Mindful Adventures 2019
Everest ‘Ama’ Mountain
**Highlights**

Beautiful views of Mount Everest and many of the world’s highest peaks. We walk to ‘Ama Dablam’ base camp at 4800 metres, where you will take in a silent basin of hanging glaciers, glacial moraine, and the beautiful peak of Ama Dablam. Ama means mother, and this mountain is a beautiful symbol of mother and child, nestled near Everest. From our spectacular vantage point we gain a breathtaking 360 degree mountain panorama that culminates in the distinctive summit of Everest looming above the Nuptse-Lhotse wall.

You will begin the trip with sightseeing in Kathmandu. Then take a stunning mountain flight from Kathmandu to Lukla. You will trek through green pine forest, alongside the Dudh Kosi river, cross many swing bridges and pass through many charming Sherpa villages. We ascend to Namche Bazaar, a famous Sherpa village nestled amongst hanging glaciers. The highlights of this trip are the days spent trekking above Namche Bazaar, where we go beyond the established trails and take in unparalleled views of some of the world’s highest peaks.

A further dimension to our trek is a visit to the Sherpa villages of Khunde and Khumjung where we visit some of Sir Edmund Hillary’s projects established through the Himalayan Trust.

**Come and visit Nepal Mountain Adventures**

**Mountain Adventure** - You will be experiencing the Himalaya led by Mingma Sherpa, a mountain born Sherpa group leader, fully trained as a high altitude guide in wilderness medicine. We will focus on taking in the mountains as well as the history, culture, and community of the indigenous people. The trip includes accommodation, most meals, and your bags carried by porters. Everything is taken care of so you can relax and enjoy.

**Mindfulness Practice** – Each day we will spend time simply putting one foot in front of the other, taking in the scenery and Sherpa villages. At the end of each day, whenever we can, we will take in a formal mindfulness practice and discussions. This practice will be lead by Louise Hayes, a peer reviewed ACT trainer; however the structure of our work will be collaboratively evolved. The focus will be on our own personal growth.
Not for profit Mindful Adventures Children’s Charity – All profits are carefully calculated and used to support education of children in remote communities. This is carefully managed to ensure the money goes to the kids.

Cost:

All inclusive of $2600 AUD for 2018. All profits going to support Mindful Adventures Needy Children. Your trekking dollar also goes toward giving staff good wages and helps them to feed their families.

This is a very competitive price, with similar high quality treks without the help and service we provide.

2019 Date & Itinerary – 14 Days

05/05  Day 1 Arrive in Kathmandu (1330m)
07/05  Day 2 Katmandu city visit
08/05  Day 3 Fly to Lukla (2800m) and then trek to Phakding, walk approximately 3
09/05  Day 4 To Monjo, walk approximately 4 hours (2850m)
10/05  Day 5 To Namche walk approximately 6/7 hours (3440m).
11/05  Day 6 Acclimatisation day in Namche, short walk to views of Everest
12/05  Day 7 To Debouche walk approximately 5/6 hours to (3785m).
13/05  Day 8 To Ama Dablam Base Camp, walk approximately 7 hours to (4360m)
14/05  Day 9 To Tyangbouche, walk approximately 5/7 hours to (3800m)
15/05  Day 10 To Namche via Khunde or Khumjung (3780m). Walk approx 6 hrs.
16/05  Day 11 To Jorsalee, walk approximately 4 hours (2850m)
17/05  Day 12 To Lukla, walk approximately 7 hours (2750m)
18/05  Day 13 Fly to Kathmandu
19/05  Day 14 Trip finishes, depart Kathmandu
Detailed itinerary

Day 1 Arrive in Kathmandu (1330m)
You will arrive in Kathmandu in the middle of the day. We will collect you from the airport and take you to your hotel. You will have time to refresh and look around Kathmandu a little. In the afternoon, around 5pm, we will talk about the trip. Make your own arrangements for dinner at the many local restaurants. Meals: not provided

Day 2 Kathmandu city tour
After breakfast there will be a sightseeing tour around Kathmandu. Visit heritage listed Boudhanath for the morning Kora, then on to Pashupatinath. The afternoon is at your leisure, you can explore Durbar square, Patan, Swayambhunath (Monkey Temple) or Bhaktapur. The area has an amazing range of fascinating highlights, whatever your interest. Excellent bookshops, extensive markets, plus novelty and handicraft shops contrast with imagery of a city full of cultural and spiritual significance. Kathmandu has more world heritage sites than any other city in the world. Although there was damage in the recent earthquakes, there are still many heritage sites to see. Meals: breakfast in hotel, lunch and dinner not provided.

Day 3 Fly Lukla (2800m) then trek to Phakding (walk approximately 3 hours finishing at 2550m. We go to the airport early for a 45-minute flight to Lukla, this is a memorable flight, with wonderful views of the eastern Himalaya. Lukla airstrip was donated by Sir Edmund Hillary and his friends to service the Everest region, following his 1953 climb to the top of Everest top. The airstrip helped
progress health and education to the Solu Khumbu region. At Lukla we start trekking through a beautiful village surrounded by mountain. We then follow the dude Kosi river to reach our tea house and village at a lower altitude of 2550 metres.

Meals: breakfast, lunch, dinner included.

Day 4 To Monjo, walk approximately 4 hours (2850m)
Spectacular mountain peaks rise above the deep river valley. We cross the Kusum Khola, a tributary stream to the Dudh Kosi, and the peak of Kusum Kangru (6369 m) can be seen to the East, at the head of the valley. Further along the trail, across the valley to the North-West, Nupla (5885 m) and Kongde Ri (6093 m) rise above the forested ridges. At a turn of the trail, Thamserku (6808 m) rises majestically, seemingly from the river floor. We will see our first Mani walls today. These stone structures are a compilation of many stone tablets, each with the inscription ‘Om Mani Padme Hum’ which translates to ‘Hail to the jewel in the lotus’, and is mantra (chant) venerated by Buddhists and Brahmans alike. Buddhists will walk to the left of these Mani Walls and chortens. The allure of the mountains is hard to resist, but we must be patient, as it is very important to acclimatise slowly and thereby fully appreciate our time at higher altitude. Today’s walk is not a long one, and you will be eager to press on. Slow down, and enjoy every step of the way.

Meals: breakfast, lunch, dinner included.

Day 5 To Namche Bazzar, walk approximately 6/7 hours to (3440m).
This morning we pass through the gates of the Sagamartha national park. We follow the river course to the meeting of the
Dudh Kosi and the Bhote Kosi, and cross to a huge high bridge before commencing our ascent to the village of Namche Bazaar, the Sherpa ‘center’ of Nepal. This is a tough climb as the trail ascends through pine forest until your get your first view of Mount Everest. The trail continues to climb to Namche, a horseshoe shaped village surrounded by mountains and hanging glaciers. After lunch you can wander through the village, see Tibetan trader’s stalls or the Sherpa shops in search of a bargain. Our accommodation will be at the teahouse.

Meals: breakfast, lunch, dinner included.

Day 6 Acclimatisation day in Namche, take in views of Everest (walk around 4-5 hours)

Today is a day to acclimatise to the higher altitude. You will take a walk to the Everest view hotel (4-5hrs) where spectacular views of Everest and Ama Dablam may be seen. Alternatively a short walk will take you to Sagarmartha national park headquarters, view historical photographs, memorabilia, and take a short walk to a spectacular view up the valley; you can see Taweche (6542 m), Thamserku (6808 m), Kantega (6685 m), Ama Dablam (6856 m), Nuptse (7896 m) Lhotse (8511 m) and of course the greatest of all, Mount Everest (8848 m) rises at the head of the valley. Or you can just rest in Namche for the day, 3000 metres above the valley floor, surrounded by spectacular peaks.

Meals: breakfast, lunch, dinner included.

Day 7 To Debouche, walk approximately 5/6 hours to (3785m).

The walk to Deboche is one of the greatest trekking days in Nepal. The trail roams easily around the ridges and Everest can be clearly seen ahead, before we descend through rhododendron forests for lunch. After lunch we cross the Dudh Kosi and begin the ascent to the top of a long ridge, which flows from the summit of Kantega. Our trail takes us through pine and rhododendron forest, and, as this is a deeply Buddhist region the wildlife is unharmed and not too shy. We hope there is a possibility that we may see Himalayan thar, musked deer or pheasants in the forest and around our lodge site. We pass chortens before cresting the ridge to the monastery village of Thyangboche. The views of the Everest massif, as well as all the other major peaks of the area are astounding. After a rest and visit to the monastery we head downhill to Deboche.

Meals: breakfast, lunch, dinner included.
Day 8 To Ama Dablam Base Camp, walk approximately 7 hours to (4360m)

Leaving the main trail in favour of isolated trails we ascend to summer yak pastures and contour around the ridge lines toward Ama Dablam. Ama Dablam is one of the world’s most beautiful mountains. It means “Mother’s necklace”; the long ridges on each side like the arms of a mother (Ama) protecting her child, and the hanging glacier thought of as the dablam, the traditional double-pendant containing pictures of the gods, worn by Sherpa women. At this altitude, with the clear air, we can look across at the highest peaks to Everest, at their level, and only a few kilometres distant. We arrive at the base camp late in the day. Where possible, we spend the night at the base camp mountaineers lodge (weather and space permitting).

Meals: breakfast, lunch, dinner included.

Day 9 To Tyangbouche, walk approximately 7 hours to (3800m)

We visit Ama Dablam Base Camp for sunrise. Spending time enjoying the mountains. We walk back down to Pangbouche monastery, enjoying walking past the beautiful mani stones and taking in timeless villages. Settlements that are a hive of activity in the wet summer months are deserted and we have these paths to ourselves enjoying the solitude of the walk. We arrive at Tyanbouche monastery in time to watch the sunset over Everest and to visit the monastery.

Meals: breakfast, lunch, dinner included.

Day 10 To Namche via Khunde or Khumjung (3780m). Walk approx 6 hrs.
It is a comfortable day’s walk, with time to explore these unique and more traditional villages. As we near the villages we pass through terraced fields that are home to a brightly colored pheasant, the Danphe Pheasant, the national bird of Nepal. We walk through Khumjung, the village where Sir Edmund Hillary built his “Schoolhouse In the Clouds” and past Khunde hospital. We may have an opportunity for you to visit the hospital and school.

Meals: breakfast, lunch, dinner included.

Day 11 To Jorsalee, walk approximately 4 hours (2850m)
You will be fit and well acclimatised now and enjoying the trek down. We have a slow start, some shopping in Namche and then walk down for you last views of Everest. It is a pleasant walk down through the pine forests to Jorsalee. We spend the evening in a riverside garden village, and time permitting visit a hermitage.

Meals: breakfast, lunch, dinner included.

Day 12 To Lukla, walk approximately 7 hours (2750m)
This is the last day trekking, we retrace our steps along the valley, passing through a variety of villages and forests before a climb to Lukla. Our last evening we can relax and celebrate the trek, we have the opportunity to thank staff and porters and say goodbye. Overnight lodge in Lukla.

Meals: breakfast, lunch, dinner included.

Day 13 Fly back to Kathmandu
This morning we fly to Kathmandu, a thrilling flight over forests, fields and villages, with the Himalaya in the background. On arrival, we transfer to the hotel. The rest of the day is at leisure.

Meals: Breakfast at hotel. Lunch and dinner not provided
Key Information

What is included

- All breakfasts, lunches and dinners while on the trek (regular main meal from teahouse menu, plus either tea, coffee or cordial with the meal).
- Afternoon tea on trekking days.
- Boiled drinking water and bowl of washing water on trekking days.
- Airport transfers from Kathmandu.
- Flights to Lukla, US$330 approx
- 15kgs luggage allowance on flights
- Accommodation on trek in teahouses
- Park entrance fees and special permit
- Our trek leader will carry a first aid kit for trekking needs.
- Salary for guides and staff and mule train.

What is not included

- Tips for porters or guides – a tradition when visiting the Himalaya to trek is for guest to tip their guides and porters at the end of the trek. You can decide the amount, but expect around $10 to be an acceptable amount, more if you feel inclined
- Lunch & dinner in Kathmandu
- Kathmandu tourist activities - entrance to historical sites
• Personal drinks or foods - Bottled water, aerated & alcoholic drinks etc
• Items of a personal nature such as phone calls, laundry, etc.
• International flights
• Visa’s into Nepal – visas are easily obtained on arrival and are far cheaper, but do check your country’s requirements
• You will need to take your own travel insurance. With all adventure trekking there are risks, and travel insurance will cover helicopter flights out and medical costs in emergency

Trip cost and how to book

Cost is listed on the website. You can also book and pay a deposit on the website. Full payment is required 60 days in advance. Places are strictly limited.

This is a special price, as a not for profit endeavor. Costs cover salaries for guides and porters. You will find this cost well below trekking companies.


Further information about Mindful Adventures

Expert Sherpa Guide

You will be led by Mingma Sherpa. He is a Nepal Government Licensed Guide. He has lived his whole life in the mountains, he grew up in a Kanchenjunga mountain village, and has been a High Altitude Sherpa Guide for more than 12 years.

Fitness and Trip Difficulty

Trekking physical activity is between 5 and 7 hours each day. You will carry a day pack, and the porters will carry your luggage. At any stage of a moderate trek you can expect long steep climbs and descents and a wide range of weather conditions. An example of an average day on moderate trek could include several ascents and descents of 500 metres or more, level ground is rare in the mountains.

Preparation before your trek
To prepare for a trek you should begin training approximately four to five months before your departure. As a guide, an hour of cardio increasing exercise three to four times per week is needed. Try to include a few walks with steep ascents and descents carrying a day pack. Speed is not important, stamina, confidence and continuity are.

**Equipment**

- Upon booking I will provide you with a list of equipment you need.
- Some equipment can be hired cheaply in Kathmandu if you do not own it.
- Good boots that are worn in are essential.
- You will need a light daypack, and an overnight pack or duffel bag for the porter carry.

**A typical day**

You will be woken with a cup of tea brought to your room, usually between 6 and 7am. Breakfast will follow this in the teahouse. After breakfast we commence trekking, the idea is to enjoy the trail, not hurry to the next destination, so we will relax and enjoy the scenery, mountains, jungle, wildlife and wildflowers. We will stop for lunch at around 11 to 12pm, followed by a short rest. After lunch the walk is usually shorter, and we reach camp by 3 to 4pm. Once we have reached camp you can settle into your teahouse room, have a rest, get washing water, and have afternoon tea. You can take care of personal needs, laundry, reading, your diary notes etc. Or you can take in the local village, take short walks, and enjoy the mountain culture, people, and scenery. Dinner is ordered from the teahouse menu usually around 6 pm to 7 pm. Trekking evenings are spent in the teahouse, and can be great memories of your trek, talking, playing cards, chatting with local people and other trekkers.

**Accommodation on the trek**

This is adventure trekking so expect basic. Teahouse accommodation includes a basic mountain style room, warm blankets and pillow. We provide you with a warm sleeping bag and down jacket for the evenings. We will provide you with toilet paper as this is a western item not used by locals. Electricity is expensive in the mountains; you can charge your electronics for an additional fee, depending on the teahouse.

**Climate**

Trekking in Nepal goes from September to the end of May (there is typically no trekking during the monsoon).
In trekking time, there are three seasons -- Autumn (September to November), Winter (December to February) and Spring (March to May).

**Trekking in Autumn (September to November)**

Morning at this time usually has very clear skies, it can become cloudy in the afternoon. Mountains views are seen most mornings, with clear blue skies and snow-covered mountains. Autumn flowers can be seen, deciduous trees can be very beautiful as their colours change. The temperature in the morning as we start walking can be quite cold, sometime below zero. During the day the temperature can rise as high as 20 degrees Celsius and you will be quite warm, the sun can be quite hot (hats and sunscreen is needed). In the evenings and night time, it can be very cold, often below zero at higher altitudes. In autumn snow can fall at anytime, but it rarely rains. This is a high season for trekking and the trails can be busy in popular areas like Everest.

**Trekking in Winter (December to February)**

Skies are very clear for much of the day and you will see beautiful mountain views. It can become cloudy in the afternoon. You will see beautiful snow covered mountains, frozen waterfalls and creeks, deciduous bare trees. It often snows in winter, occasionally we see rain. Although it is very cold, it is a beautiful time to trek and the trails are quiet. The temperature in the morning as we start walking will be very cold, as low as minus 5 Celsius. We usually warm up quickly with walking. During the day it will be lovely and sunny, as high as 15 degrees Celsius so you can still end up walking in short sleeved t-shirts. A hat and strong sunscreen will be needed for the bright mountain sunshine. In the evenings and night time, it will be very cold, around minutes 10 degrees. We provide you with a good sleeping bag and down jacket for the evenings. In the daytime, you will need layered clothes to keep warm. A good jacket will be needed too. A metal drinking bottle can be filled with boiling water and used as a hot water bottle.

**Trekking in Spring (March to May)**

Morning the skies are clear, and it will become cloudy every afternoon because the monsoon (July) is starting to build. The clouds against the mountains create their own beauty. Spring you will see trees in bud, bright green leaves, rhododendrons flowers, magnolias, peach blossom, and many spring flowers. The Himalaya is home to many of the world’s best-known flowing plants and spring is the time to see them. You will also see many birds. The temperature in the morning is pleasant, usually above zero. During the day the temperature can rise as high as 25 degrees Celsius and you can walking in
shorts and t-shirts. The sun can be quite hot; hats and sunscreen is needed. In the evenings and night-time, it can be very cold and you will still need a jacket and many layers. In spring it can rain, with occasional snow. This is the busiest trekking season and also the season for expeditions to climb the mountains. You will see hundreds of porters, yaks and donkeys loaded with expedition gear.

**Mountain flights**

Flights are fairly dependable, however at times mountain flights can be delayed due to weather. Although rare, it can mean extra nights staying in Lukla, or at the extreme it can mean hiring a helicopter flight. These are additional expenses to the traveller, so travel insurance that covers such delays is a must.

**Acute mountain sickness**

When we ascend above 2500 meters our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- headache
- tiredness
- disturbed sleep
- loss of appetite/nausea
- shortness of breath
- cough
- palpitations
- swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of AMS and if you experience them it does not necessarily mean that you should not continue. I am a wilderness first aid trained and will help you monitor your symptoms. The only cure for acute mountain sickness is to descend.

**Staff care**

Guides and porters are the backbone of Nepal so we aim to treat them well. All porters are provided with meals, accommodation and insurance.
Unexpected Changes

Adventure travel in remote areas can be unpredictable. This itinerary is subject to change due to weather or climate, changes in community regulations, as well as governmental changes, and natural circumstances beyond our control.