

# Buddhist Bike Pilgrimage

September 25-26, 2010

2 days | 137 miles | 60,000 breaths  
[www.dharmawheels.org](http://www.dharmawheels.org)

meals | meditation | camping | gear transport | SAG | rest stops | community



The 9th annual Buddhist Bike Pilgrimage is a two-day, fully-supported, community event offered by DharmaWheels cycling organization. The journey begins at Spirit Rock Meditation Center and travels north to the Abhayagiri Monastery in Ukiah. Along the way, we will visit Sae Taw Win and the City of 10,000 Buddhas while deepening our practice together through organized dharma talks and group meditation. The Pilgrimage is made possible entirely through volunteer effort and dana. For more information about practices rides, registration, volunteer opportunities and route, visit our website: [www.dharmawheels.org](http://www.dharmawheels.org)

## ITINERARY:

### SATURDAY, SEPTEMBER 25, 2010

#### Spirit Rock – Mile Zero

- 6:00am – Registration and Gear Drop
- 6:45am – Group Sit and Opening Ceremonies
- 7:30am – Pilgrims Depart

#### Sae Taw Win – Mile 49

- 12:00pm – Lunch and Dharma Talk

#### Cloverdale KOA Campground – Mile 85

- 5:30pm – Dinner
- 8:00pm – Group Sit and Evening Program

### SUNDAY, SEPTEMBER 26, 2010

- 6:00am – Morning Sit
- 6:30am – Breakfast and Announcements
- 7:30am – Pilgrims Depart

#### City of 10,000 Buddhas – Mile 116

- 10:30am – Meal Offering Ceremony
- 11:00am – Lunch and Tour

#### Abhayagiri Monastery – Mile 137

- 2:30pm – Tours of Monastery Begin
- 3:30pm – Closing Ceremony
- 4:30pm – Depart for Spirit Rock or home