

## Tholung

You can venture on a day-long trek through a beautiful riverbed to Tholung monastery. The monastery was founded in the late 18th century by Lhatsun Chenpo Lama to keep Buddhist manuscripts and sacred relics safe from the invading Gorkhas.

Every three years, in spring, the Tholung treasures are opened up and shown to the pilgrims. From the monastery, you can see a waterfall, thundering through a deep gorge. Lepchas believe that the souls of departed pass through here on their way to the afterworld. In the surrounding hills there are caves in which Guru Rinpoche is said to have meditated and hidden treasures. Enjoy the serenity of the place and spend some time meditating. A traditional bamboo bridge from here takes you to a hot water spring. Spend some time soothing your tired limbs here.