



Everest sunrise trek with yoga, meditation.

Details trip

Everest sunrise trek with yoga and meditation from Discovery Mountain Trek is a rewarding trekking experience that lets you have close-up views of Mt. Everest, Lhotse, Nuptse, Ama Dablam and other peaks of the Everest region and to do the Yoga and meditation at the in front of all these mountains. In this trek you will see unobstructed panoramic views of the mighty peaks, see a busy culture at high altitudes, and fly to the exciting Lukla Airport - the gateway to Everest Region.

This is a world of natural beauty of the mountains, trekking and doing yoga here is about exploring a piece of the diverse Khumbu region. Also known as Everest View Trek, this program is one of the least challenging treks in this area. The joyous walk through mountainous landscape is a journey near hills, waterfalls, alpine forests and snow-capped peaks. The ever-looming and omnipresent white peaks will inspire you in this trek. As you trek to higher altitudes, you will notice the thinning vegetation by the hour. The Nepalese national flower, rhododendron, is also found blooming if you happen to be here in season. As for the wildlife, you might see the elusive snow leopard, the Himalayan black bear, musk deer, blue sheep, and other species who call this place home.

Our Everest sunrise Trek with yoga and meditation begins with an exciting flight to Tenzing-Hillary Airport at Lukla. The scenic 35 minute flight from Kathmandu will suddenly bring you to the laps of the mountains. From Lukla, we will trek to Phakding, to Namche, and beyond. At Namche, you can use the Internet, enjoy a shot of espresso, or simply sleep at a luxury hotel. This prosperous village is also called by many as the Sherpa Capital of Nepal!

Leaving behind Namche and doing the yoga, meditation every day, we will visit several other villages right in the foothills of Everest. You will even see the ice walls of Thamsherku and Lhotse-Nuptse, and snows cape that will enchant you. Everywhere you go on this trek, you will see at least one peak of the Himalayan Range - such is the proximity to the mountains. We will see the mountains of Ama Dablam, Everest, Lhotse, Nuptse, Pumori, Tawache, and Thamsherku in this trip. This program from Discovery Mountain is designed with beautiful views in mind and yoga practice to make perfect your body to trek. You are invited to explore the Sherpa culture and overall, see a community thriving in the laps of Everest.

Fitness Level:	:	
Group Size:	:	2 to 15 people
Max-Altitude:	:	3860m
Duration:	:	12 Days
Walking Days:	:	8 Days
Activity:	:	Yoga, Meditation & Trek
Best Period:	:	FEV MAR APR MAY SEP OCT NOV DEC

Details Itinerary

DAY 1 : ARRIVAL IN KATHMANDU TRANSFER TO HOTEL (1365M)

Arrival in Kathmandu airport and transfer to you to the hotel. Your guide gives you a brief of the program and introduced to your yoga professor. After you get some refreshment and rest in the hotel, you shall have, later in the afternoon, a session of yoga, yogic breathing, and meditation that is sure to make you refresh, and prepared for this trekking experience in the Everest Region. Take an evening stroll around and stay overnight at the hotel.

DAY 2 : FLY TO LUKLA AND TREK TO PHAKDING(2610M) 35M FLIGHT 3/4H TREK

Today an early morning we do first session of yoga, meditation practice to prepare you for a wonderful day to start, later, having breakfast then you will be taking you a scenic flight to Lukla. We will take you to the guest house and let you prepare to be ready for begin your trek. An easy trek of around three hours will bring you to the village of Phakding at the banks of Dudh-Koshi river. Where you will stop for the night at guest house, evening you have second session of yoga, meditating, breathing and allowing to your body to get ready for next day trek.

DAY 3 : TREK FROM PHAKDING TO NAMCHE BAZAAR (3440M) 10KM 5/6H TREK

Wake up early morning to do our first session of yoga amidst natural surroundings will make you feel all reenergized. Begin the trek along Dudh-Koshi, criss-crossing it several times. Today the destination is Namche Bazaar, the fabled village in the heart of the mountains. The trail is initially lined by views of Mt.

Thamserku, and on a really clear day, even Mt. Everest is visible in the distance. As you reach closer to Namche, you will find the trail winding up with approaching views of Everest-Nuptse Wall, Mt. Lhotse and several other peaks. Once at Namche, relax in a hot bath, surf the Internet, enjoy a cup of cappuccino and then call it day. And second session of yoga and meditation will be in the evening. Stay overnight in a lodge.

DAY 4 : ACCLIMATIZE AT NAMCHE BAZAAR

Take a day off at Namche and enjoy the quiet lifestyle in stark contrast to your regular routine. In the morning, will have session of yoga and a hearty breakfast with views of magnificent peaks. Later in the day, take short hikes in and around the town - and savour the beauty that is Namche. This is an important day of rest as it will help you acclimatize at the altitude and help you warm up the muscles for an exciting trekking ahead. In the evening you have yoga session to complete your day.

DAY 5 : TREK FROM NAMCHE TO KHUMJUNG (3790M) 2H TREK

As soon as we have breakfast, after our yoga and meditation we will begin our trek to the Valley of Khumjung. It is surrounded by snowy peaks - a prominent one being Mt. Everest - the highest one of all. Here, you will see a monastery that still practices age-old traditions and daily prayers. The culture of the people of this valley is unique even in the Khumbu Region itself. Leaving behind Namche in the morning, you will climb up through Syangboche with close-up views of Kongde and Thamsherku. After enjoying the day activities, evening we do our Yoga session. Stay for the night in lodge.

DAY 6 : TREK FROM KHUMJUNG TO TENGBOCHE (3865M) 4/5H TREK

After breakfast, we leave Khumjung and head towards Tengboche, our destination for today. Early along the way, we will have superb views of Ama Dablam, Everest, and Lhotse before crossing some quaint villages. Further along the trek, we climb up a difficult trail to Tengboche, a village that houses the iconic Tengboche Monastery at the laps of the mighty Everest. We do the Yoga, Meditation and breathing practices in the morning as well as in the evening. Stay in lodge for a night of rest.

DAY 7 : TREK FROM TENGBOCHE TO KYANGJUMA (3550M) 4/5H TREK

Wake up early morning for the session of yoga in front of the Mt. Everest, mt. Ama Dablam, Mt, Lhotse, Thamserku and the mighty peaks. After a leisurely breakfast, we pack the bags and leave Tengboche headed to Kyangjuma. Kyangjuma is located at an altitude of 3570m with wonderful close-up views of Mount Ama Dablam. Starting from Tengboche we first descend through an alpine forest which thickens as we move to lower altitudes. Including brief stops for tea and lunch, we further descend to Kyangjuma where we will have wonderful views of Ama Dablam, Everest, Lhotse, Nuptse, and Thamsherku peaks. You shall have second session of Yoga and Meditation. Stay overnight at Kyangjuma in a lodge.

DAY 8 : TREK FROM KYANGJUMA TO PHAKDING (2610M) 11KM 5/6H TREK

Today we start our trek to gradual ascent and then a gradual descent. This keeps on happening through the trail across the forest and the turns until we arrive at Namche Bazaar. After a stop here, we trek

down to Phakding by crossing the Dudh Koshi River and pass through monasteries among Sherpa settlements. We finally arrive at Phakding. We do the Yoga, Meditation and breathing practices in the morning as well as in the evening. Stay for the night in lodge at Phakding.

DAY 9 : TREK FROM PHAKDING TO LUKLA (2840M) 9KM 3/4 H TREK

An early morning you have first session of yoga, meditating, Breathing practices. And as we come near the end of trekking and the yoga program, you will enjoy today's trek more than before. The trail from Phakding to Lukla is an average one with gradual uphill and some level grounds. First you will cross a suspension bridge and then cross several colorful villages. The walk is joyous today with under four hours of trek. Later in the afternoon we arrive at Lukla. After yoga session, spend the rest of the day sharing your stories in a bar, or enjoy the evening to complete your trek to end.

DAY 10 : FLY BACK TO KATHMANDU

We will take you to the airport in the morning to catch a flight back to Kathmandu. The scenic flight is around 35 minutes, a whisk that will bring you back to bustling Kathmandu. Once you arrived at Kathmandu you will be free in the day time and evening you will join us for the yoga session.

DAY 11 : KATHMANDU SIGHTSEEING

Today you shall have a session yoga and meditation. After breakfast, we will take you on a sightseeing tour of some iconic places in the Kathmandu Valley, that will essentially include UNESCO World Heritage sites. After yoga session, you are invited to join us for a farewell dinner in the evening.

DAY 12 : FINAL DEPARTURE

Wake up early in the morning for a session of your last Yoga and meditation then after breakfast we will take you to the airport according to your schedule.

INCLUDED IN THE COST

- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- Down jacket and sleeping bag: to be return to Discovery Mountain after trip completion
- Guesthouse accommodation during the trek with: Breakfast, Lunch and Dinner
- All ground transportation on a comfortable private vehicle as per the itinerary
- Discovery Mountain's duffel bag, t-shirt and trekking map are yours to take
- All necessary paperwork and trekking permits: National Park and TIMS
- 3-star hotel accommodation in Kathmandu with bed and breakfast
- Excess baggage charge: Kathmandu – Lukla -Kathmandu
- Assistant guide on your trek: 4 participants: 1 assistant
- Porter service on your trek: 2 participants: 1 porter
- An experienced, English-speaking trekking Guide
- Domestic flights: Kathmandu- Lukla –Kathmandu
- Medical kit: carried by your trekking assistant guide
- Energy supplies: Dry fruits, Snicker, Mars and Bounty
- Daily yoga and Meditation treat with yoga mat
- Personal insurance for Nepalese trekking staff
- Welcome and farewell dinners in Kathmandu
- Airport pickups and drops in a private vehicle
- Yoga Teacher and his salary, lodging and food
- Gamow bag for your safety and security
- All Government and local taxes

NOT INCLUDED IN THE COST

- Nepalese visa fee
- International flights
- Your travel and rescue insurance
- Tips for guide, porter and driver
- Lunch and evening meals in Kathmandu
- Extra night accommodation in Kathmandu because of early arrival, late departure due to any reason
- Personal expenses laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower

ACCOMMODATIONS

We will be staying at Hotel Manaslu, Hotel Tibet or similar hotel in Kathmandu: and guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.

MEALS

All meals will be provided during trekking while only breakfast will be available in Kathmandu. There will also be welcome and farewell dinners for guests. While on trek, we have breakfast and dinner in the tea-houses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

PHYSICAL CONDITION REQUIREMENT

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

BEST TIME TO TRAVEL

The best time to trek to the Everest Sunrise Trek with yoga and meditation is in spring (February to May) and autumn (September to November). The temperature is moderate in these seasons and guarantees amazing views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.

GUIDE & STAFF ARRANGEMENT

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

PORTER CARE

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.

ENVIRONMENTAL CONCERNS

The Everest Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.

TRAVEL INSURANCE

It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

ACCLIMATIZATION

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatize to the high altitude.

EQUIPMENTS LIST

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.

SLEEPING

- 1 sleeping bag: -10° or -15° (*)
- Fleece sleeping bag liner (optional)

FROM HEAD TO TOE

- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material
- A pair of sandals or equivalent casual shoes for cities, villages and evenings
- A light fleece or equivalent (plus extra warm layers if necessary)
- A breathable windproof, water proof jacket (Gore-Tex...)
- long-sleeved thermal tops and full-length long johns
- Discovery Mountain Trek's down Jacket (*)
- Discovery Mountain Trek's half T-shirt (*)
- Lightweight waterproof over trousers
- A pair of high rise walking boots
- Warm gloves, Hat and scarf

-
- Yoga mat (*)
 - Thick walking socks
 - A cap or sunhat
 - 2-pair of thermals
 - Suitable shorts
 - Walking trousers

DAY BAGS/ SHOULDER BAG

- 1 medium shoulder bag: 50-70 liter cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables,

PRACTICAL ITEMS

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 digital camera with extra cards and batteries
- 1 medium-sized quick drying towel
- 1 compass or GPS (optional)
- Female hygiene products
- Wet wipes (baby wipes)
- Anti-bacterial hand wash
- Tissue /toilet roll

MEDICAL

- Stomach antibiotic: Ciprofloxacin etc. Do not bring sleeping pills as they are a respiratory depressant
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Water purification tablets or water filter
- Small personal first-aid kit simple and light
- Aspirin, first-aid tape, and plasters (Band-Aids)
- Cough and/or cold medicine
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills

TERMS AND CONDITIONS

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

Booking Terms

Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.

Cancellation Policy

If any reason you have to cancel your trip, we Discovery Mountain Trek require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged
- Cancellation more than 35 to 19 days before your departure date: your deposit, 25% will charged
- Cancellation more than 18 to 10 days before your departure date: 50% will charged
- Cancellation more than 9 to 05 days before your departure date: 75% will charged
- Cancellation less than 4 days before your departure date: 100% of the total will charged

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

RISK & RESPONSIBILITY

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

IMPORTANT NOTE

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic flight delays, particularly in the Everest, Lukla, Jomsom, phaplu, Kanchenjunga and any other remote mountain regions in Nepal.