



## Jag 'dul gzha' tshon gling: a Bonpo mountain pilgrimage in Dolpo, Nepal

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Situated in a remote side-valley in the westernmost part of Dolpo, 'Jag 'dul has been forgotten for a long time. Before this valley was deserted, there used to be a village, a monastery and several fields as well as a direct trail through the high mountains to the monastery of Samling in Upper Dolpo, to which strong ties were kept. Due to a landslide, the trail to Samling was cut off. As a consequence, direct communication and trade stopped. The village moved southwards to the area known as Kaigaun-Hurikot while the deserted valley of 'Jag 'dul became a place for meditation and summer pastures. When Ka ru Grub dbang bsTan 'dzin rin chen reached the area around the end of the 19th century, he had a revelation concerning the hidden valley of 'Jag 'dul and predicted that his student 'Gro mgon bsTan 'dzin Nyi ma would succeed in opening the pilgrimage and write the guidebook (*dkar chag*).

During the last ten years, the practice of this Bonpo pilgrimage has been revived and the local population, which follows Bonpo and/or shamanic beliefs, sets out for the pilgrimage once a year. This paper is an account of the pilgrimage based on the *dkar chag* and guides through the outer (physical) and inner (spiritual) landscape. Oral explanations recounted on the trail and the actions taken at the respective places will provide additional insight for an understanding of this specific pilgrimage and its significance for the Bonpo community of Dolpo.