Trekking Holy Hills and Holy Lakes

3 Star Hotel Package

2000USD per person

*Including healthy meals

5 Star Hotel Package

2300USD per person

*Including healthy meals

Trip Style: Cultural Tour + Trek

Trip Difficulty: Moderate+2

The mountains stand as silent sentinels of nature's spirituality, their pristine beauty and crystal-clear lakes above 3000 meters elevation revered by thousands. Among these sacred waters lies **Dudh Kunda,** a pristine lake nestled in the heart of the Solukhumbu region. This trek offers a unique blend of wilderness adventure and spiritual exploration, making it a perfect journey for both backpackers and pilgrims. It leads you along secluded trails, far from the beaten path, culminating at the low-altitude **Pikey Peak** and the sacred Dudh Kunda lake in the Khumbu region. "**Trekking Holy Hills and Holy Lakes"** promises an unforgettable adventure that seamlessly merges the thrill of exploration with spiritual significance.

Why You Should Join the "Trekking Holy Hills and Holy Lakes" Adventure:

1. **Breathtaking Panorama:** Venture into the Everest region to witness a spectacular panorama of iconic peaks, including the towering Mt. Everest, Annapurna, Makalu, Numbur, and Mera Peak. The awe-inspiring sunrise and sunset views here are simply unforgettable.
2. **Exclusive Cultural Insights:** Immerse yourself in the exotic Sherpa culture, gaining exclusive insights into their way of life. Interact with warm and hospitable locals along the way, who will share their stories and wisdom, enriching your journey.
3. **Picturesque Landscapes:** Traverse routes that lead you through picturesque landscapes, where lush rhododendron forests, verdant valleys, and idyllic pastures with grazing cattle create a sense of tranquility and beauty.
4. **Unique Monastery Encounters:** Begin your journey in Phaplu and pass through charming settlements like Salleri, where you'll encounter serene monasteries. These encounters with monks add depth to your experience as they share their insights about the regions you explore.
5. **Less-Traveled Paths:** Few travelers venture into this region due to its distinctive geography, making your experience all the more exceptional. You'll have the trails and views mostly to yourself, away from the tourist crowds.
6. **An Adventure within an Adventure:** Ascend Pikey Peak as an enticing bonus to your trek. The adventure begins with a scenic drive from Kathmandu to Dhap, a vibrant mountain town. The peak offers breathtaking vistas and a sense of accomplishment.
7. **Traverse Uncharted Territory:** This trek takes you on a new trail, allowing you to discover the unknown within the familiar. Explore homely villages like Junbesi, Taksindu, Beni, and reach the revered Dudh Kunda lake—a journey filled with exciting discoveries.

Mountain Sherpa Trekking is your ideal companion because we were born in the very villages you'll explore. We consider these trails our home, and we'll make it feel like home for you too. This adventure promises more than just memories; it's a transformative journey. With "Mountain Sherpa Trekking," you'll delve into the heart and soul of the region, ensuring your trip is not just memorable but deeply meaningful.

Join us on the "Trekking Holy Hills and Holy Lakes" expedition, and together, we'll embark on a once-in-a-lifetime journey that blends spirituality, culture, adventure, and natural beauty into a seamless and unforgettable experience.

DURATION: 12 days

ITINERARY

Day 01: : Arrival in Kathmandu airport and transfer to hotel by private Car

If the skies are clear when you arrive in Kathmandu, your adventure begins even before you set foot on the ground. The view from the airplane window offers a breathtaking sight of glimmering snow-capped mountain peaks, a mesmerizing preview of the remarkable journey ahead. These initial moments ignite a sense of excitement and anticipation, setting the stage for unforgettable experiences that will linger in your memory.

Upon landing at **Tribhuwan International Airport**, you'll be warmly received by a representative and driver from **Mountain Sherpa Trekking**. They will be ready and waiting to greet you as you disembark from the plane. Their first task is to ensure your smooth transition to your chosen hotel. With their assistance, you'll swiftly check-in, settling into your comfortable accommodations.

After some time to freshen up in your rooms, you'll convene for a briefing on the daily activities planned for your trip. This session will help you gain a clear understanding of what lies ahead in your itinerary. With your schedule in mind, you'll have the freedom to explore the nearby area and acquaint yourself with your new surroundings.

As night falls, you'll experience your first overnight stay in the ancient city of Kathmandu, a place known for its rich cultural heritage and numerous temples. Rest assured, you'll enjoy the best hotel accommodations, ensuring a comfortable and memorable start to your journey.

Day 02:: Full Day Cultural city tour of Kathmandu. Overnight Stay at Hotel

After a restful night's sleep and a hearty breakfast, our day begins with a visit to **Swayambhunath**, popularly known as the Monkey Temple. "Swayambhu" translates to "self-created," and the legend tells of this hill suddenly emerging from a vast lake that once covered the Kathmandu Valley.

From **Swayambhunath,** we proceed to **Kathmandu Durbar Square,** a UNESCO-listed cultural World Heritage site. This square is a captivating ensemble of medieval temples, palaces, courtyards, and streets, with origins dating back to the 12th and 18th centuries. Within its confines, we'll discover treasures such as the Hanumandhoka Palace Museum, Taleju Temple, Kumari Ghar (House of the Living Goddess), Kasthamandap, and numerous other structures as ancient as the city itself.

Our journey continues with a visit to the famous **Boudhanath Stupa**, said to be the largest stupa in the world and a significant hub of Tibetan culture in Kathmandu. The stupa's design mirrors a colossal mandala, symbolizing the Buddhist cosmos.

Afterward, we make our way to **Pashupatinath Temple**, a sacred Hindu shrine dedicated to Lord Shiva. It holds the distinction of being Nepal's holiest Hindu temple.

Returning to our hotel, we have the opportunity to refresh, perhaps indulge in some shopping, and enjoy an early supper. Following our eventful day, most likely, we'll retire to bed. Enjoy your breakfast and this exciting exploration of Kathmandu's cultural wonders.

Day 03:: Drive to Dhap/Patale (7/8 hrs), hike to Changesthan Temple, overnight at Lodge (B/L/D)

Today, we embark on a journey from Kathmandu to Dhap early in the morning, a drive that will take approximately 7 hours. We'll be traveling along the Khurkot-Ghurmi Madhya Pahadi Highway, a renowned route known for its breathtaking beauty amidst Nepal's captivating landscape. This journey offers a unique opportunity to explore rural areas, immerse ourselves in the local culture, and take in the awe-inspiring views along the way.

The road will wind through scenic landscapes, including terraced fields, quaint villages, and meandering mountain roads. Along our route, we may have the chance to pass through charming towns like Banepa and Dhulikhel.

Upon reaching Khurkot, our journey will continue eastward, leading us toward Ghurmi on the Madhya Pahadi Highway. We've planned a lunch break at Ghurmi, where we can rejuvenate ourselves for the road ahead. This particular route will guide us through rolling hills, picturesque villages, and lush forests. As we ascend to higher altitudes, prepare to be treated to panoramic vistas of the surrounding valleys and majestic mountains.

Once we reach **Dhap,** we'll check into a local lodge, providing us with a comfortable base for our explorations. But our day's adventure is far from over. We'll embark on a short hike to Changesthan Temple, allowing us to soak in the local ambiance and discover the area's beauty.

As night descends, we'll return to our lodge for a well-deserved overnight stay. Rest assured, all your meals are thoughtfully included, ensuring a satisfying and enjoyable experience.

Day 04:: Trek from Dhap to Jabre (2820 m/9250 ft)- Local Shepra Lodge (B/L/D

Beginning our day with a hearty breakfast, we embark on a trek to Jhabre from our starting point. The trail ahead offers mostly level terrain, occasionally graced with gentle slopes. Throughout this journey, our senses are treated to captivating vistas of picturesque villages on either side, as well as panoramic glimpses of the majestic Himalayas, with the iconic Mount Everest in the distance.

Our path follows a well-maintained road, though it's worth noting that this road remains unpaved. However, this doesn't detract from the overall trekking experience. The road's condition ensures a comfortable journey, and the natural beauty of the surroundings remains as awe-inspiring as ever.

Continuing forward, the landscapes around us present a delightful medley of scenes. Some segments of the trail lead us through enchanting jungles, where the sounds of nature create a tranquil symphony as our footsteps echo softly. These moments amidst the jungle add an extra layer of enjoyment, allowing us to completely immerse ourselves in the wonders of the natural world.

Anticipate a trek lasting approximately 5 hours, with each step bringing us closer to the welcoming village of Jhabre. In Jhabre, you'll not only find a warm and inviting atmosphere but also gain a unique glimpse into the simple yet rich rural life of the Himalayas.

Day 05:: Trek to Pikey Hill Base Camp (3640m/11,940 ft)-Sherpa Lodge (B/L/D)

After savoring a hearty breakfast at **Jhabre,** we embark on today's journey. The trekking trail for the day primarily involves ascending, but the ascent is not overly steep; instead, it's characterized by gentle slopes.

The route for today promises a delightful experience, providing ample opportunities to immerse ourselves in the surrounding natural beauty. Along the way, we may find ourselves captivated by the delicate allure of wild orchids, all while taking in the sweeping vistas that unfold before our eyes.

Approximately 3 hours from Jhabre, we will reach Bhulule, where we will pause for a well-deserved lunch break. Afterward, our hike continues as we pass through a few teashops at Lhamuje, situated at an elevation of 3500 meters, where we'll take a refreshing tea break. Beyond Lhamuje, we'll venture through a forest for about 40-50 minutes, passing through captivating landscapes and tranquil Yak Pastures. Finally, we face an ascent of about 600-700 meters before reaching Pikey Base Camp.

Upon our arrival at Pikey Base Camp, where we will spend the night, we can reflect on the day's journey and the enriching experiences it has bestowed upon us. As night falls, a profound sense of tranquility envelops us, inviting us to rest and rejuvenate in preparation for the adventures that await us in the days ahead. The total trek from Jhabre to Pikey Base Camp will take approximately 6-7 hours.

Enjoy your overnight stay at Pikey Base Camp, with breakfast, lunch, and dinner included.

Day 06:: Hike to Pikey Hill (4065m/13,333ft.) and Trek to Jasmane Byanjyang-Lodge (B/L/D)

The ascent to the summit of Pikey may initially appear steep, but it is surprisingly manageable. It takes approximately 2 hours to ascend from the Base Camp to the peak of Pikey. Once you reach the summit, an awe-inspiring panorama unfolds before you. The magnificence of Everest, Kanchenjunga, Makalu, and numerous other majestic peaks adorns the horizon, creating a view that truly takes your breath away. We will spend some time at the top, capturing pictures and relishing the panoramic views.

After immersing ourselves in the breathtaking sights, we commence our descent from the summit, heading back to Jasmane Banjyang, where we will spend the night. The descent will take approximately 2 hours. **Jasmane Banjyang** is a small place with only two lodges, but these lodges are well-maintained, offering cozy rooms and delicious food.

Despite the relatively short duration of the trek, the decision to stay at Jasmane Banjyang proves to be immensely rewarding. The surrounding scenery is unparalleled, and the lodges provide a warm and comfortable sanctuary to relax in. As we prepare to rest for the night, the memory of the day's astonishing vistas lingers in our thoughts—a testament to the remarkable beauty that the Himalayas bestow upon those who are willing to venture into its heights.

Enjoy your overnight stay at Jasmane, with breakfast, lunch, and dinner included.

Day 07:: Trek from Jasmane Byanjyang to Junbesi (2700m/8856ft)- Lodge (B/L/D)

Embarking on the next leg of our journey, we set out for Junbesi, situated at an altitude of 2700 meters (8856 feet), departing from Jasmane Banjyang. The trek from **Jasmane Banjyang** to Junbesi typically spans a distance of approximately 12-15 kilometers, and the estimated duration of the trek can range from 5 to 7 hours, depending on your pace and trail conditions.

The trail may vary, with stretches of gentle ascents and descents, meandering through forests, open landscapes, and charming villages along the way. It's a trail that allows you to immerse yourself in the natural beauty and cultural richness of the region.

Throughout this trek, you'll have the opportunity to soak in the picturesque landscapes, including terraced fields, rhododendron forests (if in bloom), and the captivating architecture of traditional Nepali villages. The journey offers a perfect blend of natural and cultural exploration.

As you pass through local villages and settlements, you'll have the chance to interact with the friendly locals, gaining insights into their way of life and culture. The cultural experiences are an integral part of this trek.

Along the way, you may stop for a lunch break in one of the local teahouses or lodges, savoring a meal that provides sustenance for the journey ahead.Upon reaching Junbesi, you'll find this Sherpa village nestled amidst the rolling hills. It's a place known for its tranquility, monasteries, and warm hospitality. Junbesi offers a glimpse into the unique Sherpa culture and a chance to unwind in the serene surrounding.

In Junbesi, you'll have the option to stay in comfortable lodges or teahouses, providing cozy rooms and warm hospitality.

As you arrive in Junbesi, the day's trek comes to a close, offering a well-deserved rest and an opportunity to appreciate the beauty of the Himalayan landscape and the cultural riches of the region.

Day 08:: Trek to Thupten Choling Monastery 2,850 meters– Monastery guest house (B/L/D)

Today, we head to Thupen Choling Monastery, one of Solukhumbu's oldest and most spiritually significant monasteries. Nestled at an altitude of around 2800 meters, this ancient sanctuary holds a special place for those seeking solace in the Himalayas.

Our trek guides us through the charming village of Mopung and other Sherpa settlements, where we encounter

numerous chortens and stupas, each with its own unique story and cultural importance.

Thupen Choling Monastery exudes a serene and contemplative atmosphere, a living testament to the region's rich spiritual heritage. Surrounded by peaceful environs, it beckons us to explore its spiritual depths amid the Himalayan wilderness.

As we journey through **Sherpa villages** and pay respects to sacred chortens and stupas, we witness the fervor of local communities and gain insights into their cultural traditions.

This trek to Thupen Choling Monastery, along with the exploration of Mopung village and its environs, offers a harmonious blend of spirituality, culture, and natural beauty. It's a day brimming with enriching experiences, connecting us with the heart and soul of Solukhumbu.

At day's end, we may find ourselves physically tired yet spiritually invigorated, ready to embrace the serenity of the Himalayan landscape that surrounds us.

All Meals included

Day 09:: Trek to Beni (3835 m/12,578 ft) 10/12 hrs– community Lodge (B/L/D)

Commencing our trek from Thupten Chholing Monastery, we set out around 7 am following a hearty breakfast. Our path leads us to ascend the Hill of Yak Kharka, a journey that promises awe-inspiring views throughout the day. Today's trek will take us to altitudes of approximately 4000 meters before reaching our final destination, Beni. This leg of our journey is the longest walking trail in the entire trek, offering a fulfilling day of exploration and immersion in the natural beauty of the Himalayas.

Day 10: : Trek to Dudh Kunda Lake (Holy Lake) - 4965 m/16,285 ft, and return to Beni - Lodge (B/L/D

This marks another significant day of our trekking adventure. Our destination today is Dudh Kunda, also renowned as the Holy Lake. This place holds great spiritual significance and is particularly visited during the festival period in August, when purification rituals are performed. The festival serves as a magnetic attraction, drawing thousands of devout villagers and visitors from distant places.

Following our visit to Dudh Kunda, we will retrace our steps and trek back to Beni. We will spend the night at a **Community Lodge**, and all your meals will be thoughtfully provided.

This day promises both spiritual enrichment and the opportunity to immerse ourselves in the local culture and traditions. Dudh Kunda's serene beauty and the vibrant festivities during the festival period make it a memorable stop on our journey.

Day 11: : Trek from Beni to Thaksindu (2960 m/9708 ft)-Overnight stay at Lodge (B/L/D)

On this day, our trekking journey leads us from Beni to Thaksindu. Throughout this trek, you'll have the opportunity to immerse yourself in the serene Sherpa villages, traverse through picturesque valleys, and witness the awe-inspiring landscapes that surround us. Snow-white mountains will grace our journey, providing a stunning backdrop to our adventure.

We will spend the night at a local **Sherpa Lodge,** ensuring that all your meals are provided with the utmost care for hygiene and cleanliness. This day promises a harmonious blend of cultural exploration and natural beauty, with the comfort and hospitality of the Sherpa community enhancing your trekking experience.

Day 12: : Trek to Mera Village via Kyamje Danda (2630 m/8626 ft) – Monastery Guest House (B/L/D)

After savoring a hearty local breakfast at our Sherpa Lodge, we embark on a rewarding climb up to **Kemje Danda** from Thaksindu. This ascent typically takes around 3 hours of walking, during which we'll find ourselves

surrounded by lush rhododendron and pine trees. Upon reaching the summit of Kemje Danda, which stands at approximately 3500 meters above sea level, we will be greeted by breathtaking mountain vistas that include some of the world's highest peaks.

From **Kemje Danda**, our journey continues with about 3 hours of scenic hiking to reach Mera Village, also known as **Chyangmiteng Village** in the local Sherpa language. Thus, the total trek for the day is estimated to be around 6-7 hours. Along the way, we will traverse dense foliage and enchanting forests.

It's worth noting that there are no teahouse lodges between Mera Villages and Thaksindu Monastery, so it's essential to be prepared for this leg of the journey.

This day promises an immersive experience in the natural beauty of the region, with rewarding views and a sense of accomplishment as we make our way through these enchanting landscapes.

Day 13: : Trek from Mera to Phaplu (2469 m / 8098 ft) – Local Sherpa Lodge (B/L/D)

We kickstart our day with a warm and hearty breakfast at Mera Village, sharing this meal with the local monks. Afterward, we set off on a hike up to Ratnage Danda. This scenic hike usually takes about 2-3 hours to reach Ratnage from Mera Village. As we trek, we find ourselves traversing through cool, shady forests adorned with pine trees, providing a tranquil backdrop to our journey.

Upon reaching the summit of **Ratnage Hill,** we are greeted by a breathtaking panorama of the Himalayas. This stunning vista includes iconic peaks such as Mt. Everest, Mera Peak, Thamserku, and Numbur Himal. In addition, we're treated to panoramic views of Sherpa villages, lush green hills, and cultivated lands, creating a picturesque tableau.

Our descent from Ratnage to **Phaplu** takes approximately 2 hours. Phaplu, a town of remarkable beauty, welcomes us with its charm and serenity.

This day promises a fulfilling blend of natural splendor, cultural experiences, and awe-inspiring mountain views, making it a memorable part of our trekking adventure.

We will spend the night at a beautiful lodge in Phaplu, where we will enjoy warm meals and a farewell party to celebrate the conclusion of our trek with our Sherpa teams.

Day 14: : Drive to Kathmandu (7-8 hrs) by Jeep and transfer to the hotel - Hotel (B/B)

Today, we embark on our journey back to Kathmandu by Jeep, commencing our travels early in the morning. Throughout our route, we plan to make stops for both breakfast and lunch to ensure a comfortable and enjoyable journey. Covering a distance of approximately 270 kilometers, this scenic drive typically takes around 8 hours to complete.

Our chosen route will guide us along the Khurkot-Ghurmi Madhya Pahadi Highway, renowned for its breathtaking beauty as it gracefully winds through Nepal's captivating landscape. This picturesque journey leads us through rural areas, offering a unique opportunity to immerse ourselves in the local culture and savor the stunning views that unfold before us.

As we progress eastward from Khurkot toward Ghurmi on the Madhya Pahadi Highway, we will take a well-deserved lunch break in Ghurmi. This route will navigate us through hills, charming villages, and serene forests. With our ascent to higher elevations, you will be treated to panoramic vistas of the surrounding valleys and majestic mountains, further enhancing the beauty of our journey.

This day not only marks our return to Kathmandu but also serves as a final opportunity to appreciate the natural wonders and cultural richness of Nepal's landscape before concluding our memorable trekking adventure. Upon your arrival in Kathmandu, you will be transferred to one of the excellent hotels in the city. Here, you can look

forward to great service, a comfortable bed to rest, and the chance to savor your last night in Nepal.

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

After a satisfying breakfast, our dedicated representative and office vehicle will be ready and waiting at our hotel to escort you to the airport for your flight back home. Serving you during your stay has been an absolute delight and privilege for us. At Mountain Sherpa Trekking, we hold dear the strong bonds we've forged over the course of your journey with us.

We extend our heartfelt gratitude to you for choosing us as your trusted travel partner and for selecting Nepal as your destination. Your visit to this incredible country has been a remarkable adventure, and we're confident that your trekking experience in the breathtaking Lower (Everest) region will leave you with a treasure trove of lifelong memories.

As we bid farewell for now, please know that our paths may diverge, but the friendships and experiences we've shared will forever remain etched in our hearts. Until we meet again, dear friends – Namaste!! Ciao!

Cost Includes

Transports & Accommodations

- Private Transfers upon arrival and departure
- Private Jeep transportation both ways: Kathmandu–Dhap and Phaplu–Kathmandu
- 3 Night hotels in city as specified in Itinerary
- 11 nights local lodge, Homestay & tented camp accommodations during trek

Meals & Drinks Included As Per Below

- Daily hygienic breakfast in city as specified in Itinerary
- Daily 3 meals entire trek (Breakfast, Lunch & Dinner)
- Tea or Coffee as per choice (Per day 5 Cups Per Person)
- Welcome dinner at best local restaurant with cultural show
- Fully boiled Safe drinking Water (Per day 4 liters Per person)

All Activities & Entrance Fees

- Pay and insurance for guide and support staff
- Sagarmatha National Park entry permit fee
- Rural Municipality Entrance Permit, Trek Permit & TIMS Fees
- Half day Cultural tour in city including guide and driver
- Entrance fees to historic sites, temples and monuments

Best Sherpa Guide & Porters Will Be Provided

- Reliable, friendly and honest Local Sherpa guide
- Hardworking and trustworthy porters (1 porter for 2 People)
- All meals & lodging for sherpa guide during whole trek
- All meals, equipment & lodging for porter during trek
- Salary and insurance for guide,porter and support staff

Gear & Equipment

- Complimentary T-shirt, Water bottle and walking pole
- Sleeping bags and down Jackets if required
- Duffel bag, Trek Map & group medical Kit
- Pulse oximeter for oxygen saturation as well as heart rates
- Hot water bag to warm your feet inside the sleeping bag

Additional Service

- Call support for anytime 24/7 for Emergency
- Free help to get SIM Card, renting or buying gears
- Free extra luggage storage service
- We help you, if an airline loses your luggage, or delayed
- International flight ticket Reconfirmation service if required

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WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately $ 5-10 Per Meal)
- Any Alcoholic Drinks and deserts in Trek
- Gratitude for Guide & Porter after end of trek