Join us on pilgrimage this summer to Buddhist meditation communities nestled in the far eastern regions of Kham and southern Amdo. With lectures and discussions onsite, we will visit some of the most extraordinary epicenters of Buddhist life in Tibet today – particularly Jonang and Nyingma monasteries, nunneries, and hermitages – while roaming the wildly beautiful terrain of the Tibetan plateau.
EDUCATIONAL PROGRAM

Jonang Foundation Pilgrimages are customized educational travel programs designed to explore sacred spaces and pilgrimage sites throughout Buddhist Vajrayana culture. Each pilgrimage program is an immersion into Buddhist life with lectures and discussions conducted onsite by specialists in small groups. Special attention is given to the study of Buddhist art, philosophy and history, and time in contemplative practice settings.

Jonang Foundation Pilgrimages take you through the ages and across the boundaries of cultural imagination to encounter sacred sites of living spiritual traditions throughout the Himalayan Vajrayana Buddhist world. We design each program to be an educational exploration of living Buddhist culture. By supplying both the highest quality accommodation and transportation, as well as expert leaders and local guides, these pilgrimages are a life-enriching experience.

Meditation sessions, pilgrimage rituals, personal exploratory time, optional hikes as well as regular lectures and discussions at monasteries and cultural sites on Buddhist philosophy and culture are integral to the journey.

"The best exploration of unknown Tibet. Camping near wonderful lakes and old unreachable monasteries revealed the Buddhist culture diffused in the country."
— Pietro, JF Pilgrim —

TRAVEL IN TIBET

We at Jonang Foundation host this pilgrimage to both give you an opportunity to visit and explore the deeply ingrained Buddhist culture on the Tibetan plateau as well as to support Tibetans in Tibet. We work directly with local Tibetan-owned businesses that employ Tibetans. We are ecologically conscious to leave minimal traces of our own pilgrim footprints on the land. Proceeds raised from this pilgrimage are allocated to education and cultural preservation projects that we facilitate on-the-ground in Tibet. This pilgrimage gives back directly to Tibetan communities.
PILGRIMAGE HIGHLIGHTS

- Degge Woodblock Printing House
- Jonang Headquarters in Dzamthang
- Yangchen, Largest Nunnery in Tibet
- Lerung Gar, Largest Monastic Encampment in Tibet
- Tsadra Rinchen Drak Retreat Hermitage of Jamgon Kongtrul
- Dzogchen Monastery, Meditation Caves of Mipham and Patrul Rinpoche

"The pilgrimage was a life-changing journey with unexpected deep experiences at many of the great sacred places of Tibet. There was one highlight after the other." — Sabina, JF Pilgrim —

PILGRIMAGE ITINERARY

JULY 17 | DAY 01 = Arrive in Chengdu
JULY 18 | DAY 02 = Drive to Dartsedo
JULY 19 | DAY 03 = Drive to Degge
JULY 20 | DAY 04 = ->Pelpung Monastery
JULY 21 | DAY 05 = Hike to Tsadra Rinchen Drak Hermitage
JULY 22 | DAY 06 = Degge. Explore Printing House and Old Town
JULY 23 | DAY 07 = Over Trola Pass -> Dzogchen Monastery
JULY 24 | DAY 08 = Dzogchen -> Shechen Monastery
JULY 25 | DAY 09 = -> Mani Ganggo Lake -> Kandze
JULY 26 | DAY 10 = -> Yarchen Nunnery and back to Kardze
JULY 27 | DAY 11 = -> Serta Monastery
JULY 28 | DAY 12 = Serta Monastery -> Dzamthang
JULY 29 | DAY 13 = Dzamthang -> Barkham
JULY 30 | DAY 14 = Chenrezig Temple, Barkham
JULY 31 | DAY 15 = -> Chengdu
PILGRIMAGE LEADER

Michael R. Sheehy, Ph.D., Co-Founder and Executive Director at Jonang Foundation, and Visiting Scholar at Harvard University. Michael’s research and writing give attention to endangered literatures and marginalized Buddhist traditions in Tibet. For several years, Michael studied in a Buddhist monastery in the Golok region of far eastern Tibet. He is the co-editor of the volume, *The Other Emptiness* on zhentong philosophy and author of a forthcoming book on the history of the Jonang tradition of Tibetan Buddhism. Since 2004, he has regularly led group pilgrimages to historical and sacred sites throughout Tibet and the Buddhist Himalaya.

"Trip of a lifetime! Michael Sheehy's knowledge of Tibetan history and Dharma are unparalleled, and his sincerity, command of the language and respect for others literally opened many doors for us as we toured so many sacred sites. The best way to travel Tibet!"
— Chester, JF Pilgrim —

ENROLLMENT PROCESS

The enrollment process consists of these 4 steps:

1) Send an inquiry email to info@jonangfoundation.org along with a completed Registration Form. Write, "PILGRIMAGE 2016" in the subject line. You will be contacted by the pilgrimage leader or a foundation representative who can answer any questions that you may have.
2) Setup an appointment to talk with the pilgrimage leader.
3) Pay the $1000 nonrefundable enrollment down-payment to reserve a spot on the program. This fee will be credited towards your total amount due.
4) Receive the invite and join the email forum exclusive for the pilgrimage group. This forum will be moderated by your pilgrimage leader and serve as the platform via which to pose questions, communicate with your fellow pilgrims, distribute relevant information, and discuss logistics in preparation for the pilgrimage.

*Spaces are limited. The group size is 6 to 12 persons. Priority is given to early registrants.*
COST AND PAYMENT PROCESS

A $1,000 enrollment down-payment is required per person to reserve a spot. Early enrollment is encouraged. Spaces are limited and the program will close once full. Spaces are reserved in the order by which each person enrolls. The enrollment down-payment will be credited towards each person's total cost.

Total Cost of Program:

Cost Before April 01: $5,250
Cost After April 01: $5,750

*Pilgrims must confirm participation by June 15. Payments must be received in full no later than July 01.

Cost includes: Full board including all meals, mineral water and daily snacks, and accommodation in hotels and guesthouses (camping equipment at sites if necessary); Inland transportation by 4x4 Jeeps; Airport pickup and send off in Chengdu with English-speaking guide; All necessary road permit and travel documentation including visitation, entrance, and conservation fees to all sites and monasteries.

Cost does not include: Roundtrip international flight tickets from/to port of origin or domestic flights, visas, international airport taxes, travel insurance, sleeping bags, tips, personal expenses, drinks.

There is an option to reserve a single room/tent: Single Supplement = $650

*Vegetarian meals will be provided at each meal
*A percentage of each total payment is tax-deductible in the U.S.

Payments can be made via the online cart, Pilgrimage Program Payment. Personal checks and bank wire transfers are also accepted.

Contact us about making an enrollment down-payment.
CANCELLATION AND REFUND POLICY

The enrollment down-payment required for each person to reserve a spot on a Jonang Foundation Pilgrimage program is final and nonrefundable. Each enrollment down-payment is credited towards the person's total program cost, and deducted therefrom. In the case of a person's necessary cancellation, up to two weeks prior to the first day of the program, any cost paid in addition to the enrollment down-payment towards the total will be refunded, and the enrollment down-payment may be credited towards reserving a spot on a future Jonang Foundation Pilgrimage.

Terms and Conditions

The full payment for a Pilgrimage program is to be paid on or before the date indicated for each program. Each participant is solely responsible and liable for paying all costs and expenses related to their own participation in the Pilgrimage activity. Payments are final and nonrefundable for those who have participated in a Pilgrimage.

Each participant on a Jonang Foundation Pilgrimage agrees to comply with all applicable policies of Jonang Foundation while participating in the Pilgrimage activity. Each participant is to sign the Jonang Foundation Travel Liability Waiver, distributed before each program, to ensure agreement on the assumption of risk and release from liability.

CONTACT INFORMATION

For all queries about the pilgrimage, please contact us at info@jonangfoundation.org with the word "PILGRIMAGE" in the subject line.

Please contact us about future programs.