

Autumn Talks Nepal
with Karl Renz
Nov 9th - 17th 2019
Azom Monastery Pharping, Nepal



(Photo credit: Alla Zakharova)

When?

9 days talks (9 nights), starting from November 9th till November 17th (check-out, + last talk till 12 noon)

Meeting point? November 8th at 6 pm in Bouddhanath (East of Kathmandu) at Flavor's Cafe, opposite the stupa. We can all go (+ go back) by rented bus to Pharping (or if time doesn't fit, you can go directly by taxi to Pharping)

Where?

At **Azom Monastery**, a very calm and serene place in the little village Pharping in the foothills of the Himalaya's.

Pharping is around 1 hrs (25km) drive from Bouddhanath or 20 km South of Kathmandu.

Azom monastery an active monastery and place of worship, where you also can contemplate and attend puja's and prayers.

Pharping is a Newari village whose ancient Buddhist pilgrimage sites have been taken over by large numbers of Tibetans. It is the place where Guru Rinpoche is said to have attained enlightenment, and so it is one of the most sacred sites associated with the great yogi. There is a small temple with a self arisen image of Green Tara, the Asura cave, as well as beautiful Vajrayogini Temple and there are quite a few Tibetan monasteries and retreat centers (mostly Nyingma) in and around the town.

Pharping lies on the road to Dakshinkali. This blood-soaked temple of Dakshinkali, dedicated to the goddess Kali is a favourite Hindu pilgrimage destination

There are numerous nice mountain trails in the area for short and long walks.

Accommodation:

All in simple, but comfortable twin rooms with attached bathroom (hot water, 24 hrs electricity, in some rooms there is kettle for tea/coffee). The monastery guesthouse is meant to provide accommodation for visiting monks and Tibetan language students, but now also open to visitors, travellers, peace seekers, etc...



Meals: We eat together with the resident students and teacher monks in the canteen. Meals are healthy, simple, abundant and vegetarian only, usually dal, rice, several kinds of vegetables, chapati, fruits.....



Wi-fi:

There is a very good wi-fi zone at the monastery and/or you can buy a sim card upon arrival at Kathmandu airport. Ncell provider works the best.

Money:

There is an ATM in Pharping

Climate:

<https://www.accuweather.com/en/np/pharping/241825/november-weather/241825>

Day time weather is usually pleasant, around 20° C with blue skies, 8-9 hrs sun, mountain views

Night / mornings can be chilly as low as 7° C, so bring appropriate clothes

Price accommodation:

1700 Nepali Rs/per night, including 3 meals daily (=1100 IRS/15USD/14 Euro)

Is to be paid in **cash** (in local currency), directly to the monastery.

Donation for 9 days talks :

For 9 days/200 Euro donation or 12 Euro per talk.

If you wanna join , pls send an email to talkspharping@gmail.com, so we have an idea how many seats in the bus / rooms at the monastery we have to arrange.

Outside accommodation: (more options are there, but these are nearby Azom)

Whoever doesn't feel like staying at the monastery can book accommodation nearby:

1. The Drala Resort (part of a monastery, built by the Rinpoche's daughter)

<http://dralaresort.com>

2. The Pure Vision Sorig Healing Center (very nice rooms, but mixed feelings about service etc)

<http://www.purevisionsorig.org/the-healing-center.html>.

What to bring?

- comfortable walking shoes and socks
- warm clothes for mornings and evenings (at the monastery there is a dress code + layers is the best)
- basics, toiletries etc all available at Pharping (tampons probably not)
- lightweight, compact fleece and / or rain jacket
- sunhat, sunscreen, sunglasses, lip balm
- if you have, a travel kettle and tea bags/coffee etc (some rooms have a kettle, some don't) – cups??
- if you have, a water purifier bottle or just a strong plastic bottle for water refills

Monastery rules!!

We are staying in an active Buddhist monastery, which is a place of worship, puja, study and meditation. At the monastery itself, you are requested to refrain from loud talking, making loud noises or playing loud music. Also there are some dress rules: shoulders and legs should be fully covered, for women as well as for men. No tight 'revealing' clothing for women, may be a scarf

Flights:

Nepal Airlines has direct flights from Bangalore (3hrs) and Mumbai (2,5 hrs) to Kathmandu (not always daily)

Visa Nepal:

<https://www.welcomenepal.com/plan-your-trip/visa-nepal-informati/on.html>

You can get a 15 days (30 USD) or 1 month (50 USD) visa-on-arrival at the airport in Kathmandu (pay in cash in € or \$ etc.. but **not** in Indian Rupees)

Indian nationals do not require visa to enter into Nepal

Insurance

Make sure you have a good travel insurance

Local contact number in Nepal:

Alla: +977 9803447004

For further info:

talkspharping@gmail.com

