

Himalayan Initiatives Yoga Charity Trek in Lower Solu Khumbu

28th October – 11th November, 2018



Trek with a Purpose...



Come join Scottish grassroots charity, Himalayan Initiatives, on a yoga trek journeying off the beaten path, through the foothills of the majestic Himalayas to the rural, terraced village of Nele in Solu Khumbu.

Experience the opportunity to awaken with sunrise vinyasa flows, integrate the days learning with nourishing restorative practices and find freedom in movement and expression. Breathwork, yoga philosophy and various mindful practices will compliment daily asana practice to bring a holistic, healing approach to the journey. Rejuvenate and restore with days spent breathing in the pure air of a wondrous landscape rich in waterfalls and wildlife, forest and snow-capped mountain horizons, complimented with nights spent camping under beautiful starry skies.

To travel through remote Nepal is a choice to step outwith the confines of frenetic modernity and connect back to the healing power of nature. It is a chance to reframe perspective and learn from a community who live from the land as a collective, embracing their ancient, spiritual culture. Arriving in Nele during the auspicious month of November, there will be many opportunities to experience and learn about local village life, in which Shamanism, Hinduism and Spirituality play an important and active role.

Local guide Mohan grew up in Nele and has spent the past few years guiding treks throughout rural Nepal. He also works as part-time project officer to Himalayan Initiatives. His depth of insight into local culture, wildlife and surroundings and friendly, helpful approach to all those he meets make his leadership a privilege on the journey.

Emily strives to bring a playful and compassionate approach to her teaching, both on and off the mat, encouraging those around her to cultivate a loving relationship with themselves; to nurture connection, potential and inner strength. She has a passion for nature and travel; with a love of wandering, truly inspired by her first trip to Nepal in 2005. She returned last year, to explore and teach yoga on trek with Himalayan Initiatives, before spending a month with the community in Nele, leaving in awe of its people and the beauty of the natural surroundings.

Please contact Emily or Himalayan Initiatives for inspiration if you feel this unique opportunity to adventure may be calling to you.

Emily's Whatsapp: +447889862498

Emily's Instagram: [awakening.wandering](#)

Emily's Training: RYT 200, Inbound Yoga School, Colombia



Tailored Treks & Expedition Pvt. Ltd. Thamel, Kathmandu, Nepal |

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Introduction by Kumar Karki of CBSD and Tailored Treks

We welcome you on this special charity yoga trek to explore the beauties of Nepal while also supporting communities in need.

The trek is part of the social charity work of Nepal NGO Community Building for Sustainable Development (CBSD). CBSD works in partnership with Scottish charity Himalayan Initiatives to promote positive change in one of the most stunningly beautiful yet most impoverished areas in the lower Everest region of eastern Nepal. Our work is focused on the villages of Simigaon (Dolakha district), Nele & Jhareni (Solu khumbu district). This trek is delivered by trekking company Tailored Treks & Expeditions, which works with CBSD and local communities to develop tourism in a way that brings benefits directly to the local people.

CBSD was established by supporters and young people from the region. Members of CBSD & Tailored Treks have a wealth of trekking experience and local knowledge, and are committed to giving something back to the community.

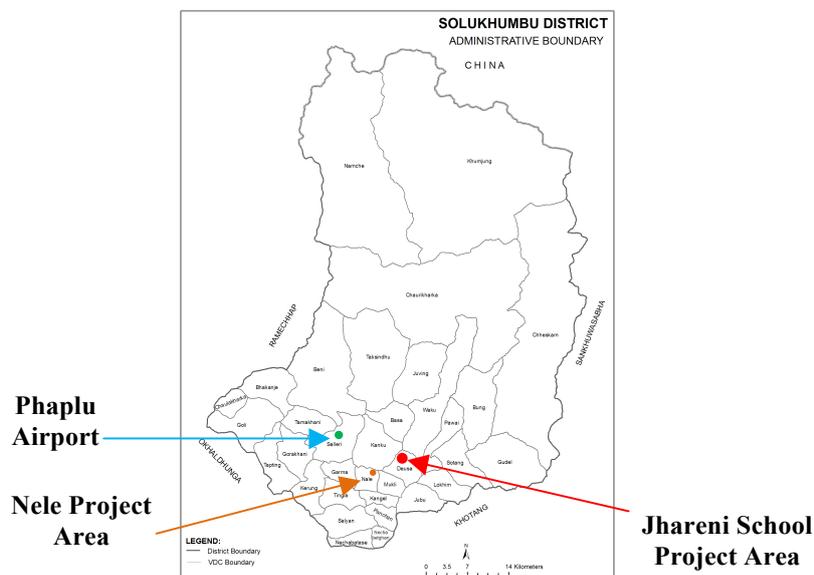
CBSD activities include supporting:

- a)** The distribution of modern Metal Stoves with chimneys,
- b)** Schools with books, furniture, building construction & repair,
- c)** Health posts with medicine, staff training, building construction and maintenance,
- d)** Agricultural support activities.

The overall aim is to improve education, health, income generation and general basic services in order to improve the quality of life in the region.

During the trek, we will visit our project areas, interact with the community, participate in community events, and share our ideas and suggestions for improving basic services in the region.

We welcome all those who are open to our aim of social service and who are prepared to face the challenges associated with bringing change in areas of need. Due to advancements in communication and technology, the interdependence of one area of the world with others is becoming ever more apparent. Consequently, we feel that interaction between communities, sharing of resources and knowledge is increasingly important to bring about harmony and balance in our world today. Through small initiatives such as this trek, we aim to contribute towards this goal.



PROGRAM ITINERARY

Program: Himalayan Initiatives Yoga Charity Trek in Lower Solu Khumbu
When: 28th October – 11th November 2018

Special features:

- Kathmandu Valley sight-seeing
- Fly or jeep from KTM-Phaplu
- Trek to Chyalsa –Ghumnepani -Jalim–Nele- Jhareni
Jeep to Dhulikhel & Kathmandu
- Daily asana yoga practice, breathwork, yoga philosophy & mindful practices
- Visit project areas in Nele & Jhareni
- Meet with community people and learn about village life & shamanism

Day 1

Sun.Oct 28th Arrive Kathmandu, Nepal (Your international flight is by your own arrangement and not included in the trek cost)

CBSD/Tailored Treks will welcome you at the airport and take you to our hotel in the tourist district Thamel. (Ambassador Garden Home Hotel or similar). There you will be able to shower, rest and relax or explore Thamel if you have the energy! Join us for an early evening group meeting in the hotel garden followed by an optional group meal. Our group will be a maximum of 12 people.

Day 2

Mon Oct 29th Kathmandu city tour

For those wishing to explore the city, a guide will be available to take us to the main tourist sights including Boudhanath, Swoyambhunath & Basantapur Durbar Square. There will also be time for shopping & preparation for the trek. There are small supermarkets in Thamel, nearby the hotel, for all those last minute essentials.

Day 3

Tues Oct 30th Fly or jeep from KTM to Phaplu 2201m Overnight in Everest Lodge

There is limited availability of plane seats and flight departure times are unpredictable and weather dependant but hopefully we'll get a flight in the morning and have time to explore the Phaplu area in the afternoon, home to Sherpa culture. We will visit the monastery and government run Agricultural center. If our flight is not available it is an interesting (tho' long) drive from KTM to Phaplu with excellent mountain viewpoints en route- if we are lucky we will get our first sight of Everest.

Day 4

Wed. Oct 31st Trek from Phaplu to Chyalsa 2882m- 3-4 hrs overnight camp

Our first day of trekking begins! From Phaplu it is a gradual ascent through picturesque farmland and woodland to reach Chyalsa. Chyalsa at 2882m is the highest altitude we reach on this trek.

Day 5

Thurs Nov 1st Day in Chyalsa- overnight camp

In addition to our daily practice at we will visit local Buddhist monasteries and what remains of the Tibetan Refugee Settlement.

Day 6

Fri Nov 2nd Trek from Chyalsa to Ghumnepani- 3-4 hrs, overnight camp

Ghumnepani is an area of high summer pasture for cattle (kharka) with good views across the valley below.

Day 7

Sat Nov 3rd Ghumnepani to Jalim 3-4 hrs, overnight camp.

It is a gentle trek to reach this peaceful forest clearing and small lake which are of great spiritual significance to local people who gather here for an overnight festival every summer.

Day 8
Sun Nov 4th

Day in Jalim– Overnight camp

Enjoy your daily practice in this very special environment surrounded by old growth forest with colourful birdlife and several traditional worship sites.



Mon Nov 5th

Trek from Jalim to Nele – 3-4 hrs Overnight at Mum’s Nele Homestay

It is mostly downhill to Nele where we will receive a warm welcome. Most of the local people are subsistence farmers whose way of life is underpinned by a deep respect for their elders, Hinduism, spirituality and shared community responsibilities. Take time to meet with the villagers who will almost certainly be delighted for you to join them in their daily tasks. We will stay at Mum’s Nele Homestay. The homestay was constructed following the 2015 earthquakes, which destroyed or damaged many of the local houses. While in Nele there will be the opportunity to visit and review all our project areas Today we will be joined by our Pikey Peak trekking group.

Day 10
Tues Nov 6th

Explore Nele - Overnight at Mum’s Nele Homestay

Tuesday is market day in Nele bazaar so we will join the locals in the meele. Fruit, vegetables, spices, clothes, basketware, metalwork, pigs, goats, chickens and more are on offer. We will learn more about Himalayan Initiatives projects in the village and visit Nele health post & birthing center and the local primary school (optional). In the evening we will meet with a local shaman to discover more about the shamanic tradition and its on going importance to the local community.

Day 11
Wed Nov 7th

Trek from Nele to Jhareni 2096m (optional- you can stay in Nele & the Homestay on days 11&12 to relax/explore and learn more about village life if you prefer)

It is a gentle 2-3 hour trek to the predominantly Tamang village of Jhareni. There we will visit the primary school built in 2014 (funded by Himalayan Initiatives) and meet with the community. This is a particularly impoverished area where we will be reviewing our past school and stove projects and looking at what further support may be needed. Overnight camp in Jhareni

Day 12
Thu Nov 8th

Trek back from Jhareni to Nele- Overnight at “Mum’s Nele Homestay”

After a gentle trek back to Nele you will have free time to relax or maybe meet with more of the locals and learn about local cooking, local wildlife or craftwork.

Day 13
Fri Nov 9th

Drive from Nele to Dhulikhel 10-12 hrs -Overnight Gaia Holiday Home

After saying our goodbyes to the people of Nele we head off in a 4 wheel drive jeep- it’s a very picturesque drive. We will stop at Pattale for the excellent mountain views and can request stops whenever needed. Dhulikhel is situated on the Kathmandu valley rim so it’s worth getting up early next day for the view from your bedroom window.

Day 14
Sat Nov 10th

Drive from Dhulikhel to Kathmandu via Bhaktapur. Overnight at Ambassador Garden Home

Before heading back to the bustle of Kathmandu we will visit Bhaktapur, a UNESCO World Heritage Site famous for its religious architecture (sadly badly damaged in the earthquakes) and home to a wide variety of local artisans including woodcarvers and papermakers. We’ll spend a few hours here before returning to our hotel in Thamel. This will be our last night as a group so let’s make it good one at the Farewell Dinner! (optional)

Day 15
Sun Nov 11th

Departure (or extend your stay – see below) Tailored Treks will arrange your transport to the airport.



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PRICE	Remarks
<p>GBP 1500 of which £500 deposit payable to Himalayan Initiatives. The remaining £1000 payable in cash to Tailored Treks directly after arrival in KTM. (Payment to Tailored Treks by bank transfer is possible and incurs an additional 13% VAT)</p>	<p>Hotel twin sharing basis at Ambassador Garden Home Hotel or similar rank. Single person supplement: GBP 195 All prices are calculated at current exchange rates (approx. 140NPR to GBP) In the unlikely event that the rate drops to below 125NPR in October a surcharge may be requested.</p>

If you wish to extend your stay Tailored Treks is able to arrange additional trekking programs and optional activities such as:

Tour to Nagarkot/Namobuddha/Changunarayan Temple
Chitwan Jungle Safari
Mountain Flight

Please contact Tailored Treks directly for program options and prices.

Trek cost includes:

1. Hotel in Kathmandu **3 nights only** (B &B only)
2. Hotel in Dhulikhel **1 night** (B&B)
3. Food & Accommodation during trek
4. Wages for Guide, Sherpa, Cook, Kitchen staff & Porters
5. TIMS card
6. Airport pickup/drop
7. Flight or jeep Kathmandu to Phaplu
8. Jeep from Nele to Kathmandu
9. Kathmandu valley/Bhaktapur Sightseeing
10. Government Tax
11. Staff insurance
12. All Local Transportation
13. Office service charge

Costs not included:

1. Personal expenses (Please budget £100 for staff tips)
2. Drinking water, Bar Bill etc.
3. Helicopter Rescue (in case of accident)

We hope that participants will each be happy to raise at least £300 for Himalayan Initiatives (Scottish Charity SC044266) through fundraising or sponsorship to support CBSD's project work in the villages (including villages you will be visiting-so you will be able to report back first hand how the money is being used!).

It is easy to set up your own fundraiser page linking to the Himalayan Initiatives BTMyDonate event page: <http://mydonate.bt.com/events/hipikeytrek2018>

THANK YOU FOR YOUR SUPPORT!

www.himalayaninitiatives.co.uk Reg. address: Cluny Victoria Rd Huntly AB54 8AH

IMPORTANT INFORMATION ON NEXT PAGE



IMPORTANT INFORMATION:

PLEASE NOTE:

This itinerary is designed to be flexible and may be subject to change due to circumstances at the time.

The trekking is moderately strenuous and requires you to be able to walk carrying a daysack for up to 3-4 hours to a maximum altitude of 2900m. A reasonable level of physical fitness is important so we advise doing some preparatory hillwalking in the months before.

Please ensure that your travel insurance covers you for trekking at this altitude and for helicopter rescue (in the unlikely event of this being required.)

Tailored Treks will require a hard copy of your travel insurance prior to trek please.

Yoga mats will be available or if you may prefer to bring your own.

A recommended kit list is included below.

For any enquiries or to reserve a place on this trek please email

jane@himalayaninitiatives.co.uk



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EQUIPMENT LIST FOR TREKKING

1. Sleeping Bag 3 or 4 season (You can hire in Nepal)
2. Silk liner
3. Trekking Boots (Waterproof)
4. Lightweight shoes or sandals
5. Trekking Socks
6. T-shirts
7. Lightweight shirts
8. Down Jacket (You can hire or buy cheaply in Nepal)
9. Waterproof Jacket & Over trousers
10. Trekking Trousers
11. Underwear & base layers
12. Woolen hat
13. Sun Hat
14. Sun Glasses
15. Trekking Poles- optional
16. Gloves
17. Towel
18. Sun cream
19. Lip balm
20. Water Bottle
21. Day back pack
22. Biodegradable all-purpose soap
23. Head Torch and spare torch
24. Insect repellent
25. First Aid kit including blister kit, plasters, paracetamol, aspirin (for altitude headache if not contra-indicated) loperamide for diarrhoea,
 - a. cinnarizine for nausea, cetirizine for itch/bites.
26. Means of water purification. Boiled water is supplied on trek – as a safeguard we recommend also using water purification tablets (available in KTM) or another approved purification system eg. Steripen
27. Camera with extra battery - optional (Recharging is possible in some places)
28. Altimeter, Binoculars, GPS unit etc.- optional
29. Reading materials, Notebook, Pens etc.- optional