

# KEEP WALKING - NEPAL SOLUKHUMBU VALLEY EXPERIENCE

- 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 minutes) and follows trails around the valley with opportunity to view mountains of the Himalaya range, including Everest, Lhotse, Nupse, Kantiga, Amadablam, Thamserku and Numbur.

Moving up into the valley through the small villages which include Dhorphu, Junbesi, Edingma and Mopung, to Pangkarma and Phougmucho, the spirit and culture of the Sherpa becomes evident, and accommodation in the home of a Sherpa family adds significantly to impressions gained.

A visit to a Sherpa Buddhist school with monastery, and separately to a medical centre, provides trekkers the rare opportunity to speak with staff on local education matters and scope and funding of medical facilities in the region.

The majesty of the Himalayas is evident each day of the journey 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: a sight which is truly outstanding.

We 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.



*Ang Ngima Sherpa*

**Business proprietor**



## Trip Summary

Day 1 - arrive Kathmandu: meet and greet  
Day 2 - fly to Phaplu, then walk to local market  
Day 3 - walk to Junbesi (approx 4 - 5 hrs)  
Day 4 - walk to Pangkarma (approx 2 – 3 hrs):  
several visits & o'night in Sherpa's home  
Day 5 - walk to Phurteng (approx 4 - 5 hrs): prob.  
views of mountain peaks inc. Everest  
Day 6 - walk to Rigmu (approx 2 – 3 hrs)  
Day 7 - walk to Paphlu (approx 4 – 5 hrs)  
Day 8 - fly to Kathmandu & sightseeing  
Day 9 - trip concludes after breakfast  
All meals are included for the 9 days except for lunch  
Day 1 and Day 8, and any meals on Day 9 required  
after breakfast.

**Cost: US\$1450 (joining Kathmandu)**

**Includes:** hotel accommodation and all meals (except for lunch Day 1 and Day 8, and any meals on Day 9 after breakfast), domestic flights, all airport pickup and drop-offs. A sleeping bag and kit bag are provided whilst on trek, plus Sherpas and porters to assist you en-route and carry your overnight gear. A medical kit will be carried by staff.

Single Supplement: additional US\$165

A 7 day Lodge based trek.

Introductory level trek: general level of fitness  
required – an 'everybody' trek.

## CONTACT US

### In Nepal:

Ang Tshering Sherpa / Pemba Lamu Sherpa  
GPO Box 13418 Kathmandu  
Office: Kaldhara-16, Paknajol, Pipalbot Marga,  
Kathmandu 4600

Email: [keepwalkingnepal@gmail.com](mailto:keepwalkingnepal@gmail.com)

Ph. +977 4389 649 (office)

Mob. +977 9860 627 739 /+977 9851 189 649

**Web:** [www.keepwalkingnepal.com](http://www.keepwalkingnepal.com)

# DAILY MOVEMENTS

## SOLUKHUMBU VALLEY EXPERIENCE



**Day 1** – Arrive Kathmandu: Sherpa staff transfer participants to a lovely hotel in Boudhanath, a short walk from the world’s second biggest Buddhist stupa. Evening meal with the Sherpa leader, allowing time to meet and mix with others in the group. Overnight in Kathmandu.

**Day 2** – Fly to Phaplu (35 mins - 2400m) and move into nearby accommodation. Walk to the nearby bustling local Dhorphu Saturday bazaar where a huge range of local produce and articles is displayed. Locals treat this as a regular social occasion to catch up with each other and hear the latest news. Then return to Phaplu for a late lunch and easy afternoon to be followed by the evening meal and entertainment by the local Phaplu Youth Group. To join with them in their dancing is a great experience. Overnight in Phaplu.

**Day 3** – Walk to Junbesi (4-5hrs - 2750m), through a lovely valley to the Dudh Kosi river which is followed to Beni for lunch. Then a gradual climb through pine forests and beautiful Sherpa villages with arrival at Junbesi in time for afternoon tea.

**Day 4** - Walk to Pangkarma (2–3 hrs – 3000m), with several visits on the way. First to the local medical centre in Edingma with opportunity to discuss local medical problems and facilities with staff before continuing on to Mopung for lunch. Here also stands the Tashi Kongma stupa which is the tallest and largest stupa in the Solukumbu. Then a side trip to the 35 year old Thuptenchholing Monastery, home to around 500 monks and nuns where, circumstances allowing, a tour the monastery and a chat with the local monks is on the agenda. Overnight at Pangkarma at a Sherpa home where, after a meal, there will be opportunity to experience traditional dancing with local residents and taste the local beverages Chang and Raki. The majesty of the Himalayas is evident as the trail meanders through a rich variety of flora and fauna, particularly with the rhododendrons in full flower.

**Day 5** – Walk to Phurteng (4-5hours – 3040m), firstly moving up to the Phougmuchoi Monastery and Himalayan Sherpa Buddhist School which is attended by over 100 students from the local area. Walk to Junbesi for lunch, then to the Everest View Hotel at Phurteng for an overnight stay. Weather dependent, views of Everest, Lhotse, Nupse, Kantiga, Amadablam, Thamserku and Numbur may be enjoyed at sunset and sunrise.

**Day 6** – Walk to Ringmu (2-3 hours – 2830m) through pine and rhododendron forests, stopping at a beautiful Sherpa village for lunch, then further up the valley to the local stupa where a close view of Numbur mountain may be found. Overnight at Ringmu.

**Day 7** - Walk to Phaplu (4-5 hours – 2400m) for an overnight in preparation for return to Kathmandu. This is the last night with the full crew of porters and Sherpa guides, and a celebratory meal of Nepal’s famous *Dal Bhat* will be shared together. Appreciation in the form of tips may be expressed at that time to these people who make the trip such an enjoyable adventure.

**Day 8** – Return flight to Kathmandu and overnight accommodation. Free day to explore the sights of this interesting city.

**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. The local Sherpa villagers from Pangkarma introduce trek participants to their way of life, and a traditional Sherpa meal with them is on the trip agenda. The staff and crew will all be local Sherpa people from Solukhumbu. The walks will all be in their ‘back yard’, so the many questions about the land and its people can be answered promptly and accurately.*