

## Mani Rimdu Special Trek

Duration: 14 Days



### Overview

<b>Trip Grade: Moderate</b>	<b>Max Altitude: 3,860 m.</b>
<b>Activity: Trekking</b>	<b>Group Size: 02-12 People</b>
<b>Arrival On: Kathmandu, Nepal</b>	<b>Departure From: Kathmandu, Nepal</b>
<b>Meals: All meals during trek &amp; breakfast in kathmandu</b>	<b>Accommodation: Stone Built Houses (tea houses) during trek</b>

Be a part of the fascinating Mani Rimdu Festival and discover the joy of mass Himalayan celebration. Want to experience and celebrate the most iconic & oldest festival of Khumbu region? Then without any prior hesitation, join our Mani Rimdu Special Trekking package today. Explore enchanting natural trails while you make your way into the religious Buddhist village of Tengboche where Mani Rimdu is annually celebrated. Our 14 days **Mani Rimdu Special Trek** is scheduled to commence with a flight to Lukla that can take about 30 minutes to complete. This allows trekkers to enjoy the scenic hills, valleys and rivers but mostly don't forget to have a glance at the striking Himalayas as they can be seen even before reaching the Tenzing Hillary Airport of Lukla town. After arriving at Lukla, you along with your other trek members shall make a move towards Phakding village which is merely 3 hours away from Lukla. The next day, we are to head onward to Namche Bazaar which is one of the highlighted place of our trek as it is the most populated town of Khumbu region where modern facilities such as hot shower, comfy rooms, Free Wi-Fi and good food can be enjoyed similar to Kathmandu city. Trekking in high altitude can be a risky venture for trekkers as their bodies need to be properly adjusted to the surrounding environments where due to less air pressure the depreciation of Oxygen occurs. This can lead to many health hazards so we are to stay at Namche Bazaar for acclimatization purposes to help our bodies fine-tune according to the surrounding. After Namche, we now make a beeline towards Tengboche with an uphill hike that can last up to full 5 hours to complete and more if you're not properly acclimatized. Now, we celebrate the highly anticipated Mani Rimdu Festival for the upcoming three days during which you get to be a part of "Wong" which in general is the opening ceremony done on the full moon day. Further ahead, you are to enjoy "Chham" which essentially is a sacred dance ceremony and then witness a fire prayer the following day called "Jinsak" primarily done to ward off evil spirits. From this point ahead, we shall descend down back to Namche and Lukla one by one before ending our trek in the historical capital city of Kathmandu by taking a domestic flight. Because it's the most widely celebrated festival of Khumbu region, people from all around the valley gather in Tengboche to be a

part of it which solely adds greater excitement and greater trip value as they can fully indulge in the celebration for the entire 3 days of their stay there. Also, this festival falls during the mid Oct to mid Nov, so trekkers need to schedule their visit in Nepal according to these dates otherwise they might miss the festival entirely. Contact, **Himalayan Holyland Treks and Expedition** today and get close with the ancient Himalayan culture while celebrating the Mani Rimdu Festival.



## Itinerary

### Day 01: Arrive in Kathmandu airport(1350m) and transfer to booked hotel.

Arrive in Kathmandu airport(1350m) and transfer to hotel at Thamel. Get refreshed at the hotel and little walk for exploring around Thamel in the evening time. Overnight in Hotel.

### Day 02 : Meet at the hotel and talk about the trek and collect the documents for the trek.

Meet at the hotel in the morning and talk about the trek and collect the documents for the trek permits , in the afternoon shopping for the treks, meeting the guide and talk about next day. Overnight in Hotel.

### Day 03: Kathmandu to Lukla -2700m, (30min flight), walk to Phakding(2650) appr. 3hrs.

On our walk there will be the river flowing on our left where as we continue our trail passing the bridges, forests, Buddhist monasteries and stone Chorten (Stupa in the mountain region in Nepal) and on the right side of the trail Kusum Kangaru peak(6367m) can be seen if weather is clean there. Overnight in Lodge.

### Day 04 : Phakding to Namche Bazar(3440m), appr. 6hrs.

The walk begins with the view beautiful flowing river ,villages, forests, waterfalls and we pass through the highest suspension bridge in Khumbu region. On the half way , the lunch break will be at Manjo or Jorsale. There is a trekking permit check post also. We have small break also here when they entry the permit. This day we will also see the **Mt. Everest** from Top Danda just near by the Namche. Overnight in Lodge.

### Day 05: Rest day in Namche Bazaar for the acclimatization.

Rest in Namche village for the acclimatization, hike to the hill and we see Kusum Kangaru, Taboche, Khonde peak and many more. Everest view point 3800m (1.30h), view of Everest, Amadablam, Kang-taiga, Thamserku and Amadablam. Back to Namche Bazaar where Sagarmatha national park museum, Monastery and the market can be visited. Overnight in Lodge.

### Day 06 : Namche Bazaar to Tengboche (3860m) appr. 5hrs.

Namche to Tengboche (3860m) appr.5h, on this day we cross the river and there is beautiful rhododendron forest nearby the Tengboche. For lunch, we pause at Kenjoma or Phunki Tenga and we continue our trail to Tengboche; this is the biggest monastery in this region where the monks perform their religious rituals or Puja. Overnight in Lodge.

### Day 07: First day at Tengboche.

Mani Rimdu festival at Tengboche Monastery. We visit Wang & #8211; blessing ceremony in the monastery. Overnight in Lodge.

### Day 08: Second day at Tengboche.

Day 08: Second day at the festival. Witness the Cham -we will see mask dance and make photos and videos. Overnight in Lodge.

### Day 09: Third day at Tengboche.

Third day at the festival. Witness the Jinsak closing ceremony. Overnight in Lodge.

**Day 10: Trek from Tengboche to Namche 3440m (4/5 hours).**

This day after breakfast, we return back same way to Namche bazaar. Firstly our trail steep descents to Dudh Kosi River and again trail ascent brings us to reach Kyangjuma village and it takes 3 hours. We will have lunch there. After lunch the trail continues straight until reaching Namche and takes about 2 hours to reach. Overnight in Lodge.

**Day 11: Trek from Namche to Lukla 2840m (6/7 hours).**

In the morning, we will leave the Namche Bazaar and trail descents through pine trees and cross the high suspension bridge over the Dudh Kosi River. Then our trail continues River side and we arrive in Jorsalle and it takes about 2 and half hours. We continue again our trek until reaching Phakding with crossing several bridges about 1 and half hours walk. We will have our lunch there. After lunch our trail continues until Lukla with passing up and down which takes about 2 hours. Overnight in Lodge. Overnight in Lodge.

**Day 12: Lukla-Kathmandu flight.**

Flight from Lukla to Kathmandu(30 min.) early in the morning. Overnight in Hotel.

**Day 13: Leisure day in Kathmandu valley.**

Today, you have leisure day for relax or shopping in Kathmandu so you can do your own activities by yourself or consult with company to arrange extra activities. We have farewell dinner also at this day. Overnight at hotel. Overnight in Hotel.

**Day 14: Final departure day.**

Final departure day. This day you have enter the international airport 3 hrs before your flight time. So, from your hotel you have to leave 3.5 to 4 hrs before.

## Cost Includes

- => Airport pickup and drop in a private vehicle for International flight.
- => Airport pickup and drop in a private vehicle for domestic flight.
- => Hotel accommodation in Kathmandu and other destinations in B/B basis.
- => Tea house accommodation during the trek.
- => Three times meal during the trek.
- => Hot soup with dinner in the high places.
- => Farewell dinner in Kathmandu.
- => All the transportation as per the itinerary.
- => Two way flight : Kathmandu ↔ Lukla ↔ Kathmandu.
- => A professional guide for trek and sightseeing.
- => Porter service(2 trekkers : 1 porter).
- => Insurance for guide and porters.
- => Food and accommodation for guide and porters.
- => All necessary documents(Permits and TIMS).
- => All government and local taxes.
- => Airport taxes.
- => Medical kit.
- => Trekking map as itinerary.
- => Trip completion certificate.
- => T-shirt from the company.

## Cost Excludes

- => Visa for Nepal.
- => International flight to and from Kathmandu.
- => Lunch and dinner in Kathmandu and Other destinations.
- => Travel and rescue insurance of clients.
- => Personal expenses: Shower, battery charge , bar bills, laundry, Mineral water.
- => Extra night accommodation in Kathmandu and Pokhara in exception of itinerary.
- => Tips for guide and porters.