

Tengboche Monastery Trek 2019

Kathmandu - Lukla - Phakding – Namche – Tengboche – Namche – Lukla – Kathmandu

Trip Details

Dates: November 07-17 (11 Days 10 Nights)

Accommodations & Meals: As below

Group Size: 15 Traveler Limit

Difficulty: Moderate to Strenuous

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07 November - Arrive at Kathmandu

Arrive in Kathmandu. On arrival, you will be greeted and assisted by our representative and transferred to the hotel. (Rooms will be available from 12:00 hrs)



Kathmandu – It is the capital city of Nepal at the altitude of 4500 feet above sea level. Kathmandu is home to seven UNESCO World Heritage sites- Kathmandu Durbar Square, Bhaktapur Durbar Square, Patan Durbar Square, Pashupatinath Temple, Changu Narayan Temple, Swayambhunath Stupa and Bouddhananth Stupa.

Accommodation: Kantipur Temple House

08 November – Explore Kathmandu

After breakfast, enjoy visit of Kathmandu including following:

Kathmandu Durbar Square: Here you will visit the temple of the Living Goddess, who acknowledges the greetings of the devotees from the balcony of her temple residence. Kasthamandap – the source of the name Kathmandu and supposed to be made from the timber of a single tree and Durbar Square are with its array of temples overlooked by the Hanuman Dhoka Palace, the ancient residence of the Nepalese Royalty. We continue to the Kumari Bhal, or the Temple of the Living Goddess.

Swayambhunath: Located approximately 3km from the center of Kathmandu, this Buddhist stupa is said to be 2000 years old. The stupa which forms the main structure is composed of a solid hemisphere of brick and earth which supports a lofty conical spire capped by a pinnacle of gilt copper. Painted on the four sided base below the spire are the all seeing eyes of Lord Buddha. The whole area around the Stupa contains an array of small stupas and temples. This is one of the best places from which to view the Kathmandu valley, as it is situated on a small hillock.

Patan: Patan as it is known today is located on the southern banks of the Bagmati River and is one of the three main cities in Kathmandu Valley. The city is believed to be the first settlement in the Valley and was established by the Kirat dynasty who ruled for more than 1200 years from the 3rd century BC. Patan

is famous for its amazing collection of fantastically carved temples, palace courtyards, water spouts, public baths and houses with their equally elaborate wood, stone and metal carvings under the patronages of the Kirat, Lichivi and Malla kings. Patan has more than a 1000 temples and monuments dedicated to the uniquely Nepali mix of Buddhist and Hindu gods, chief among which are the mounds erected by the great Indian Emperor Asoka in the four corners of the city when he visited Nepal in 250 BC. Patan Durbar square is one of the seven Monument Zones that make up the Kathmandu Valley UNESCO World Heritage Site.

Accommodation: Kantipur Temple House

Meals: Breakfast

09 November – Flight to Lukla

Flight from Kathmandu to Lukla airport & trek to Phakding (8563 ft / 2610m) 3-4hrs walk approx.

After breakfast, transfer to airport to fly to Lukla.

The flight from Kathmandu to Lukla is an amazing experience in itself. As the plane banks right and enters the Khumbu region you are rewarded with fantastic view of the Himalayan giants. The airhead at Lukla serves as the gateway to this region. Here you will meet the Sherpa crew.

After spending some time organizing our packs we are embark on our adventure. It is an easy gradual 3-4 hours descent to Phakding where we will stop for lunch and for the night.

Overnight at the lodge.

Accommodation: Sunrise Lodge/Namaste Lodge

Meals: Breakfast/Lunch/Dinner

10 November – Namche Bazaar

Trek from Phakding to Namche Bazaar (11,317 ft / 3,440 m) 5-6 hrs. walk approx.

After breakfast, we trek through cluster of stone houses, past caravans of Dzos until we reach the settlement of Monjo. From here the trail climbs quite dramatically today.

As the path snakes upwards the vistas open up revealing the imposing Himalayan giants. The next village Jorsale is the gateway to Sagarmatha National Park where the entrance ticket to the park is checked. The trail follows the river until the last suspension bridge over the Dudh Koshi River is reached where the trail crosses the river at a dizzying height.

From here the trails wind uphill all the way to Namche Bazaar against the backdrop of the beautiful Kwangde, Kusum Kangru, Mt. Everest, Nuptse, Lhotse, Tawache and a host of lesser known peaks. Namche Bazaar situated on a horse shoe amphitheatre is the capital of Sherpa country.

You can spend the afternoon exploring the stone paved alleys or rummage through the cyber cafes, souvenir and rental shops that line the streets.

Accommodation: Himalaya Lodge/Hilton Lodge

Meals: Breakfast/ Lunch/ Dinner

11 November – Explore Namche Bazaar

Acclimatization Day Namche Bazaar (11,317 ft / 3,440 m)

Suggested activities include a short walk uphill to the Sagarmatha National Park headquarters, a magnificent spot perched on top of Namche Bazaar with spectacular views of the surrounding snow-capped giants and the valleys way down below. There is also an interesting museum with all kinds of information regarding the history of the Himalayas, its geography, culture, mountaineering history and information

Accommodation: Himalaya Lodge/Hilton Lodge

Meals: Breakfast/ Lunch/ Dinner

12 November – Arrive Tengboche Monastery

Trek to Tengboche (12,687ft /3867m). (6 hrs walk approx)

While Namche can be deemed the Sherpa capital, Tengboche is the religious center of this region. The murmur of the monks chanting prayers, the blowing of conchs and the chance to sit with them for afternoon prayers amidst the serene and amazing environment is an experience that will linger on. The views of Everest and Amadablam from Tengboche is one that you will cherish for years

Accommodation: Himalaya Lodge/Tashi Delek Lodge

Meals: Breakfast/ Lunch/ Dinner

13 November – Tengboche Monastery – Mani Rimdu

Enjoy the day at Tengboche and spent time at Tengboche Monastery.

Tengboche Monastery is one of the most famous monasteries of Nepal, probably because of its unrivalled backdrop of Mount Ama Dablam. Tengboche Monastery is the leading Buddhist centre in the Khumbu with a residing Rinpoche who blesses pilgrims and travelers to the area.

Every October, Tengboche Monastery hosts the colorful Mani Rimdu festival, which is a culmination of Buddhist celebrations with religious gathering, songs, dances, enactments of legends. Visitors are also welcomed to partake in the festivities. Tours of the monastery are conducted every afternoon.

Mani Rimdu: The dances performed during the festival convey Buddhist teachings on many levels – from the simplest to the most profound. They are perfect for those interested in learning about Buddhism who does not have the opportunity to study and meditate extensively. It is performed on the day of the full moon of the tenth month in the Tibetan lunar calendar. The Dances take place of the 2nd day of Mani Rimdu. The day after the dances, the fire puja is performed in the courtyard. The fire puja is an offering to the Agni (the god of fire), and to the Gods of the mandala – to allay all harm in the world.

Accommodation: Himalaya Lodge/Tashi Delek Lodge

Meals: Breakfast/ Lunch/ Dinner

14 November – Return to Namche Bazar

Trek back to Namche (6 hrs walk approx)

Today after breakfast, you will back trek to Namche for overnight stay.

Accommodation: Himalaya Lodge/Hilton Lodge

Meals: Breakfast/ Lunch/ Dinner

15 November – Return to Lukla

Namche / Lukla (7-8 hrs walk)

Today you will walk down all the way to Lukla.

Accommodation: Tea House Lodges

Meals: Breakfast/ Lunch/ Dinner

16 November – Return to Kathmandu

Fly from Lukla back to Kathmandu

After breakfast, transfer to the airport to connect flight to Kathmandu in the morning.

On arrival in Kathmandu, check-in at hotel. Rest of the day is at leisure.

In the evening enjoy visit of Boudhanath.

Boudhnath - This stupa, situated 11 Km. from the center of Kathmandu, is one of the biggest in the world of its kind. It stands with four pairs of eyes in the four cardinal directions, keeping a lookout for righteous behavior and human prosperity. It is built on an octagonal base and is contains inset prayer wheels. The shrine is surrounded by the homes of Lamas, or Buddhist priests.

Rest of the day at leisure to relax at hotel.

Accommodation: Kantipur Temple House

Meals: Breakfast

17 November – Kathmandu Departure

Kathmandu Departure

After breakfast, drive to airport to board flight for onward journey / back home.

(Rooms will be available till 1200 hrs)

End of Services

Meals: Breakfast

End of services **or Continue to Tibet Extension – Optional**

Prices Details

Cost USD \$1990.00 per person

Deposit USD \$750.00 per person

Balance due by August 1, 2019

Purchase of travel & medical evacuation insurance is required

Single room supplement USD \$350.00 Per Person staying in a single room.

Airfare Supplement:

Kathmandu / Lukla / Kathmandu USD \$425.00

Airfare cost is subject to change.

Cost Includes	Cost does not include
* Accommodation	X International airfare, excess baggage
* Daily breakfast and all meals and during trekking program. Last night celebration dinner	X Any airport taxes.
* All transfers and sightseeing, as detailed in the itinerary using A/C Vehicle.	X Items of personal nature such as bar bills, alcoholic beverages, laundry, telephone calls, extra mileage, personal gratuities as tips to guide, porters, drivers etc
* Services of Accompanying English speaking tour escort from arrival till departure	
* 07 nights trekking program as mentioned in the program including: Trip leader, Trekking guide, porters,	X Any new tax imposed by the Govt.
* Entrances to the sites as mentioned in the program.	X Expenses incurred by re-routing, inclement weather, floods, famine, political disruptions, strikes, riots and other disturbances
* 02 Bottles of Mineral water per person per day during trekking only	
* Everest Area permit fee	X Nepal visa fees
* Currently applicable taxes.	