heritage Site' by UNESCO.

## Day 06: Kaza

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- Leave for Kaza. At 3660 m, 47 km from Tabo. This is Spiti sub-divisional headquarters and has a gompa. En route visit Dhankar gompa. This rests high over the valley and is a stupendous example of local architecture. It is regarded to have once been a fort and was also the residence of the ruler of Spiti – the Nono. Dhankar is a repository of Buddhist scriptures in the Bhoti script.

## Day 07: Kaza

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- Based here visit the Ki (Key) monastery – 4116 m, 12 km from Kaza. This labyrinth of rooms and corridors once acted as a fort. It houses valuable thangkas and offers a panoramic view of the area. Also visit the small gompa at Kibber – 4205m, 9 km from Ki gompa. Kibber is the highest permanently inhabited village of the region connected by a motorable road. More time at Kaza will enable you to visit the Hikim, Komic and Langja monasteries.

## Day 08: Lahaul

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- Leave early for Lahaul Spiti district headquarters Keylong – 3350 m, 188 km. Lahaul has twenty nine Buddhist monasteries. Almost all are affiliated to the Drug-pa sect. The rugged route from Kaza to Keylong, is over Kunzam Pass (4551 m). En route, there are gompas at Damphug, Chokur, Jagdang, Shashin, Khangsar, Gondhla, Teling, Dalang and Gajang.

## Day 09: Keylong

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- Based at Keylong visit the following monasteries – Guru Ghantal (8 km), associated with both Padmasambhava and Reinchensang-po. This is regarded to be the oldest one in Lahaul. Kardang (5 km), is one of the most revered places of the Drug-pa sect. Tayul (6 km) and Gemur (18 km) may also be visited.

## Day 10: Manali

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- Leave for Manali. At 2050m, 115 km. The route is over the Rohtang Pass. Manali has four recently-built monasteries. The main one is located in the city centre.

## Day 11: Rewalsar

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- Leave for Rewalsar. 132 km. Legend has it that this was the place from where Padmasambhava left to spread the word of the Buddha in the eighth century. This has three monasteries built around a lake. Now rebuilt, the oldest one belongs to the Nyingma-pa order. Adorned with tiny prayer flags the lake has tiny island of floating reed supposedly embodying the spirit of Padmasambhava.



## Day 12: McLeodganj

- This is the residence of His Holiness the Dalai Lama. The impressive Namgyal monastery houses larger than life images of the Buddha, Padmasambhava and Avaloktेशwara. En route visit the recently built monasteries at Bir and Tashijong.

## Day 13: Tour Concludes

- Spend more time at the monastery and visit the Tibetan Institute of Performing Arts. The tour ends here. Return home with Happy Memories.

### Note

Tour Cost Includes	Tour Cost Excludes
1. All the prices are based on per person	1. Any train fare / airfare, unless specified.
2. Accommodation on twin share basis in above mentioned hotels or similar hotels	2. Government Service tax.
3. Daily buffet breakfast at all places.	3. Any meals / enroute meals unless specified.
4. Transfers / Sightseeing Economy / Standard - By an air-conditioned car or similar as per the itinerary Deluxe - By an A/C Couch or similar as per the itinerary.	4. Any rides, safaris. boating charges, additional sightseeing tours other than the mentioned in the inclusions.
5. All taxes except 3.09% Govt service tax.	5. Entrance fees, Camera fees, guide charges unless specified in the inclusions.
	6. Personal expenses like phone calls, laundry, room heater charges, alcoholic and non alcoholic beverages, mineral water, room service, tea/coffee etc unless specified.
	7. Any hike in fuel charges, tax structure (Luxury tax, transport tax or service tax).
	8. Any other expenses / service not mentioned in the inclusions.

Note: [1] AC Coach/ Car. [2] Above mentioned price are inclusive of all taxes. [3] No Hidden Charges



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