

15th BUDDHIST BICYCLE PILGRIMAGE

SEPTEMBER 24-25, 2016



www.DharmaWheels.org

Join Us for a New Route and a New Perspective in 2016!



Join our sangha-on-wheels for this two day, pedal-powered spiritual pilgrimage to the Aloka Vihara Forest Monastery in the Sierra foothills. Our accompanying teachers will be the Nuns of Aloka Vihara.

Day 1: an 80-mile flat ride along **bike paths, country roads** and the full length of the **American River bike trail**. We cross the Sacramento Valley from Fairfield to Folsom Lake, with stops at Lake Solano, the **US Cycling Hall of Fame**, and lunch at the **American Buddhist Seminary**. We'll bed down for the night on the shores of **Folsom Lake's Beal's Point** campground.

Day 2: 42 miles of alternating climbs and rolling Sierra foothills of **pine forests, oak woodlands, and vineyards**, and the gold rush towns of Rescue and Placerville.

Our journey ends at Aloka Vihara Forest Monastery.



This ride is **fully supported** and **completely donation based** (Dana). It is empowered solely by your participation. The gifts of your generosity cover the cost of the ride and donations to the Monasteries.

For more information, practice rides, registration and volunteer opportunities visit us at
www.DharmaWheels.org.

We hope you'll join us.

