A close-up photograph of a traditional Buddhist bell. The bell is dark, possibly blackened metal, with intricate, raised metalwork or inscriptions in a script, likely Tibetan or Sanskrit. The focus is sharp on the central part of the bell, showing the texture and detail of the metalwork. The background is blurred, showing other similar bells in a row.

**BUDDHIST CIRCUIT**  
**MEDITATION CULTURE & TRADITIONS**  
**10 NIGHTS/11 DAYS**

# 01

## Bagdogra - Gangtok (5500 fts/120 kms/4 hrs)

Arrival at Bagdogra Airport. Meet and assist by our representative and then some check out formalities at the airport. Introduction to the drivers and the team, we board the car to travel to Gangtok (120 kms/4 hrs). We can do some refreshment break in a way side restaurant at Rangpo meanwhile we clear our formalities of permit at the border check post. After this we will drive to Gangtok to check in at our hotel.

Evening Free to refresh and settle down.

At 6 Pm Introduction of the team and programme by our representative.

Talk about History and Buddhism in Sikkim by Guide / Resource Person.

Dinner and Overnight at the Hotel.

# 02

## Buddhist Monastic Tour

We start the day with the meditation & Yoga programme in the morning and which will be supervised by resource person/Meditation teacher followed by talks and meditation experience. Breakfast will be served after the programme concludes.

After breakfast, we leave for Rumtek Monastery/Dharma chakra centre (24 kms/1 hr) belonging to the Kagyu sect of Buddhism. The monastery is said to be the replica of Tshurpu monastery in Tibet and was founded as the official seat in exile to His Holiness The Karmapa, head of the Kagyu lineage by the Late 16th Karmapa Rangjung Rigpe Dorje. Rumtek monastery, originally built in the mid 1700's, But when Rangjung Rigpe Dorje, 16th Karmapa, arrived in Sikkim in 1959 after fleeing Tibet, the monastery was in ruins. Despite being offered other sites, the Karmapa decided to rebuild Rumtek hence the monastery became the official seat in exile to the Karmapa's. Later we drive back to Gangtok and visit the Namgyal Institute of Tibetology (only museum of its kind in whole of India) The museum housed in a traditional Tibetan-style mansion boasts a jaw-dropping collection of artifacts related to Vajrayana Buddhism and Tibetan culture. Established in 1958 to promote scholastic and cultural research, its ground-floor hall displays Buddhist manuscripts, icons, thangkas (Tibetan cloth paintings) and Tantric ritual objects, such as a thöpa (bowl made from a human skull) and kangling (human thighbone trumpet). The library on the 1st floor houses precious Buddhist tomes, some dating back several hundred years. After lunch at the Hotel, we drive to Enchey Monastery, established in 1909 above Gangtok, the capital city of Sikkim was blessed by Lama Druptob Karpo, a renowned exponent of tantric (adept) art in Buddhism with flying powers; initially a small Gumpa was established by him after he flew from Maenam Hill in South Sikkim to this site. The literal meaning of Enchey Monastery is the "Solitary Monastery". Belonging to the Nyingma order of Tibetan Buddhism, Its sacredness is attributed to the belief that Khanchendzonga and Yabdean – the protecting deities – reside in this monastery. As, according to a legend, Guru Padmasambhava had subdued the spirits of the Khanchendzonga, Yabdean and Mahākāla here. In view of this legend, the religious significance of Enchey Monastery is deeply ingrained in every household in Gangtok. It is also believed that these powerful deities always fulfill the wishes of the devotees. Evening time is scheduled for a talk about the 3 different communities of Sikkim Bhutia, Lepcha & Nepali. The talk is mostly focused in Lepchas (Oldest known inhabitant of Sikkim) of Sikkim by Guide / Resource Person.

Dinner and Overnight at the Hotel.

# 03

## Meditation-Retreat & Village Excursion

The day is scheduled for the meditation hence; the resource person/Meditation teacher will lead the group to the core and the benefits of meditation in Buddhist religious points of views.

Glossary: Buddhist meditation refers to the meditative practices associated with the religion and philosophy of Buddhism. Buddhist meditation encompasses a variety of meditation techniques that aim to develop mindfulness, concentration, supramundane powers, tranquility, and insight.

Later after lunch, the schedule is to drive to the nearby village called Rey-Mendu village to see and understand the life style of the Lepchas and the Bhutia's. The evening is followed by Cultural programme by local people and local dinner at the village.

Drive back and Overnight at the hotel.

# 04

## Gangtok- Namthang-Nagi Gumpa (4200 fts/58 kms/3 hrs)

We start the day with the meditation & Yoga programme in the morning and which will be supervised by resource person/Meditation teacher followed by talks and meditation experience. Breakfast will be served after the programme concludes.

After breakfast, check out from the hotel and we start our journey to South Sikkim, to one of the historical monastery just above Namthang. The monastery build about 100 years ago after the Land lord named Bermiok Athing donated 9 acres of land for building a monastery for the religious need of the local people. Accordingly, a Lepcha lama called Sonam Rinchhen took the lead in building a small monastery on the ruined site in the year 1914 as per the advice of Kyabje Sitrul Rinpoche (Chhogyal Sidkyeong Tulku).

Later, in keeping view of the increasing number of the monks, the old small monastery was dismantled and rebuilt it in 1933 by extending its size to accommodate more lamas. In the later decades, Sir Tashi Namgyal and Lt. Pandit Jawaharlal Nehru the first Prime Minister of India visited this monastery. During their visit, they saw a beautiful Lake situated nearby this monastery, which added an extra beauty to the environment of the monastery. Therefore, the Chhogyal named the monastery as "Norbu Tsholing" which means 'a place having Gem-Lake'. Since then this monastery became more important to the people living in the surrounding areas. However, later, the Lake dried up due to implementation of rain water harvesting scheme, which was not successful. The monastery performs all the ceremonies throughout the year. The monastery follows the Nyingma Sect of Kadue Choki Gyatso lineage.

\*The accommodation during the stay is organized in a tent (two-men/twin sharing) in the front ground of the monastery itself and the meditation and yoga session will be conducted in a main prayer hall (Lhakhang) of the monastery.

Overnight stay in the Tent.

# 05

## Hike/Nature walks

We start the day with the meditation & Yoga programme in the morning and which will be supervised by resource person/Meditation teacher followed by talks and meditation experience. Breakfast will be served after the programme concludes.

After breakfast, we start a hike to the most Serene and scenic hilltop called Nagi Dara having breath taking view of surrounding villages, valleys, rivers and mighty mountains. In short, a true 'Refuge'. The place is a wonder for the nature lovers, a short and adventurous hike gives much to see and experience and the view from the top is yet mesmerizing with the Mt.Simvo and other peaks on the far sight is yet another joy to cherish. It's also considered a nature walk offering of its own kind of ambiances, walking through the ridge, through the pine forest with a beautiful trail, quite rich in floras & faunas & Avi-Faunas. A walk back to the monastery is short in distance and easy to quote and in no time, the monastery is reached.

Evening time is scheduled for the talk regarding the different communities living in the area, about the tradition & culture and the lifestyle of the people and also the history of the monastery by the Resource person/Teacher followed by the briefing about the programmes/activities for the following day by Guide.

Overnight in the tent.

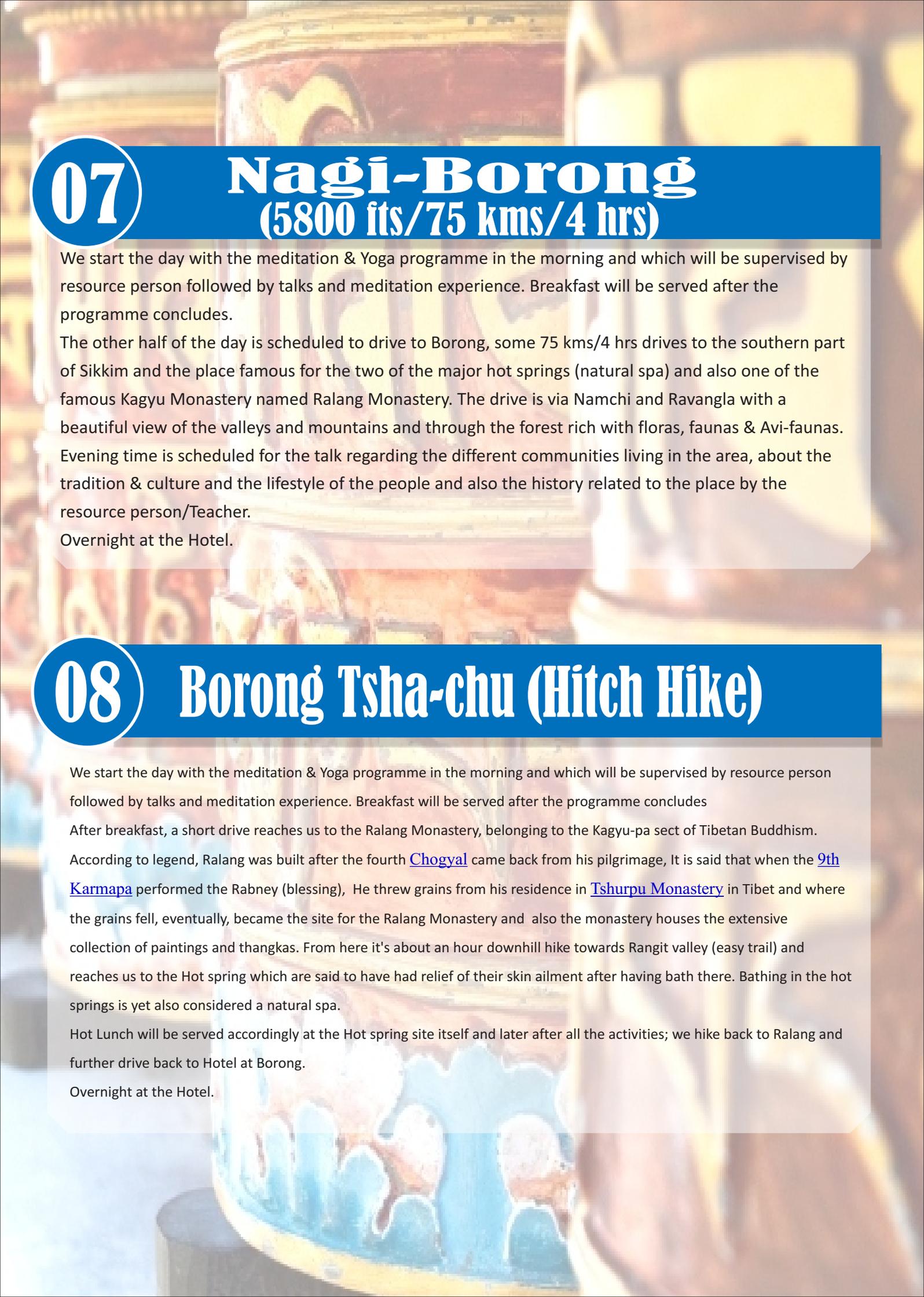
# 06

## Village walks/ Culture & Traditions Study

As usual, the start the day with the meditation & Yoga programme in the morning and which will be supervised by resource person/Meditation teacher followed by talks and meditation experience.

Breakfast will be served after the programme concludes. After the breakfast, we start our rest of the day with the walks in the surrounding village, to see, experience and study about the culture & traditions & lifestyles of the people living there. The resource person will act as an interpreter during the study course involving the local villagers. The scheduled is followed with a well preserved activity-The traditional bamboo Archery in the Gumpa area itself. Bamboo archery is played by self manufactured equipments purely made of bamboo. It is part of the old culture and heritage of the state. Traditional archery happened to be the National game of Sikkim when Sikkim was an independent country before 1975. Traditionally, archery in Sikkim was played after the harvests, a way for villagers to get together in the inactive farming season. In the recent few years, it has enjoyed a revival in Sikkim, an attempt to revive their cultural identity. The evening is followed by the traditional cultural/dance shows by the villagers and the local food for dinner. Later, come back to the campsite for overnight stay.

Overnight in the tent.



07

## Nagi-Borong (5800 fts/75 kms/4 hrs)

We start the day with the meditation & Yoga programme in the morning and which will be supervised by resource person followed by talks and meditation experience. Breakfast will be served after the programme concludes.

The other half of the day is scheduled to drive to Borong, some 75 kms/4 hrs drives to the southern part of Sikkim and the place famous for the two of the major hot springs (natural spa) and also one of the famous Kagyu Monastery named Ralang Monastery. The drive is via Namchi and Ravangla with a beautiful view of the valleys and mountains and through the forest rich with floras, faunas & Avi-faunas. Evening time is scheduled for the talk regarding the different communities living in the area, about the tradition & culture and the lifestyle of the people and also the history related to the place by the resource person/Teacher.

Overnight at the Hotel.

08

## Borong Tsha-chu (Hitch Hike)

We start the day with the meditation & Yoga programme in the morning and which will be supervised by resource person followed by talks and meditation experience. Breakfast will be served after the programme concludes

After breakfast, a short drive reaches us to the Ralang Monastery, belonging to the Kagyu-pa sect of Tibetan Buddhism.

According to legend, Ralang was built after the fourth [Chogyal](#) came back from his pilgrimage, It is said that when the [9th Karmapa](#) performed the Rabney (blessing), He threw grains from his residence in [Tshurpu Monastery](#) in Tibet and where the grains fell, eventually, became the site for the Ralang Monastery and also the monastery houses the extensive collection of paintings and thangkas. From here it's about an hour downhill hike towards Rangit valley (easy trail) and reaches us to the Hot spring which are said to have had relief of their skin ailment after having bath there. Bathing in the hot springs is yet also considered a natural spa.

Hot Lunch will be served accordingly at the Hot spring site itself and later after all the activities; we hike back to Ralang and further drive back to Hotel at Borong.

Overnight at the Hotel.

**09**

# Borong-Pelling

(6250 fts/66 kms/4 hrs)

We start the day with the meditation & Yoga programme in the morning and which will be supervised by resource person followed by talks and meditation experience. Breakfast will be served after the programme concludes.

After breakfast, check out and drive to Ravangla to Visit Tatagatha-Tsal (Buddha Park) which features a 130-foot high statue of the Buddha as its centerpiece. The site was chosen within the larger religious complex of the Rabong Gumpa which in itself is a centuries-old place of pilgrimage. The statue was consecrated on 25 March 2013 by the 14th Dalai Lama, and became a stop on the Himalayan Buddhist Circuit. The statue of the Buddha marks the occasion of the 2550th birth anniversary of Gautama Buddha. After spending a while here, we further drive to Pelling which is in the west Sikkim. Pelling is a fast growing tourist destination. Situated in a small hamlet in the hilltop offering the closest view of Mt.Khanchendzonga (from Motorable point) and its adjacent peaks. Formerly known as Paradzong meaning the "land between two great monasteries" is absolute and is landlocked between the Great Pemayangtse Monastery & the Sangachoeling Monastery belonging to the Nyingma-Pa order of Tibetan Buddhism and both of them built in the beginning period of Namgyal dynasty of Sikkim who ruled this tiny Himalayan kingdom for 333 years ending the reign in the year 1975 when Sikkim was merged into the Indian Union and thus Kingdom converted into the state.

Overnight at the Hotel.

**10**

# Sightseeing

As usual, the day starts early with yoga and meditation in the hall at the Hotel itself with the resource person/teacher supervising and teaching the benefits of Yoga and meditation.

After breakfast, we drive to Khechupalri Lake, 28 kms and an hour drive from Pelling, this unusually calm and placid lake, located in the midst of a dense forest is considered sacred to both Buddhist and the Hindus, who come here to make a wish and is among the pilgrimage site of Sikkim. It is also believed to be the wish-fulfilling lake. Later we drive again for another an hour when we reach Yuksum, the first capital of erstwhile kingdom of Sikkim and the place where we visit the Norbu Ghang Coronation Throne, the place where the first king of Sikkim was coronated, The place where the coronation took place is marked by the original stone throne and an amazing footprint on a rock face The footprint is said to have left by one (first ) of the three monks and thus the history of Sikkim's erstwhile monarch starts from this very place dating back to 1641-42 A.D. The place is still a village but the place is full of trekkers and the backpackers as the place is where the famous Dzungri-Goechala trek starts, it's a base. It will be late afternoon when we reach back to the Hotel and rest for the day.

In the evening time, we have a schedule for a talk about places around and Khanchendzonga and its Importance by Guide / Resource Person.

# 11

## Excursion to Buddhist sites

As usual, the day starts early with yoga and meditation in the hall at the Hotel itself with the resource person supervising and teaching the benefits of Yoga and meditation.

After breakfast, we drive to Pemayangtse Monastery (2 kms). Pemayangtse monastery (1705 A.D.) belonging to the Nyingma-pa order of Tibetan Buddhism and is also the most important Nyingma monastery and only to have a direct religious access to the Royal family of Sikkim. Originally built by Lhatsun Chempo in the 17th century, as a small Lhakhang, it was subsequently enlarged during the reign of the third Chogyal Chakdor Namgyal who was considered as Lhatsun Chenpo's third reincarnate, Jigme Pawo. The monastery follows the Nyingma Order of Tibet Buddhism and controls all other monasteries of that Order in Sikkim. The monks of this monastery are normally chosen from the 'Bhutias of Sikkim. The monastery was built for "pure monks" (ta-tshang) meaning "monks of pure Tibetan lineage", celibate and without any physical abnormality. This practice is still retained. Only the monks of Pemayangtse Monastery are entitled to the title "ta-tshang". The head lama of this monastery had the unique privilege of anointing the Chogyal of the erstwhile monarchy of Sikkim with holy water. Pemayangtse means "Perfect Sublime Lotus", and is said to represent one of the four plexus of the human body. Later we visit Rabdentse Palace ruins, the 02nd capital of Sikkim from 1670 to 1814. From the vantage point of this former capital, superb views of the Khanchendzonga ranges can be witnessed. This monument has been declared as of national importance by the Archaeological Survey of India. It is about 30 minutes walk from the main road and is through the rich forest with a C.C. Footpath reaching all the way to the Palace. We drive back to Pelling for Lunch and after lunch, we drive halfway to Bhanjyang from where we start our hike (30 minutes) on the ridges with a beautiful view of the villages and valleys on the both side finally reaching Sangachoeling Monastery on the top of the hill. Literally meaning of Sangachoeling is "Island of the Guhyamantra teachings", where gling means a vihara and "secret Mantra teachings" is a synonym for "Vajrayana Buddhism". Built in the year 1697 A.D. by Lhatsun Chempo, it belongs to the Nyingma order of Tibetan Buddhism is also known as the place of secret spells. It has clay statues dating back to the 17th century. The monastery was affected by fire several times and was rebuilt. The Monastery's location provides very scenic and panoramic view all rounds.

Overnight at the Hotel.

# 12

# Departure

After breakfast, we check out and drive to Bagdogra which is about 140 kms and takes around 6 hours via Jorethang town and Melli (Border town) and Teesta before reaching down to the plains of India and to the airport to board a flight the onward destination of your choices.