

# Monastery Stay and Trek Information and itinerary

Our exclusive Monastery Stays  
may change your life.

The Pfarping Monastery is on the  
outskirts of Kathmandu and with  
our 5 day low level trek in the  
Kathmandu Valley, they make  
an excellent relaxing combination.



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# Introduction

This is a rare opportunity to experience a potentially life changing trip.

Our Monastery Stay and Trek begins with a 5 day low level trek around the Kathmandu Valley and then transfers you to the Pharping Monastery on the outskirts of Kathmandu for a 3 night stay.

The teachings will be in English.

This document should give you a flavour for what this trip is all about. It contains the daily itinerary, lots of important information and what is included/excluded in your trip price.

Your trip begins when we collect you from Kathmandu's Tribhuvan international airport. We will transfer you to our hotel in the Thamel district of the city. You have the remainder of your arrival day plus the whole of the next day to settle into your surroundings and explore Thamel. This very friendly hotel will provide any advice that you may need for your settling in period and includes being briefed by your Guide for the trek.

The trek is not a full blown mountain trek! It is a low level, easy paced trek through the villages visiting some very important Buddhist sites along the way.

Your lodgings will be a mix of hotels, comfortable lodges and a classic tea house. There is no camping. Breakfasts are included throughout your trek; you simply pay for lunches and dinners as you go. There are plenty of places to get food along the way.

At the end of the trek, you will be transferred to the Pharping Monastery on the outskirts of Kathmandu. In keeping with a Buddhists life, the lodgings are simple but comfortable. All of your food will be provided for you (full board) as part of this element of the trip.

Whilst always subject to minor changes, the daily itinerary for your stay within the Monastery will be:

0645hrs - Pooja (Paying homage to God)  
 0730hrs - Breakfast  
 0900 - 1100hrs - Teaching by Lama  
 1130hrs - Lunch, followed by free time

1530 - 1700hrs - Teaching by Lama  
 1800 - 1845hrs - Meditation  
 1900hrs - Dinner  
 1930hrs onwards - Study Group (can join this class with monks if they wish)

When your time is complete at the Monastery, you will be transferred back to our hotel in the heart of Kathmandu.

You have a final afternoon and the following morning free before your departure. You are welcome to extend your stay of course.

Details
Duration: 12 days UK - UK
Min/Max pers: 2/12
Max altitude: 2175m/7135ft (negligible)
Accommodation on trek: Hotels/Lodges/tea houses (no camping)
Dates: See website
Cost (2012): 2 people or more £580pp 1 person £706
Our trips formally begin and end in Kathmandu

When to go
In general terms:  It is possible to do this trip year round.
The best mountain views are during the traditional trekking seasons of Mar - May and Sep - Nov.
The rainy season of Jul is perhaps best avoided!

Travel and Trek is a truly independent company specializing in adventure trekking and touring. We pride ourselves on the personal touch and whether you are travelling solo or in a big group, we can adjust itineraries to suit you.

## Important information

### Costs

Costs are based on 2 people sharing and are per person (singles see below)

### Fully Bonded

Your money is safe. We are protected by Insurance Passenger Protection (IPP), which protects YOU against OUR insolvency.



### Trek Dossier

On booking, you will receive a comprehensive Trek Dossier, which includes:

- Clothing and equipment list
- Medical notes (including vaccination requirements)
- Notes on trekking at high altitude
- Notes on safe drinking water
- Money saving tips for buying kit in Nepal
- What to do on arrival in Nepal
- Visa application form (including what to do)
- Food, money and lost more...

### Airport arrivals

We pick you up on arrival and transfer you back on departure.

### Passports

Passports should be valid for a minimum period of 6 months on the date on entry into Nepal (source: Nepal Embassy, UK)

### Tourist Visa

A tourist visa is required for UK Nationals. This can be done on entry into Nepal or prior to departure. Full details provided on booking including the visa application form if required.

### Itineraries

Day 1 of your itinerary is deemed to be your departure day from the UK.

### Hotel Accommodation

Our hotels are of 3\* standard with very friendly staff to attend to your every need. Our costs are based on a B&B basis, twin share. All rooms are en suite. If you wish to use a higher grade hotel whilst you are in Kathmandu, then please ask us for details.

### Accommodation on Trek

A mix of hotels, Lodges and tea houses all based on a twin share, B&B basis.

### Singles

Travel and Trek does not believe in penalising single travellers unnecessarily. If you are a single traveller and do not request sole occupancy of a room, you will be accommodated with another member of the group of the same sex. If there is an odd number travelling and you happen to be the odd one out then you will be allocated sole occupancy at no extra cost. If you do request sole occupancy

throughout all or part of the trip, then you will be charged a supplement (see costs).

Most trips are based on at least two people travelling. The cost of only one person on a trip will be higher. If it is not stated, please ask for details.

### Extended Stays

You are free to extend your stay in Nepal with extra days before or after your trip. Travel and Trek can assist you with accommodation if you wish or you are free to make your own arrangements.

### Our Guides

Our Nepalese Guides work solely for us and are paid 12 months of the year; not just when they trek. They are all qualified, licenced, English speaking Guides with a wealth of experience and knowledgeable. Some were born in the Everest hills.

### Fitness

The perception that you have to be super fit to even trek in Nepal is not true. A reasonable level of fitness based on the ability to walk at your own comfortable pace for 4 - 6 hrs a day (with rest stops), for several consecutive days carrying a day sack weighing approx 5kg is all that is required. If you are in any doubt about whether you are fit enough, please consult Travel and Trek prior to booking.

### Clothing and equipment

This information is part of the Trek Dossier and is provided on booking.

You will need neutral clothing for the Monastery Stay in keeping with Buddhist code. Full body cover that keeps you warm whilst remaining still for a significant amount of time will be required.

### Medical/Vaccinations

You are advised to consult your GP if you are in any doubt about your physical condition to undertake your chosen trek. Whilst we do provide information on vaccinations, you should also seek professional advice on what vaccinations you require for Nepal and other locations should you have an extended trip. For planning purposes you should need: Hep A, Typhoid, Tetanus, Polio and Meningitis.

Continued overleaf...

### Expert Help

If you have any queries in the planning stage of your trip, call our experts on 01476 562763 or 07725 943108

### Altitude Sickness

Whilst we include notes on trekking at high altitude within our dossier, the altitude you will go to on this trek should not trouble you (max 2175m/7135ft).

If you wish to discuss it personally, please call the Travel and Trek office; our experienced staff will be happy to answer any questions that you may have.

### Local Payments

Travel and Trek does not charge any local payments.

### Travel Insurance

It is absolutely vital that you have adequate travel insurance. See separate page.

### How To Book

- Complete the booking form (downloadable from the website) and return it with a deposit of £150 pp.
- Booking forms can be completed electronically and returned as an attachment to an e-mail.
- Details of payment options are on the booking form.
- Balance payments are due 10 weeks prior to departure.



## Trip inclusions and exclusions



### Inclusions

- Return international airport transfers
- Hotel accommodation in Kathmandu, total 3 nights on a twin share, B&B basis
- Hotel/Lodge/tea house accommodation on trek, total 4 nights on a twin share, B&B basis
- Monastery accommodation, total 3 nights, on a twin share, full board basis
- Private road transport as required
- Trekking permits and TIMS certificate (compulsory for all trekking in Nepal)
- Services of an English speaking Nepali Guide throughout the trek
- Porterage
- Comprehensive Trip Dossier

### Exclusions

- International flights
- Cost of Nepal Tourist visa
- Personal spending
- Staff gratuities, advice will be given
- Personal travel insurance

# Itinerary

## 1 Depart UK

Our trips formally begin and end in Kathmandu but we can assist you with advice on the best flight routings for your circumstances if you require it.

## 2 Arrive Kathmandu

You will be collected by our Representative and transferred to the hotel (25 mins), which is perfectly placed in the heart of the city. You are then free to settle in and explore your vibrant surroundings. Our friendly staff are on hand to provide any advice or assistance.

## 3 Free Day

Meet your trekking Guide for a brief and timings for tomorrow

Final preparations for trek

Pre-arranged cultural tour of Kathmandu (optional), with exclusive transport and Guide or choose to roam as you please.

## 4 Drive to Sundarijal, trek to Chisapani (2150m)

The drive is approx 45 mins.

A lovely initial trek through mixed forest with good views of the Kathmandu valley. Lunch en route, overnight at Chisapani.

## 5 Trek to Nagarkot (2175m)

It will about 6 hrs to reach Nagarkot.

Nagarkot is a favorite overnight stop from Kathmandu as it affords excellent views of the Everest part of the Himalaya. There are excellent sunrises and sunsets from here.

## 6 Trek to Dhulikhel (1550m)

Another ridge top village with excellent views.

Climb up to the Nagarkot tower on your way out to see Everest, weather permitting.

Today's trek is mainly through the dense rhododendron forests.

## 7 Trek to Namu Buddha - Balthali

More spectacular views before you head off for your 3hr trek to Namu Buddha.

This sacred spot is one of the most important pilgrimage sites for Buddhists.

After spending some time exploring Namu Buddha, it is a further 3hrs to Balthali.

## 8 Trek to Panauti, drive to the Monastery

It is a 3hrs trek to reach your final trekking destination of Panauti.

After exploring the old town and temple area, we drive back to Kathmandu and head straight for the monastery.

You will have time to meet your hosts and settle in.

## 9 and 10 Monastery Stay

The intended daily programme is as follows:

0645hrs - Pooja (Paying homage to God)

0730hrs - Breakfast

0900 - 1100hrs - Teaching by Lama

1130hrs - Lunch, followed by free time

1530 - 1700hrs - Teaching by Lama

1800 - 1845hrs - Meditation

1900hrs - Dinner

1930hrs onwards - Study Group (can join this class with monks if they wish)

## 11 Transfer back to Kathmandu - free day

After breakfast, you will check out from Monastery be transferred back to our hotel in Kathmandu.

The rest of the day is free.

## 12 Departure

We will transfer you back to the international airport at the appropriate time.

he ascent from Tatopani to Ghorepani is a massive 1700m. It is long day but you should also be walking fit by now.

# Travel Insurance

It is absolutely essential that you have adequate travel insurance. Be truthful to your insurance company about precisely what activities you are undertaking and to what altitude (max). Failure to do that may invalidate your policy.

To fly a patient back to the UK under any form of medical supervision (ie on a stretcher) is estimated to cost well in excess of £10,000.

In terms of activities for insurance purposes, you are trekking not climbing. You are not using any form of specialist safety or climbing equipment.

This Foreign & Commonwealth Office link is a useful reference and recommended read:

<http://www.fco.gov.uk/en/travelling-and-living-overseas/staying-safe/travel-insurance/>

## So What Happens If I Have An Accident?

If you have an accident that requires professional medical help, the first priority is to get you to the nearest medical station (provided that you can be moved). Your Guide and his staff will do this as quickly as possible.

In the case of this Monastery Stay and Trek, some form of road will be quickly accessed.

Kathmandu has a well equipped 'tourist' hospital that can deal with most cases.

If the involvement of your travel insurance company is required and you cannot make the call, then we can assist you with that.

## Note

If you require helicopter evacuation and do not have insurance or cannot pay with a credit card on the spot the helicopters may not take off.

It is wise decision to carry a credit card capable of dealing with such emergencies.

## A Little Preparation May Save Your Life

Some insurance companies provide a very handy credit card sized card with all of their contact details on it. If your company does not, then try using this very handy website [Ucardit.co.uk](http://Ucardit.co.uk). Travel and Trek clients get a 10% discount.

For about £5 (including P&P), you get a virtually indestructible credit card sized card with all of your important information on it. You can either use one of three pre-designed Travel and Trek cards or design your own. An example is shown below. You can literally put whatever you want on it from flight details, mobile numbers, addresses, insurance details, etc...

To try it, go to the Home page, click 'Travel'. Then scroll down, bottom left, click on the 'Travel and Trek' banner and either use a branded template or design your own. These are example cards from the website (not full size).

