

Himalayan Meditation Adventure

Join us for the transformative retreat to connect with the purity and the stunning beauty of the Himalayas.



This journey is a part of creating experiences of inner peace while practicing meditation, pranayama and mindful walking under the guidance of our good friend Karolina.



Karolina

Karolina visited Nepal in 2006 for the first time leading Group of student from Oxford as a part of Charity Expeditions. We have organized several expeditions for Karoline who is now is an Ayurvedic Medicine Practitioner and a Yoga and Meditation Teacher based in London, UK.



Highlights:

This retreat is a unique opportunity to spend quality time submerged in the most beautiful part of this world - The Himalayas. During this special tour, we will combine mountain trekking and exploring the traditional Himalayan culture, meditation and pranayama practice.

Our journey will start at the magnificent [Vishuddhi Alaya Retreat Centre](#), where you can experience the silence of nature in the serene environment that promotes tranquility and relaxation of our entire being. With its paradise-like seclusion and facilities, the retreat is an ideal location to reconnect to nature and ourselves. Being located in the neighboring area of the sacred pilgrimage site of Namo Buddha, the place is steeped in spiritual energy, which enhances the feeling of peacefulness and oneness.

We will spend two nights at the Vishuddhi Alaya Retreat Centre; here, we will be able to recover from the flight and get used to the time zone of Nepal. At the Vishuddhi Alaya, we will meditate, restore, eat nourishing food and connect with the rest of the team. Here we will have our expedition briefing, meet our guides and prepare for the trek.

We will then visit the incredible [Namo Buddha](#), one of Nepal's important Buddhist pilgrimage sites and

one of the three main stupas of the Kathmandu valley.

After the stay at the Vishuddhi Alaya Resort, we will trek for 12 days in the most beautiful areas near the border with Tibet. We will begin in the [Helambu](#) region, a humble haven in the Himalayas. En route, we will visit and meditate in the ancient Buddhist monasteries and meet the unique ancient culture of that region. You will trek through the sacred [Yulmo Valley](#), meditated and blessed by Tantric Master Padmasambhava, also known as Guru Rimpoche. The Helambu region remains un-spoilt, and there we will experience the Yolmo culture of high mountains villages, marvel at vistas of lonely high mountains and watch enthralled as the farmers toil in the fields using handmade tools and teams of water buffalo. Helambu valley trek noted for its scenic grandeur and pleasant climate, lies in the north of the Kathmandu Valley across over the Laurebina Pass at an altitude of 4620m with an excellent view into Tibet is simply breathtaking.



We will then walk towards the Gosainkunda Lake, which is 4380meter above sea level and is one of Nepal's major and famous pilgrimages. The Gosainkunda Lake is accepted as pure and holy by Hindu and Buddhist pilgrims who travel here from all over the world.



We will then follow the Langtang route, allowing us to follow the Himalayan passes and pristine valleys. We will trek for several days through dense forests and yak pastures to the stunning Kyanjin Gumpa.

During the trek, we will be sleeping in traditional local mountain guesthouses in simple accommodation while enjoying the breathtaking mountain views. We will eat mostly local freshly cooked food prepared with love by the local.

For more info:

Basanta Adventure Treks & Expedition (BATE) Pvt. Ltd.

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Client testimonial

My first trek in Nepal was in 1969 with just one porter; my last was in Nov 2019 with a team of 16 including guides, cooks & porters. So far I've hiked over 3500 miles In the Nepal Himalaya and have been on two Everest expeditions, in 1975 from Nepal the second in 1982 from Tibet. So I have a fair amount of experience dealing with trekking agencies as well as trekking on my own. Basanta has organized all of my last six trips and all have been exceptional. Basant and his office staff are friendly, helpful and efficient and the staff assigned to us from the Sirdars (Head Guide), the cooks and all the porters have been equally outstanding. I have never received such personal attention to detail and service, and I have no hesitation in declaring that Basanta & his team are the best organization I have worked with over 50 years! Nepalis have a reputation for friendliness but Basant and his teams are a very difficult act to follow.



Adrian Gordon, Canada

PROGRAM

Trip Fact:

Trek Name	: Langtang & Gosainkunda Trek – 2023
Grade	: Strenuous
Max Elevation	: 4609m/15121ft
Accommodation	: Hotel / Lodge
Meal	: Bed & Breakfast in the city & Accommodation only during the trek
Transport	: Private
Trek Days	: 12 Days

Total Days : 16 Days

- Naturally beautiful scenic overland journey to and from trekking initiation points
- Langtang Trek: Experience trekking in Langtang National Park, home of Red Panda and rich in natural vegetation.
- Lama Hotel, Langang Village (whole village was swept away by landslide during earthquake), Kyanjin Gumpa
- Possibility to see wildlife
- Stunning view of Himalayan Panorama during trek
- Experience of villages & experience their culture, traditions & hospitality

Outline Itinerary:

Days	Date	Itinerary	Overnight
01:	01 st Apr, 2023	Arrive in Kathmandu and transfer to Vishuddhi Alaya.	Resort (AP)
02:	02 nd Apr, 2023	Yoga, Meditation and free time at Vishuddhi Alaya.	Resort (AP)
03:	03 rd Apr, 2023	Drive to Namobuddha to Sermathang (2610m/8565ft): 4 – 5 hrs Monastery meditation	Lodge (AP)
04:	04 th Apr, 2023	Trek to Tarkeghyang (2590m/8500ft): 4 – 5 hrs trek Monastery meditation	Lodge (AP)
05:	05 th Apr, 2023	Trek to Melamchi Gaon (3530m/11578ft): 4 – 5 hrs trek Monastery meditation	Lodge (AP)
06:	06 th Apr, 2023	Trek to Ghopte(3430m/11250ft): 5 – 6 hrs trek Monastery meditation	Lodge (AP)
07:	07 th Apr, 2023	Trek to Gosainkunda (4300m/14105ft): 7 – 8 hrs trek Meditation by the lake (We shall put tent)	Lodge (AP)
08:	08 th Apr, 2023	Trek to Thulo Syabru (1,900m/6,232ft) : 7 – 8 hrs trek Monastery meditation	Lodge (AP)
09:	09 th Apr, 2023	Trek to Lama Hotel (2340m/7,675ft) : 6 – 7 hrs trek	Lodge (AP)
10:	10 th Apr, 2023	Trek to Mundu(3543m/11,621ft) via Langtang village: 6 – 7 hrs trek	Lodge (AP)
11:	11 th Apr, 2023	Trek to Kyanjin Gumpa (3,870m/12,697ft): 4 – 5 hrs trek	Lodge (AP)

		Monastery meditation	
12:	12 th Apr, 2023	Explore Kyanjin Gumpa Hike to nearby glacier and meditation	Lodge (AP)
13:	13 th Apr, 2023	Trek to Lama Hotel (2340m/7,675ft), 6 – 7 hrs	Lodge (AP)
14:	14 th Apr, 2023	Trek to Syabrubesi (1460m/4790ft): 4 – 5 hrs	Lodge (AP)
15:	15 th Apr, 2023	Drive to Kathmandu, 8 – 9 hrs drive	Hotel (BB)
16:	16 th Apr, 2023	Drive to airport for final departure.	---

Price on request:

COST INCLUDES:

Transportation:

- Private Jeep: Kathmandu – Namobuddha – Sermathang and Syabru Besi – Kathmandu
- Necessary airport transfer as per the itinerary

Kathmandu Portion:

- 2 night twin sharing accommodation on AP basis in Vishuddhi Alaya Resort in Namobuddha
- 1 night twin sharing accommodation on BB basis in 3 star hotels in Kathmandu.

Trek Portion:

- Simple twin sharing accommodation in mountain lodge en-route on AP (Full Board) basis.
- All meals (Simple vegetarian breakfast, Lunch, Dinner and Tea/Coffee) during trek
- Langtang National park fee
- Trekkers information management system (TIMS) Card
- Professional licensed holder Trekking guide
- Porter services (weight max. 24 kg), we provide one porter for 2 persons
- Insurance for Nepali staffs
- Necessary equipment for trekking staff
- Guide and porter daily allowance for food, stay and equipments
- Emergency medical kit box
- Trekking kit bag (to keep all your personal items)

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COST EXCLUDES:

- Nepal Visa fee (US\$ 50 for 30 days) upon arrival.
- Any sightseeing in Kathmandu
- Travel insurance (must cover expenses of rescue service including helicopter)
- Personal Gears: (all trekking gears are easily available on rent and buy in Kathmandu)
- Liquor beverages (soft and hard drinks)
- Expenses of personal nature e.g. laundry, phone call etc.
- Gratuity for staff
- Expenses incurred due to unforeseen circumstances
- Services not mentioned herein