



Tibet: 21d Spiritualism and Cultural tours

URL: <https://himalayanleaders.com/trip/21d-spiritualism-and-cultural-tours/>

Difficulty

Easy

Best Season

Overview

Spiritualism and Cultural tours

In South Asia countries especially Nepal, India, and Tibet people strongly believe in Spiritualism. It is interesting to know that people from Europe also believe in it. They believe in power, wizard & witch mechanisms. Likewise, they also believe in other traditional practices of healing people. In the country of Nepal, 80% of the people live in villages and far rural areas.

Many people have a very strong belief in the power of spiritualism and traditional practices. If they fall sick, they first go to the home traditional doctor. Thereafter they go to the hospitals. In addition, the wizards then perform a kind of ritual ceremony inducing power to heal the sick person. Basically, they prefer this performance at nighttime. As they believe, the unseen powers suppose to be very active during the night. Nepal is under the great influence of Hinduism and Buddhism. There is a strong belief in karma and reincarnation. We believe in Spiritual Gurus.

Here are several famous places in Kathmandu also in the Terrain and Himalayan regions. There we can see the influence of the spiritual practice still strongly exists, many sacred places can find. We can find several famous meditation centers. And also many medicinal herbs grow that cure the sick. We have an experienced team to organize this kind of holy and traditional tour. They will take our guests to the place of their interest. Although we focus on specific tour packages in Tibet and the Mount Kailash region (around the Nepal border).

In short, we can advise and organize visits to popular spots of spiritual and traditional belief. Both Mount Kailash and Tibet are Himalayan paradises. Also, they are extremely rich in herbal and medicinal plants. We offer our guests an opportunity to study this field of natural resources.

Trip Itinerary

Day 01:Arrival and transfer to hotel. After some refreshment, we will take you for a typical Nepali dinner, o/n in a hotel.

Day 02: Drive to Pharping o/n in hotel

Morning after breakfast we drive to Pharping Monastery for mediation. We learn about Karma, how the soul of the dead body is transferred after death by Spiritual tantric Gurus and we study herbal plants.

Day 03: Meditation and a visit to Dhachinkali temple (the blood soaked god). The temple is dedicated to the goddess Kali, the most bloodthirsty incarnation of Parvati, consort of Shiva. In the afternoon we drive back to Kathmandu, o/n in a hotel

Day 04:Drive from Kathmandu to Kyirong (Nepalese border), complete the visa formalities and drive to Kyirong town Tibet(2774m, 125km) o/n in guesthouse

Day 05: Acclimatize at Kyirong Town, study herbal plants o/n in guesthouse

Day 06: Drive to Saga (4450m/108 km).

Stop at the Lalug La (5050m) Pass enjoying the grand view of Mount Shishapangma, Gauri Shanker and other high mountains. We continue our drive to Lake Peigu Tso.

Day 07: Drive from Saga to Paryang (4610m, 250 km)

Day 08: Drive to Manasarovar (4560m, 280km), visit Trugo Gompa, Gossul Gompa, Chiu Gompa and Rimpoche and visit Rakshas Lake. Drive to Darchen (4570m) o/n in guesthouse/hotel.

Day 09: Explore herbal plant and visit ayurvedic hospital, o/n in a guesthouse/hotel

Day 10: Trek Darchen to Driaphuk (4/5hrs, 4890m). Today we start the Kora.

Day 11: Trek to Dolma La Pass (5600m) and trek down to Zutulpuk Gompa (5/6hrs, 4800m)

Day 12: Trek to Darchen and drive to Mansarovar (5hrs, 4560m)

Day 13: Drive from Mansarovar to Saga,

Day 14: Drive from Saga to Tingri, visiting Lake Peigu Tso

Day 15: Drive from Tingri to Kyirong Town, o/n in guesthouse

Day 16: Drive to Dolalghat. o/n in a hotel

Here we can visit a traditional doctor and get experience with herbal medicine and how to treat the sick.

Day 17: Drive back to Kathmandu via Bhaktpur (70km) o/n in a hotel

Day 18: Visit a herbal factory, o/n in a hotel

Day 19: Free day for shopping, o/n in a hotel

Day 20: Transfer to international airport in Kathmandu

Trip Includes

- Transport with minibus in Nepal part and in Tibet with Land cruiser
- Pension fund , insurance for local staff of Himalayan Leaders
- Flight fare from Kathmandu -Lhasa
- All accommodation on Bed and Breakfast basis in twin sharing room
- Tibet travel permits, Tibet visa and monument entrance fees
- Tibetan English speaking guide and cook out of Lhasa in Tibet

- Sightseeing as per mention in the program

Trip Excludes

- Lunch and dinner
- Nepal re-entry visa fee
- Travel insurance in case of emergency
- Personal expenses

Address

Himalayan Leaders Treks and Expedition Pvt. Ltd.
Thamel, Kathmandu, Nepal