



Mani Rimdu Festival Trek (3820m)

Details

This Mani Rimdu Festival is celebrated at Tengboche, Thame and Chiwong Monasteries of Solukhumbu Nepal. This is a sacred ceremonies and series of events of empowerment. It is a sequence of nineteen days celebration, which concludes with three days public festival. Sherpa get time to gather and celebrate this festival with monastic community. Lamas and Sherpa gather at the monastery for five days for the welfare of the world. Demons are quelled and the virtuous are rewarded. The monks wear elaborate mask, costumes' and through a series ritualistic Lama dances, dramatize the triumph of Buddhism over Bon, The main first days of festival involves prayers, second day for colorful lama dancing, they wear brocade gown and wonderfully painted masks. Last day is for some humorous dances and chanting prayers. Hundred of local people and foreign tourist attend the performance. This trek rewards you to see the real and ideal culture of Sherpa people.

This Mani Rimdu Festival Trek from Discovery Mountain Trek & Expedition is a rewarding trekking experience that lets you have close-up views of Mt. Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, Khangtenga, secrete mountain Khumbi-la, Taboche Peak and other peaks of the Everest region. 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.

The date of the Mani Rimdu festival is fixed according to the Tibetan Lunar calendar. The head lama at the Tyangboche Monastery announces the dates. In Tengboche the Mani Rimdu is performed in the 9th Tibetan month which usually falls in October or November full-moon. Mani Rimdu Festival date for the year 2019 is celebrating on 12th, 13th and 14th November 2019.

Fitness Level:	:	
Group Size:	:	2 to 15 people
Max-Altitude:	:	3860m
Duration:	:	12 Days
Walking Days:	:	8 Days
Activity:	:	Trek
Best Period:	:	Nov

DAY 1 : ARRIVAL IN KATHMANDU (1365M)

After landing at the Kathmandu airport, Discovery Mountain Trek will take you to the hotel Radisson. We then check-in at the hotel, freshen up and take a rest. In the evening you will have details briefing for your trek.

DAY 2 : FLY LUKLA- TREK-PAHKDING(2610M) 35M FLIGHT 8KM 3/5H WALK.

We take an early morning flight to Lukla which is where all Everest treks begin. We meet the rest of our team in Lukla and start trekking from there. We walk on a trail that gradually descends to Cheplung village from where we get a glimpse of Mt. Khumbila, a sacred mountain which has never been climbed. From here, we gradually descend until Phakding

DAY 3 : PHAKDING – NAMCHE (3440M) 10KM 5/6H TREK.

Our trail passes through a pine forest and we continue our walk on the trail that goes north up the Benkar valley. We cross Dudh Koshi River and pass Chumoa and Monjo villages before reaching the entrance of the Everest National Park. Then after crossing a suspension bridge, we pass Jorsale village and walk alongside of the Dudh Koshi and Bhote Koshi rivers. We ascend on a steep trail and reach Namche Bazaar which is probably the biggest town in the Everest region.

DAY 4 : ACCLIMATIZATION DAY – NAMCHE

We can tour Namche Bazaar which is the primary town of the Everest or Khumbu region and has government offices, ATMs, internet cafes, shops, restaurants, and a colorful market. We can hike-up to Sagarmatha National Park and enjoy the sunrise over the Himalayas including Mt. Everest, Lhotse,

Nuptse, Ama Dablam, Thamskerku, Kongde and so on. If we are interested in a day hike, we can trek to Khumjung village. Today we also visit the Hillary School and a monastery which houses a yeti scalp!

DAY 5 : NAMCHE – TENGBOCHE (3820M) 5/6H TREK.

We start our trek till reaching Kyanjuma and takes about 1 & half hour. Then it climbs down to the Dudh Kosi River and crosses a suspension bridge. We can see a series of picturesque water driven prayer wheel. Then we will have lunch in Phungi Thangna. The steep ascent brings us to Tengboche village. We can visit the monastery in the evening. The views of the mountains, Sunrise as well as Sunset are spectacular in the morning and evening.

Mani Ramdu is divided into six Preparations:

No 1 : Construction of the Sand Mandala

Sand mandala is constructed step by step. Colored sand is used to build complicated and symbolic design. Sand mandala takes many days to complete. Defensive blade symbolizing deities are placed around the Mandala. The bowl of Mani Rilwu pills (spiritual medicine) is placed above the center. The Mandala symbolizes the palace of Garwang Thoze Chenpo (Lord of the Dance). Creation of the Buddha of Kindness, the main idol of Mani Rimdu. The mantra "OM AH HUNG RHI, OM MANI PADME HUMG" is repeated thousands of times by the monks during the weeks of ceremony before the public festival. During meditation, they imagine kindness flowing in the form of the mantra, into the Mandala and the Mani Rilwu pills. Kindness then releases out from the Mandala, blessing all those who attend the Mani Rimdu festival.

No 2 : Wong (The Empowerment)

The Wong is the opening day of public ceremony. It's performed on the full moon day, of the tenth month in the Tibetan lunar calendar. The sacred Mani Rilwu (sacred or blessed pills) and Tshereel (pills for long life), are given to everyone attending.

NO 3 : Chham (The Dances)

The dances take place on the 2nd day of Mani Rimdu. Symbolic demons are conquered, chase away, or transformed to Protectors of Dharma. As the theme of the dance positive forces fight with those of disorder through the dances. The dances convey Buddhist teaching on many levels from the simplest to the most philosophical. During the dance the monks are believed to become divine being. The dances are only performed during Mani Rimdu because they are considered to be very Sacred, and not for ordinary entertainment.

No 4 : Ser-Kyem

Ser-Kyem is most commonly used to make tea offerings to Dharma guards such as Mahakala. It has two pieces: a larger raised dish-shaped bowl and a smaller raised offering bowl. The smaller is placed in an upright position in the larger dish when the offering is being made. When not in use, the smaller offering bowl is placed upside down in the larger bowl. The food offerings can also be placed in the larger dish

when in use. This offering of spiritual nectar is made in many ceremonies. The six dancers represent Ngag-pa, Tantric magicians. They make offerings of alcohol from silver vessels, and small tormas, to the Lama, Yidam, Khandro, and Shi-Dak (the Earth deities). A Buddhist consultant takes 'refuge' in the Lama (spiritual guide), Yidam (personal deity) and Khandro (wisdom dakini). A central theme in Tibetan Buddhist practice is to make offerings to these beings, so that they will help with the virtuous actions which lead to Buddhahood.

No 5 : The Fire Puja (Jinsak)

The Fire Puja is performed in the yard the day after the dances. The Fire Puja is an offering to Agni (the god of fire), and to the Gods of the mandala - to allay all harm in the world. The harm is visualized as dissolving into the grain and butter is burned. Afterwards, the sand mandala in the temple is pulled into pieces, and the sand is given as an offering to the serpent gods (Nagas).

No 6 : Chhingpa

The next dance portrays the Four Protecting Ghings, defending the Buddhist faith against attack by demons. Shining paper masks hide the faces of the dancers, each a different color and each displaying a constant smile. The dancers' hops are rhythmically accompanied by the beating of cymbals. The dancers charge at children in the audience and scare them as for fun. The Dakini dance is performed genially. Slow motion dance steps, keeping perfect time with the soft tinkle and slow beat of bells and drums is performed by five young priests. The dancers are without masks, and portray female spiritual figures; the partners of Padmasambhava. It is believed that they come from his pure land of Shangdok Palri where they live within his mandala. They herald the imminent arrival of Guru Rinpoche at the Mani Rimdu. Two of the Ghing are male, and carry cymbals, while the two females carry drums. The males represent skillful means and the female represent wisdom; these two aspects of the path. The torma is made from barley flour and decorated with colored butter. It begins by symbolizing the body of the deity, and by the end of the ceremony, symbolizes enlightenment itself. It stands in the front of the mandala on its own shrine, at the very heart of the temple.

DAY 6 : FIRST DAY OF MANI RIMDU FESTIVAL

Explore Tengboche Monastery, Watch Mani Rimdu Festival.

DAY 7 : SECOND DAY OF MANI RIMDU FESTIVAL

Explore Tengboche Monastery, Watch Mani Rimdu Festival.

DAY 8 : TENGBOCHE – NAMCHE (3440M) 5/6H TREK.

This day after breakfast, we return back same way to Namche bazaar. Firstly our trail steep descends to Dudh Kosi River and again trail ascent brings us to reach Kyangjuma village and it takes 3 hours. We will have lunch there. After lunch the trail continues straight until reaching Namche and takes about 2 hours to reach

DAY 9 : NAMCHE – PHAKDING (2610M) 5/6H TREK.

we will leave the Namche Bazar and trail descends through pine trees and cross the high suspension bridge over the Dudh Kosi River. Then our trail continues River side and we arrive in Jorsalle and it takes about 2 and half hours. We continue again our trek until reaching Phakding with crossing several bridges about 1 and half hours walk. We will have our lunch there.

DAY 10 : PHAKDING – LUKLA (2840M) 9KM 3/4 H WALK.

We began our trek by crossing the first suspension bridge today, it is mostly a uphill pass by several villages, after reaching Lukla we spend rest of the day taking rest and today we will be our last day on the mountain with our staff.

DAY 11 : FLY BACK TO KATHMANDU

We catch an early morning flight to Kathmandu after our long mountain journey. After reaching in Kathmandu transfer to hotel and Afternoon we start our visit to two of the most historical and spiritual attractions in Kathmandu, the sacred Hindu temple of Pashupatinath, and Buddhist shrine (Bouddhanath), which is also one of the largest stupas in the world. There will be a farewell dinner in the evening to celebrate the successful completion of our journey

DAY 12 : FINAL DEPARTURE

Our adventure in Nepal ends today. Discovery Mountain Trek drop you at airport a few hours before the scheduled flight.

INCLUDED IN THE COST

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

NOT INCLUDED IN THE COST

- Nepalese visa fee
- Excess bagages charge
- International flights
- Travel and rescue insurance
- Tips for guide, porter and driver
- Lunch and evening meals in Kathmandu and Pokhara
- Personal expenses laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower

ACCOMMODATIONS

We will be staying at Hotel Manaslu, Moon Light hotel or similar hotel 3 star 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 Base Camp Trek 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

- A cap or sunhat
- 2-pair of thermals
- Thick walking socks
- Warm gloves
- Hat and scarf
- Suitable shorts
- Walking trousers
- Discovery Mountain Trek's down Jacket (*)
- Discovery Mountain Trek's half T-shirt (*)
- Lightweight waterproof over trousers

- A pair of high rise walking boots
- long-sleeved thermal tops and full-length long johns
- A breathable windproof, water proof jacket (Gore-Tex...)
- A light fleece or equivalent (plus extra warm layers if necessary)
- A pair of sandals or equivalent casual shoes for cities, villages and evenings
- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material.

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

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

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.