

A World of Sophisticated Journeys and Retreats

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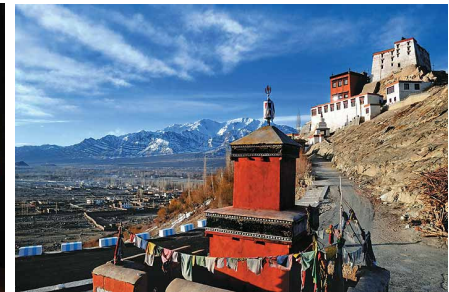
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Sacred Journey, India

Gods and Gompas with Dr. Meath Conlan

July 20- August 8, 2011



The Spirit of India: Gods and Gompas

Hidden within one of the world's most exclusive travel destinations are experiences of a lifetime. This journey is a 17-day, introductory exploration of the Himalayan foothills and, specifically, the Great Himalaya that borders Southern Ladakh. Here, in the midst of one of India's most unlikely landscapes, travelers will explore a society that is based on nomadic herds, small irrigated farms and several Buddhist monasteries.

Highlights

In this Land of Vajrayana, the "Vehicle of the Thunderbolt," adventurers find the ever-present gompas –ecclesiastical fortifications of learning, lineage, prayer and meditation that affirm the Buddha's Four Noble Truths: our existence is inseparable from sorrow, the cause of suffering is desire, peace is achieved by extinguishing desire and liberation lies in following the Eight-fold Path.

This tour includes several days on a houseboat in beautiful Kashmir and an opportunity to experience the unique culture and cuisine of this splendid mountainous region.

Day to Day Itinerary

Day 1: Travel. Arrival at Delhi International Airport. Overnight at the Delhi hotel.

Day 2: Following breakfast, transfer to airport for flight to Leh. Overnight at the Leh hotel. (B)

Day 3: Enjoy a full day of sightseeing around Leh including three gompas (monasteries): Shey, Thiksey and Hemis. (B, D)

Day 4: Tour Chumathang for Tso Moriri, a serene and picturesque lake in the Rupshu Valley. (B, D)

Day 5: Continuing your stay at the Tso Moriri tent camp, explore the area with a visit to the nearby Korzok gumpa. Now acclimated to the high-altitude mountain air, enjoy walking and some light trekking through the valley. (B, D)

Day 6: Spend the day enjoying the magnificent surroundings of this majestic mountain region. Overnight in the Leh. (B, D)

Day 7: Drive to the Nubra Valley via Khardung La—a high mountain pass reaching dizzying heights of 5359 meters above sea level. (B, D)

Day 8: Enjoy a full day of walking in this sublime and humbling mountain environment, including both small villages as well as gompas throughout the valley. (B, D)

Day 9: Day of Leisure. (B, D)

Day 10: Transfer by coach to the Alchi Monastery, then on to Likir where you can enjoy a hike to the Klu-kkhyil Gumpa. (B, D)

Day 11: Take a morning drive to the Lamayuru Monastery via two impressive mountain passes—Fotu La and Namika La—on the way to Mulbek. Continue on to Kargil along the Suru River.

Day 12: Enjoy a drive through the glorious Kashmiri mountains on the way to the summer capital, Srinagar. Transfer to your deluxe houseboat for the evening. (B, D)

Days 13- 15: Enjoy three full days on board your houseboat on picturesque Dal Lake. Trips by water taxi are available for excursions to the city to explore architecture, markets and the formal gardens. Take time to observe the unique river life. (B, L, D)

Day 16: Transfer to Delhi for a day of Leisure. (B, D)

Day 17: Enjoy a full day of sightseeing in Old and New Delhi including Red Fort, Jama Masjid, Bahi's Temple, and Humayun's Tomb. Transfer to the Delhi airport for the return flight to the US.

Highlights of Daily Interfaith Readings

- * Christian Mystics and Desert Tradition
- * Thomas Merton, Bede Griffiths, Christian Zen Masters: Enomiya Lassalle and Amy Samy, and Tibetan Buddhist Dhammapada
- * Poetry of Tibetan mystic Milarepa. For those interested, meditation in the tradition of centering prayer and an exploration of Buddhist vipassana (insight) meditation is available.
- * Additionally, individual spiritual direction is available throughout this retreat.

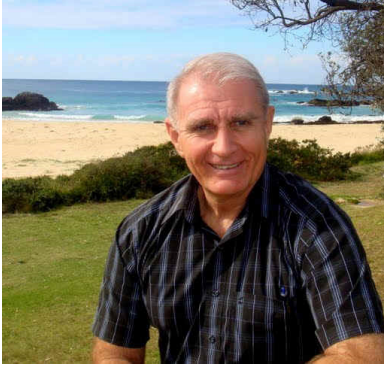
Trip Inclusions

- * 17 Nights Luxury and Deluxe Accommodation.
- * Accommodation in Delhi is based on Bed & Breakfast only.
- * Arrangements in Leh and Srinagar area includes:
 - * Twin sharing accommodation at all hotels as mentioned.
 - * Daily Breakfast and Dinner.
 - * All transportation as per the itinerary
 - * Arrival and departure transfer with assistance.
 - * Inner-line permits
 - * One Local accompanying English speaking guide for all sightseeing in the Ladakh region.
 - * Monastery entrances as applicable
 - * Restricted area permit fee for Nubra and Tsomoriri areas
 - * All applicable taxes
 - * Dr. Meath Colan guidance and Spiritual Direction
 - * Portage and Tips for Guides / Drivers during the tour
 - * Applicable Government Service Tax

Luxury Land Package from \$4525*pp

***Based on double occupancy**

Trip Leader



Dr. Meath Conlan

Over the past 30 years, Dr. Meath Conlan has been a counselor and spiritual director to hundreds of men and women. He desires to share insights that have motivated and deepened his personal his personal life-understanding.

Meath holds a Master of Arts degree from Fordham University, New York, and a Doctorate in Philosophy from the University of South Australia in Adelaide.

For more information go to: <http://www.luxworldtravel.com/Gods-and-Gompas.htm>



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