

Dharamsala, India - Summer 2015 Itinerary

ITINERARY

Date	Travel	Programme	Accommodation/meals
Week 1			
Sat May 23rd	Plane: Newark - Delhi		
Sun May 24th	UA 82 arrives Delhi 9:30pm	coach to Dharamsala direct	meal on the way
Mon May 25th		Intro to Norbulingka	students dinner
Tues May 26th	Visit to Tibetan Library	Visit to Tibet museum and the main temple in McLeod Ganj	Norling meal: 1
Wed May 27th	Introduction to the Arts Programme	Introduction to HH's point of view with Jeremy/ yoga	2
Thurs May 28th	HH teaching	post teaching session with Jeremy	3
Friday May 29th	HH teaching	post teaching session with Jeremy/Yoga	4
Sat May 30th	HH teaching	Free Afternoon	5
Sun May 31st	Free Day		
Week 2			
Mon June 1st	Arts workshops	study programme/yoga	6
Tues June 2nd	Arts workshops	study programme	7
Wed. June 3rd	Arts workshops	study programme/yoga	8
Thur June 4 th	Arts workshops	study programme	9
Fri June 5 th	Arts workshops	study programme/yoga	10
Sat June 6 th	Outing		
Sun June 7th		free day	

Week 3			
Mon June 8th	Arts workshops	Study programme	11
Tues June 9 th	Arts workshops	Study programme/yoga	12
Wed June 10 th	Arts workshops	Study programme	13
Thur June 11 th	Arts workshops	Study programme/yoga	14
Fri June 12th	HiKE	walk to Dharamkot camping	full meals
Sat June 13th	HIKE	Dharamkot/Triund camping	full meals
Sun June 14th	HIKE	to Ilaka/ Mcleod Ganj/ Norbulingka	
Week 4			
Mon June 15th	Arts workshops	Study programme/yoga	16
Tues June 16 th	Arts workshops	Study programme	17
Wed June 17th	Arts workshops	Study programme/yoga	18
Thur June 18th	Arts workshop	Study programme	19
Fri June 19th	Complete arts workshop	Complete Study Programme	Final Dinner
Excursion Week			
Sat June 20th		Free Day	
Sun June 21st	Special Event for HHDL Birthday	DGL Nunnery guest house	
Mon June 22nd	Visit to Sherab Ling	DGL Nunnery guest house	
Tues June 23rd	Drive to Manali	Sunshine Guest House	
Wed June 24 th	Manali temples and old village	Sunshine Guest House	
Thurs June 25th	Organic farm visit	Nagar guest house	
Fri June 26 th	Naggar - Roerich museum	Naggar guest house	
Sat June 27 th	Drive out of the hills/Nalaghar	Resort Hotel	
Sun June 28th	Drive to Delhi	UA 83 leaves Delhi 11:35pm	
Monday June 29th			

Additional Programmes	
Audiences with HH Dalai Lama and/or HH Karmapa will be fitted in if possible	
Scheduled outings:	Visit to Library of Tibetan Works and Archives and Central Secretariat of the Tibetan Administration in Exile (Tues 27th)
	Visit to TCV (will be there 2 days for HH's teachings)
	Visit to Andretta Pottery and/or Tashi Jong settlement and Dongyu Gyatseling Nunnery. (full day outing)
Optional outings:	Visit to Kangra fort and/or Musroor rock temples (full or half day outing)
Local walks:	Visit Dolma Ling Nunnery - Introduction to the monastic way of life. - best in the afternoon when the nuns are debating
	Visit to Nishtha Rural Health, Education & environment Centre - best in the afternoon when the kids programme is on
	Visit to Qusar Healing Centre - medicine as a spiritual practice
	Visit to Naam Art gallery and My Earth Store
3 Day Hike Packing list:	<div> with walking trainers walking socks flashlight </div> <div> waterbottle sheet sleeping bag waterproof jacket sweatshirt & pants </div> <div> warm underwear cotton t-shirts long tops loose or </div> <div> walking pants </div>