



Buddhist Himalaya is a fundraising project to support and protect the indigenous cultures of the Himalayan Region through **Rokpa**. **Rokpa** is a non-political humanitarian aid organisation, helping people in need irrespective of their nationality, religion or cultural background.

Tel: 013873 73232 Ext 3 Email: charity@RokpaUK.org
 ROKPA Trust registered charity No. 1059293

11TH - 20TH AUGUST 2006 AT RHEGED Buddhist Himalaya

- Tibet • Ladakh • Nepal • Himachal Pradesh • Bhutan •
- Zanskar • Mustang • Sikkim •

Buddhist Himalaya



Buddhism is a vital and unifying cultural and spiritual element in the lives of people throughout the Himalaya and Tibet. Its influence has now spread throughout the world, but it still generates a sense of mystery and fascination. Yet the home of this great religion, philosophy and culture - The Himalayan mountains and the Tibetan Plateau - is now subject to great cultural, political and environmental stress. In turn this causes displacement, unemployment and great poverty.

Through this ten-day festival of performance, dance, music, art, lecture, film and markets you can experience the meaning and traditions of one of the world's great cultures. At the same time as exploring the stunning and at times mysterious geography and environment of "The Roof of the World", you can also contribute to the conservation of something and somewhere that is very precious.

- > OPENING RECEPTION AND KEYNOTE LECTURE BY DR. AKONG TULKU RINPOCHE & MS LEA WYLER*
- > HIMALAYAN FAIR TRADE & CRAFT MARKET
- > LECTURES BY SOME OF THE WORLD'S LEADING HIMALAYAN EXPERTS, TRAVELLERS, EXPLORERS AND MOUNTAINEERS INCLUDING SIR CHRIS BONINGTON AND DOUG SCOTT
- > TRADITIONAL TIBETAN DANCE & SINGING
- > KENDAL MOUNTAIN FILM FESTIVAL - THE BEST OF HIMALAYAN FILMS
- > EXHIBITION OF HIMALAYAN PHOTOGRAPHY
- > THANGKA EXHIBITION
- > NATIONAL MOUNTAINEERING EXHIBITION - HIMALAYAN GIANTS
- > EVEREST - THE GIANT MOVIE
- > HIMALAYAN BOOK FAIR
- > HIMALAYAN TREKKING & TRAVEL ADVICE



* The opening reception and keynote lecture is a ticketed event - the suggested minimum donation is £25.00 through Gift Aid. Combined tickets may be reserved through Rokpa by telephoning 013873 73232 ext 3, or emailing charity@RokpaUK.org. The ticket will then be handed over, at Rheged on the evening of the event, upon receipt of the confirmation envelope provided.

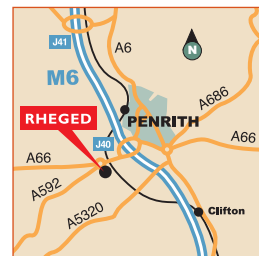
Close to the geographical centre of Great Britain, RHEGED is easy to get to.

By Road... just 2 minutes from M6 motorway (Junction 40) at Penrith - parking is FREE. An alternative route from the Central Lakes is on the A592 over Kirkstone Pass from Windermere/Bowness, alongside Ullswater Lake. **Rheged also has a large 24hr Texaco petrol forecourt with shop on site.**

By Rail... just a 3 minute drive from Penrith Railway Station, which is located on the West Coast main line with regular links with London Euston and Glasgow. For National Rail enquiries call 08457 484950.

By Bus... catch the X4 or X5, a regular service running from Penrith to Keswick/Workington - the bus stop is by Rheged's main entrance.

By Air... Rheged is less than a 2 hour drive from Manchester Airport.



Rheged has been specially designed with disabled visitors in mind. Disabled access to all levels of the building, disabled toilets and shopmobility scooters (bookable in advance).



Open Every Day
 10.00am - 5.30pm.
 Closed Christmas Day only

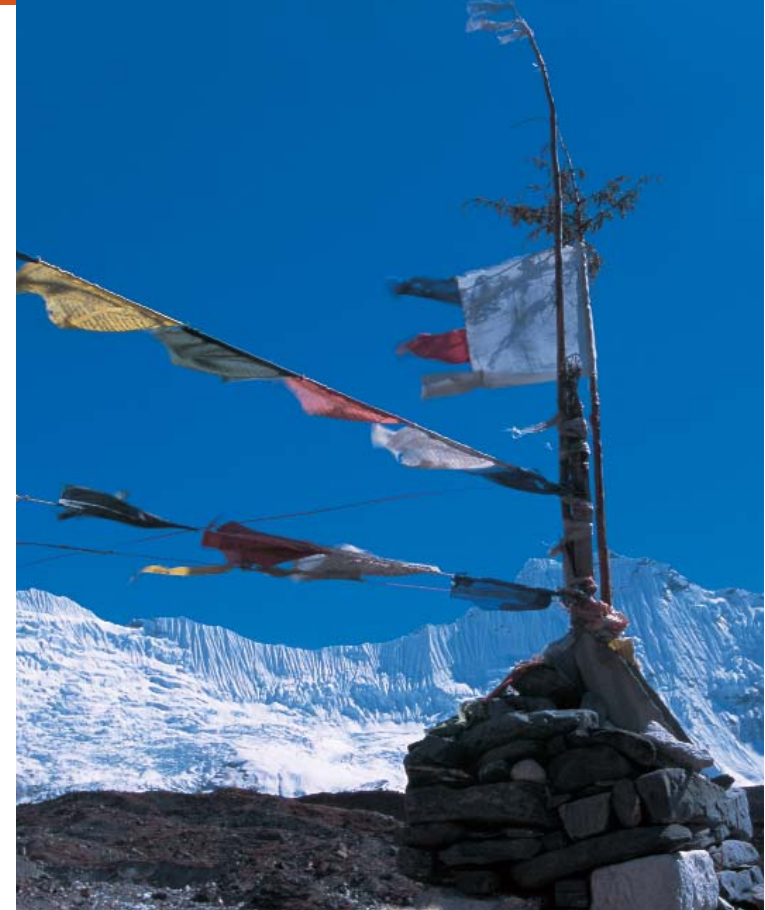
INFORMATION LINE

01768 868000

BOOKING LINE

01768 860 090

Rheged Redhills Penrith Cumbria CA11 0DQ



A Ten Day Festival Celebrating the Culture, Geography, Heritage and Spirituality of the Himalaya and Tibet



RHEGED



FRIDAY 11TH AUGUST - GRAND FESTIVAL OPENING:

Drinks Reception at 6.30pm followed by Keynote lecture on Tibet by Dr Akong Tulku Rinpoche, founding President of Rokpa, and on Nepal by Ms Lea Wyler, Vice President. A limited number of combined tickets are available for the reception and lecture. Donations are requested (suggested minimum £25.00) and can be reserved through Rokpa on Tel: 013873 73232 Ext 3 Email: charity@RokpaUK.org



DAILY
Auditorium
10.00am - 5.00pm

Rheged Giant Movie Programme
For programme visit www.rheged.com

Exhibition Hall 1
10.00am - 5.00pm

Himalayan Market: Fair Trade Goods, Tibetan & Nepalese Crafts, Book Fair and Himalayan Travel and Trekking Advice. Free Entry.

Exhibition Hall 2
10.00am - 5.00pm

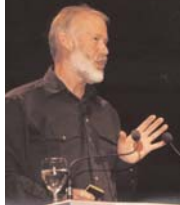
Himalayan Eye: Photography by Doug Scott, Mel Gillies & David Oswin & ROKPA slideshow. Free Entry

NME
10.00am - 5.30pm

Himalayan Giants: Everest & Kangchenjunga. Exit Gallery - Thangka Exhibition. Normal Entry. www.rheged.com



SAT 12TH AUG



Lecture Theatre 5pm: **Prof. Rob Nairn** - The Road to Happiness. Introducing meditation. Ticket £6.00 & £3.50

Auditorium 8pm: **Lecture by Sir Chris Bonington** - My Tibetan Travels. Ticket: £15.00



SAT 19TH AUG

Lecture Theatre 4.30pm: Dances, Songs and Stories from the Roof of the World by **Tibetan Group: Noyang Shyichi Gatsal Lodro Tsokpa**. Ticket: £6.00 (children £3.50)

Auditorium 8pm: **Lecture by Doug Scott, CBE:** The South-West Face of Everest and Kangchenjunga. Ticket: £12.50.

SUN 13TH AUG

Lecture Theatre 6pm: **Lecture by Dr Mike Searle** - Raising The Roof of the World - How 50 Million Years of Earthquakes Made the Himalaya and Tibet. Ticket: £6.00 (children £3.50)

Auditorium 7.30pm: **Kendal Mountain Film Festival** - Best of Himalayan Films; Programme 1* Ticket: £6.00 (children £3.50)

SUN 20TH AUG

Lecture Theatre 4.30pm: Dances, Songs and Stories from the Roof of the World by **Tibetan Group: Noyang Shyichi Gatsal Lodro Tsokpa**. Ticket: £6.00 (children £3.50)



Auditorium 7.30pm: **Kendal Mountain Film Festival** - Best of Himalayan Films Programme 2* Ticket: £6.00 (children £3.50)

MON 14TH - WED 16TH AUG

Lecture Theatre 4.30pm - 6pm: **Films** - 'Ancient Futures: Learning from Ladakh' & 'Learning the Tibetan Way'. Ticket: £6.00 (children £3.50)

THURS 17TH AUG

Lecture Theatre 4.30pm: **Lecture and film by the Buddhist explorer, Yeshe Palmo** - Sacred Valleys of the Himalaya. Ticket: £6.00 (children £3.50)

Auditorium 7.30pm: **Feature Film** - Seven Years in Tibet, starring Brad Pitt. Ticket: £6.00 (children £3.50)

*KENDAL MOUNTAIN FILM FESTIVAL - BEST OF HIMALAYAN FILMS

Programme 1: Paving Shangri La; Dolpo - Children of the Mountain; Hockey Night in Ladakh; The Last Race & Your Himalaya.
Programme 2: Mustang; A Man Called Nomad; Khumbu Mighty Mites & The Other Final.

FRI 18TH AUG

Lecture Theatre 4.30pm: Dances, Songs and Stories from the Roof of the World by **Tibetan Group: Noyang Shyichi Gatsal Lodro Tsokpa**. Ticket: £6.00 (children £3.50)

Auditorium 8pm: **Lecture by Julian Freeman-Atwood** - Modern Tibetan Explorations Ticket: £9.00



The Rokpa Soup Kitchen, Nepal.

The event organiser retains the right to alter the programme without prior notice.

With grateful acknowledgements: The National Mountaineering Exhibition, Rheged - Enter into the Spirit of Cumbria, Community Action Nepal, Kendal Mountain Film Festival, Community Action Treks, The Schumacher Society, Wisdom Books, Custom Fleet Ltd. Photo credits: Mel Gillies, Doug Scott, Sarah Lionheart, Dr Gerdha Pohl and Wanda Vivequin.