

KEEP WALKING - NEPAL

SOLUKHUMBU - DUMJI FESTIVAL TREK

- SEE WEBSITE FOR DATES -



Thank you for your interest in this trekking journey which I have set at 'entry level', effectively meaning it's readily achievable by those with a medium level of fitness.

The Journey offers a combination of natural beauty, culture and adventure in the beautiful Solukhumbu Valley which is home both to my people (the Sherpa) and the highest peak in the world, Everest, which we call Sagarmatha.

Trekking commences following a flight from Kathmandu to Paphlu (around 35 mountains of the Himalaya range, including Everest, Lhotse, Nupse, Kantiga, minutes) and follows trails around the valley with opportunity to view Numbur and Karyalung(secret god of solukhumbu valley local known as Shering Yul Lha) On trekking further up the valley through the small villages of Junbesi, Phurteng and Pankarma to Phougmucho, first-hand experience of Sherpa culture is realised, and a visit to Thuptenchholing Monastery(one of the largest Tibetan refugee camp in the solukhumbu region) adds significantly to impressions gained.

Then down through Mopung and Edingma on the way to Junbesi for the Dumji Festival, where trekkers spend a full day and two nights joining in with the festivities and / or undertaking short walks into the neighboring valley as the mood takes. Finally, a walk down to Phaplu for the flight back to Kathmandu.

The majesty of the Himalayas is evident each day as trails are followed through a rich variety of flora and fauna. At this time of the year, rhododendrons in full flower are prominent when passing many mountain streams along the route. I would be pleased to have you on the journey and to introduce you to our country and way of life while you travel as part of my extended family.



An 5 day Lodge based trek.
Introductory level trek: general level of fitness required – an 'everybody' trek.

Trip Summary

Day 1 - Arrive Kathmandu: meet and greet
Day 2 – Half day guided tour of kathmandu valley
Day 3 – Fly to Phaplu drive to Junbesi(4 to 5 hours)
Day 4, 5 – Side Treks and attending festival at Junbesi in the afternoon
Day 6 – Return treks to Everest view point(Phurteng)
Day 7 - walk to Paphlu (approx 4 – 5 hrs)
Day 8 - fly to Kathmandu with leisure time on arrival
Day 9-- trip concludes after breakfast

Cost: US\$ 1,760 (joining Kathmandu)

CONTACT US

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Service INCLUDES

- ✓ Airport pick up and drop offs by private vehicle as per the itinerary.
- ✓ Accommodation in hotel at Kathmandu, including breakfast on twin sharing
- ✓ Domestic round trip flight from Kathmandu –Phaplu-Kathmandu.
- ✓ Accommodation during the trek on twin sharing basis in lodge
- ✓ All Meals (i.e. breakfast, lunch & dinner while trekking when not in Kathmandu)
- ✓ Dinner day 1 and day 8 included in Kathmandu.
- ✓ Highly experienced local trek leader and Sherpa porters.
- ✓ Trekker's Information Management System (TIMS) permit fees.
- ✓ Sagarmatha (i.e. Mt Everest) National Park entrance permit and fees.
- ✓ Use of and access to a First Aid medical kit by trained and certified staff(if you require first aid assistance)
- ✓ All trek equipment, which includes:
 - ✓ Duffle Bag
 - ✓ Sleeping bag
 - ✓ Down Jacket

Service EXCLUDES

- ✗ Other meals other than what has been described above.
- ✗ International airfares.
- ✗ Nepal entry visa fee
- ✗ Rescue & travel insurance.
- ✗ Items of a personal nature
- ✗ Alcoholic drinks, hot shower, cold drinks, laundry, phone call, and internet.
- ✗ Tips (average daily rate is USD 8 to 9 per person per day)



DAILY MOVEMENTS

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Day 1 – Arrive Kathmandu: Sherpa staff transfers participants to a lovely hotel Tibet, Evening meal with the Sherpa leader, allowing time to meet and mix with others in the group. Overnight in Kathmandu.

Day 2 - Sightseeing in Kathmandu, including Boudha stupa, one of the largest Buddhist stupas; and Pashupatinath temple, one of the most significant Hindu temples of Shiva. Overnight in Kathmandu.

Day 3 – Fly to Phaplu (35 mins - 2400m) A very scenic flight from Kathmandu to Phaplu followed on drive through a lovely valley to the DudhKosi river through pine forests and beautiful Sherpa villages with arrival at beautiful Sherpa village of Junbesi (2750m).

Day 4 and 5 – Side treks around Junbesi and experience the dumji festival. One of the great festivals held in villages within the Everest region every year to celebrate and honor the anniversary of Guru Rinpoche’s birth on the lotus flower. Guru Rinpoche introduced Buddhism to Tibet in the 8th century. His teachings and translations have been given to hundreds of disciples. It is understood that for the benefit of future generations he concealed thousands of hidden teachings in many places. The festival brings the villagers together from across the region and there is much dancing and merrymaking in addition to the traditional Sherpa rituals being performed by the monks. A side walks into the valley or monastery is available for the energetic.

Day 6 – Return trek to Everest View Point at Phurteng (3040m), Weather dependent, views of Everest, Lhotse, Nupse, Kantiga, Amadablam, Thamserku and Numbur may be enjoyed.

Day 7 Walk to Phaplu (4-5 hours – 2400m) moving down the valley through pine forests and beautiful Sherpa villages to the Dudh Koshi river and Beni for morning tea: then a gradual climb to Phaplu for an overnight. This is the last night with the full crew of porters and Sherpa guides and a time to celebrate with a meal together. Appreciation in the form of tips may be expressed at this time to these people who make the trip such an enjoyable adventure.

Day 8 – Return flight to Kathmandu, and a rest of day at leisure before joining again for an evening meal.

Day 9 – Journey formally concludes after breakfast with transportation to the airport, unless other arrangements have been made.

Sherpa People

The best known and admired of all of Nepal’s ethnic groups, the Sherpa migrated to the high valleys south of Mt Everest from eastern Tibet about 450 years ago. Their Tibetan origins are reflected in their language, customs and religion. Our staff and crew will all be local Sherpa people from Solukhumbu, the valley adjacent to the Everest region. The walk is in their ‘back yard’, so the many questions about the land and its people can be answered promptly and accurately. The Sherpa people were originally employed by the first mountaineers attempting to climb Mount Everest. It is from the courage and strength of these local people that the name ‘Sherpa’ has been collectively adopted and used to describe a climbing guide working across Nepal.

