

TIBET AID SPIRITUAL JOURNEY TO TIBET MAY 14 – MAY 30, 2010

WITH EXTENSION TRIP TO DHARAMSALA, INDIA

Join Lynne Wiggins and the Tibet Aid for a two week journey to Tibet. We begin our trip in Kathmandu where we spend a few days visiting the Tibetan Community, Boudhanath Stupa, Swayambhunath, Kathmandu City and Patan. We then fly to Lhasa and spend the next 6 days visiting Lhasa and its out lying areas. The city is home to the Potala Palace, Jokhang, the Barkhor and the Sera and Drepung Monasteries. For two nights we leave Lhasa and drive to Drikung out in the countryside and experience the life in guest house managed by a Tibetan family or in a Nomad Camp. From there we visit Nambar village where Lynne Wiggins' former groups have helped to build a school and medical clinic. Our journey continues as we drive to Shigatse and Gyantse and then on to Tashilunpo and Tingri. Our trip ends with a spectacular drive to the border of Nepal and our final night is spent in Kathmandu. Throughout our journey in Tibet we will be guided by Tenzin Jigme, a wonderful Tibetan guide with an immense knowledge of Tibetan culture and Buddhism. Tenzin also guided our group last year and he was very much liked by all our group members. While in Lhasa we will also have Lobsang Tenzin as our guide, he studied as a monk for many years and has helped with the school that Lynne and her clients built in Nambar.



Potala Palace, Lhasa



Tibet Aid is a not-for-profit organization that provides humanitarian assistance to Tibetan refugees, primarily by locating sponsors for homeless, impoverished, and destitute monks, nuns, children, and elders. Tibet Aid also promotes Tibetan cultural preservation and supports educational medical relief programs for Tibetans living within Tibet and in exile. You can visit the website for more information. www.tibetaid.org



Lynne Wiggins has been leading spiritual and adventure tours to the Worlds Sacred Sites for the past 13 years. Her trips offer the traveler safe and first class travel to unusual and ancient locations. Her philosophy is for her clients to enjoy all the local sites, as well as experience their rich past. For over 25 years, Lynne has studied with various Teachers, Healers and Shamans. She is well versed in the ways of the ancient teachings and world religions. After selling her Metaphysical Center in Boston, she devoted herself full time to helping others discover these Sacred Sites. Her travels have taken her to Peru, Egypt, Tibet, Nepal, Bhutan, Burma, Cambodia, Thailand, Bolivia, India, Mexico, Guatemala, Greece, Bali, Africa, Spain, France, England and Brazil. She now co-owns a wellness center and spa in Mooresville, NC. She is also on the board of directors for Tibet Aid.

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May 14, 2010, Fri: Depart U.S.

May 15, 2010 Sat: In Flight.

May 16, Sun: Arrive in Kathmandu. Visit to Swayambhunath stupa. Hotel Shangri-La. (D)
Swayambhunath: It is one of the world's greatest Buddhist Stupas. It lies 3 km west of the city and situated about 77m above the level of the Valley. It is said to be 2000 years old.

May 17, Mon: In Kathmandu. Visit Pashupatinath, Boudhanath & Pharping. PM: Briefing. Hotel Shangri-La. (B/L/D)
Pashupatinath: Situated 5 Kilometers east of Kathmandu city, Pashupatinath temple is one of the holiest Hindu temple dedicated to Lord Shiva.

Boudhanath: One of the holiest in Buddhist power places in Nepal, and one of the biggest stupas in the entire world.

Pharping: Pharping village offers many arts object. It is believed that Padmasambava, the founder of Lamaistic School of Buddhism in Tibet. There is Guru Rinpoche's residence and reminder such as hand print, foot print etc.

May 18, Tue: Fly to Lhasa and drive to Tsedang Hotel KyiChu, Tsedang. (B/-/D)
This 1 ½ hrs (approx.) flight is spectacular (weather permitting) with views of the mountains including Mt. Everest. From the airport it takes approx. 2 hours drive to reach Tsedang, a small country town.

May 19, Wed: In Tsedang. Sightseeing of Yambulakhang, Traddruk Monastery and ancient Tombs of Tibetan Emperors. Hotel KyiChu, Tsedang. (B/L/D)
Yambulakhang is the first building in Tibet and dates back to 2nd century. It is reputed to be the oldest building.

Traddruk Monastery: On the way back, visit Traddruk monastery founded by King Songsten Gampo in the 7th century. From here, it is a 45 mins drive to Chongye, the tombs of ancient Tibetan Emperors.

May 20, Thu: Samye - Lhasa. Hotel KyiChu. (B/L/D)
After the tour of Samye Monastery. We proceed to Lhasa (approx. 5 hrs. Lhasa is ranked as one of the most enigmatic cities in the world.

Samye Monastery: Samye Monastery's gleaming façade seems almost too festive for its arid setting. It was founded in 799 after Trisong Detsen invited Santarakshita, an Indian master, to train and ordain Tibet's first seven monks.

May 21, Fri: In Lhasa. Visit Jokhang, Barkhor, Ani Sankhu Nunnery. Hotel KyiChu. (B/L/D)
Jokhang Temple: The oldest and the most revered religious structure in Tibet, it dates back to 639 to 647. Pilgrims from all over Tibet come here to worship and prostrate themselves in full length in front of the main doors of the temple.

Ani Sankhu Nunnery: Ani means nun in Tibetan. Built around a meditation cave used by Tibetan mystics over the centuries, in the mid-15th century it became a practice hermitage for six female disciples of Lama Tsongkhapa. They transformed it into a nunnery, and it has remained as such until the present day.

May 22, Sat: In Lhasa. Potala Palace & Drepung Monastery. Hotel KyiChu. (B/L/D)
Potala Palace: Potala Palace has been the focus of pilgrims to Lhasa for centuries. It is the cardinal landmark and a structure of massive proportion. This symbol of Tibet is an architectural gem.

Drepung Monastery: Drepung, one of the world's largest monasteries was built in 1416 by Jamyang Choje. Drepung literally means "Rice Mountain".

May 23, Sun: Drive to Drikung. Guest house or Nomad Camp. (B/L/D)
After breakfast we drive to Drikung. It takes approx. 3hrs to reach Drikung. Drikung was once a teaching center of the Kargyupa sub sect until it was destroyed during the Cultural Revolution. Now rebuilt, it offers stunning views of the valley. We will have lunch at the Guest House.

May 24, Mon: Drikung. Guest house or Nomad Camp. (B/L/D)
Full day activity in Drikung.

Drikung Qu is a town of Chinese and old village houses that lies on the Kyi Chu's left bank. There's also a monastery known as **Drikungtil**. In Drikung, you can explore the buildings, hermitages and chapels. Near the monastery complex is a sacred site used for sky-burials.

May 25, Tue: Drive to Lhasa. PM: Nambar Village. Hotel Kyichu. (B/L/D)
Today we will drive back to Lhasa. In the afternoon, we will visit Nambar Village where we are actively involved in community development.

May 26, Wed: Drive to Shigatse via Gyantse. Hotel Manasarovar. (B/L/D)
After breakfast, we'll drive to Shigatse. On the way, we will explore Gyantse. Shigatse has one of the most impressive monastery complexes left in Tibet. Home to the Panchen Lama, Shigatse was spared during the devastation of the Cultural Revolution.

May 27, Thu: Visit Tashilunpo & then drive to Tingri. Hotel Snow Leopard. (B/L/D)
Tashilunpo Monastery: It is the seat of the Panchen Lamas. This is the monastery founded by Gedun Drup who was later recognized as the first Dalai Lama.

After visiting Tashilunpo, we will drive to Tingri which will take approx. 8hrs.
May 28, Fri: Drive to Kathmandu. Hotel Shangri-La. (B/L/D)
It is an approx. 8hrs drive to Kathmandu. Rest of the day is free for relaxation.

May 29, Sat: Depart Kathmandu. (B)
May 30, Sun: Arrive in USA.



Land only price: \$3985 based on 8 people traveling.

Register by 31 Dec, 2009 & receive \$100 Discount

Single room supplement: \$499

Ask about Dharamsala Extension.

Call with questions:

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Tibet Aid Spiritual Journey to Tibet with Lynne Wiggins May 14 – June 30, 2010

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