



**LAMA GAUN
TASHI RAPTEN LING MONASTERY**

**Path of Awakening Retreat, Holy Site Pilgrimage
and Special Guest Celebration with Chöden Rinpoche Gyalten Tenzin
October 31 – November 11, 2025**

Dear Retreater,

Thank you for participating in this year's Path of Awakening Retreat with Gyalten Khen Rinpoche, including a Holy Site Pilgrimage and Special Guest Celebration with Chöden Rinpoche Gyalten Tenzin at Lama Gaun.

This document will help you prepare for our upcoming retreat and provide information to make your stay comfortable, so please do read all the information and keep it to hand on your stay.

1. Entry Visas to Nepal & Travel Insurance

You will need a TOURIST VISA to enter Nepal.

The information provided here is a guide, please ensure that you check the Nepal immigration website for the latest information. You can either purchase your Nepal visa before you arrive or get your visa "on arrival" after you arrive. (See the three options following).

Payment for visas is always collected in **CASH ONLY** (no credit cards) either at the Nepal embassy in your country or at the immigration payment counter in Kathmandu airport.

Nepal immigration **NEVER** collects any Visa payments online - so beware of fake Nepal "immigration" visa application websites that ask for online payments or bank transfers.

All online visa application forms are here: <https://nepaliport.immigration.gov.np/>

Nepal Visa Fees:

View fees: <https://www.immigration.gov.np/en/post/visa-fee-and-documents-1>

15 Days - USD 30

30 Days - USD 50

90 Days - USD 125

There are THREE ways to get your Nepal visa. Choose ONE:

1) Get your Visa from your local Nepalese Mission/Embassy/Consulate

This option allows you to swiftly clear immigration when you arrive, as your visa is purchased and obtained *before* you fly to Kathmandu. Fill out the online form below, print it out, visit the Nepal embassy/consulate in your country, pay for the visa, submit your passport, and collect it within a few days with the visa sticker already in your passport. When you arrive, go straight away to clear immigration:

<https://nepaliport.immigration.gov.np/onlinevisa-mission/application>

2) Electronic Travel Authorisation (ETA)

Fill out the online form below **before** you travel. Print it, bring it with you, and pay at the immigration counter upon arrival in Kathmandu. This option takes longer to clear immigration as you have to queue up to pay for the visa *first* when you arrive, and then queue up *again* at another counter to clear immigration.

<https://nepaliport.immigration.gov.np/eta-visa-processing>

3) Visa "On Arrival"

This option takes the longest time to clear immigration. You must have an internet connection upon arrival and a DIGITAL passport photo of yourself already saved in your phone before applying. Upon arrival at Kathmandu airport, connect to Kathmandu Airport Wi-Fi and fill out the form below. After you have submitted the form, **take a screenshot of your confirmation number**. Queue up to pay for the visa and then queue up again to clear immigration.

<https://nepaliport.immigration.gov.np/on-arrival/1001>

Travel Insurance

We recommend that you get travel insurance for your visit to Nepal to cover any unfortunate events like lost luggage, delayed flights or becoming sick during your visit.

2. Communication & Contact information

Retreat Text & Program Updates

A Lama Gaun Tour Information Centre **WhatsApp group** has been created for the purpose of announcing important instructions, providing links to retreat text and all other updates before and during the retreat. Only **registered** participants will be allowed into the group.

If you have more questions...

For general questions leading up to the retreat, please **write them in the group** and one of the admins will respond. If you have *personal concerns* related to dietary requirements (that you have not already stated in your registration form), problems with your retreat room, changes to your arrival/departure times and so forth, please write a private WhatsApp message to **Tsering Sherpa: +977 986-2258888**. If you would like to arrange tours in Nepal *after* or *before* the retreat, Tsering can also help you organize this through his travel agency: <https://www.himalayansherpaadventure.com/>

3. Transportation To/From Lama Gaun

Lama Gaun Monastery in Pharping is located at a hilltop about 1.5 hours drive from Kathmandu. Unless you have made your own travel arrangements to get to Lama Gaun (and already informed Sue at Awakening Vajra of this), Tsering will arrange transport to and from Lama Gaun for you.

Even though you may have already given Awakening Vajra your arrival/departure times at the time of registration, please **double check and confirm** it by sending a WhatsApp message to Tsering as soon as possible in the below format:

Please use the **same name** you did when you registered. If you are travelling with someone else who is also attending the retreat, please include their names below.

Format for WhatsApp message:

Arrival to Kathmandu

Name(s):

Total Persons travelling together:

Airline and Flight:

Date of Flight Landing:

Flight Landing Time:

Location to be Pickup: (e.g. Airport/Hotel Name/ Location)

Date of Pickup:

Time of Pickup:

Departure from Lama Gaun

Name(s):

Total Persons travelling together:

Date of departure from Lama Gaun:

Time of departure from Lama Gaun:

Destination: (e.g. Airport/Hotel Name/ Boudha etc.)

NOTE: Please treat this request as urgent. As you will be arriving to Kathmandu during Dashain and Tihar Festivals, taxis have to be pre-booked in advance for both

arrival and departure, or there may not be sufficient cars to transport you to your destination on the day that you wish to leave.

4. Retreat Accommodation

Checking- In

Each room will be occupied by 2 retreaters.

Upon arrival at Lama Gaun, check the *retreat notice* posted at the entrance door to find your room number. Follow the signs and bring your luggage to your room (helpers will be there to assist).

Room keys

Your room keys will be hanging in the door keyhole. Two keys will be given for each room - one for each retreator. **Please DO NOT LOSE these keys** (a fee may be required to replace any lost keys)

Wi-Fi

The Wi-Fi username and password for your room will be posted inside the room door.

Please connect immediately on arrival, so that you continue to receive updates from the WhatsApp group.

After settling in, follow the signs and walk around the monastery to familiarize yourself with the location of the **dining hall** and **retreat hall**.

Checking out

1. On your last day at Lama Gaun, leave your room unlocked.
2. **Reattach both keys onto the single key ring** and leave it in the door keyhole (facing outside).
3. Bring your luggage up to the main level at your time of departure.

Your Retreat Room

Power sockets in the rooms are either Type C, D or M. For charging your devices, please bring your own travel adapters. Since there are limited sockets and two people sharing a room, please consider bringing a power board so that you may charge more devices at the same time.

All retreat rooms are furnished with:

- 2 small glasses + 5 large bottles of mineral water (replenished daily)
- Electric Kettle/Jug for boiling water only (not food)
- Own attached bathroom
- Solar Powered Hot water for showering (subject to weather conditions) Shower Bucket and scoop.
- "Sample-size" toiletries - soap, shampoo, toothbrush, toothpaste. These are basic and small; we **REALLY** recommend bringing your own toiletries.
- Body Towel (no face towel)
- 1 Rubbish Bin in the room for dry waste
- Toilet paper (replenished every alternate day)
- 1 Rubbish Bin the bathroom for toilet paper and sanitary napkin waste.
- Beds with Blanket, pillow and linens
- 1 pair of Slippers
- Small table next to bed.

Rooms are **NOT** furnished with:

- Fridge
- Closet, clothes hangers
- Iron
- International Power Adapters
- Food, Mugs, spoons, or any beverages such as tea and coffee.
- Hairdryer. Bring your own if you need one.
- Laundry services are available at Lama Gaun on request.

Important: Toilets and Toilet paper

To ensure the toilets do not get blocked, please **do not flush toilet paper** down the toilet. ALL used toilet paper and sanitary napkins should be **thrown into bathroom rubbish bins provided**. This applies to all private room bathrooms and public bathrooms in Lama Gaun.

- 3 rolls of toilet paper will be placed in your room at the start of your retreat.
- 3 rolls will be left by your door every alternate day to replenish your supply.
- If you need more, get them from the dining room or ask the housekeeping staff.

Drinking Water

- DO NOT DRINK TAP WATER
- Extra bottles of mineral water will be left by the door daily for each room. Please bring them into your room when you see them at your door.
- If you need more water, please get them from the Dining hall.

Daily House Keeping

Lama Gaun will provide housekeeping staff to make your stay more comfortable. If you require your room to be refreshed, **leave your door unlocked**, and hang the placard "**Clean My Room**" outside your door handle. Housekeeping will clean the toilets and floors, replenish supplies and empty the rubbish bins while you are away at retreat sessions or mealtimes.

If you prefer not to have cleaners enter your room, the following applies:

- If any of your rubbish bins are full, leave the bin outside your room by the door when you go for retreat/meals. Housekeeping will empty the bins and renew the plastic liner.
- Bring your bin back into your room when you return to your room.

5. Essential Packing List

- Retreat Mala
- Dorje, Bell, Damaru, Kapala, Mandala Set. (*optional*)
- Personal Medication and First Aid.
- General medicines (headache, fever, diarrhea, flu, allergies, muscle pain, etc.)
- Personal Toiletries
- Thermos Flask with lid
- Snacks and beverages
- Torchlight (electricity may go out if there is a storm).
- Power bank
- Travel Adaptor
- Offering Envelopes ("Angpow" packets)
- Kata (offering scarf)

Warm clothing.

You will be coming to Lama Gaun at the end of Autumn and staying in a mountainous location - so the weather will be chilly at night and mornings. Temperatures will range between 10-18 °C throughout the day. Please bring warm clothing, shawls and socks.

Shoes can be worn anywhere except the retreat hall and temple areas; bring shoes or slippers that can be removed easily.

6. Meals

Western and Nepalese Style Vegetarian food will be served daily for breakfast, lunch, tea and dinner at the same Dining Hall. If you have allergies to certain foods or any other dietary requirements, please inform us on arrival, unless you have already indicated this during registration.

7. Wi-Fi @ Lama Gaun

Wi-Fi is available and generally reliable throughout most areas in Lama Gaun; however, the username will vary in different zones. But all passwords are **same**. Usernames and passwords for each zone will be posted in these locations:

- Dining Hall
- Retreat Hall
- Monastery Hall
- Your room

In case Lama Gaun's Wi-Fi becomes overloaded occasionally or unavailable during a power outage, you may want to arrange data roaming with your own mobile network provider.

Alternatively, you could get a data sim card at the airport when you arrive. You will need one photocopy of your passport + 2 passport sized photos to sign up at either the NCELL or Nepal Telecom outlets at the airport arrival area. It may take around 30 mins to 1+ hour to arrange this depending on how busy it is and the time of day.

8. Retreat Schedule

The retreat schedule will be posted in the WhatsApp Group, and any changes to the schedule during the retreat will be posted in WhatsApp Group.

10. Sponsorship of Projects

Lama Gaun gratefully welcomes financial support for the upkeep of the monastery and all its dharma projects and activities.

We prefer that donations for these projects are made on our website, using the below link or the QR Code shown on banners or posters around Lama Gaun.

<https://lamagaunmonastery.org/support/>

If you do sponsor any of these projects through the Lama Gaun Monastery office or pass donations through a monk, kindly ensure that you receive an official Lama Gaun receipt for your donation, with the project or purpose of donation clearly stated on your receipt. This will ensure that the funds you have donated are allocated correctly to the projects you are donating to.

Receipts do not need to be issued for offerings or donations to any Lama Gaun project given directly to Gyalten Khen Rinpoche.

11. Angpows, Tipping and Gratuities

It is customary to offer a white scarf (called a Khata) and an envelope containing a donation (called an angpow) to the main Teacher, to express your gratitude for receiving the teachings, at the end of the retreat.

You may wish to support Lama Gaun Geshe's and Monks directly through offering envelopes at the end of the retreat or certain group practices such as Lama Chopa.

If you wish to offer tips to Lama Gaun kitchen staff, housekeeping and other staff, the culture is to gather a collective amount at the end of the event and offer this at one time. We recommend budgeting USD\$5 per day for a collective tipping contribution.

12. Retreat Etiquette

- Please be punctual and 5-10 minutes early when attending retreat sessions.
- Offer 3 prostrations to Rinpoche before the start of each teaching session.
- **Turn off your phone or put it in silent mode during sessions. NO VIBRATION.**
- No texting, talking or whispering to others during teaching sessions.
- Sharing retreat materials with non-retreaters is **strictly prohibited**.
- Touching another retreaters mala or ritual implements is discouraged.
- Speak softly. Maintain a quiet, peaceful and harmonious retreat atmosphere.
- Avoid mindless chatter, gossip and angry behavior.
- Accept last-minute program changes with grace.
- Please keep your belongings tidy in the retreat hall and clean up after yourself.
- Be polite to everyone - monks, organizers, helpers, cleaners. (Remember that everyone involved in organizing this retreat is a volunteer.)
- Be peaceful, smile, say "please" and "thank you".

HAVE A LOVELY RETREAT! SARVA MANGALAM!

The information in this document is up to date at the time of publishing. If there are any mistakes, we sincerely apologize for this and any inconvenience it may cause you.

**If you have any questions during the retreat, we are here to assist you.
Please just ask.**



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