

Hello traveller, here is how you reach Neding:

1. Travelling from Kathmandu to Tarkegyang: Take a bus or a jeep to Tarkegyang.

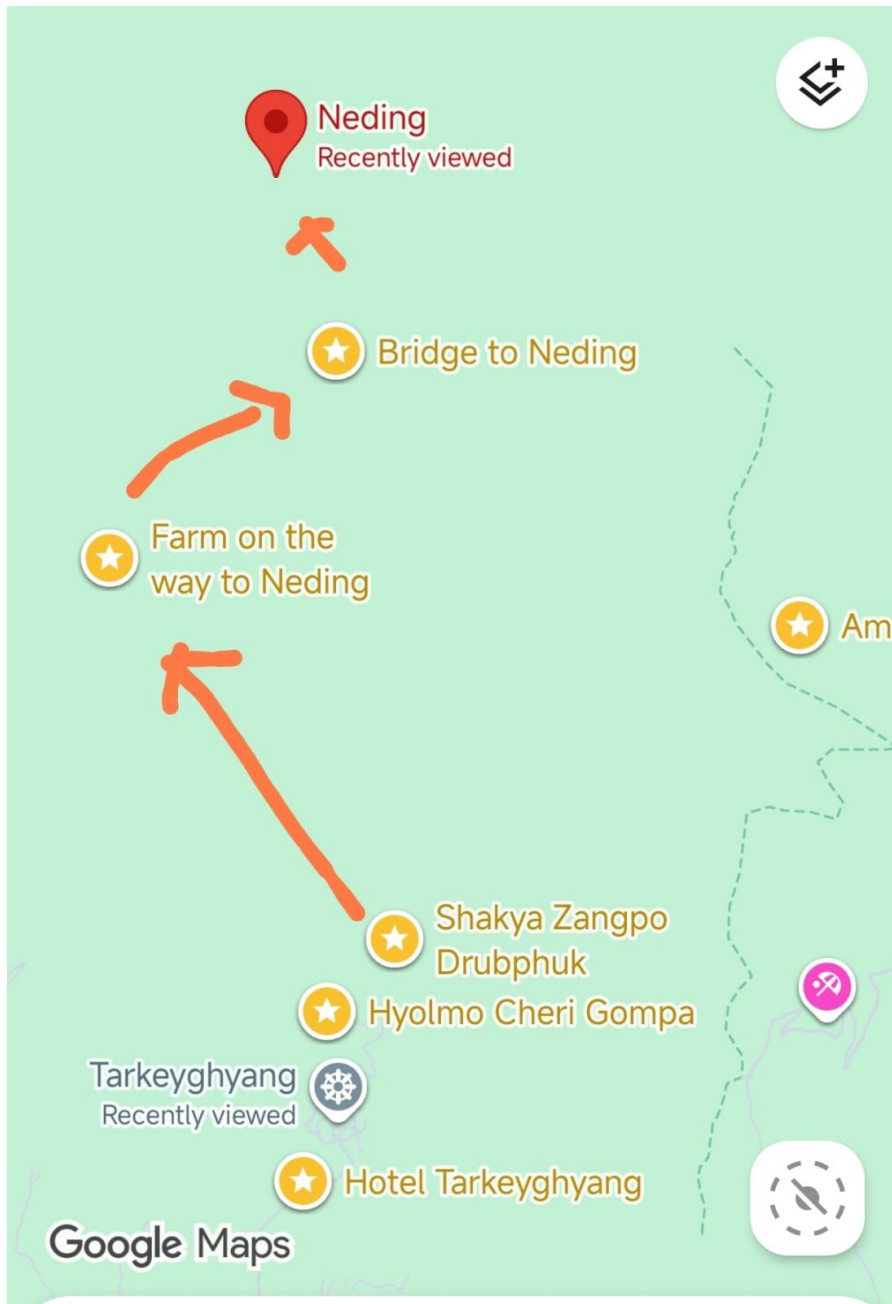
- The bus station is in Jorpati, behind the Narayantar bridge, approximately here: <https://maps.app.goo.gl/6QuNZHPCWUmNZ5C69>
- There is also a jeep counter on the Jorpati side of the bridge: <https://maps.app.goo.gl/LMnZor8ggUBCMZt89> This is the number and WhatsApp of the jeep counter: +977 984-5904822. The jeep leaves at 7:30 and arrives at 12:30 in Tarkegyang. The jeep should be reserved 2 days in advance, otherwise all seats might be booked. However, one cannot book earlier than 2 days before the travel day.

2. Walking to Neding



In Tarkegyang you arrive at the Buddha Lodge (take a tea or a soup there) and you walk towards Chiri Gompa. Halfway down the road to Chiri Gompa, you go towards the right. See the arrow on the picture. Basically, you follow the electric line. By the way, the path will lead you just below the cave “Shakya Zangpo Drupuk” in which Ngagchang Shakya Zangpo meditated/ He opened the hidden land of Yolmo in the 15th century.





You follow the only path there is until you come to a meadow with a **farm**. (Don't go down to the farm).

You cross the meadow.

There is a big dark rock with prayer flags in the middle of the meadow. Go left from the rock and find the path leading into the forest.

Follow the path to the **bridge** and then to Neding. There is only one path, you cannot miss it.

You can also get a porter from Tharkeygyang. For 1500 NPR they will carry your luggage up to Neding and show you the way. For example: Lhakpa 9860978002 (if you do not speak Nepali, ask Khentrul Rinpoche to arrange the porter for you)

Here is a short article about Neding: <https://www.buddhistdoor.net/features/ning-a-retreat-place-in-the-hidden-land-of-yolmo/>

<https://www.facebook.com/ning.yolmo>