

# Mani Rimdu Festival Trek in Everest

## 3 Star Hotel Package

**1899<sup>USD</sup>**  
per person

\*Including healthy meals

## 5 Star Hotel Package

**2099<sup>USD</sup>**  
per person

\*Including healthy meals

**Trip Style:** Festival + Trekking



**Trip Difficulty:** Moderate +2

**Mani Rimdu festival trek** in Everest region is especially meant for those who are fascinated by the glimpses of festival in Nepal. This festival trek bestows a lasting experience of natural attractiveness, geological splendor and insightful cross-cultural sighting. Meeting the Sherpa inhabitants of Khumbu region living on the huge valley beneath Mount Everest and getting to know their culture is one of the attractions of the trek. As an extension of the trek, after staying 3 days in Tengboche and watching the festival we can go up to Everest Base Camp as well as Kalapathar. **Mani Rimdu** performed in Tengboche Monastery on the 9th month as per Tibetan lunar calendar which is consistent with English calendar is celebrated in late October. According to the Buddhist tradition, the monks of Tengboche monastery will recite prayers and carry out a lot of sacred rituals for ten days. For the local inhabitants, the most significant day is when they obtain the blessings from Rimpoche, a high embodied priest of the monastery. On this day, the monks also carry out masked Dance. These multicolored and cheerful celebrations are the finale of the ten days festivals dedicating to the Buddha.

We will start our walk after outstanding peak flight from Kathmandu. After having some magnificent day in peaks, we get to Tengboche where this festival will take place. We will begin **Mani Rimdu Festival Trek** from Lukla to get to Phakding and then to Namche lying at an elevation of (3440m). We will then trek to Tengboche to attend **Mani Rimdu festival**. We will spend three days in Tengboche to look at this festival. Along with the experience of enjoying the festival, you will also get the chance to catch the glance of Mt. Everest (8848m), the world's highest mountain. Also, you will get to explore around Kalapathar (5500m) and reach at Everest base Camp (5,364m).

DURATION: 18 days

## ITINERARY

### Day 01:: Arrival Kathmandu (1,300m /4,264 ft) Overnight at Hotel

In a clear day, you will fly into Kathmandu. During the flight, from the windows you will witness glimmering snow-topped peaks extended down giving us the first joy of our trip which is unforgettable experiences. As soon as you will land at Tribhuvan International Airport, Mountain Sherpa Trekking and Expeditions office representative will receive at the airport and accompany you to your hotel. The representative will aid you to check into your selected hotel, and after you move to your rooms and refresh yourselves we will be shortly briefed about our everyday activities. The remaining time is open to move around and get familiar with your setting. In the evening, we will meet up our senior trek guide who will brief the group about facts related to our trek. Overnight at hotel.

### Day 02:: City Sightseeing in Kathmandu (1,300m /4,264 ft) Overnight at Hotel (B)

On this day you will have a full day sightseeing program. You will explore around Kathmandu valley and visit around historical as well as spiritual attractions. You will visit the places enlisted in UNESCO World Heritage list including Durbar Square which will captivate you with the places like Hanuman Dhoka Palace, Kumari Ghar, where Living Goddess- Kumari lives. Also, you will get to go around number of temples in Kathmandu Durbar Square. Likewise, you will go around Boudhanath; one of the largest stupas; Swayambhunath which is set at the top on the hill of the city also referred as the Monkey Temple; Pashupatinath which is Hindus holiest place. Stay

overnight at lodge in Kathmandu

**Day 03:: Flight to Lukla-Trek to Phakding (2,652m/8,700ft) 3-4 hrs Overnight at Lodge (B, L, D)**

On this day, we will fly to Lukla (2780m) which is the entrance path to Everest Base Camp. Here, you will be aided by porters to carry your luggage and you can view beautiful Sherpa settlement named Choplung. The path continues next to the side of the Dudh Koshi River valley before moving up to Ghat (2530m). After that, our trail climbs kindly again to final destination, Phakding. Overnight at Lodge Phakding.

**Day 04:: Trek to Namche Bazaar (3,440m/11,280 ft): 5-6 hrs Overnight at Mountain Lodge (B, L, D)**

After having breakfast, our walk takes us through a beautiful pine forest, next to Dudh Koshi River traversing a lot of suspension bridges passing through Sherpa settlements like Benkar, Manjo as well as Jorsole. Besides, you will reach the serene view point to witness Mt. Thamserku (6618 m) after crossing the check post. The path moves to Dudh Koshi riverbed to the meeting spot of Bhote Koshi and Dudh Koshi rivers. On the way exciting sight of Mt. Everest, Nuptse- Lhotse ridge will completely capture you. About 3 hours ascend through the breathtaking pine forest, as a final point we will reach a well-off trading and administrative settlement Namche Bazaar. Overnight at Mountain Lodge in Namche Bazaar.

**Day 05:: Acclimatization day at Namche Bazaar[3,440m/11,280 ft]:3/4 hrs Overnight at Lodge (B,L,D)**

Today, in Namche Bazaar, we will acclimatize to get used to with the altitude of (3,440m). An acute Mountain Sickness (AMS) as well as health expert gives an opinion to grasp at least one additional night. We will have a day tour here and visit Sagarmatha (Everest) National park where we can explore Sherpa culture and learn about the variety of plants and animals of the Everest region. After that, we can plan a side trip to large long-established Sherpa village Khumjung with the beautiful sights of Ama Dablam, Thamserku, Khaantaiga, Mt, Everest and many more. Back to Namche Bazaar at Lodge for overnight.

**Day 06:: Trek to Tengboche (3,870m/12,694ft): 5 - 6 hrs Overnight at Mountain Lodge (B, L, D)**

Today after finishing our breakfast we set up our trek. The fairly flat route will let us view astounding panorama of Mt. Everest, Ama Dablam, Nuptse, Lhotse, and witness the close up views of Thamserku, and Khangtaiga. The lane continues and we can view wild lives like musk deer, colorful pheasant and more. Then the trail slopes downward to Dudh Koshi River where chain of pleasing prayer wheels appears. After going across bridge over Dudh Koshi River, we will have a steep ascend through pine and juniper woods, to reach Tengboche. And in the background we will have peak views of Ama Dablam, Nupte, Mt. Everest and numerous more peaks. Also, we will see the famous Gomba (Tengboche Monastery) becoming visible. Overnight at Mountain Lodge.

**Day 07:: Mani Rimdu festival at Tengboche Monastery. Wang - blessing ceremony.**

We will stay at Tengboche Monastery to celebrate the first day of Mani Rimdu Festival. Here, you will get to see. You will also experience the blessing ceremony.

**Day 08:: Second day at the festival. Witness the Cham - mask dance.**

This is the second day of the festival. We will get to witness mask dance which is referred as Cham. Overnight at the monastery.

**Day 09:: Third day at the festival. Witness the Jinsak - closing ceremony.**

On the third day of the festival, we will get to see the Jinsak which means closing ceremony of the festival. Overnight at the monastery again.

**Day 10:: Trek to Lobuche (5018M) - Approx 4 hrs-Lodge (B/L/D)**

After the sunrise, we come up the small point at the back the village above Pheriche Valley. At the top, Tawoche and Cholatse (6440m) strikes us with its image which seems to tilt frontward from across the valley in the west. To the north, Lobuche Peak (6119m) and the snowfields of Cho La is prominent. The walking is now by and large flat on wide-open fields, but make sure that you are well hydrated. Then, we cross the Khumbu Khola at Dughla (4620m) and take a light lunch at the foot of the huge terminal moraines of Khumbu Glacier. The fantastic view of Pumori (7145m) and, across the border in Tibet, Changtse (7550m), are seen at the top of the valley at the same time Everest disappears behind the gigantic walls of Nuptse and Lhotse.

**Day 11:: Trek to Everest base camp (5364M) - Gorakshep (5170M) - approx 6 hrs-Lodge (B/L/D)**

From Lobuche, we will trek to Gorakshep. It gives a chance to have a relaxing breakfast before initial the day's stroll. From Lobuche, we will trek to the wide valley that is similar to Khumbu Glacier. When we get there at Changri Nup Glacier, we will make a chain of small up and downward path over a shaky path lined with cairns that confirms the way finally to the astonishing glacial of Gorak Shep (5160m). And after that, we head off to the Everest Base Camp.

**Day 12:: Hike to Kalapattar (5545M) & Trek to Pheriche (4280M) -approx 6/7 hrs-Lodge (B/L/D)**

We will trek to Kala Patar (5545m) in the morning to observe wonderful sunrise views from this amazing vantage point. Kala Patar is the rock-strewn peak under Pumori. It is a hard-hitting stroll due to the elevation, yet the top view is away from our imagination. We get back to Pheriche. Overnight at lodge.

**Day 13:: Trek to Portse Village - Approx.6 hrs-Lodge (B/L/D)**

We will leave behind Pheriche and trek to photse Village taking around 6 hours. Overnight at lodge.

**Day 14:: Trek to Manjo (2800M) - Approx 6/7 hrs-Lodge (B/L/D)**

On this day we will return back to Namche Bazaar. In the afternoon we will move down to the large suspension bridge hung over the Dudh Koshi River. Also, we will pass through Jorsale and come back to Manjo. Then with a short walk passing from side to side with Benkar and alone blue pine and rhododendron forest, we will get to witness the views of Kusum Kangaru and we will reach Phakding.

**Day 15:: Trek to Lukla- 5 hrs-Lodge (B/L/D)**

This is the last day of your trekking. Here we will climb up to the airstrip at Lukla. Overnight in Lukla.

**Day 16:: Fly to Kathmandu & Transfer to hotel, relax day after Long Trip- Hotel (B/B)**

We will take our flight back to Kathmandu, on this day. We will transfer to the hotel and relax after the memorable and long trip.

**Day 17:: Reserve day (Incase flight cancelled due to Bad weather - Hotel (B/B)**

This day has been separated as a spare day for the case like bad weather. Also, you may go around Kathmandu city for shopping. Overnight in Kathmandu.

**Day 18:: Departure to Airport and Back to Home. (B)**

This is your last day in Nepal. Our representative will drive you to the airport. And, you will return back to your home country.