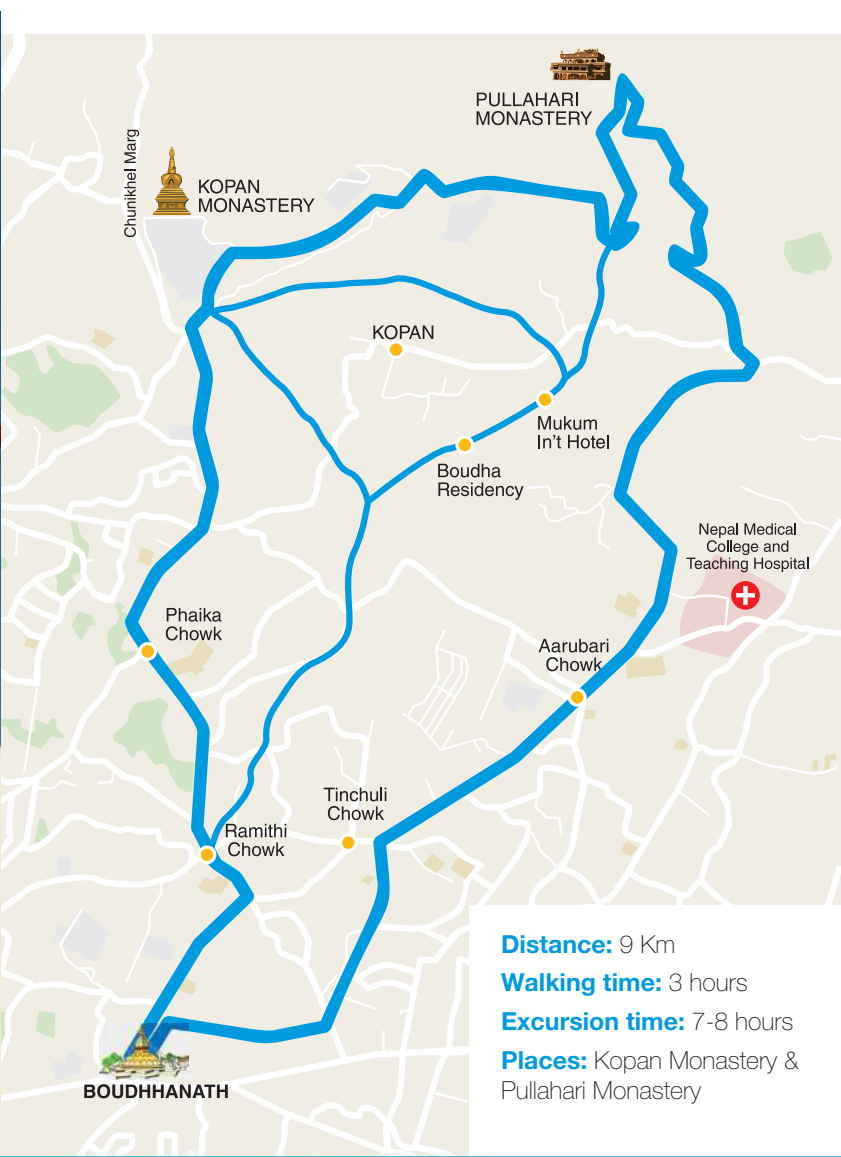


Welcome to Boudha Map!

Originally inhabited by Tamangs, Newars and occasionally Tibetan merchants, nowadays Boudha is the meeting point of many different Himalayan ethnic groups and one of the most important Buddhist sites in Nepal. It is our pleasure to dedicate this edition to the different places where it's possible to study and practice Dharma in Boudha and its surrounding areas.

A wide range of opportunities to study dharma are offered at the different Monasteries in and around the harmonious environment of Boudha. The Centre for Buddhist Studies at Rangjung Yeshe Institute (Kathmandu University) runs both undergraduate and graduate degree programs during the year, Summer Intensive courses, and holds regular guest lectures. The International Buddhist Academy (IBA) runs three month programs during the summer. Kopan Monastery provides short programs during the year and Rigpe Dorje Institute at Pullahari Monastery offers teachings especially during winter-spring. Both Kopan and Pullahari Monasteries are approx. 45mins walk from Stupa. Locations to all these centres are noted on the Map.

www.boudhamap.com



Distance: 9 Km
Walking time: 3 hours
Excursion time: 7-8 hours
Places: Kopan Monastery & Pullahari Monastery

BOUDHA SOCIAL TREK

Every Thursday at 9:00AM

FREE

Come and join us and discover the hills surrounding Boudhanath. This is a one complete day excursion exploring two of the most important retreat monasteries in the Kathmandu Valley.

PROGRAM

9:00 AM Meeting in front of Responsible Treks	15:00 PM Tea time in Kopan Monastery Restarurant
10:30 AM Discovering Pullahari Monastery	16:00 PM One hour walk back to Boudha
12:00 PM Lunch in Pullahari Monastery Restaurant	17:00 PM Time to say good bye
13:30 PM One hour walk to Kopan Monastery	
14:30 PM Exploring Kopan Monastery	



design by: www.curvescolors.com

Boudha, Kathmandu, Nepal
 Tel.: +977 1 98010 46 333 | info@responsibletreks.com
www.responsibletreks.com

“The Boudha Map is the best way to discover Boudhanath!”

Tours, Treks & Pilgrimages
 Tibet - Bhutan - Nepal
 Travel & Discover
RESPONSIBLE TREKS

Rangjung Yeshe Institute (Kathmandu University) –D3


Founded by Chökyi Nyima Rinpoche as an institution of higher learning for those wishing to deepen their understanding of Buddhist philosophy and practice, Rangjung Yeshe Institute (RYI) has been conducting seminars and study programs in Nepal for more than 25 years.

Since 2001, the Institute has worked in close partnership with Kathmandu University to manage the Kathmandu University Centre for Buddhist Studies at Rangjung Yeshe Institute which offers undergraduate and post-graduate degree courses in Buddhist Studies and related topics.

Rangjung Yeshe Institute offers courses in Buddhist philosophy and in Tibetan, Sanskrit and Nepali languages. The courses combine traditional Tibetan Buddhist teachings with a modern Buddhist Studies perspective.

During summer, the language programs offer a full immersion into Tibetan, Sanskrit, and Nepali languages. The Buddhist Studies program provides a living exposure to Buddhist philosophy and a practical introduction to the richness of personal meditation training. All summer programs are fully accredited by Kathmandu University.

www.ryi.org




Kopan Monastery –D1

Kopan Monastery had its beginnings in the Solu-khumbu region of the Himalayan Mountains. In 1971 Lama Zopa Rinpoche, the reincarnation of the Lawudo Lama, a yogi of the tiny hamlet of Lawudo, fulfilled the promise of the previous Lawudo Lama to start a monastic school for the local children. The school was called it Mount Everest Center. Twenty five monks moved down from the mountain to Kopan in 1971 - prompted by the harsh climate at an altitude of 4000 am, which made study barely possible in winter.

From the very beginning, Kopan was conceived as a place of study and meditation for both the Himalayan sangha and for their many foreign students. In preserving this tradition to this day, Kopan has become a unique place, a meeting place between East and West, between religious and worldly life.

Regular meditation courses have been held at Kopan since Lama Zopa Rinpoche, one of the founders, gave his first public teachings at Kopan four years ago.

www.kopanmonastery.com




Rigpe Dorje Institute (Pullahari Gompa) –F1

The Rigpe Dorje Institute at Pullahari Monastery is situated in quiet and serene seclusion on the north-west of Boudhanath. The environment is conducive to the pursuit of deeper insight of the Buddhadharma through study and practice. The wondrous stupa of the Third Jamgon Kongtrul Rinpoche pervades the whole place with loving warmth and blessings.

The retreat facilities at the Rigpe Dorje Institute are open throughout most of the year to engaged Buddhists for study and meditation. Interviews with lamas and qualified teachers in residence for guidance in study and practice can be arranged.

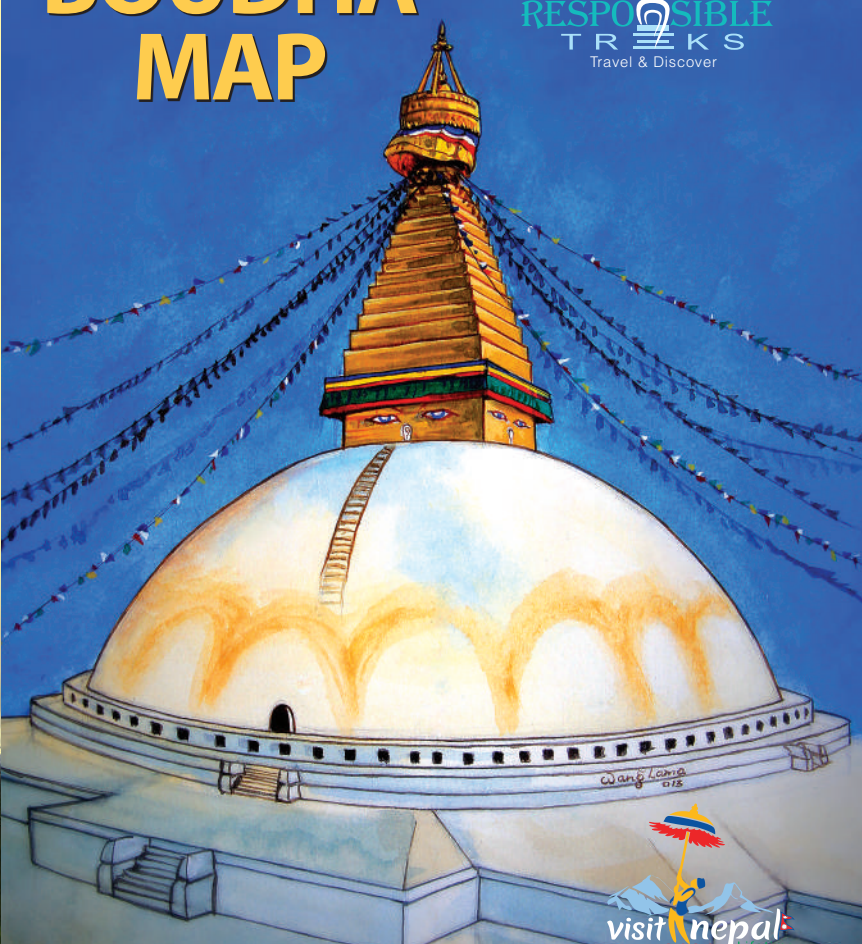
During the winter and spring seasons –from January to March– Buddhist philosophy and meditation programmes are offered, conducted by The Very Venerable Drupon Khenpo Lodro Namgyal and other teachers. Classical Tibetan language and Buddhist scriptures are taught as part of the philosophy programme.

www.jamgonkongtrul.org

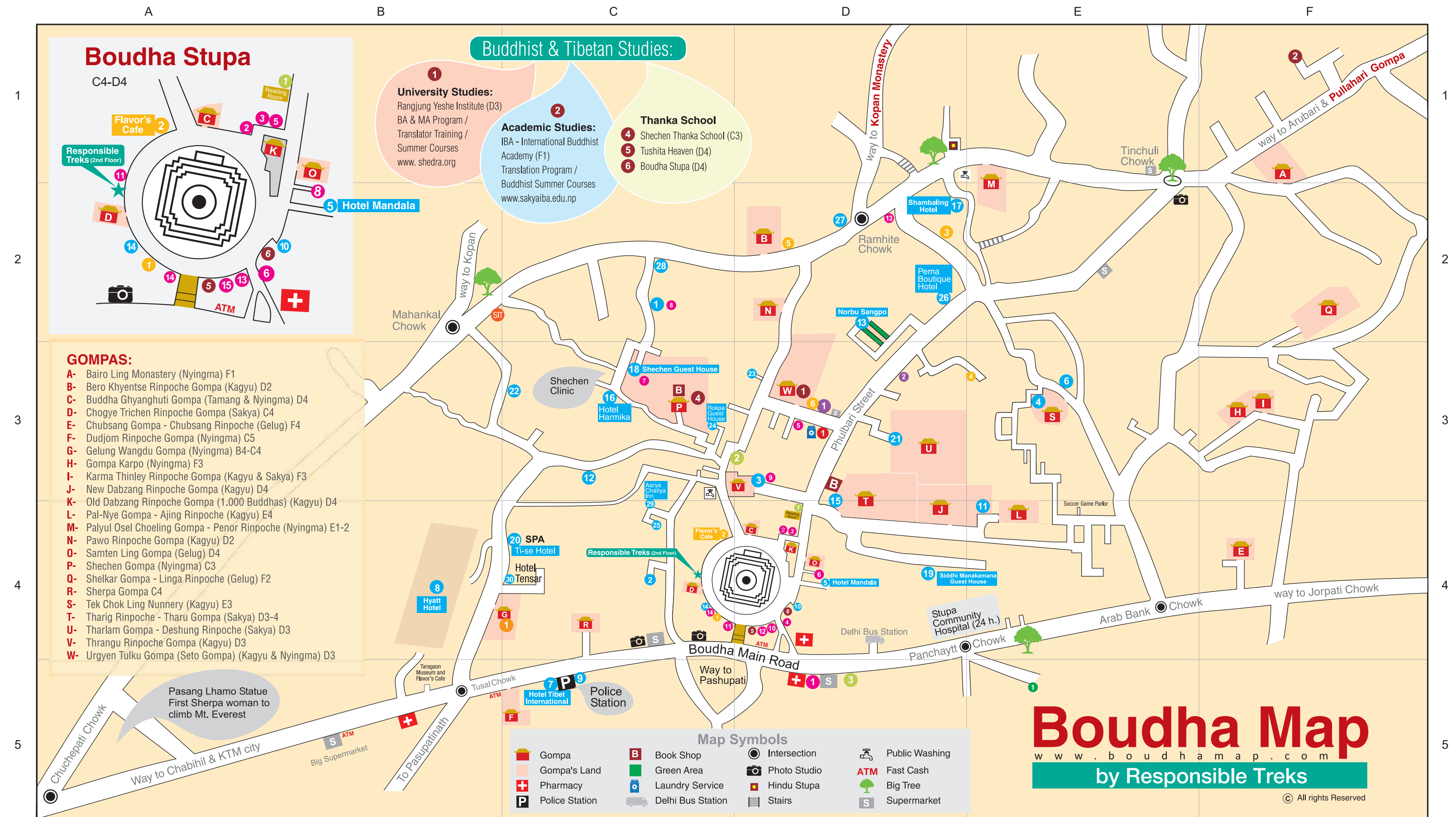


BOUDHA MAP

RESPONSIBLE TREKS
 Travel & Discover



visit **nepal** 2020
 Full Time Experiences



- Tibetan Medicine**

 - 1 Shelkar Tibetan Medical Clinic. (D4)
9:00h-12:00h & 14:00h-17:00h (Saturday Closed)
 - 2 Pure Vision Sorig Healing (D3)
Tel. 4460058 (Mrs. Pema)
 - 3 Mentsi Khang (D5)
8:30h-12:00h & 13:00h-16:30h pm

Tibetan Divination

 - 1 Gelong Wangdu (B4 - C4)
(Everyday 07:00h - 09:00h)
- Singing Bowls**

 - 1 Sound Planetarium (D3)
 - 2 Seeing Hand Spa

Bicycle Rental

 - 1 Boudha Cycle Shop (D3)

Bank

 - 1 Nabil Bank
- Hotel**

 - 1 Dragon Guest House (C2)
 - 2 Dungkar Guest House (C4)
 - 3 Happy Valley Inn (D3)
 - 4 Hotel Dhondub (E3)
 - 5 Hotel Mandala (D4)
 - 6 Hotel Ngundrup (E3)
 - 7 Hotel Tibet International (C5)
 - 8 Hyatt Hotel (B4)
 - 9 Hotel Ghangri (C5)
 - 10 Kunzom Guest House (D4)
 - 11 Lotus Guest House (E4)
 - 12 New Dungkar (C3)
 - 13 Norbu Sangpo (D2)
 - 14 Padma Hotel
 - 15 Pal Rabten Khansar (D4)
 - 16 Hotel Harmika (C3)
 - 17 Shambaling Hotel (D2)
 - 18 Shechen Guest House (C3)
 - 19 Siddhi Manakamana GH (D4)
 - 20 Ti-se Hotel (C4)
 - 21 Tharlam Guest House (D3)
 - 22 Un Dia Blanco Eco Inn (C3)
 - 23 Hotel Dhargye Khansar (D3)
 - 24 Rokpa Guest House (C3)
 - 25 Home Guest House (C4)
 - 26 Pema Boutique Hotel
 - 27 Boudha Inn
 - 28 Boudha Boutique
 - 29 Aarya Chaitya Inn
 - 30 Hotel Tensar
- Restaurants**

(Tibetan Specialities)

 - 1 Mechung (Momo) (C4)
 - 2 Tibet Kitchen (D4)

(Nepali Specialities)

 - 3 Thak Khola Thakali (Dalbat) (D4)
 - 4 Mustang Thakali

(Chinese Specialities)

 - 5 Kunga Restaurant (D3)
 - 6 White Dzambala (D4)

(Vegetarian Specialities)

 - 7 Shechen Restaurant (C3)
 - 8 Dragon Restaurant (C2)

(Continental Food)

 - 9 Garden Kitchen (D3)
 - 10 La Casita (Spanish) (D4)
 - 11 Pho99 / Vietnamese
 - 12 The Road House (D4)
 - 13 Ramsterdam (D2)
- Cafe & Bakery**

 - 1 Himalayan Java (C4)
 - 2 Flavor's Cafe (Wifi) (C4)
 - 3 Ananda Tree House (D2)
 - 4 Sky Cafe & Bar (E3)
 - 5 The Studio Cafe & Restaurant (D2)
 - 6 Shambala Cafe (D3)
- Travel & Treks Agency**

 - 1 Responsible Treks (D4)