



# Asian Expedition Pvt. Ltd

Thamel, Kathmandu Nepal

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## Pikey Peak Buddhist Retreat Yoga Program



Pikey Peak Trekking, UNNSCO World Heritage sites Tour, Buddhist Monasteries Retreat and Yoga Program

In doing a single trip to Nepal, you can test the different varieties of Nepal. That is one the Pikey Peak Trek which give you the breathtaking view of mount Everest and many other beautiful peaks from the lower Solukhumbhu, Visiting the Buddhist retreat monasteries to experience the Buddhist way of rich culture, and to get the inner peace in you by doing a yoga practices. The view from the trek, which stand at the height of 4068m-Pikey Peak, is simply stunning. On sunny days you can encounter the marvelous sun-kissed summits of Gaurishankar, Mt. Numbur, Mt. Everest, Mt. Lhotse, and many other smaller peaks.

Simply the People of Sherpa ethnicity inhabit the Pikey Peak Trekking route. Sherpa's clans reside in these secluded mountain terrains with their unique culture, traditions, lifestyle, and festivities. There are also several Tamang and Magar settlements along the way. The paths are filled with prayer flags, and there are several Buddhist Gompas, stupas, and monasteries that represent the deeply rooted Buddhist culture. The eccentric culture and traditions make the trekking experience even more enjoyable. Asian Expedition Pvt. Ltd. arranges all these events proudly in Spring and Autumn Season in Nepal.

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## Trip Itinerary:

### Pikey Peak Buddhist Retreat Yoga Program:

DAY 1: Arrive in Kathmandu.

Arrive in Kathmandu airport (1345meters) transferred to hotel, Evening free and overnight at hotel in Kathmandu.

DAY 2; Sightseeing tours in UNESCO world Heritage sites.

Day tour to the Swayambunath, Pashupatinath and Bodhanath. Which are the UNESCO world heritage sites of Buddhist and Hindu.

DAY 3: Transfer to Pharping Monastery.

Pharping is a small town which is around 23km southwest of Kathmandu Valley. Tibetans know Pharping as Yanglesho and Nepali they call it Pharping. It is the place where Guru Padmasambhava (Guru Rinpoche) had attended enlightenment. So, it is one of the most sacred sites related to him. For Tibetan Buddhists, the hills of Pharping are believed to be as sacred as Bodhigaya in India. Within the area of Pharping, there are two sacred caves, Asura cave and Yanglesho cave on the mountainside, several Tibetan Buddhist Monasteries and retreat centers in and around this small town.

DAY 4- 6: Main Monastery Retreat Days and Activities.

Wake up at 5:00 am (ready for Puja)

Puja Ceremony at 5:30 (Morning)

Tea Break 6:30

Jalaneti: 7 - 7:30

Traditional Hatha & Ashtanga Yoga 7:30 - 8:45

Breakfast: 9:00 -10:00

Dhamma talk: 11:00 - 1:00 pm

Lunch: 1:00 -2:00

Silence: 3:00 -4: 00

Monastery: 4:00 -5 :00

Silence: 5:00 – 6:00

Meditation: 6:00 – 7:00

Dinner: 7:00

Silent Sitting in Meditation Room: 8:00 – 9: 00

Meditation Sleep: 9:00 -9:30 pm

9:00 – Lights Out (Bed)

DAY 7: Drive to Phaplu -7hrs

You take a Drive to Phaplu which is about 7 hour (250km) and You see the local market in Phaplu and enjoy a visit to local monasteries such as Chewang monastery. Stay overnight at home.

DAY 8: Start trek from Phaplu to Junibensi -5hrs

Today, you walk down to Phaplu which takes about 5 hours. The trail is gently downhill along the small stream and can enjoy delicious local food and participate in farewell to our staffs. Stay overnight at home-stay/lodge.

DAY 9: Trek to Lamjura Hill view point-6hrs

Start to trek early in the morning cross Junbesi Khola and climb uphill. From the top one can witness the spectacular vista of Everest, Thamserku, Kantega and Mera Peak. After passing Ringmo Khola the trail climbs uphill to Ringmo Village. After Ringmo you will climb Lamjura La Pass (3500m) a superb example of Sherpa architecture. Now you will trek one hour uphill to Lamjura top for best views of Everest including other peaks near Everest region. Overnight at teahouse.

DAY 10: Trek to Pikey Peak Base Camp -7hrs

Today, you experience high altitude vegetation and can see Himalaya floras and faunas. You find centuries old monasteries, Buddhist stupas and mani stones. The yak herding can be seen at different places. you are accompanied by unique landscapes and sceneries. This particular area is feasible for marathon and mountain bike race. Stay overnight at home-stay/lodge.

DAY 11: Start trek from Pikey peak to Jhapre -6hrs

Today, after breakfast, we enjoy the mountain vista for one last time and capture the beautiful scenic beauty on our cameras. We then start our descent on a return trek from pikey peak base camp. We trek through the rough terrain passing through rhododendron forests and the small settlement of Lhamuje. We arrive at the bumpy roads to Jhapre. The trail can get taxing especially for first-time trekkers. We finally arrive at Jhapre after a trek of some hours. We will stay overnight at a lodge in Jhapre.

DAY 12: Trek to Dhap-7hrs

Today is the last day of the trek. After breakfast, we start our trek to Dhap from Jhapre. We continue our trek on a bumpy road from Jhapre. The trail leads us to great vantage points along the path where we stop to observe the majestic views of the mountains and take some pictures. After arriving at Sigane, the trail turns dusty until we arrive at Dhap. We stay overnight at a lodge in Dhap.

DAY 13: Drive to Kathmandu from Jhapre / 8 hrs.

Drive from Jhapre to Kathmandu which takes about 8hrs and transfer to hotel. Overnight at Hotel.

DAY 14: Leisure Day in Kathmandu.

Today you have a leisure day and enjoy the day by shopping and it's your last day of the tour.

DAY 15: Departure to your home country.

## Cost Details:

Price: \$ 1650 per person- Minimum 2 people Required

## Cost Includes:

1. Airport pickup and drop by private Vehicle.
2. 4 night 3 star category Hotel in Kathmandu bed n breakfast
3. Three meals a day (Breakfast, Lunch and Dinner) during the retreat yoga and trek.

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4. All accommodations during the trek
5. Office paper works Gauri Shankar Conservation Park entry permit
6. Trekking information management system (Tims) permit.
7. Local route Scorpio Kathmandu/Phaplu/ Kathmandu round trip(sharing)
8. A helpful, knowledgeable, friendly, well English speaking trained, government license holder guide with all his salary, food, drinks and insurance
9. A Strong, helpful porter with proper equipment (one porter for two people)
10. Medical supplies (first aid kit will be available).
11. All government taxes and office expenses.
12. All entrances fees of City tours, monasteries and yoga centers.
13. Trekking route map.

## Cost Excludes:

1. International Flights Tickets to and from
2. Travel Insurance
3. Tips for guide, porters and drives
4. Additional Therapies
5. Extra nights in Kathmandu hotels



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