



LIVE  
TO  
LOVE

TOGETHER TOWARDS FUTURE WITH LIVE TO LOVE

# PAD YATRA THROUGH NORWAY

AUGUST 15 - 21, 2026



## 3rd European Pad Yatra Norway 2026 – August 15 to 21

In August 2026, the European Pad Yatra will take place on European soil for the third time –a spiritual pilgrimage on foot, planned with the blessing of Gyalwang Drukpa. It is a great honor that Gyalwang Drukpa is leading this pilgrimage and that even Gyalwa Dokhampa has confirmed his presence!

### Together towards future with Live To Love

Under the motto “Towards the future together,” this special journey blends spiritual practice with a dedication to climate protection, gender equality, and peace. Our path leads us through the rolling landscapes around Norway’s largest lake, Mjøsa—a region some affectionately call the “Tuscany of Norway.”

Forests, wide fields, and the open northern skies surround us. We meet early in the morning for practice, enjoy breakfast, and then set out on our pilgrimage together through nature. With backpacks and simple means, we follow the rhythm of our steps.

We gather early in the morning to practice, eat breakfast, and then embark on a pilgrimage through nature together. Carrying backpacks and simple supplies, we follow the rhythm of our footsteps. We spend our days outdoors, encountering plants and animals, discovering berries and medicinal herbs, and allowing ourselves to be nourished and inspired by the landscape.

The Pad Yatra starts on August 15 in Mjøsli (arrival on August 14 is recommended) and ends on August 21. The daily hikes cover approximately 10-20 kilometers. This shared journey is not a commercially organized tour but a pilgrimage in community. Each participant is responsible for themselves as well as the collective journey.

Please plan your arrival in Oslo and Mjøsli for August 14. There are regular express buses from Oslo to Mjøsli. We can pick you up at the bus stop below Mjøsli. The Pad Yatra ends on the morning of August 21. Luggage will be transported to each overnight stop during the hike using a luggage cart. On the way, everyone carries what they need for the day. Details on registration can be found below

**PARTICIPATION COST:** 4.500 € pro person  
incl. accommodaation and vegetarean meals.

**ORGANIZER:**  
Live To Love Germany Foundation

## GENERAL TERMS AND CONDITIONS

All individuals who are at least 18 years old and are physically and mentally capable of hiking for several hours over 5–6 days across various terrains are eligible to participate. Please note that we will be hiking in a large group under all weather conditions. Remember to bring your own equipment, including sturdy hiking boots suitable for all weather, even on unpaved trails. Additionally, bring your own tent, sleeping bag, and sleeping pad. Don't forget rain gear and a suitable backpack to carry your daily gear, including a lunch box and water bottle. Trekking poles may also be helpful. More details will be shared after you register. Participation in the Pad Yatra is at your own risk. Each participant is responsible for arriving on time at the Pad Yatra accommodation (see above). If you have any dietary restrictions, allergies, or food intolerances, please inform us during registration. We will do our best to accommodate your needs whenever possible.

### TOUR PLAN

Daily hikes covering one location to another, ranging from 10 to 20 kilometers on hiking trails along Lake Mjøsjø. We will begin with a moderate distance and gradually increase the length of the hikes as our fitness improves. We will spend most of the day outdoors. We reserve the right to alter activities at short notice if necessary due to weather conditions or other reasons.

### ACCOMMODATION

Accommodation during the Yatra will initially be at a house with shared rooms and bathrooms. On the road, we will stay at campsites in our own tents, and if available, there are also small cabins at these sites. Nutritious vegetarian meals, including breakfast, packed lunch, and dinner, will be provided.

### RESERVATION AND BOOKING

Your participation is confirmed when:

- We receive your signed registration form by 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, no later than one week after receiving our email confirming your participation.

If the participation fee is not received in full within one week of confirmation, the booking will be canceled, and we will offer the spot to another participant, as there is high interest..

Once your payment is received, we will send you additional relevant information, including the address and pick-up times for your arrival.

Registration closes once all available spots are booked, but no later than April 30, 2026. The earlier you register, the better, since there is a limited number of participants.

## **CANCELLATION OF PARTICIPATION BEFORE THE START OF THE TOUR**

All cancellations must be submitted in writing via email to the travel company before the trip begins and confirmed by us. For cancellations made up to 12 weeks prior to departure, we will refund the full participation fee; for cancellations made up to 10 weeks before departure, we will refund 70%. No refunds will be issued for cancellations after that. A fee of EUR 30 per change will be charged for each booking modification.

## **EXCLUSION OR CANCELLATION OF THE TOUR**

If, during the trip, it becomes clear to the organizer that a participant does not meet 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 trip. The participation fee will not be refunded.

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

## **LIABILITY**

The organizer accepts no liability for participants' clothing, valuables, equipment, or luggage during the trip. Participants are responsible for returning any borrowed items undamaged. In all other respects, the applicable statutory provisions govern.

## **AUDIO AND VIDEO RECORDINGS**

Participants agree that recordings of their image, audio, or video may be made for documentation and reporting purposes, and may be published and shared across all media, especially on the Internet and social media platforms. The right to privacy must always be respected during publication and distribution.

## **MISCELLANEOUS**

The applicant has read and accepted the terms and conditions of participation and information, including the cancellation policy. By registering, you confirm that you are personally responsible for any damage that may occur and for your participation.

The organizer recommends that you obtain private liability insurance. Additionally, the undersigned confirms that he/she has no health restrictions or illnesses (physical or mental) that would prevent him/her from participating in and completing the trip.

By signing this form, the participant confirms that he/she is able and physically fit to hike at least 10 to 20 kilometers on 5-6 consecutive days.

Finally, we want to point out that this event is not for profit. However, if there is any money left over after covering all costs, it will be retained by the Live To Love Germany Foundation for additional expenses and logistical work.

## REGISTRATION FORM

Registration is done 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: \_\_\_\_\_

Mobile number: \_\_\_\_\_

Email address: \_\_\_\_\_

Allergies/intolerances: \_\_\_\_\_

The Pad Yatra package includes a Live To Love T-shirt.

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

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

\_\_\_\_\_  
Name of participant(s):

\_\_\_\_\_  
Place, date

\_\_\_\_\_  
Signature