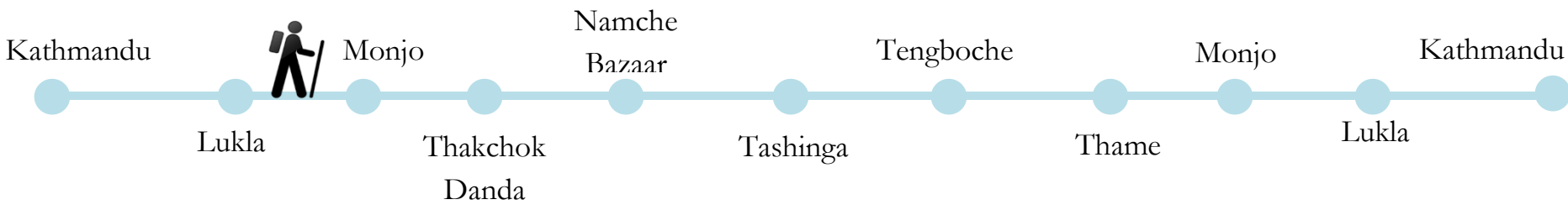




Solo trip to Nepal

From the buzzing bazaars of Kathmandu to some of the quaintest Sherpa villages; everything about this trip is exhilarating; the mountain scenery of the world's highest peaks, sense of discovery and constant promise of what might be round the next corner.

Here is a 14 days solo trip that mixes natural beauty, interesting culture, and a personal sense of achievement, all paired with an outstanding Nepalese hospitality makes it one of the world's most cherished journeys. And because of its well-paced excursions, people with average fitness can easily enjoy this trek.



— BY TREK
..... BY AIR

KATHMANDU MENDE TASHINGA MONJO LUKLA



Day 1

Begin your solo adventure in the capital city of Nepal; Kathmandu.

As exciting as it is diverse, 2 days in Kathmandu will see you immersing in the native culture and exploring heaps of things.

If you arrive early, consider wandering through the backstreets and exploring the city's ageless cultural and artistic heritage including Boudhanath Stupa, a UNESCO crowned site claims to be the largest Buddhist stupa in the world.

With more time to spare, head to Freak Street—once a hippie nirvana where hashish and marijuana were legal and sold openly in government licensed shops – but now the buildings house shops and cafes. Stop here for a drink or two and reminisce the area's glory days.



Day 2

Explore the treasures of this vast, exciting and diverse metropolis.

Kathmandu is teeming with cultural possibilities at every turn. It has the art, food & nightlife of a big city, with the soul and heart of a small town.

There's no better way to experience the majesty of the olden days than with a visit to two ancient kingdoms of Kathmandu valley, Bhaktapur Durbar Square and Patan Durbar Square, both form part of the seven monument zones that make Kathmandu valley UNESCO World Heritage Site.

Kathmandu plays host to some really special and optional excursions, among them the Budhanilkantha Temple and Nagi Gomba, are highly recommended. From here, hiking through the forests of Shivapuri offers great sight; the big skies, open horizons, lush farmland and mountain views. Once atop, you may want to stroll around before trekking downhill all the way to Kopan and drive back to Kathmandu.



Day 3

A spectacular flight from Kathmandu brings you to Lukla; an exhilarating beginning to your adventure.

Spend the day in the area; an ideal way to acclimatize and prepare for the days ahead.

Midday, take a walk up Bom Danda (app. 3000m) to its village. Walking along, you get very good view of Lukla and its airfield.



Day 4

Hit the trail and let it take you into Monjo.

Passing by Sherpa settlements, along gentle undulating trails and enjoying the marvellous scenery of the Dudh Kosi valley, you first arrive at the village of Phakding (8700'/2652m). From here, continue trek for another 3 hours to arrive at Monjo.

The sounds of plodding porters with transistor radios stuck to your ears, the cacophonous mix of

myriad languages, strange sounding birds, the sight of porters, loads aside, resting outside tea houses, weather-beaten, windblown trekkers winding their way back to Lukla, prayer flag a-flutter, the brightly painted tea houses and of course the dramatic scenery are memories to treasure of this first day on the trail.



Day 5

An acclimatisation day allows for an excursion to Thakchok Danda which lies a little above 9842' / 3000m.

From this vantage point the views of Kongde Ri, Thamserku and Numbur Himal are quite stupendous. The total excursion will take about 5 - 6 hours.



Day 6

Set out on a 5/6 hour trek to Tashinga for 2 nights, stopping midway at the heart of Khumbu - Namche Bazaar.

Enjoy the scenery as you hike along the river, crossing and re-crossing it on suspension bridges till the climb begins to Namche Bazaar. A long steep climb but with several stops to catch your breath, and a slow plod, you trek the trail for 3 hours to Namche Bazaar.

Namche, a historic trading hub, famous for its homemade yak cheese and butter, is situated on the slope of an arch-shaped mountain, which allows you to oversee the sights of glorious moun

mountain peaks throughout the valley, day and night. Once a capital of Khumbu, where Sherpas from neighboring villages and Tibet would gather to trade commodities, and would display their traditional arts and crafts, Namche Bazaar – to this date – hasn't forgotten its ancient culture and royal hospitality.

Take time to look around this amazing amphitheatre before winding trail for another 2 1/2 hours to arrive at Tashinga.



Day 7

You're off for a day excursion to Tengboche monastery, situated at an altitude of 3867 metres.

Begin the day with a descent to the small hamlet of Phunki Tenga, beside the Dudh Kosi. From here, cross a suspension bridge before beginning a steep ascent for about an hour. This part of the trek is quite heavily forested by rhododendron and pine, so it is well shaded and cool. Once out of the forest, the trail becomes gentle and gradual for another 1.5 hours, all the way up to the monastery.

The setting of Tengboche Monastery is magical, probably because of its unrivalled backdrop of Mount Ama Dablam.

It is quite interesting to sightsee for it was burned a few years ago, and rebuilt largely replacing the old building with a more strong structure



Day 8

Leaving Tashinga behind, retrace the trail to Mende via Namche Bazar.

Taking the high trail above Namche Bazar, bypass Syangboche airport and head northwest. The valley ahead is extremely rugged but beautiful and as you wander along the forest track, you might chance upon monal pheasants or small herds of thar.



Day 9

Day excursion to one of the Sherpa villages in the Khumbu, Thame.

The path to the village of Thame is well formed, wide and mostly easy walking. It is very original in many aspects and perhaps one of the prettiest villages in the Khumbu. It has a scattering of houses, stone-fenced fields and a backdrop of massive snow and icy summits.

Thame is, in fact, home to two of Nepal's most famous mountaineers: Ang Rita Sherpa who

summitted Everest eleven times and Apa Sherpa, who outdid his fellow climber by making it 21 times to the top of Everest!



Day 10

Before beginning the descent down to Monjo visit the Laudo monastery 15 minutes above Mende.

The main temple is only 40 years old and was used until recently as a meditation school for western Buddhists students. It has a remarkable meditation room built underneath a huge rock, where people go on retreat for 3 years /3 months/3 days. The friendliest caretaker in the whole of Khumbu will be more than happy to serve butter tea and explain a little about the monastery.



Day 11

Return to Lukla.

Follow a slightly different route to arrive at Lukla. Keeping to a trail high above, on the other side of the Dudh Kosi, possibility of visiting the old Gumila monastery before descending to the main trail.

While you enjoy the lunch at Ghat, at the base of the Kusum Kangru Himal, evening will be rewarded with hot food and conversation with like-minded travelers around the fire in Lukla.



Day 12/13

Leaving the mountains behind, fly back to Kathmandu to settle for 2 nights within the city limits of Kathmandu.

Enjoy a game of golf or horse rides, spa treatments, forest walks, jungle paint ball games, bird watching, cycling, driving range practice or a cart tour. There is so much to enjoy here, or simply enjoy doing nothing at all while relaxing in the natural harmony of the place. Should you wish you catch up on last minutes shopping you will have a vehicle ready for your shopping pleasure.

Toast the perfect end to what has been an amazing adventure with an exclusive dinner with the mighty mountains conqueror in Rumdoodle Restaurant Naxal. Get in close interaction personally, share tales from the trek, obligation, situation, ordeals and difficulties you had to face while trekking the mighty Mountains. Learn about the life style of the Sherpas in the Nepalese Himalayas.



Day 14

Homeward bound

Wave goodbye to the Great Himalayas as it is time for your flight home or onward destination.

*With *Prime Solo Adventures*, there is an exciting world of travel possibilities and it's our goal to provide an unforgettable combination of experiences. This routing can be customized based on your preferred destination, experiences and hotels.