

Far South Coast Yatra 2018

Mimosa Rocks NP - Biamanga NP - Mt Gulaga, S-NSW

Friday 20 – Sunday 29 April



Our Journey

Yatra is the Sanskrit word for pilgrimage. A Dharma Yatra is a pilgrimage which offers an opportunity to explore Dharma teachings while hiking through some of the most pristine natural landscapes in Australia. A yatra is based on a spirit of simplicity. We will let go of the usual luxuries of life, walking in the company of like-minded people, enjoying the countless wonders of the inner and the outer life. In addition to the walking, each day will feature periods for group sitting meditation, yoga practice, dharma talks, small group discussion, and free time to socialise or connect with nature.

This Yatra will start at Tanja, near Tathra, and end near Tilba Tilba (Mt Gulaga). The first section of our route leads along the coast through the Mimosa Rocks National Park, and we will be camping mostly in National Park sites. Then we head inland through the Bermagui Nature Reserve to 'The Crossing' - Land Education Centre on the Bermagui river. From there our journey continues with a canoeing trip across Wallaga Lake and a short hike to the 'Kamalashila' Tibetan Buddhist Centre. On our final full day we walk up Mt Gulaga, a sacred area for the Yuin people.

The longest walking distance will be around 16km, shorter sections are only around 5km. Some sections go through steep, bushy terrain and will require a medium level of fitness. An accompanying support team will take care of meals and luggage. Most nights we will be accommodated in our own tents. 'The Crossing' will offer some basic accommodation in railway carriages. The Yatra is an all weather event. The weather in the area can vary; the nights might get quite cold, days are usually warm and dry, with potential rain.

The Yatra is based on active participation. The support team will need help with food preparation, washing up, luggage, and setting up/packing downp the camp sites. People who need a break from walking will have the option to get a ride with the support crew.

Teachers

Jenny Taylor is a visual artist and arts facilitator who lives in Alice Springs. Her work and dharma practice are strongly influenced by the cultural and physical environment of Central Australia. She has taught Buddhist meditation for around 20 years. She encourages a questioning, open approach to meditation, and aims to help people develop forms of practice that are unforced, relevant to them, and supportive of their commitments to community and the wider world. She believes that deep listening to country, and respect for indigenous perspectives, can transform our understanding of where we live, and the responsibilities that go with being alive in this time and place.

Victor von der Heyde has been practicing meditation for forty years. He studied with a wide range of teachers, has spent over two years in silent retreats and has taken dharma teaching roles since the mid 1990s. He has been leading yatras since they started in Australia in 2006. Victor has an interest in helping people understand varieties of meditation so that they are in a position to choose what works for them. He has a long term focus on environmental ethics, he spent two decades helping manage a small overseas aid organization and worked for many years as a counsellor.

The yatra will be conducted under the shelter of Five Ethical Precepts, which create a safe, caring, and conscious environment for spiritual practice. On the walk the precepts invite us to refrain from harmful speech and actions, sexual expression and intoxicants. The walking periods will be in silence. The meditation instructions are based on the Insight Meditation (mindfulness) Tradition. The yoga exercises are suitable for beginners and are designed to support our physical condition and our meditation practice on the yatra.

What to bring?

- ✓ tent
- ✓ sleeping bag
- ✓ camping mat (NO MATTRESSES PLEASE)
- ✓ sun hat, rain coat
- ✓ appropriate clothing for hot, cold and wet weather
- ✓ good (walked in) hiking shoes
- ✓ daypack for walking
- ✓ water bottle(s) for 2 litres or more
- ✓ cup, bowl, plate, cutlery
- ✓ lunch box
- ✓ sun screen, insect repellent, blister plasters
- ✓ torch and spare batteries
- ✓ toiletries, towel, swim wear
- ✓ any personal medication or supplements



Pack lightly and tightly – Your luggage is handled daily by the support crew and transported to each new camp site. Please keep your luggage confined to two bags maximum.

Getting to Tanja

The Yatra will start at 'Tanja Community Hall' on Friday 20 April at 3pm.

People who have registered will receive a confirmation letter and further instructions on how to get to the Tanja Community Hall.

It is important that you arrive at the hall between 1 and 3pm on Friday for registration. The yatra program will start at 3pm with a 4km walk to Gillards beach. Dinner will be served around 6pm.

Through a car pooling network we will try to arrange lifts for those who are happy to share a ride.

The closest airport is Merimbula. If you are flying please arrange your flights to arrive at Merimbula airport before 12noon.

We will arrange pick ups from Merimbula airport and Bega.

The Yatra will end on Sunday 29 April near Tilba Tilba around 10:30am.

We will provide transport back to the Tanja Hall by 11:30am and to Merimbula airport by 12:30noon.



Yatra cost

Cost: \$820 plus Dana

This covers all meals and catering, camping and venue fees, support vehicles, administration fees, travel expenses for teachers and any other yatra expenses.

The fee does not include any payment for the teachers.

Dana: The teachings, facilitation or leadership roles on a yatra are offered on a dana basis. Following a long-standing Buddhist tradition, the teachers on this yatra do not charge for their services. They rely on dana, a Buddhist term which literally translates as “generosity”. At the end of the yatra participants are encouraged to make a dana contribution to support individual teachers and also enables future events of this kind.

How to book:

1. Fill out and submit the online registration form – [CLICK HERE!](#)
2. Secure your place by making full payment.

Account Name: [Yatra Bushwalking Club Inc](#)

BSB: [062580](#)

Account Nr: [10270467](#)

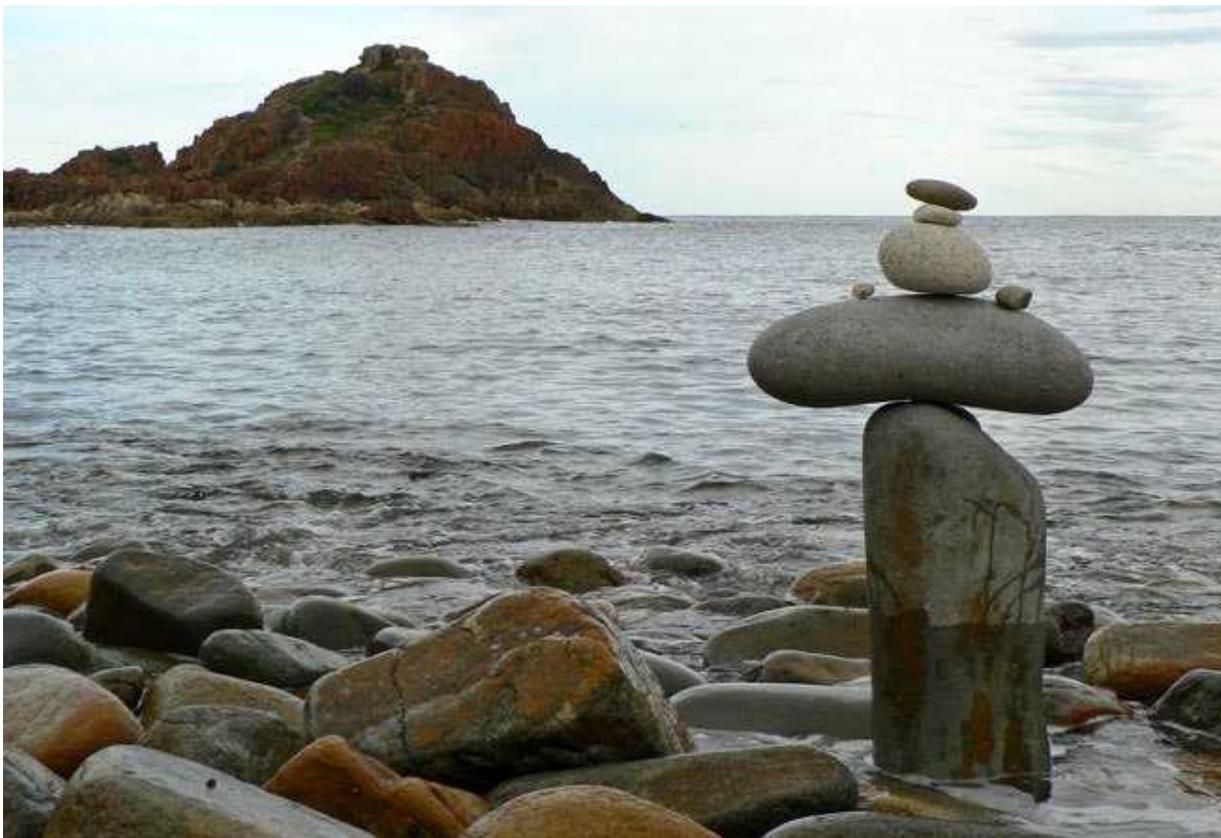
Please state '[FSCY18](#)' and '[YOUR NAME](#)' in the reference box.

3. You will receive a confirmation letter by email to confirm your booking. Your place will be allocated only after we have received your completed registration form and full payment.

Please be aware that places are limited and that the yatra might book out quickly.

Cancellation:

Cancellations before the 1 April 2018 will receive a full refund minus a \$50 administration fee. Please inform us early if you need to cancel so that you can receive a refund and your place can be offered to someone else.



For more information please contact Bob on:

[0403 535155](tel:0403535155)

yatracontact@gmail.com

yatra.org.au