

# 2006 Buddhist Bicycle Pilgrimage

September 30 - October 1, 2006

Organized by Dharma Wheels Foundation, the Buddhist Bicycle Pilgrimage combines cycling with spiritual practice. Riders meet the physical and mental challenges of the 150-mile route and, together with the volunteer crew, create a traveling company of spiritual seekers.

We will journey for two days along the scenic back roads of Marin, Sonoma, and Mendocino Counties, beginning at Sprit Rock Meditation Center in west Marin County and ending at Abhayagiri Monastery in Redwood Valley, including a stop at the City of Ten Thousand Buddhas.



The schedule includes times for meditation and dharma teachings. Spiritual teachers from our host groups will participate in the event. Friends and family are invited to volunteer or to meet riders at the closing ceremony at Abhayagiri.

Most meals, refreshments, mechanical assistance, first aid, gear transportation, and camping accommodations are provided.

If you'd like to ride, volunteer, or offer logistical or financial support, please contact us. A registration form is available to download at our website. Once you register, you will receive updates, group training ride information, and more via our e-mail listserve, DharmaWheels at groups.yahoo.com.

For more information, go to: [www.dharmawheels.org](http://www.dharmawheels.org) or email ride coordinator Judi Garland at [buddhistbike@yahoo.com](mailto:buddhistbike@yahoo.com) or call 510-336-1573.

