



CEREMONIAL TREK

LOWER EVEREST REGION, NEPAL

A sacred journey following the footsteps of enlightened master of Vajrayana buddhism into the sacred valley of the lower Everest region. Witness the sacred ceremonies and rites of the high priests in the ancient Tibetan monasteries.

DEPARTURE: 26 APRIL 2022

DURATION: 7 DAYS

Contact: Preeti Khattri +977- 9808032588 or email at info@preetikhattri.co

Ceremonial Trek

Lower Solukhumbu Region

A sacred journey following the footsteps of enlightened master of Vajrayana buddhism into the sacred valley of the lower Everest region. Witness the sacred ceremonies and rites of the high priests in the ancient monasteries of Junbesi.

Departure: 26 April 2022
Duration : 1 week

Curated by : Preeti Khattri +977-9808032588
Email: info@preetikhattri.co

Price: NPR 34,999/-

We will venture into the trails of the lower Solukhumbu region, a sacred pilgrimage journey taken by Guru Padmasambhava, the enlightened master, founder of the Vajrayana Buddhism to commemorate his birthday, celebrated with sacred ceremonies and rites by the head priests in the ancient Tibetan Monastery.

This is one of the major festivals of the Sherpa community which will be celebrated for 5 days and will end with the sacred ritual on the final day.

It's a pilgrimage in addition with the trek that combines the time and space to enjoy a more spiritual practice and immerse ourselves in healing meditation practice on the sacred buddhist sites along the trails.

April 26 : Departure from Kathmandu. Arrive at Dhap | Sunset yoga | Introduction to Himalayan Buddhism

April 27 : Dhap to Jhapre | Mystical stories of the Vajra Guru | Healing Guru Padmasambhava chanting, Puja in the Jhapre Monastery

April 28 : Jhapre to Pikey Peak base camp | 30 minute meditation and peace chanting in the forest

April 29 : Pikey Peak to Junbesi | Sunrise yoga and peace mantra chanting to the mountains

April 30 : Junbesi ceremony and visit to Tutenchoeling Monastery | Monastery rites

May 1 : Main Ceremony at Junbesi Monastery | Main Closing ceremony

May 2 : Return to Kathmandu.

Special sessions:

The healing yoga and mantra sessions

Puja in the monasteries by the Lamas

Ceremony to commemorate the birthday of Guru Padmasambhava

Trek Challenge: Moderate to challenging depending upon the weather conditions during the time. Participants are expected to be physically fit and have the stamina to walk in enjoyable pace.

Equipments requirement

1. Good trek shoes - better if waterproof
2. Warm layers
3. Good socks
4. Headlight
5. Trekking poles
6. Water bottles
7. Umbrella or rain coat
8. Good trekking backpack
9. Toiletries
10. Sleeping bag liner- blankets are available in the tea houses
11. Water purification tablets
12. Self first aid

13. Gloves
14. Cap
15. Snack
16. Toilet paper

Accommodation conditions are in basic tea houses for two nights. There will be no attached toilet facility. The tea house owners can provide hot water for cleaning up.

The toilets are going to be basic but clean. So need to prepare accordingly.

The accommodation at Pikey Peak base camp and Junbesi are nice and warm.

The trek will be mostly self supported. There will be an arrangement for a porter for every 5 pax, who can help us to carry baggage limit to 30kgs.

Please discuss additional requirements and information about the payment with the organiser.

Price : NPR 34,999/-

Price includes

1. Pick up and drop from Kathmandu
2. All the regular three meals; vegetarian
3. Shared accommodation for all nights
4. Chanting and healing meditation sessions
5. 40 minutes yoga sessions
6. Attending festival at the monastery
7. Professional guide service
8. Shared porter if needed
9. Shared first aid kit

Exclusion

1. Alcoholic beverages
 2. Snacks beside what is included
 3. Personal toiletries
 4. Personal porter
 5. Personal first aid
- And what is not mentioned in the inclusions

Payment method

Online payment : Go to the Reservation link and follow the payment link.

Bank Transfer

Account Name	Nepal Trail Series pvt ltd
Account Number	01701017502551
Bank Name	Nabil Bank
Swift Code	NARBNPKA
Branch Address	Durbar Marg, Kathmandu

You will receive an email receipt for your payment.

Cash Payment

Cancellation

If you have paid and want to cancel the trip, you will be refunded

1. 7 days before 90%
2. 3 days before 80%
3. 1 day before 50%
4. On the day of the trip- No refund.

About the organiser

Preeti is a trekking guide with registered GoN trekking guide license. She is a trail runner and has experience of organising races and trail running camps in Nepal. She is deeply interested in spiritual studies and had been practicing various Buddhist meditation and energy healing practices since 2018. Vajrayana Buddhist practices fascinates her and she has been following the legends of it's founder Guru Padmasambhava. This trek is the result of one of her discoveries on the ceremonies and rites practiced in the lower Solukhumbu region to commemorate the coming of the great teacher.

Regards

Preeti Khattri
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