

TOGETHER TOWARDS FUTURE WITH LIVE TO LOVE

PAD YATRA THROUGH NORWAY**AUGUST 15 - 21, 2026****Registration Form
European Pad Yatra 2026****Norway 2026 - August 14 to August 21, 2026**

The European Pad Yatra is a spiritual journey on foot that will take place on European soil for the third time. Following the first European Bike Yatra in 2024 and the second European Bike Yatra in 2025, this is another historic event and has been carefully planned with the blessings of the Gyalwang Drukpa!

As every year, the Gyalwang Drukpa's state of health will determine whether he will actually come. Here, too, the motivation of all of us will play a decisive role in whether we will receive good karma and this immense happiness together.

‘Together towards future’

This event for climate protection and gender equality will take place over 7 days in the small village of Mjøsli at the southern end of Norway's largest lake, Mjøsa. This part of Norway is lovingly described by some newcomers as the ‘Tuscany of Norway’.

The trip includes daily hikes through beautiful natural surroundings. Good physical condition and health are essential to ensure the trip runs smoothly. Accommodation for the entire Yatra is in a mansion with shared rooms and bathrooms, and a magnificent panoramic view of Lake Mjøsa. Depending on availability, you can also rent your own cabin. However, the cost of this accommodation is not included in the fee and must be paid personally.

The Pad Yatra begins on site on 15 August. Please plan to arrive in Oslo and Mjøsli on 14 August. There are regular express buses from Oslo to Mjøsli. We can arrange to pick you up at the bus stop below Mjøsli. Accommodation is

available from 3 p.m. The Pad Yatra ends on the morning of 21 August in Mjøsli. For clarification, we would like to point out that our joint Pad Yatra in Norway is not a commercially organized trip. We will hike together, and everyone is responsible for themselves and their own liability.

The tour will take place in all weather conditions, as long as safety is guaranteed. Please remember to bring suitable clothing. We will send you a detailed list of useful equipment with your registration confirmation.

Details on registration can be found below.

ORGANIZER

The organizer of the European Pad Yatra in Norway is the Live To Love Germany Foundation, Eppendorfer Weg 93a, 20259 Hamburg, Germany.

TERMS AND CONDITIONS

Anyone who is at least 18 years old and has the physical and mental health and fitness to hike for several hours over varied terrain for 5-6 consecutive days is eligible to participate. Please also note that we will be hiking in a large group in all weather conditions.

Please bring your own equipment. This includes sturdy walking shoes or boots that you can wear comfortably in all weather, even on unpaved trails. Please also bring rain gear and a suitable rucksack to carry your equipment for the day, including a lunch box and your own water bottle. For some of you, trekking poles may also be helpful. You will receive more information after you register.

Participation in the Pad Yatra is at your own risk. Each participant is responsible for arriving at the Pad Yatra accommodations on time (see above). Those who require a specific diet or have food allergies or intolerances should please inform us when registering. We will endeavor to accommodate these needs as far as possible.

TOUR PLAN

Daily hikes from our accommodation, ranging from 10 to 15 kilometers on hiking trails in the region. We will start with a moderate distance and gradually adjust the tour length as our fitness improves. We will spend most of the day outdoors. We reserve the right to change activities at short notice if necessary due to weather conditions or other reasons.

COSTS

Cost contribution: € 4,500 per person.

Accommodation for the entire Yatra will be provided in a mansion with shared rooms and bathrooms. Depending on availability, you can rent your own cottage with a private bathroom in the same town. However, these costs must be

covered individually. Live To Love Germany can only put you in touch with the rental agency.

Nutritious vegetarian catering is provided, including breakfast, a packed lunch, and dinner.

RESERVATION AND BOOKING

Your participation is confirmed when:

- We have received your signed registration form via email, confirming that you have read, understood, and accepted the terms and conditions of participation.
- We have sent you a positive response.
- We have received your participation fee in our bank account.

The participation fee must be paid in full in advance, at the latest within one week of our email confirming your participation.

If the participation fee is not received in full within one week of confirmation of participation, the booking will be canceled, and we will allocate the place to another participant.

As soon as your payment has been received, we will send you additional relevant information, including the address and pickup times for your arrival on site.

Registration closes when all available spots are booked, but no later than 30 April 2026. The sooner your registration arrives, the better, as the number of participants is limited.

Special accommodation requests can only be accepted for a short period of time.

CANCELLATION OF PARTICIPATION BEFORE THE START OF THE TOUR

All cancellations must be submitted in writing by email to the travel organization before the trip begins and confirmed by us. For cancellations up to 12 weeks before departure, we will refund the entire participation fee; for cancellations up to 10 weeks before departure, we will refund 70%. No refunds will be given for later cancellations. A fee of EUR 10 per change will be charged for each booking change.

EXCLUSION FROM OR CANCELLATION OF THE TOUR

If, during the trip, it becomes apparent to the organizer that a participant does not meet or has lost the physical and/or mental requirements for the trip, the organizer has the right to advise the participant not to continue the Pad Yatra. The participant must arrange and pay for their own return journey.

The participation fee will not be refunded.

In the event of danger to the life, limb, or health of the participants, the organizer will cancel the tour or, if possible and reasonable, change the route. Minor, insignificant changes must be accepted by the participants. If the tour is postponed for reasons beyond the organizer's control, the booking remains valid for a new date.

WARRANTY AND LIABILITY

The organizer accepts no liability for participants' clothing, valuables, and equipment, or for participants' luggage, during the entire duration of the tour. Participants are responsible for returning borrowed items undamaged. In all other respects, the statutory provisions apply.

SOUND AND VIDEO RECORDINGS

Participants agree that image, sound, or video recordings of them may be made for documentation and reporting purposes and published and distributed in all media, particularly on the Internet and on social media platforms. The general right to privacy shall be respected at all times during publication and distribution.

MISCELLANEOUS

The applicant has read and accepted the conditions of participation and information, including the cancellation policy. By registering, they confirm that they agree to be liable for any damage that may occur and for their participation. The organizer recommends obtaining private liability insurance. Furthermore, the undersigned confirms that they have no health restrictions or illnesses (physical or mental) that would prevent them from participating in and completing the trip.

By signing this form, the participant confirms that they are able and in good physical condition to hike at least 10 to 15 kilometers for 5-6 days in a row.

Finally, we would like to note that this event is not profit-oriented. However, if any money remains after all costs are covered, it will be retained by the Live To Love Germany Foundation for its work.

REGISTRATION FORM

Registration is completed by email using this form. A separate registration form is required for each person. Please send your registration to: padyatra2026@live-to-love-germany.org

Personal details

Last Name: _____

First name: _____

Address: _____

Country: _____

Date of birth: _____

Nationality: _____

Cell phone: _____

Email address: _____

Allergies/Intolerances: _____

☐ I would like to rent a cabin at my own expense. Please get in touch with me

A Live To Love T-shirt is included in the Pad Yatra package

My T-shirt size: ☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL

☐ **I have read, understood, and accepted the conditions of participation and registration.**

Participant's name

Place, Date

Signature