



WOMEN'S HIMALAYAN SOUL REVIVAL TREK

Nepal

10 days | 9 nights

OVERVIEW

Join Big Heart Adventures for this unforgettable Women's Himalayan Soul Revival Trek amidst the awe-inspiring mountainous landscape of Nepal's lower Everest region.

Towering Himalayan peaks surround us as we embark on a transformative journey through Solu, where vibrant culture, spiritual exploration, and magnificent landscapes converge. Immerse yourself in the mountains and energise your mind, body and spirit. Rest in local guest houses supporting the heart of Sherpa hospitality and Himalayan Buddhism as we trek through villages and picturesque, terraced fields.

Venture off the beaten path through the apple orchards of Ringmo, traverse ridgelines to Chiwong Grompa, and south to Chyalsa Tibetan Camp and the historic bazaar town of Salleri. All the way surrounded by majestic snow-capped mountains and panoramic vistas. This holistic expedition seamlessly intertwines cultural richness, spiritual depth, and the breathtaking allure of the Everest region, promising an unforgettable adventure etched with the essence of Nepal's spiritual tapestry.

Finish this incredible adventure with an optional four-day yoga retreat extension, where the total relaxation of your entire being is promoted and supported – a divinely nourishing end to your Himalayan Soul Trek.

DETAILS

- Type: Challenge Women's Trips
- Adventure: Women's Himalayan Soul Revival Trek
- Destination: Nepal
- Group Size: Max 12 plus leaders

ITINERARY

Day 1 | Welcome to Kathmandu

Namaste, adventurous souls! Welcome to the vibrant heart of Nepal, where the journey of a lifetime begins on our Women's Himalayan Soul Revival Trek with Yoga.

We meet at Kathmandu International Airport, where our local guide will nurture us through the initial culture shock and get us settled into our cosy hotel.

Depending on your arrival time, we spend the afternoon taking a guided bazaar walk through old Kathmandu, exploring secret alleys and courtyards not usually experienced by visitors. Exotic produce alongside spices and wares made from brass, bronze and copper. We'll pass many hidden temples belonging to Hinduism and Buddhism, plus brightly clad locals, including Sherpa women, Indian traders, sadhus, and 'Gurkhas'. The sights, sounds, and smells make a fascinating and heady introduction to Nepalese culture.

BIG HEART ADVENTURES
more than just a trek...

www.bigheartadventures.com.au | hello@bigheartadventures.com.au

PO Box 6046 West Lakes Shore SA 5020 | ph 08 7006 5620



@bigheartadventures



@bigheart_adventures

Our walk includes a visit to the UNESCO World Heritage site of Kathmandu Durbar Square. The Hanuman Dhoka Palace, the ancient palace of the Nepalese Royalty, overlooks this stunning array of temples. Also known as Kantipur, this is one of the three ancient cities of the Kathmandu Valley, the others being Patan and Bhaktapur. Here, we can learn about the history and the temples and have the chance to visit the residence and temple of a Living Goddess.

We then return to our accommodation's regal surrounds and wooden artistry to prepare ourselves for dinner and rest.

3 nights stay at Nepali Ghar

Meals Included: Dinner
Walking Time: n/a

Day 2 | Temples, temples, temples

Did you know there are a staggering number of seven UNESCO World Heritage Sites in the Kathmandu Valley?! After yesterday's visit to Kathmandu Durbar Square, we experience another three today.

After breakfast, we will be chauffeured by private car to Swoyambhunath Temple. Also known as Monkey Temple, this ancient Buddhist Stupa is believed to date back to 460 A.D. and is the oldest of its kind in Nepal. It is sacred to both Hindus and Buddhists and consists of small shrines and temples perched on a hilltop overlooking the valley east of the city.

We then head to Pashupatinath Temple. One of the holiest temples in the Hindu religion, Pashupatinath is dedicated to Lord Shiva and is the main cremation site for Hindus in the Kathmandu Valley. With its location on the banks of the sacred Bagmati River, we will see the ghats below the temple, with possibly a burning ritual taking place. It is widely acknowledged among Hindus across both Nepal and India that one should undertake a pilgrimage visit at least once in their life, and we will likely see many sadhus coming and going.

Your final exploration today takes you to the majestic Boudhanath Stupa. This colossal structure stands with four pairs of eyes in the four cardinal directions, keeping watch for righteous behaviour and human prosperity. It is built on an octagonal base inset with prayer wheels, and houses of Lamas or Buddhist priests, monasteries, and shops ring the Stupa. We begin our visit by enjoying lunch overlooking the Stupa, where our vantage point on the café terrace allows us to soak up the atmosphere before exploring more closely once we have eaten.

We finish off the day with some free time, where you may decide to keep wandering around or sit and relax before we return to our hotel together.

Meals Included: Breakfast, Lunch, Dinner
Walking Time: n/a

Day 3 | Patan and Momo Cooking

Today is another exciting day, immersing ourselves in the incredible Kathmandu Valley. We begin with a visit to Patan, the city of fine arts, before getting hands-on with crafting momos, adding a flavorful culinary twist to our cultural experience.

Also known as Lalitpur, the ancient city of Patan is one of the three jewels of the Kathmandu Valley. Patan Durbar Square is breathtakingly adorned with impeccably preserved temples and palace complexes. With roots tracing back to pre-Christian times, Patan was founded in the third century B.C. by the famous Buddhist emperor Ashoka. Unlike the Hindu influence in Kathmandu and Bhaktapur, Patan is distinctly a Buddhist city. It is believed to be the oldest continuing Buddhist town in the world!

From here, we continue with an inspiring visit to Sesane, a local NGO dedicated to rehabilitating women survivors of human trafficking. Here, we'll learn how to make momos (delicious, steamed dumplings) and contribute to the empowering Sisterhood of Survivors program. This initiative imparts valuable skills to survivors, opening doors to future employment and the promise of dignified lives. It's an effort that significantly reduces the risk of further abuse.

After eating our fill of momos for lunch, we return to our hotel, where in the late afternoon, we meet up with our trekking guide to go over details for the trek and check any last-minute gear requirements before we go out for dinner.

Meals Included: Breakfast, Lunch
Walking Time: n/a

Day 4 | Phaplu and Trek to Junbesi

It's time to hit the trails for your Himalayan Soul Trek! We head off early this morning to get to the airport for our short flight to the majestic mountains of the Everest Region.

As we come into land, the little village of Phaplu welcomes us with its timeless Sherpa houses, setting the stage and filling us with anticipation for the days ahead. Upon touchdown and meeting the rest of our trekking crew, we begin our walk heading north, bound for the captivating town of Junbesi. Located in a picturesque green valley along the main Jiri to Everest trekking and trade route, Junbesi promises a charming welcome.

Our path unfolds alongside the rhythmic flow of the river, guiding us through small villages, terraced fields, and lush forests – a scenic symphony of nature. Junbesi is a traditional Sherpa village sitting at an altitude of 2,675m and is the cradle of Sherpa culture and architecture. It is a village of considerable size for this area and is home to one of the renowned 'Hillary schools' and a hydropower plant. Adding to its allure, the large monastery, standing since 1635, is claimed to be the oldest in the Solukhumbu region (though others are asserting this title as well).



Upon arrival, we settle into our local tea house accommodation, awaiting dinner and a night of comfortable sleep after our early start. 2 nights local Junbesi Tea House.

Meals Included: Breakfast, Lunch, Dinner
Walking Time: Approx. 4 hours
Altitude: 2,675m

Day 5 | Thubtenchoeling Monastery

Feeling rested, we greet our second day in the mountains, ready to venture northwards through the valley to Thubtenchoeling, one of the largest Tibetan resettlements in Nepal. The monastery here was established by the highly esteemed Trulsik Rinpoche, who fled from the Rongbuk Monastery in Tibet in the 1950s. As one of the few remaining high lamas born and educated in Tibet, Trulsik Rinpoche is immensely important to Buddhism, particularly the Nyingma sect to which he and the Thuptenchoeling Monastery belong.

Complimenting the monastery is a Tibetan Medical school and hospital, allowing us an opportunity to learn more about Sowa-Rigpa medicine – a centuries-old traditional Tibetan healing art.

In the afternoon, we will return to Junbesi where our cozy tea house awaits, offering a hearty dinner to cap off our day of exploration.

Meals Included: Breakfast, Lunch, Dinner
Walking Time: Approx. 6 hours
Altitude: 2,675m

Day 6 | Trek to Taksindu

Embracing another day of adventure, we bid farewell to Junbesi this morning and lace up our boots for another thrilling day on the trails with Taksindu as our destination.

We cross the river at the 'bottom' of town and climb through forest up to Salung from where, if the weather gods are in our favour, we get views of Mount Everest (8,848m), Chamlang (7,319m) and Makalu (8,481m). From here, we also have gorgeous views across the valley to Chiwong Monastery and down towards Phaplu.

Our journey continues, contouring and descending to a lovely stream before a brief uphill into Ringmo. Renowned for its apple orchards, Ringmo beckons with tantalizing apple products such as apple rakshi (alcohol), cider, and mouthwatering apple pie!

After Ringmo, a final short climb to Taksindu La rewards with yet another vista of majestic mountain peaks. A brief descent brings us to Taksindu Monastery and the warm hospitality at our lodge for the evening. Overnight local Taksindu La Tea House.

Meals Included: Breakfast, Lunch, Dinner
Walking Time: Approx. 5 hours
Altitude: 2,960m

Day 7 | Trek to Chiwong Gompa

Departing Taksindu this morning, we diverge from the main trekking route again and take a beautiful path down to Chiwong Gompa. It's a lovely walk along the ridge lines and through lush forest. As we emerge from the trees, we see Chiwong Gompa perched high on a cliff with a breathtaking panorama of the valley below.

Founded over one hundred years ago, the monastery now has a recently completed guest house. This is where we will spend our night, enjoying the view over Phaplu and observing monastic life around us. Overnight Chiwong Gompa Guest House.

Meals Included: Breakfast, Lunch, Dinner
Walking Time: Approx. 5 hours
Altitude: 2,930m

Day 8 | Chyalsa Tibetan Camp and Trek to Phaplu

Today we return to Phapku. Depending on how you're feeling after yesterday's exertions, we can either set out early to climb to the ridge to Ratnagi or for a gentler option, we can take the lower trail.

As we continue south, we visit Chyalsa Tibetan Camp and stop for lunch in the village before seeing Chyalsa Monastery. From here we make our way to the district headquarters of Salleri before arriving back to Phaplu. Overnight at local Phaplu Tea House.

Meals Included: Breakfast, Lunch, Dinner
Walking Time: Approx. 5 hours
Altitude: 2,690m

Day 9 | Return to Kathmandu Valley

After five days on the trail, it's time to bid farewell to the mountains and your Himalayan Soul Trek.

Today is a long drive with plenty of opportunity to reflect as the landscape slips by outside your window. You may also like to catch up on some sleep, share stories, or read a book.

For those who have booked our four-day yoga retreat extension, we will turn off before Kathmandu Valley and take you to the beautiful Vishuddhi Alaya retreat near Namobuddha. Here, we leave you in the nurturing hands of our local yoga guide, with whom you can create your retreat experience however you wish.

If you are continuing with us into the Kathmandu Valley, we will return to our original accommodation. In the evening, we will meet and head into town to one of Kathmandu's finest restaurants for a farewell and to share memories of our incredible adventure!

Overnight at the Nepali Ghar

Meals Included: Breakfast
Driving Time: Approx. 10 hours

Day 10 | Depart Kathmandu (without retreat)

This morning is free to relax and get packed up before taking a reflective moment with a cuppa overlooking the stupa...or you can head out and do some more sightseeing before going to the airport for your flight home.

If you're not quite ready to leave this wonderful country and would like to explore more of Nepal independently, we are happy to assist you with those arrangements.

You may wish to consider finishing off the trek with our Yoga Retreat.

Meals Included: Breakfast

Walking Time: n/a

Optional Extension: Namobuddha Yoga Retreat (Days 9-13)

An independent part of the trip, the retreat is yours to enjoy however you wish. Spend your days here connecting with nature and reconnecting with yourself. All meals included.

Forests surround Vishuddhi Alaya, and the retreat has been sustainably designed to enhance tranquillity and peace. Constructed from rammed earth, with a vegetarian menu of homegrown organic produce, and activities including yoga, meditation, Ayurvedic massage and craniosacral therapies, the total relaxation of your entire being is promoted and supported.

Immersed in the spiritual energy of the surrounding area, Vishuddhi Alaya Resort is complemented by the nearby sacred pilgrimage site of Namo Buddha. Your days here are filled with rest, the healing power of nature, and personalised yoga sessions. It's a divine, soul-nourishing end to your Himalayan Soul Revival Trek with Yoga.

After 4 nights and 5 days, you will leave these tranquil surroundings and be transferred to Kathmandu Airport for your flight home. Should you wish to extend your stay, either at the retreat or in Nepal, we are happy to discuss arrangements to suit your needs.

INCLUSIONS

Travel

Arrival & departure transfers in Kathmandu when flying on same flights as Big Heart Leader

All transport and transfers detailed in itinerary, including flight to Phaplu

Local taxes

Meals

All meals and snacks as per the itinerary

Filtered drinking water provided on-demand

Tea/coffee with meals

B x 9 | L x 8 | D x 9

Accommodation

5 nights local Tea House (*Please see note below)

4 nights standard twin share Nepali Ghar Hotel

*Note: The local tea houses are basic but clean and they do not often have attached bathrooms or hot showers. The price is based on twin share and does not include any extra charge that lodge owners may levy for single rooms, attached bathrooms or hot showers (if these facilities are available) or for battery charging. We can't know in advance what they may charge for such things in the different lodges along the way, so we prefer to leave this cost out, rather than pass along an estimated charge to you.

Activities

Entrance fees and English-speaking Nepali guide for sightseeing days

Momo cooking lesson

Sesane NGO visit

Boudhanath Stupa visit

Local trekking guide and porters

Trekking permits and registration fees

Every effort is made to include (optional) daily yoga sessions, however depending on weather conditions and unforeseen circumstances, it is not always possible

Safety

Group First Aid kit and emergency communication device

Leader certified in Remote Area/Wilderness First Aid

English Speaking Local Guide

Environmental

Small group guided experience

Leave No Trace principles

Invitations to connect with nature

Big Heart Extras

Big Heart Adventures designed ioMerino hiking top

Big Heart Adventures designed head sock

Big Heart Adventures journal

Guided pre-departure training walks and or program (trip specific)

Discount card for pre-departure purchases at Exurbia

A charity contribution to our Give Back program

Access and assistance from our Travel Agency with organising flight bookings and/or to extend your stay

EXCLUSIONS

- International flights (these can be arranged to join our Big Heart Adventures host from Adelaide or en route to Kathmandu)
- Drinks (except filtered water with included meals)
- Meals not stated on the itinerary
- Items of a personal nature
- Travel Insurance
- Visas
- Tipping
- Extra levy charges at tea houses
- Optional Yoga Retreat Extension – inclusive of meals, standard twin share accommodation, yoga guide. Please add to your booking by selecting from the dropdown menu before adding to cart. Single-room supplement available

FITNESS REQUIREMENT

- A good level of fitness is required to walk the trails on this trip
- You will be walking pack free (day packs only)
- You will walk on a variety of surfaces on undulating trails including some steep inclines/declines and rocky trail
- Our longest walking day is approx. 6-7 hours and we walk 5 consecutive days on this adventure
- Trail rating: Moderate

IMPORTANT INFORMATION

- Eligible Past Traveller Discount applies if you've travelled with us on any of our guided tours which were 5 days duration or longer
- Read terms and conditions before booking
- Itinerary and price subject to change at any time
- Travel Insurance is recommended. Get a quote from Covermore or Go Insurance
- Note weather, group member welfare and a range of circumstances outside our control can mean last minute changes to our itinerary are necessary once on tour
- A limited number of single rooms are available on a first-come basis
- Please contact us before booking any flights. Depending on flight arrival and departure times extra nights accommodation may be required at own expense
- A minimum number of travellers are required for this trip to depart so ask someone to join you. If minimum numbers aren't reached, we may decide to still go or we will provide a full

refund

- Training walks start 8 weeks prior to departure. We recommend you attend these walks to maximise your enjoyment and for the groups welfare when away
- Rooming is twin share
- If you have additional needs please connect with us, we're committed to being inclusive and accessible

ADVENTURE LEADERS

Our experienced and knowledgeable local guide and a leader from Australia are with you for the journey (2 leaders). Our team is qualified, experienced and super friendly. We will ensure you have a fun and connecting adventure. Leaders are certified in Remote or Wilderness First-Aid. All leaders carry a group first-aid kit, emergency communications device, emergency documentation and equipment.

PACKING LIST

A detailed packing list is provided prior to travel

- Gear you will need:
- Comfortable walking shoes
- Water bottle (1 litre) that can be refilled
- Day Pack
- Light rain jacket
- Warm jacket or jumper for mountain stay
- Personal medications
- Clothing that is quick-drying, breathable and layerable as needed – consider merino/synthetic clothing
- Sun protection such as hat, sunglasses and sunscreen, insect repellent
- Sleeping attire

*Conditions can change quickly in the mountains. We recommend dressing warmly with merino layers and a down puffer jacket, especially for outdoor yoga.

ACCESSIBILITY

There are stairs, uneven surfaces and moving luggage to and from accommodation, plus walking the trails on this trip. Please talk to us about your accessibility needs before booking

