



6TH EDITION

LAWUDO TREK

Itinerary

6 – 21 October 2025

Welcome to our Himalayan adventure!

We're so pleased to be able to offer this opportunity in 2025 to retreat at the holy cave of Lama Zopa Rinpoche at Lawudo, in Solukhumbu, Nepal, where Rinpoche's previous reincarnation, Kunsang Yeshe, practiced for almost thirty years.

The Lawudo Trek is a fundraising trek for Lawudo and projects at Lawudo. Since 2017, the trek has raised over US\$95,000, that has been offered to the development and construction of Kyabje Lama Zopa Rinpoche's vision of building a Guru Rinpoche Pure Land at Lawudo – Zangdok Palri, development of facilities, and contributions to the local community.

Heartfelt thanks to you for being part of the Lawudo Trek in its ninth year of operating and now 6th Edition with Ven. Katy Cole and Special Guest Charok Sherpa Rincpohe.

Kristina Mah

Kristina Mah

Lawudo Trek Organiser

Web <http://www.lawudo-trek.org>

Email hello@lawudo-trek.org

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LAWUDO



Lawudo Gompa

Lawudo is a hermitage nestled in a picturesque and secluded corner of the Himalayan mountains in Solu Khumbu, the Everest region of Nepal.

For students of Lama Zopa Rinpoche there are few places on earth that hold as much significance and meaning as Lawudo.

According to Venerable Jamyang Wangmo, the author of *The Lawudo Lama* (Wisdom Publications), the place is "a beacon for all who seek an authentic, blessed and naturally mystical place".

The meditation cave was discovered by the previous **Lawudo Lama Kunsang Yeshe** and empowered by the blessings of a lifetime of pure Dharma practice. It's known as the Cave of Blissful Attainments.

Lawudo-Trek.org

Venerable Jamyang Wangmo says “Just seeing the place blesses and transforms the most hardened of hearts and minds to think only of Dharma in one’s life.”

“Lawudo offers anyone who sincerely wants to nourish and develop their mind in Dharma and meditation one of the most conducive and inspiring opportunities imaginable.”

From 1970 Lawudo has been cared for by **Lama Zopa Rinpoche’s mother** and sister, **Ani La Ngawang Samten**.

Since 1991, when Rinpoche’s mother passed away, **Ani La** and the monk **Venerable Tsultrim Norbu**, have looked after Lawudo and the retreaters who spend time there.

LAMA THUBTEN ZOPA RINPOCHE

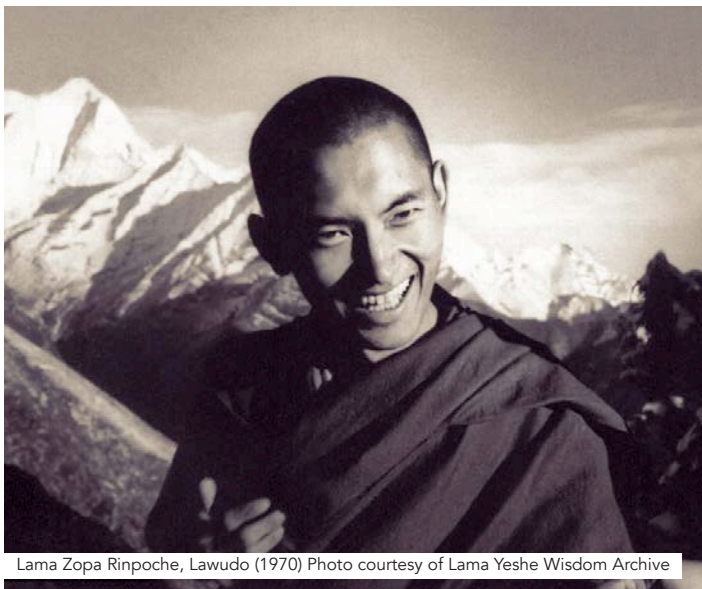


Lama Thubten Zopa Rinpoche (1945-2023) was born in Thame, near the Everest region of Nepal. At the age of three he was recognised as the reincarnation of the Lawudo Lama. From 1956 to 1959 he studied at Domo Monastery in Tibet. He then fled the Chinese Communist incursion and continued his study and practice in Tibetan refugee camps in India. There Rinpoche met **Lama Thubten Yeshe (1935–1984)**.

They met their first Western students in the late 1960s and Lama eventually established what is now Kopan Monastery in the Kathmandu Valley. The annual November Lam Rim courses attracted students from all the over the world.

In 1974 the lamas accepted the invitation of their students to teach in Australia, the USA, and Europe, and a year later Lama Yeshe named his burgeoning network of centres the Foundation for the Preservation of the Mahayana Tradition (FPMT).

Rinpoche was the Spiritual Director of the FPMT until April 2023 when he suddenly showed the aspect of passing away. Rinpoche oversaw more than 160 centres and related activities in 30 countries.



Lama Zopa Rinpoche, Lawudo (1970) Photo courtesy of Lama Yeshe Wisdom Archive

Lawudo Gompa & Retreat Center Ani Ngawang Samten

Director

Office in Kathmandu

Email: lawudogompa@yahoo.com

Website: lawudo.com

CHAROK SHERPA RINPOCHE



Charok Sherpa Rinpoche (Charok Lama) is the recognised reincarnation of the previous Charok Lama, Kushe Mangde, a famous mountain yogi and a good friend of the Lawudo Lama, Kunsang Yeshe, the previous incarnation of Lama Zopa Rinpoche. He was born in 1995 and at the age of three was recognised as an incarnate Lama. Charok Lama studied at Kopan Monastery, Kathmandu and Sera Je Monastery in South India. He was very close to Lama Zopa Rinpoche and remains very connected to FMPT. Rinpoche speaks fluent English.

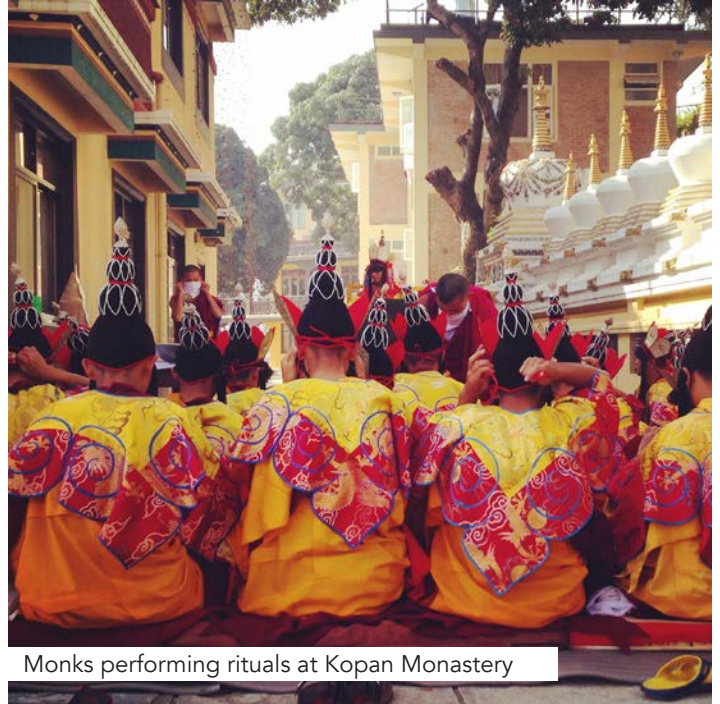
VEN. KATY COLE



"Apart from the warmth and the kindness and the family that exists at Lawudo, my mind feels free when I'm there."

Originally from Perth, Western Australia, **Ven. Katy Cole** (Tenzin Zomkyi) has been a Buddhist nun for over 21 years. She was ordained with His Holiness the Dalai Lama in Dharamsala in 2004. Ven. Katy has served in a variety of positions within the FPMT. In 2008, she did a one-year retreat at De-Tong Ling Retreat Center. She is currently living north of San Francisco, studying and leading various Buddhist programs, meditations and pujas online. Katy also teaches tai chi online.

KOPAN MONASTERY



Monks performing rituals at Kopan Monastery

First we will spend two days at **Kopan Monastery or Kopan Nunnery (Khachoe Ghakyil Ling)**

Just north of the ancient Buddhist town of Boudhanath is the Kopan hill, which rises up out of the terraced fields of the Kathmandu valley and is visible for miles. Dominated by a magnificent bodhi tree, it was once the home of the Royal Preceptor, the priest who crowns the Kings of Nepal. The view across the valley is magical.

Kopan Monastery and Nunnery are home to around 400 monks, 400 nuns, lamas, teachers and workers. The Sangha come from all areas of Nepal and Tibet with ages ranging from seven to over sixty years old.

Since the 1970s, Kopan has also been offering year-round courses and retreats for visitors from all over the world.

Read more about Kopan at kopanmonastery.org

ARRIVAL IN KATHMANDU

Our meeting point for the trek is **Kathmandu**.

We recommend that you arrive one or two days earlier to settle in at Kopan, recover from jet lag, do some sightseeing, and prepare for the trek.

We can organise your earlier arrival at Kopan, so let us know. If you are arriving by plane, our local staff will pick you up at the airport and transfer you to Kopan.

AT THE AIRPORT

Visa:

If you are planning on getting a "Visa-on-Arrival" at Kathmandu Airport, you still need to fill in the form "Apply for Visa Before Arriving to Kathmandu" and keep a printed copy with your passport and visa fee. Bring this form with you to the visa paying counter. This will help you save time to get the visa and may help to avoid a long queue. **The immigration counter will only accept cash payment** for the visa fee either in USD or convertible currencies, such as AUD, EURO, etc.

A one-month single entry visa will cost you USD50. You can also apply for the visa online.

Read more about Nepal visas here:

lawudo-trek.org/index.php/2016/07/17/more-info/#visa

Baggage:

Then you will go upstairs to claim your baggage.

Read more about what to pack here:

lawudo-trek.org/index.php/2016/08/30/what-to-pack/

Meet our representative:

Proceed through customs and exit into the public area of the airport.

When you're outside, look for a sign with your name on it. If you do not see anyone at the airport, or if there has been a last-minute change in your flight details, contact **Amber Tamang**, our local guide, or **Kristina Mah**, trek organiser.

There is a free phone in the arrivals area of the airport.

Amber's phone/WhatsApp: +977-98510-84961

Kristina's phone/ WhatsApp: +61-455-951-274

ABOUT OUR LOCAL GUIDE



Amber Tamang is from a small Tamang village in the Solu Khumbu region of Nepal. He became a porter in 1992, to put himself through high school and college; he graduated as a lawyer. He is an advocate of better working conditions for trekking staff.

Amber has worked as the local guide for Dharma Journeys pilgrimages with Venerable Robina since 2001. Those who have traveled with him praise his patience and kindness. He is very knowledgeable about local customs of the Himalayas and its people. Amber and his family live in Kathmandu.



Amber Tamang

Three Jewels Adventures

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DAY 1, MONDAY OCTOBER 6

- **Meet in Kathmandu (1400m)**
- **Kopan Monastery or Nunnery**



Puja at dawn at Kopan Nunnery in Kathmandu.

If you haven't already arrived, we will pick you up at the airport and transfer you to Kopan.

A TIP FROM AMBER

Be aware that there will be people at the airport who will ask for money to help you with your bags.

You can use a free luggage cart if you wish. If you prefer to use somebody, have a small bill (US or AU \$1 or 100 rupees per bag) handy in your pocket to give to them. Keep your wallet well-hidden as you exit the airport.

Our staff will find you and we will make sure you and your baggage are safely transported to Kopan Monastery.

5:00pm: We will all meet for afternoon tea in the dining room and be briefed about what to expect for the coming days.

6:30pm - 7pm: Dinner

7:30pm: Dharma Talk of Meditation with Ven. Katy

DAY 2, TUESDAY OCTOBER 7

- **Kopan Monastery or Nunnery**

7:00am: Meditation with Ven. Katy

7:30am - 8am: Breakfast

11:30am - 12:15pm: Lunch

After lunch, you are free to relax for the afternoon.

There are options to visit holy sites in Kathmandu and surrounding districts like Pharping. If you are interested this can be arranged the day before. You can also shop at Thamel or Boudha districts if you need to buy anything for the trek.

6:30pm - 7pm: Dinner

7:30pm: Dharma Talk with Ven. Katy or Ven. Tsenla

DAY 3, WEDNESDAY OCTOBER 8

- **Kathmandu to Lukla flight**
- **Trek Lukla (2860m) to Phakding (2650m)**
- **Day's walking: about 4 hours**

4:15am: Meet at reception office for

5:00am departure from Kopan for flight to Lukla

7:00am: The flight time is 40 minutes. If the flight is on time, we will have breakfast at Lukla.

If there's a delay (because of weather, for example), we will have a light breakfast at the airport as we wait for the flight. **This part of the itinerary is dependent on the weather, and we should be prepared for changes as they arise.**

7:40am: At Lukla, we will meet our full guide and porter staff. We will have breakfast upon arrival and start walking.

Our first day's trekking is mostly downhill and flat, with just a little being uphill. A few short up hills will be involved over the course of the day.

Our journey will start on a popular route. Highlights of the day's walk are two suspension bridge crossings. We will pass the Sherpa villages of **Choplung** and **Ghat**.

At around 1pm, we can expect to arrive at **Phakding** for lunch.

1pm: Lunch

After lunch, you can visit **Thulo Gumela village monastery**, a short walk away (1.5 hours return).

6:00pm: Dinner

7:30pm: Teachings with Ven. Katy or Charok Lama

We will stay here for the night in a family-run lodge.



We stop to making water bowl and incense offerings.

DAY 4, THURSDAY OCTOBER 9

- **Phakding (2650m) to Monjo (2835m)**
- **Day's walking: about 4 hours**

7:00am: Wake up, tea or coffee

7:30am: Meditation with Ven. Katy

8:00am: Breakfast

9:00am: Ready to hit the road

The first part of our walk involves crossing over **Dudhkoshi River** and following the river canyon, passing many small tea houses and shops. This section of the trek is on the Everest Base Camp trail and is walked by many every day.

Some short up and downhills involved.

We go down a steep section, and cross a bridge over a river to a little climb up to reach the village of **Monjo**.

6:30pm: Dinner

7:30pm: Teachings with Ven. Katy



The Dharma is a living culture on the trail.

DAY 5, FRIDAY OCTOBER 10

- **Monjo (2835m) to Namche Bazaar (3440m)**
- **Day's walking: about 4 hours**

7:00am: Wake up, tea or coffee

7:30am: Meditation with Ven. Katy

8:00am: Breakfast

9:00am: Ready to hit the road

Today we will enter the Everest (Sagarmatha) National Park.

From Monjo to the base of Namche Hill, where we cross the river once again, is mostly flat.

From the river it is a steep uphill walk all the way to Namche Bazaar. We will be walking for about 3 to 4 hours.

Namche Bazaar is the main trading hub for the Khumbu region. It is a bustling village, popular with Tibetan Buddhist practitioners and tourists.

6:30pm: Dinner

7:30pm: Teachings with Ven. Katy or Charok Lama



Our porters offer us tea for the last hill from Mende.

DAY 6, SATURDAY OCTOBER 11

• Acclimatise at Namche Bazaar (3440m)

6:30am: Morning movement practice with Kristina (optional)

7:30am Tea or coffee

8:00am: Breakfast

Enjoy a leisurely day exploring Namche Bazaar and the surrounds.

If the weather is good, our guides can show you the Sagarmatha National Park Museum that is a great place to view Mt Everest. There is also a chance to go to this viewpoint on Day 7 before we start walking.

Have lunch at your leisure.

6:30pm: Dinner

7:30pm: Meditation with Ven. Katy



We cross several suspension bridges along the way.

DAY 7, SUNDAY OCTOBER 12

- **Namche Bazaar (3440m) to Theshyo**
- **Theshyo to Lawudo (4270m)**
- **Day's walking: about 3.5 hours**

7:00am: Wake up, tea or coffee

7:30am: Meditation with Ven. Katy

8:00am: Breakfast

9:00am: Ready to hit the road

After a nourishing rest day at Namche Bazaar, we will trek mostly flat or downhill to Thamo towards the Tibetan border. This section will be full of spectacular views of the mountains and valleys.

12 noon: Lunch along the way

This last section from Theshyo to Lawudo is more physically challenging. You can expect a straight and hard uphill along a tree-lined and rocky trail. We will make our way along it slowly. Although it will be more steep, it is not long and should take us about 3 hours.

We will be greeted by Rinpoche's sister, Ani Samten.

6:30pm: Dinner

7:30pm: Teachings with Charok Lama

DAY 8-11, MON OCTOBER 13—FRI OCT 16

- **Lawudo Retreat with Charok Lama and Ven. Katy**
- **The retreat schedule will be confirmed**



View from Lawudo

DAY 12, SATURDAY OCTOBER 17

- Lawudo to Namche Bazaar
- Namche Bazaar to Monjo (2835m)
- Day's walking: about 6 hours

7:00am: Wake up, tea or coffee

7:30am: Meditation with Ven. Katy

8:00am: Breakfast

9:00am: Ready to hit the road

On our return from Lawudo, we will trek back to Namche Bazaar on the same route, via **Mende (3840m)**.

12 noon: Lunch at Namche Bazaar

After lunch, we will continue to Monjo.

6:30pm: Dinner

6:30pm: Dinner and farewell to our porters

7:30pm: Dharma Talk or meditation with Ven. Katy



Dharma Talks with Charok Lama in the Lawudo Library.

DAY 14, MONDAY OCTOBER 19

- Fly Lukla to Menthali* or Kathmandu
- **Drive from Menthali to Kathmandu*
- Hyatt Regency, Boudhananth

5:30am: Wake up, tea or coffee

6:00am: Breakfast

7:00am: Ready to hit the road

Our flight will be **before 9:00am** unless there is a delay due to weather.

At Kathmandu, we will be picked up and transferred to the Hyatt Regency overlooking the Boudha stupa. **You can buy your own lunch and dinner today.**

We can relax in the afternoon and evening.

DAY 15, TUESDAY OCTOBER 20

- Kathmandu
- Hyatt Regency, Boudanath

Breakfast at the Hyatt Regency at your leisure.

Relax today and explore Kathmandu, Boudha or surrounding districts.



View of Everest and 8000m peaks from Namche.

DAY 13, SUNDAY OCTOBER 18

- Monjo to Lukla
- Day's walking: about 5 hours

7:00am: Wake up, tea or coffee

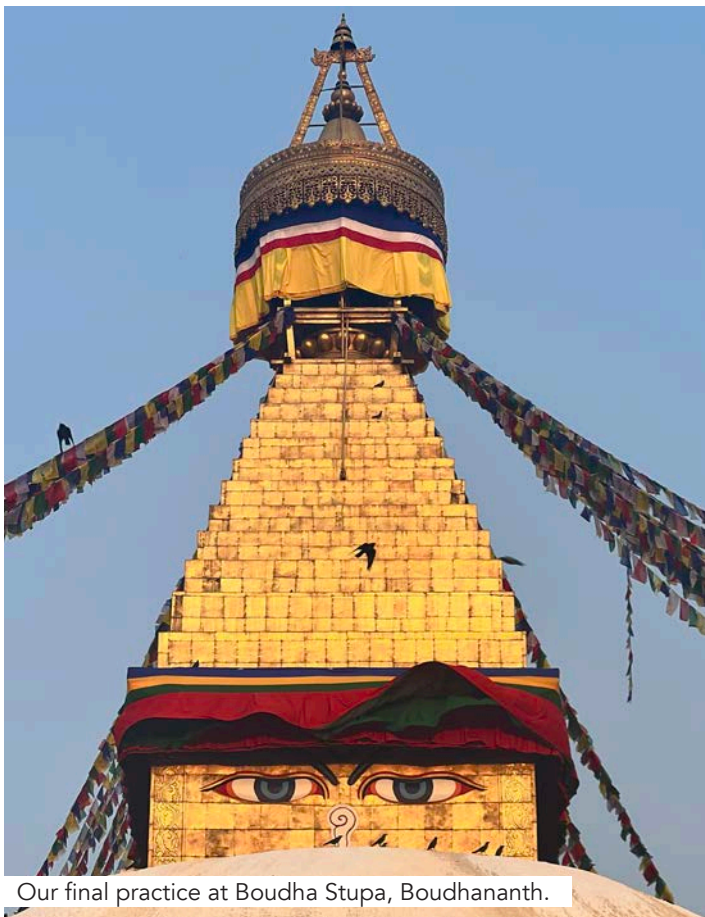
7:30am: Meditation with Ven. Katy

8:00am: Breakfast

9:00am: Ready to hit the road

Day 14 is the last walking day of our journey.

We will stop for lunch on the way and stay the night at Lukla.



Our final practice at Boudha Stupa, Boudhananth.

You can buy your own lunch again today.

4:00pm: Meet at the hotel lobby for our last teaching and prayers together, at the blessed Boudha stupa.

6:30pm: Farewell dinner in the Hyatt Regency dining room.

*****END OF LAWUDO TREK*****

WEDNESDAY OCTOBER 21

• **Depart**

Breakfast at your leisure in the Hyatt Regency dining room.

After breakfast, we will organise your transfers to the airport, or you may choose to continue exploring the region.

Please note: This schedule is subject to change. We recommend you have some flexibility of a least 1-2 days if possible, for your

departure date from Kathmandu to your onward destination or travel plan. Although we have always returned according to schedule in our past treks, it reduces stress or worry in the event of unforeseen changes to the itinerary caused by weather etc.

ABOUT THE ORGANISER



Kristina Mah

Trek organiser

Email:

hello@lawudo-trek.org

Phone/ FaceTime/ WhatsApp:

+61-455-951-274

Based in Sydney, Australia, I have been a student of Lama Zopa Rinpoche since 2014 when I attended the November course at Kopan. It was during this course that I first heard about Lawudo from my tutor Venerable Thubten Gyatso.

I met Venerable Robina at a weekend workshop at Vajrayana Institute in Sydney, in early 2016, after which planning and organisation for the first Lawudo Trek really took flight.

The idea of this trek was quite simply to travel with a group of open-minded and inspired people to Rinpoche's cave and raise money for Lawudo Gompa, its carers and community. This trek is not run through a company; it is the result of the hard work of a few people who generously offer their time and services to make it happen.

Thank you Venerable Robina Courtin and her Bodhichitta Trust, Charok Lama, Ven Katy, Ven Gendun, Amber Tamang, Valerie Ray and all the FPMT centres and groups who share our information with their communities.

I am thankful for the opportunity that manifested to organise this trek. I believe that this trip will be unique and fulfilling for all.

Looking forward to meeting you,

Kristina



Lawudo-Trek.org