



Reignition Family Group – The Walls

An itinerary with some gentle trekking staying in lodges of the Solokhumbu (lower Everest) region of Nepal. This trip has beautiful trails connecting cosy lodges and traditional villages from Sherpa, Tamang and other peoples. We spend time alongside villagers helping out in the kitchen gardens, learning a few local tricks in our hosts' kitchens and sitting with nuns and monks in beautiful ancient gompas (monasteries).

The trails weave in and out of the middle hills (pahad) with views of the high peaks (himal), including (fingers crossed!) Mount Everest.

The core trek and lodge itinerary driving to and from the start of the villages in the Solokhumbu. 10 nights /11 days. **Price \$USD1695 pp.**

- All trips begin and end in Kathmandu.
- Prices are in USD\$ per person.
- Prices are based on single room occupancy in Kathmandu hotels (and lodges where possible).
- Prices based on a minimum of 3 people.
- We can run this trip as a private group trip, so choose your own dates! We recommend November-December and February-March-April.

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The price includes:

All meals, drinking water and soft drinks are included in the price, as is the hire of sleeping bags, down jackets and duffel bags for use on trek. We also include entry to any temples and other historic sights, all transport in-country and all staff salaries, insurances and equipment.

Trip includes cooking with locals to make dishes such as momos, sherpa stew and dhal bhaat; gardening – seasonal tasks from planting potatoes to harvesting fruit; some craft activities such as making dhoko; and maybe even the chance to milk a goat or a buffalo!

We bring fresh coffee with us and a range of teas to supplement the local lodge provisions. We also bring lots of healthy snacks and a few cheeky treats to help us along the trail.

The price excludes:

International flights, visas, personal equipment and travel, medical and evacuation insurance are not included in the trip price. Alcoholic drinks, souvenirs and other personal shopping are excluded as are monies for staff tips etc.

Additions and options:



- Everest close-up - if you want to see the Everest region close-up, we can organise a helicopter to pick you up from our final lodge, take a sightseeing flight around the Khumbu valleys and peak to drop you in Kathmandu. Around \$2000pp extra.
- Add a few days at The Last Resort with options to bungy, raft, canyon or just relax amongst the palms to start your trip in style. Around \$500pp extra.

Local partners

Our core partners for this trip are [Himalayan Trails](#), a company with several decades experience in creating and delivering incredible trips in Nepal.

We've chosen the Solokhumbu area for many reasons: beautiful trails, stunning views, quiet and off the beaten track from the main trekking areas; and also because our Himalayan Trails staff are from this area so we have family connections everywhere we go. Expect to be welcomed in for tea in many houses!

Itinerary in full

Key: H = Hotel; Lo = Lodge; B = Breakfast, L = Lunch, D = Dinner included.

Each day starts with an optional yoga and stretch session. Yoga mats etc are included in the trip for your use.

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The sleep heights on this trail are between 2400 and 2900m altitude. We might feel the effects of less available oxygen in that we puff a bit harder on some of the climbs, but we are generally below the height where acclimatisation is necessary.

Day 1 – arrive in Kathmandu, we welcome you at the airport and drop you to your hotel. In the early evening, we meet for a trip briefing before heading to dinner at a local restaurant (H, D).

Day 2 – we start the day with a gentle hike in the Kathmandu valley finishing up at one of the iconic stupas for refreshments and lunch before returning to your hotel. Dinner is at a local restaurant. (H. BLD.)

Day 3 – Today is a full day in the jeep, climbing out of the Kathmandu valley leaving behind the big city to follow the Sun Koshi river as we head East. This is our lowest elevation and we notice the difference in how people live, the crops and animals. We take breaks along the way before reaching our lodge at Ghurmi. (Lo. BLD)

Day 4 – Leaving the Sun Koshi we climb up the valley sides turning north towards the mountains. A few hours take us to our destination at the beautiful village of Junbesi. Junbesi means Jun = Moon and Besi = Lower Valley – it is said that the moon retreats here! We are now amongst the Sherpa and other mountain peoples and will spend some time exploring the village and meeting the locals. (Lo. BLD)



Day 5 – today we take a day hike up the valley to the magnificent Thuptencholing monastery (2700m alt.), home to hundreds of Buddhist nuns (anis) and the site of a renowned Tibetan medicine school. We'll spend time in the enormous medieval-feel kitchens taking lunch with the nuns. We'll take a tour around the gompa and medicine school getting introduced to ancient, deep knowledge and practices of healing. If we feel up to it we can continue up behind the gompa to an ancient stupa at 3900m. We hike back to Junbesi for dinner (Lo. BLD)

Day 6 – we spend a gentle morning in the farm gardens or kitchens with our hosts. After lunch we hike for a couple of hours to Salung village where we hope to enjoy Everest views. Our luggage is brought round by jeep. This is our lodge for the night (Lo. BLD)

Everest had no name in Nepalese, but is now known as Sagarmatha, meaning 'the head in the great blue sky' and in Tibetan and Sherpa, she is Chomolungma – goddess mother of the world. Sherpa and Tibetan Buddhists believe Miyolangsangma "Goddess of Inexhaustible Giving", lived at the top of Mount Everest, which was her palace and playground.

As with everything in Nepal, there are many truths, many choices of what to believe! And always a great sense of fun! We have time to sink into these worldviews and ways of becoming during this Reignition trip.

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Day 7 – Today we have a full day of trekking skirting around the back of the valley through pine and rhododendron glades, under the impressive cliffs and high hills to the village of Chiwang and it's mighty gompa perched high above. We might take a packed lunch with us so we can pause wherever we like. (Lo. BLD)

Day 8 – We climb up to visit the gompa and get the incredible views across the rolling hills to the mountains beyond. We now descend and contour around to Phaplu, our final lodge and the warm welcome of our friends here. This is a half day of trekking (Lo. BLD)

Day 9 – Our jeep collects us for the drive back down to the Sun Koshi and up on to the Kathmandu Valley rim. We stay high up on the ridge at Namobuddha, where the Buddha is believed to have sacrificed himself in order to allow a tigress to feed her cubs. We stay overnight at a local resort (Lo. BLD)

Day 10 – it's worth getting up early to see the sunrise over the mountains – our final views of the shiny white peaks before heading down into the bustling city of Kathmandu. We take lunch at the hotel. The afternoon is free to relax, do some final shopping or maybe get a massage at one of the many excellent spas. We take dinner at a local restaurant. (H. BLD)

Day 11 – the Reignition trip ends after breakfast. We provide transfers to the airport in time for your international flight. (B)