"Blessings of Kathmandu and Hyolmo"

A spacious ten-day journey into the sacredness of a unique land, among temples, monasteries and nature. Thought out for those wishing for a direct contact with sacred places, landscapes and Nepali culture with preference for alternative paths and perspectives.

Limited to a maximum of ten people, the itinerary will take you through several contemplation spaces in Kathmandu to then continue with a light trek in one of the sacred valleys of Tibetan Buddhism, where pristine nature and meditation caves meet.

The pace is purposely slow so to allow time for individual discovery. Plenty of suggestions based on the tour leader experience can be given to suit one's inspiration.

Walking will be privileged, especially in the early morning, as it is the best way to explore and to get into the feeling of the place. Nevertheless, it will hardly be more than 4h/day, in order to allow time for contemplation and enjoyment of the surroundings.

The proposal stems from the wish to share timeless places with a spacious approach by who lived for years in Nepal and keeps on spending long periods in the Himalayan region between Nepal, India, Tibet and Bhutan.

Itinerary (can be subject to variations)

Day 1 – Arrival in Kathmandu
Airport pick-up and hotel check-in. General information will be given as well as the opportunity to get acquainted with Boudha, our reference point in Kathmandu.

Day 2 – Visit of the Boudha Stupa and Gokarneshwor
We will meet the majestic Boudha Stupa, its surrounding monasteries and realities. In the afternoon we will visit Gokarneshwor temple, one of Shiva's temples on the Bagmati river off the beaten track.

Day 3 – Walk to Kopan, Amithaba and Pullahari monasteries
In the morning we will walk up these three major monasteries whilst having the chance to be exposed to local life. Once back, there will be the chance to visit a local NGO of Buddhist inspiration and its social projects.

Day 4 – Pashupati e Swayambhunath
We will leave at dawn for a kora of the Stupa with the monks, to then walk towards the awe-inspiring temple of Pashupatinath, the main Hindu temple of Nepal, place of sadhus, meditation caves, cremations and monkeys. In the afternoon we will visit Swayambhunath, the stupa known as "Monkey temple".

Day 5 – Patan, Laxhmi Puja
We will head towards Patan where we will visit both Durbar Square, and the many small Hindu and Buddhist temples of the area whilst enjoying the atmosphere of one of the most peculiar places in area. During Tihar (1st trip, 23/10 - 1/11), we will have the chance to fully enjoy the main day of this festival, Laxhmi Puja, when the whole town becomes filled with candle lights.

Days 6, 7, 8, 9 – Beyul Hyolmo Trek
According to tradition, Guru Padmasambhava is said to have forecasted in the presence of Tibetan King Trisong Detsen and others at Samye Monastery: "in the future when there will be warfare, strife, and difficult circumstances in the world, good people and dharma practitioners should travel to 'Beyuls' or hidden valleys situated south of the Tibetan Himalayan range for refuge.
Close to Kathmandu and about 100km away from Tibet's border, we will have the chance

to enjoy pristine nature and to visit century old meditation caves. Welcomed by the local hospitality we will sleep in home-stays.
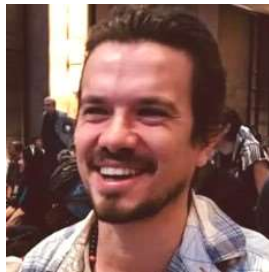
Day 6 – Drive Kathmandu to Timbu, trek to Milarepa's cave – 2000m, drive 5h / 3h trek
Day 7 – Trek Milarepa's cave to Tarkegyang – 2600m / 3-4h trek
Day 8 – Trek Tarkegyang to Gangyul – 2550m / 3-4h trek
Day 9 – Trek Gangyul to Timbu, drive to Kathmandu – 1300m/ 2h trek / 5h jeep

Day 10 – Free day, check-out and drive to airport

Tour leader:

Federico is strongly connected to Tibetan Buddhism and interested in culture and religions of the world. He works as a freelance project manager and did so in Nepal for three years, exploring its beauty and contradictions. He keeps on travelling the less beaten tracks and sharing the gems that come its way, particularly in the Himalayan region.

Dates 2019 (mild temperatures, normally no rain)

- **Trip 1 – 23rd October – 1st November 2019** *(During this time, Tihar the festival of light is taking place. The city is covered in candle light and vibrates with celebrations)*
- **Trip 2 – 23rd November – 2nd December 2019**
- **Trip 3 – 4th December – 13th December 2019**

Group Size: Minimum 2, maximum 10 people.
Duration: 10 Days
Prices:

- €830 per person – group 4 to 10 PAX

- €930 per person – group 2 to 3 PAX

Included:
- ○ Accommodation (monastery's guest houses or middle level hotels in Kathmandu, homestays or guest houses during the trek – depending on availability) in double room. Single room available with surcharge upon request and availability

- ○ Breakfast at the accommodation place
- ○ Western guide (EN + IT fluent, FR basic)
- ○ Licenced English speaking local guide
- ○ Transportation, when planned
- ○ Entry fees to temples and touristic areas
- ○ Staff equipment and insurance

Excluded:
- ○ Flight ticket
- ○ Airport pick-up and drop (10 USD each)
- ○ Nepal Visa, 30 USD for 15 days (at arrival at the airport)
- ○ Lunch and dinner, free, about 7 EUR/meal without alcohol
- ○ Porters and other special arrangements
- ○ Personal expenses
- ○ All necessary equipment
- ○ Personal insurance, travel and health
- ○ Donations to temples/monasteries
- ○ Tips and gratuities to staff

Please note:

- If already in Kathmandu, it is possible to join from day 2 to day 9 with a 10% discount on the tour price.

- In case of pre-existent group, a personalised itinerary can be developed and discussed. Other Himalayan destinations can be included such as India, Tibet, Bhutan.

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