

MOUNTAINS AND MONASTERIES TREK



This is a route that takes you away from the chaotic Crowds! Far more docile and calm than the Everest and Annapurna trails, our hike is a discovery of a zone rarely frequented by trekkers. Despite our wavering off-the-beaten trails, this does not deprive us of some gracious views of Everest and the friendly welcoming smiles of the local Sherpa folks...as we hike across lush meadows and sublime monasteries that gives us an upfront experience of what it's like **'Mountains and Monasteries Trekking'**. As we head southwards the higher valleys that go near to Mount Everest, we enter the Solu Khumbu district wherein the long-established homeland of the Sherpa People lies. Geographically based at altitudes of somewhere near 2000 and 4000 metres, with jagged ridge and valley surroundings, we behold a lovelier section of Nepal's vast Himalayan landscapes and this exceptional venture makes up a hiking holiday that's truly different from others. Our trip commences with a flight to Phaplu, from Kathmandu and on touchdown, we immediately hit the trails into amazing isolated areas where there are little or no trekkers at all. We hike down routes into colorful Sherpa villages where, it seems time refuses to move on, as we come across congenial mountain people who live life their way, steeped in ancient customs as old as these mountains we hike through; Our walking extends on as we go further up to the stunning Pikey Mountains at 4065m as we stop to savor the astonishing panoramas of the nearby peaks of Numbur - 6958m and Karyolung and on the horizons we even see a distinct Mt. Everest and even Makalu...its simply gratifying to behold...

If it's a sparkling clear sky blue day, we even get to see the Annapurna range far down as our eyes go west of where we are. We then continue to plod our quiet trails to Thupten Monastery where we haul up for some rest, before we continue through pine, oak and rhododendron forests as we hike into the villages of Jabre, Ghorpiteng and Dhap for stops into some interesting monasteries on the way. From here on we culminate back at Phaplu, where we make a celebratory halt for the night before we catch our flight back to Kathmandu and a soft warm bed at our hotel, to reminisce on an extraordinary adventurous holiday of **'Trekking Mountains and Monasteries'** which will have given us a lot of peace and satisfaction of a vacation well enjoyed, right to the hilt...

Moderate

Activity Levels:

This involves longer treks (5 to 10 days) on maintained trails. The best way to prepare for a trek in Nepal is to make sure you're fit.

Duration:

15 days

AT A GLANCE

- A journey that graces the spiritual and adventure in the homeland of the world's legendary climbers Sherpa's.
- We hike to Pikey hill 4065 meter. From where we get to see some of the Himalayan giants including Mt. Everest

Cost Includes

- Healthy meals during entire trek: 3 times
- Lodge and Sherpa home stay during trek
- Flight Kathmandu-Phaplu-Kathmandu
- All airport transfers by Private vehicle
- Expert Local Sherpa guide: Certified by Gov.
- Necessary Porters: 1 porter between 2 people
- Best 3/5 Star Hotel room in city with breakfast
- Welcome dinner at Authentic Restaurant
- MST kit bag, Group medical kit & trekking Map
- Sleeping bag, Down Jacket & company t-shirt
- Private vehicle for ground transportation
- All park entrance fees and trekking permits
- Guides and porters pay, meals and insurance



- Full day sightseeing tour of Kathmandu city

Cost Excludes

- International Airfare and Nepal Visa fee
- Travel & Health Insurance
- Emergency Helicopter Rescue Insurance
- Lunch & Dinner in Kathmandu: \$7-10 per Meal
- Any Alcoholic Drinks, Water and deserts in Trek
- Gratitude for Guide & Porter
- Battery Charges & internet on trek

ITINERARY

Day 01:: Arrival in Kathmandu and transfer to hotel

If it's a clear day when you are flying into Kathmandu, then your tour begins right from the skies itself. The sights from the windows of our jet shows us glimmering snow-capped mountain peaks spread out down below us, giving us the first thrills of our just begun vacation, sparking off a whole reaction of unforgettable experiences that stay with us for some time to come. As soon as your plane hits the tarmac of Tribhuvan International Airport, **Mountain Sherpa Trekking** office representative and driver will be on standby to meet and greet you at the airport and escort you to your hotel. The rep will help you check into your designated hotel, and after going to our rooms and refreshing ourselves we will be briefed about our daily activities. The rest of your time is free to move around the neighborhood and get familiar with your surroundings. Your first overnight in the ancient city of temples, probably the most in the world. Breakfast

Day 02:: Fly to Phaplu (2400M/7874 ft), walk surrounding area- Overnight Stay at Lodge

It takes approximately 35 minutes to fly from Kathmandu to Phaplu and something like about four hours trekking to reach the village of Salleri. We wander around the local market in Salleri and enjoy a visit to the local monasteries which include Chewang monastery and some others. The quiet environs of these monasteries blend so well with the landscapes and this stirs our imaginations as we begin to hike the trails. Overnight at our teahouse lodge - B. L. D

Day 03:: Trek to Mera (2600M/8531ft) visit Monastery - overnight stay at Sherpa House/ monastery

We enjoy a warm breakfast at Phaplu amidst the sweet chirping of birds and then hike up to Ratnaga danda via the small sherpa village of Garikhasa; this takes about 2-3 hrs to reach Ratnaga from Phaplu. We hike through shady forest and pine trees during our trek. From Ratnaga hill, we get great views of the Himalayas and this includes Mt. Everest, Mera peak, Thamserku, Numbur himal and the views of Sherpa villages, green hills, and cultivated land areas. From Ratnaga to Mera village the walking downwards takes approx 2 hrs. Mera is a small Sherpa village with 45 houses; these are typical Sherpa villages that are mostly isolated from the main trails of the Khumbu. Mera village is an interesting place with the Ogen choling Monastery nearby. This village is also known as "Chyangmiteng" in Sherpa language and is a name related to the Buddhist religion. This village is a symbol to Sherpa culture and home stays are also available down here. Some trekkers like to spend more time here to enjoy the quietness of the monastery and study the unique Sherpa culture. Overnight at our lodge - B. L. D

Day 04:: Trek to Taksindu Monastery [2500 M/8203ft]. Overnight stay at lodge

After we enjoy our king size b/fast, we will climb up to Kemje Danda at (3500m approx) from Chyangmiteng (Mera) village, for about 3 hrs of walking up, on the way we cross lots of rhododendron and pine trees; from the top of Kemje Danda, we get to see some lovely mountain views that cover some of the highest peaks in the world. Our scenic hike to Thaksindu monastery takes about 3 hrs and we walk all the way through dense foliage forest; there are no teahouse lodges between



Mera villages to Thaksindu monastery. Thaksindu Monastery is linked to the **Nyingma Pa sect of the Buddhist religion**).

Thaksindu is located nearby to the main classic route of the Everest Base Camp trek. We bunk out in our teahouse lodge – B. L. D

Day 05:: Trek to Junbesi Village [2670m/8760ft] - 3 hrs- Overnight stay at Lodge

It takes roughly five hours as the trail goes from Taksindu to Junbesi via the base of the famous Pikey peak. While trekking below the Pikey peak we get amazing sunrise views of the mountain peaks of Kanchenjunga to Dhaulagiri including the Everest peak. After we enjoy the majestic views, we walk down through some wonderful landscapes to Junbesi village which is also a valley for our overnight in a teahouse lodge. B. L. D

Day 06:: Trek to Serlo Monastery & Thupten Choling Monastery back to Junbesi. Overnight at Lodge

After a warm b/fast and a few coppers, we hike the trails for about four hours where our destination is to visit Serlo and Thuptenchholing Monastery. At Thuptenchholing we can observe a special traditional Tibetan medicinal therapy that's used to cure body aches and other illnesses. We enjoy the peace and quiet of these pretty unknown monasteries and also interact with the monks who live here. We can strike up some interesting conversations along with some tasty butter tea which is offered to us. We then return back for an in-depth tour of Junbesi village which will add a long lasting experience to our trek. Hereabouts, we get to sample the tasty local food and some local drinks that include 'Nigaar' {brewed from freshly cultivated mountain rice, its tasty, but strong}. This area can also arrange a Sherpa cultural show which can be performed by the local Sherpa belles, on request. Junbesi is a famous village in the Khumbu region of Nepal. Overnight in our teahouse lodge – B. L. D

Day 07:: Trek to Ngaur [3350M/-10991ft]. Home stay [3350m] - 4 hrs

This is a pacy hike as we clamber higher through a forest full of rhododendrons which brings us to the hamlet of Ngaur, situated on the top of a hill. From here, the view towards Gaurishankar and Dudh Kunda Himal is extravagant. Ngaur has six houses and a small monastery. Fifteen minutes from here is a cheese factory, where one can taste and buy cheese made from nak (female yak) and dzom's milk. It's a home stay tonight in this pretty hamlet. B. L. D

Day 08:: Hike to Pikey Hill [4065M/13337ft] & back to Pikey Base Camp- Overnight lodge 2-3 hrs

The climb to the summit of Pikey is pretty steep, but fairly easy. From the top of Pikey, we can see Everest, Kanchenjunga, Makalu and some other great peaks. At night it's almost ecstatic to behold the lights of Kathmandu valley which is also visible on a moonlit night. After relishing with our eyes the beautiful views, we head back down to base camp for the night. B. L. D

Day 09:: Trek to Jabre [2820M/9252ft] visit monastery- Overnight Stay at Sherpa Home.

As we head down, today the trail is pretty cool, and we can see wild orchids and great landscapes as we walk along the Solu – Okhaldhunga border. We also visit Buddhists stupas and quiet friendly monasteries. We get some deep insights about Sherpa culture on this trail. Overnight Jabre – B. L. D

Day 10:: Trek to Ghorpiteng [2000 M/ 6562ft]- a sherpa Village -Overnight at Sherpa house.

This is a pert little Sherpa village that sits on a saddle of a ridge with some lovely scenery of the high up peaks nearby. A monastery is also found nearby to the village. Visiting this monastery and interacting with the monks is a good experience to encounter. The local folks hereabouts are also very friendly and warm. We enjoy our night at some of the homes in this village. B. L. D



Day 11:: Hike to view tower or Dhap [2700M] for Mt. Everest & other Peaks-Sherpa house.5-6 hrs

After moving away from Ghorpiteng, we go by a descending path to reach the pretty village of Dhap. We hike along the banks of Indrawati River with lovely views of farming terraces, buzzing villages, green hills as we observe the local folks happily going about their daily chores. Overnight at homes in the village – B. L. D

Day 12:: Trek to Phaplu- Overnight Stay at Lodge

Phaplu is a small Sherpa village town quite developed with an airport and a hospital; the latter built by Sir Edmund Hillary. This is an ideal place to haul up for a good night's rest before we head down to Kathmandu. B. L. D

Day 13:: Fly to Kathmandu & transfer to hotel, relax after a long trip- Overnight stay at Hotel

Today, after a hale and hearty b/fast, we fly back to Kathmandu after our more or less spiritual journey. The early morning flight drops us in Kathmandu. We can rest and relax throughout the day at our hotel. If interested, we could buy some gifts to take home from Nepal for loved ones and friends and relatives; we can visit some nearby shops or venture out in Thamel for typical Nepalese goods. This short excursion either can be assisted by **Mountain Sherpa's guides** or we can do it ourselves too. Overnight in Kathmandu, the valley of the gods, they say (B, D)

Day 14:: Full Day sightseeing of Kathmandu City- overnight Stay at lodge

After a good night's sleep and enjoying a hearty b/fast, we proceed for our tour of Basantapur Durbar Square. Recorded by UNESCO as a cultural World Heritage site, Kathmandu Durbar Square is a bunch of medieval temples, palaces, courtyards and streets that date back to the 12th and 18th centuries. within this square we will find Hanumandhoka Palace Museum, Taleju Temple, Kumari Ghar (House of the Living Goddess), Kasthamandap and other temples and buildings as old as the city itself; from here we head for a tour of the famous Boudhanath Stupa {said to be the largest in the world) and a major centre of Tibetan culture in Kathmandu. The stupa is designed to be like a giant mandala (a representation of the Buddhist cosmos).


We next drive down to Swayambhunath {**popularly known as Monkey Temple**} "Swayambhu" means "**self-created**" and refers to the myth that the hill sprung up suddenly from a great lake that once covered Kathmandu Valley. Our next destination is Pashupatinath Temple. This temple is dedicated to Hindu deity Lord Shiva and is said to be the most holy Hindu shrine in Nepal. We then wrap up our Heritage tour with a trip to Patan which is one of the three medieval cities in Kathmandu and a destination for connoisseurs of great arts. We return back to our hotel, refresh, and maybe do some shopping, have an early supper and retire to bed, most probably. Breakfast

Day 15:: Drive to the Airport to head back to that lovely place we call 'home''

After b/fast, our rep and office vehicle will be on standby at our hotel to transfer us to the airport for our connecting flight home. Serving you was a wonderful joy and pleasure, we at Mountain Sherpa Trekking will cherish the bonds of our relationship created over the time you spent with us and we thank you for choosing us as your travel partner and for visiting this amazing country Nepal. We are sure that trekking in this beautiful region of the Khumbu [Everest region] will give you lifetime memories of a vacation well enjoyed. Ciao friends! Till we meet again. Breakfast

ACCOMMODATION

 3 Nights Deluxe accommodations in Kathmandu at 3 Star/ 5 Star Category Hotel as per itinerary

 6 Nights best Mountain lodge room & we also provide you hot shower where available

- 5 Nights accomodation at simple local Sherpa Home stay with local food
- All accommodation is on a twin sharing basis in lodge & Big open dormitory style local sherpa house
- For the 3 Nights hotel in Kathmandu single rooms are available at a supplementary cost.

What kind of food I can expect during lodge trek??

----- **Morning Breakfast [6:30-7:30 AM]** -----

- Tea or Coffee, Hot chocolate, lemon tea, hot milk or green tea
- Eggs items- Fried Eggs, Boiled Eggs, scramble eggs, Omelet etc
- Bread items- Toast, Pancakes, Chapati & Tibetan Bread etc
- Porridge with Honey, musli with milk etc

----- **Afternoon Lunch [12:30 - 1:00 PM]** -----

- Curry with Rice, Pasta, Noodles item, fried rice and fried Potatoes, Mo.Mo etc

----- **Evening Dinner [6:00-8:30 PM]** -----

Sherpa Stew, vegetable Soup, mixed Soup, Potato Shop

Dal bhat tarkari - a soup of lentils with rice and a vegetable curry, Lassani, Pizza, Home Made Pasta etc

Fried potatoes with vegetables, MO. MO, fried Noodles, Pasta, mash potatoes with Chesse

Extra special from Mountain Sherpa Trekking

- Seasonal Fresh fruits after lunch & Dinner [Where Available]
- Enough boiled water after dinner
- Welcome/farewell Dinner with live Cultural Show at typical Nepali Restaurant

----- **Safe Drinking Water** -----

You can get bottled water all the way up to base camp but the price per liter goes higher and multiplies significantly. It is recommended to bring steripen (UV filtration) or iodine tabs for water purification with soft plastic bags so that you can purify the water from local source and make it safe for drinking purposes. At tea houses you will be served with boiled water. And please be noted that don't drink water from local taps and resources as it would prone you to water borne illness and affects the whole trekking journey.

VITAL INFORMATION

******* Climate and Seasonality *******

Nepal is subject to monsoon which determines the choice of trekking areas depending on the season: Spring Seasons [March to May] is ideal to watch the explosion of vegetation, including rhododendrons, and from around the Annapurna sanctuary trek to Everest, Generally clear skies in the morning, marked cloudiness in the late afternoon. The more we advance towards the month of May (monsoon), the more clouds rise early.

[Mid September to November] This is the main trekking season in Nepal. Day temperatures in Kathmandu are approx. above 20degC. Skies are usually clear and days on trek are sunny and mild with clear mountain views. Nights will be colder with temperatures dropping as low as to -5degC at the higher altitudes.



Summer Season Starts from June to September. Dolpo trekking and Mustang trekking of Nepal, and Tibet tour can be done in the monsoon.

Winter, from Mid December to late February, the cold is dry, the clear sky, the sunshine ... Many benefits without the tourist season. For example, short trek like chisopani and nagrkot trek, ghorepani poonhill trekking, Ghandruk Village trek would ideal for Winter Treks.

***** Travel Insurance *****

It is a condition of joining any of our holidays that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you take out delayed departure and cancellation insurance, as all deposits paid are non-refundable.

A relaxed trip is not possible without good travel insurance. In the event of any sickness or injury, the cost of emergency treatment and evacuation is shocking. Therefore, travel insurance is strongly recommended for everyone who signs up with Mountain Sherpa Trekking & Expeditions.

We strongly recommend that you be careful while choosing a policy as some makes special exceptions for adventure travel. Before buying your insurance, please ensure that your insurer is aware of your MSTE itinerary and can agree to cover the activities being undertaken in the trip to Nepal, Tibet, Bhutan & India. Such as if you are planning trekking or climbing/expedition in Himalayas your insurance must cover emergency air ambulance/helicopter rescue including medical expenses.

For a group tours in urban areas, your insurance coverage of ambulance or helicopter rescue is not mandatory, however better to have with them too. Again, in Tibet, Bhutan & India trips there is no possibility of helicopter rescue, so no need to buy the air ambulance coverage. You need send us your copy of your insurance policy (e.g. your insurance certificate) or carry it with you while you come on the trip.

FAQS

How Fit Do I Need to Be to Do the Mountains and Monasteries Trekking?

Mountains and Monasteries Trekking is a moderate Adventure Trek. But, a reasonable level of fitness is required. If you are relatively fit and don't have time for longer trek. This short Mountains and Monasteries Trekking in lower part of Everest would be ideal options. There are few ascent and descents walking. So, this trek isn't suitable for anyone with knee problems or weak ankles. Anyone with heart trouble or lung problems should check with their doctor.

We suggest you to do some physical fitness programs such as running, swimming, hiking before embark on your journey.

What sort of accommodation can I expect in Kathmandu and in trekking?

We use standard rooms at quality hotels in Kathmandu with breakfast included. Along the Mountains and Monasteries Trekking routes, mountain lodges and Sherpa Homestay generally provide basic clean facilities with a mattress and a quilt or blanket. We can also offer you sleeping bags if needed (to be returned after the trip) but it is a good idea to always have your own sleeping gear. The lodges in trekking routes generally provide single and double rooms, or seldom a dormitory. At times when possible, dining will be around a bon fire. In tea houses, food will be prepared in the kitchen which you should not enter without permission. The toilet in tea houses provides essential and basic facilities and will be always outside the room.

Do your guides have trekking guide license and first aid training for high altitude?

Yes, they have all received 45-day training from the Hotel Management and Tourism Center in Nepal. The guides have also



received high altitude first aid training from KEEP (Kathmandu Environmental Education Project). Please check our Trekking Guides Profiles and Training Certificates.

Is Mountain Sherpa trekking staff insured?

Our company insures all our trekking staff members, including guides, cooks, Sherpas and porters. Please browse through Company Information pages to view insurance details.

Should I Buy My Gear at Home or in Nepal?

That very much depends on how much use you intend to get out of it. Reasonable quality gear is available in Kathmandu for a fraction of the price of the real deal. We will help out you to find good standards gears in Kathmandu.

You also rent out down gear and sleeping bags, which are the most sensible option if you don't think you'll be using them again for a while.