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# ADVENTURE ALTERNATIVE

The Responsible Adventure Travel Company

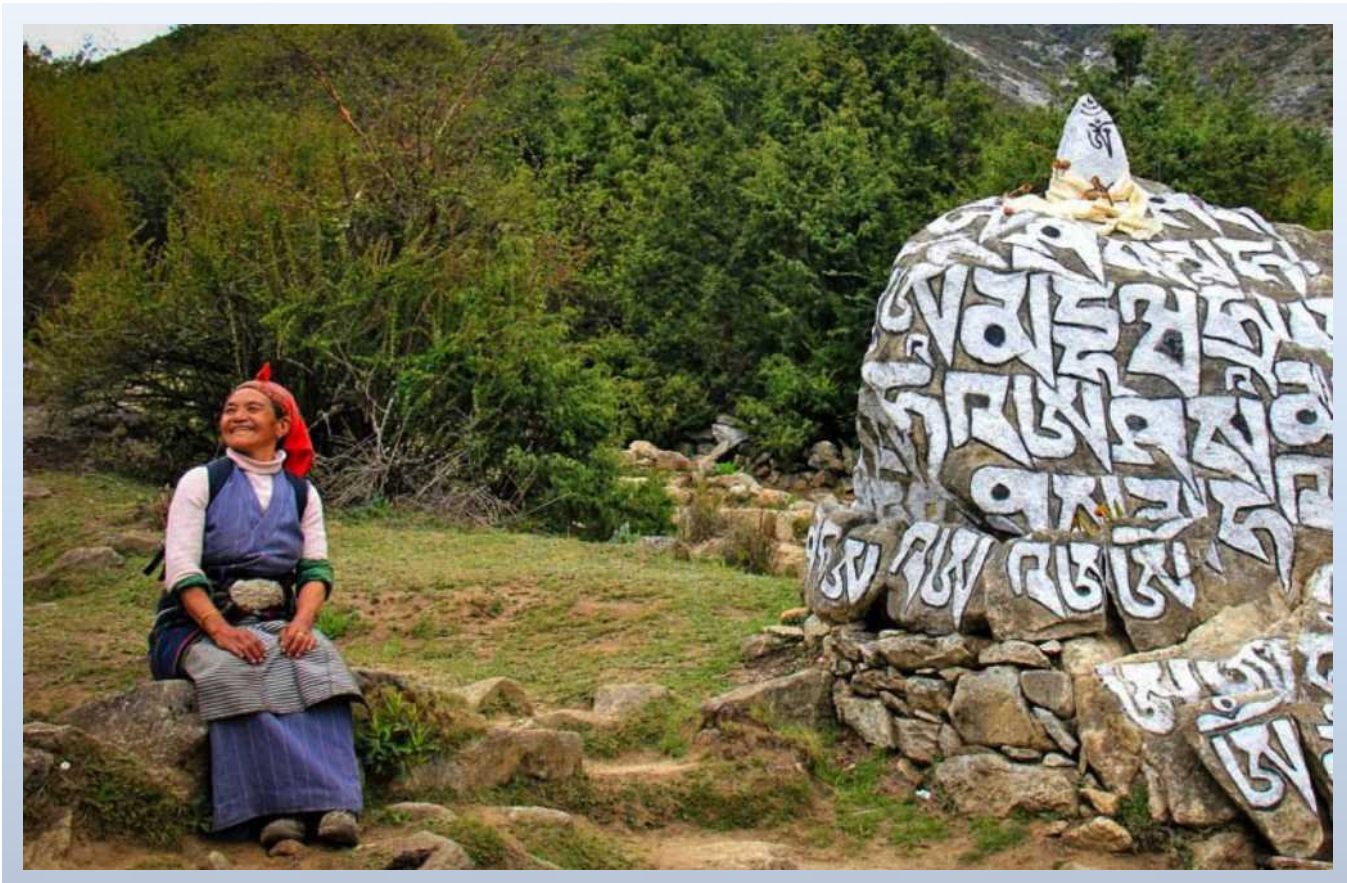
*In collaboration with*



THE SHANTI SPACE

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## Himalayan Yoga Retreat



## Overview

Take a break from your daily routines, and take part in an unexpected and holistic journey. If you've always dreamed of discovering symbiosis with nature and life, then following this path will be the right choice. Among mounts and valleys, interaction with villagers and Dharma teaching, find your inner self and open your mind to the outside world.

The trek comes across various villages, overlooks valleys and rivers, and takes a glimpse at curious yaks, working farmers or playing kids. Upon your arrival hearty villagers will welcome you and show you around Bupsa village. The yoga and Dharma teaching as well as your understanding of the Moving Mountains projects will give you the opportunity to experience conscious tourism: it offers great experiences, by taking care of your well-being and spiritual prosperity as much as sustaining communities in need.

This pilgrimage is arranged by Adventure Alternative, sustainable travel company, with the assistance of The Shanti Space. You will be accompanied by professional guides and yogini.

Among them, your yoga teachers, Jessica Brooks and Samanta Duggal. Jessica believes that life is a meditation. She will guide you in spaces of profound peacefulness, magnification and renewal. She constantly comforts people in strengthening their self-confidence by showing them how to love, sustain and look into oneself while experiencing life to its most wonderful resources. While Samanta mingles (mixes) a wealth of knowledge and experience to create a unique approach that unites awareness with movement, breath, heart, and humour.



## Itinerary

Day	Elevation	Travel time	Information
1	1400m		Arrival in Kathmandu, transfer to hotel or Adventure Alternative Nepal's Guesthouse (bigger group, most likely Hotel)
2	1400m		Rest day in Kathmandu to get acquainted to Jetlag. Possible sightseeing tour, visit of a monastery.
3	2413m	3-4 hours	Kathmandu – Phaplu – Ringmu. Morning flight, 35 minutes, from Kathmandu to Phaplu. Once you have landed on the tarmac, you will start off your trek to Ringmu, you will go through several shepherds huts, before crossing several magnificent streams to reach Ringmu, for a night stay.
4	2300m	3-4 hours	Ringmu – Nuntala. Your trek today will lead you to the monastery of Taksindu. There, you will have lunch and get enough time to visit the monastery and meet the lamas. Later, you will continue your hike until Nuntala, where you will get a good overnight sleep.
5	1900m	4-5 hours	From Nuntala to Bumburi. From Nuntala you will step down to the Dudhkoshi River at 1480m, and across the suspension bridge. The trail wanders through terraced fields and stone houses, and then descends steeply through forests overlooking the river. The trails will lead you to Bumburi, where an overnight may occur. Nonetheless, given the small size of the village, we may continue for a short walk till Bupsa where our main lodges are.
6 - 10	Bupsa - Kharikhola 2h30 Kharikhola - Bumburi 2h30		The next five days you will experience around the villages of Bupsa (2300m), Bumburi (2244m) and Kharikhola (2220m) various cultural interactions. The time spent in the area will be relaxed, free and be shaped according to your wishes. Whether to start off the day with meditation or the visit of the villages let us know about your own preferences on how the moments should elapse. The peaceful and engaging atmosphere of the Himalayan landscapes will be essential components to our daily meditation and yoga classes. In the villages, you will have the opportunity to meet the Lama in their monasteries, open your mind to the teaching of their way of life, their vision of our world and every aspect that builds their community. Following this introduction of the Hindu-Buddhism culture, immerse yourself into the Villager's everyday lives. Get to know them, learn about their life-stories and habits. Actively take part in the Moving Mountain's volunteers' labor and be astonished by the magnitude and importance of their endeavour.

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Back to Bupsa village in the evening, relax around a typical dinner cooked and served by the Sherpas, enjoy their hearty company at the table. Finally, don't fear to follow their lead if they suddenly invite you to join a traditional village party, instead have a pleasant time and keep great memories.

\*If you feel inspired in spending the night in different village than Bupsa, dare to ask your guide. He will be happy to organise one or two days off Bupsa for you.

While you will stay in lodges in Bupsa, in the surrounding villages, you will be welcomed in homestays and actively participate to the inhabitants' daily activities.

All of our host families have a tight bond with the Adventure Alternative company and will be pleased to meet and greet you in their homes.

**11-12**

Bupsa - Puiyan - Lukla. On the 12th and 13th day, you will lead off an ascent toward the village of Lukla and its airport. While following a peaceful path, you will constantly be amazed by the beauty of the Nepali landscapes and the Himalayan mountains. Take time to memorize the extraordinary assets of these regions still in harmony with nature.

Before concluding your retreat in the Himalayan chain, you will spend one last night at the heart of a Nepali community, which is located in a small village named « Puiyan » at about 4-5 hours of walk from Bupsa. There you will again benefit of the hearty villagers' hospitality during one last night in their company.

Last day of trekking you will come across several villages and meet new faces. These paths are typical Sherpa highways and byways, thus, once again, you will find yourself immerse in the restful world of Tibetan Buddhism.

Once in Lukla you will spend another night in lodges

**13**

By clear weather, the flight from Lukla to Kathmandu will be scheduled in the early morning. The flight's duration is approximately 40 minutes.

Back in Kathmandu, we will drive you back to your own accommodation.

**14**

Transfer to Kathmandu airport and departure.

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## Cost

The Himalayan Yogi Pilgrimage cost £1,395

The trip will take place on the following dates: from September x<sup>th</sup> to x<sup>th</sup> 2015.

### **Includes:**

- Day Tour of UNESCO Heritage sites in Kathmandu
- 14 days all-inclusive yoga trek package including three meals per day & hot drinks and accommodation during the trek (single or shared).
- Environmental karma yoga trek where guests are invited to collect recyclable rubbish in the villages
- Day volunteer at local school in Bupsa.
- 4 translated Dharma teachings with Tibetan Lama on Tibetan Buddhism.
- Certified English speaking guide from Jiri to the Himalayan village of Bupsa (2300m)
- Airport transfer to and from hotel in Kathmandu
- Everest National Park permits.
- Transfer from Kathmandu to Jiri to begin the trek.
- Return Airfare between Lukla – Kathmandu.
- Daily Restorative Tibetan Singing Bowl sound baths with Jessica Brookes.
- Twice Daily Hatha & Vinyasa Flow Yoga Classes with Samanta Duggal
- Vedic chants & breath work.

### **Excludes**

- Flights in and out of Kathmandu.
- Accommodation whilst in Kathmandu (ask our team for lodging tips)
- Lunch and dinner whilst in Kathmandu (Day trips).
- Travel insurance.
- Personal costs like alcoholic, carbonated drinks, laundry, hot showers, bottled water
- Personal trekking equipment.
- Body work message treatments provided by Samanta (Thai Massage) & Jessica (Therapeutic Massage) for an additional cost.

## Fitness

You will come across many people and yaks on the trail. When meeting oncoming yak, remember to always walk on the inside of the trail.

Poles are convenient but not mandatory, depending on whether you encounter knee problems and if you have a personal preference for using them. Higher up, the pole may assist you more, but once again the level of difficulty remains easy.

### **Height Gained**

The altitude of Kathmandu is approximately at 1400m. On the first day, the journey to Paphlu will take you up to a height of 2400m. Then, the highest you will get during your stay in the villages of Bupsa, Bumburi, and Kharikhola, which hover at an elevation of 2200 and 2300 metres. On the way back, your last stop will be Lukla, at 2840m. The whole trek gains a total of 1440m from Kathmandu.

### **Camps Used**

You will be accommodated in comfortable lodges, teahouses, and old houses managed by Sherpa families, unless participants specify a preference for tents.

Each lodge has a central communal area with stove, while the bedrooms are unheated with two beds, mattresses and pillows. Also remember to bring along a sleeping bag (3 season), and you may also borrow a blanket at the lodge if you ask.

The lodges are normally equipped with showers, which are supplied by gas, and there is access to drop toilets (in some villages there are generally flush systems now).

Sometimes we use tents, which are two person mountain tents, and we will provide foam mattresses. The tents are pitched close by the lodge and eating is done indoors.

### **Experience Needed**

It would be preferable to be on a good fitness programme at least 6 weeks preceding your trip, one that builds up endurance and specific leg muscle groups. However, if you regularly practice sport, this trek will not cause you any trouble. The path is often rocky, nonetheless, it is regularly used by sherpas which makes more doable. In order to get good training, we advise you hike with a 5 kilo rucksack.

If you are going to train at the gym, focus on step machines, which work on the high and calf muscles (also known as shin muscle). As well, try to build your heart rate up to 50% above resting rate. It is also useful to practice any cardiovascular activity, however swimming will not train the right muscle groups therefore to be sufficient it must be done in addition to other exercises. Exercise groups like bodypump, Pilates and aerobic are all excellent preparation for a trek like this, especially those, which work on core strength, balance and stability.

### **Adventure Alternative Support**

The porters will carry your main bag up to a maximum weight of 15 kilos and provide assistance for all group needs, and helping you if you need to head back down the valley for any emergency. Unless camping out in tents is specified, all accommodation arrangements in tea houses or lodges are fully equipped, warm and sociable.

Pasang Tendi Sherpa is our operations manager in Kathmandu and Director of Adventure Alternative Nepal. He organises all the staff, equipment, permits and hotel arrangements. You will have his telephone number, or the staff at the hotel desk can call him for you. Please do not hesitate to ask any question, he is the organiser, translator, problem solver, advisor and the main contact between you and the UK office. He will also systematically be in touch with the Sherpa guides on the mountain and can make arrangements while you are on trek.

You also have continued support from the main office in Northern Ireland. Should a problem arise of significant proportion then you only need to call us. In the Khumbu region there is still an opportunity to communicate since most lodges now have satellite phones.

## Gear

- The main idea of the kit you will need to take is to keep you warm, dry, protected from the sun, able to move efficiently on the mountains and to be comfortable in the evenings and night but also for your yoga training lessons.
- You can find a detailed list on the menu below and to the right. However the main item to take with you are the following:
  - BAGS - Large Duffle bag/Rucksack ~60L and a medium daypack (30l)
  - SHELL - Top and bottoms to keep off wind/rain
  - INSULATION - Warm layered system to keep you warm- body hands & Head
  - BASELAYER - Thin layers to wick away sweat and strip down to when it gets hot
  - FEET - Comfortable, Waterproof boots to support your ankles over rough terrain. Lighter footwear to change into in the evenings.
  - SLEEPING - Warm sleeping bag to get a good nights sleep at the lodges
  - EATING/DRINKING - Water bottles & favourite snacks for during the day
  - WASHING & MEDICAL - To allow you to wash and maybe stave off a headache or blister

## Why us

- Gavin Bate, company director and high altitude climber, has offered a personalized training to all of our guides. Gavin has ascended Mount Everest six times.
- The adventurous trips we sale are small scale and all help the development of local economy.
- We do not contract out our trips, our employees are all full time staff and they all benefit of job security and good advantages. Year after year we are constantly enhancing our quality service.
- Our booking agents in the UK office have all travelled to Nepal. So feel free to ask them any additional inquiries before your departure. They all understand the feeling of first time journey to an unvisited country.
- The heart of our passion lies in responsible tourism, therefore our company actively supports sustainable development in Nepal in a tangible way.
- Adventure Alternative underwrites the charity Moving Mountains.
- Financial security guaranteed.
- Jessica Brooks is the founder of the Shanti space. Over the last four years she has travelled the globe, working as a yoga, sound and massage therapist. She also volunteered as a English teacher and as an ambassador for the Dream flag project.
- Samanta Duggal is a yogini from India, she has been dedicated to mind-body health for over 20 years. She is an Advanced teacher of the Sivananda Yoga tradition (trained at the world-renowned Sivananda Yoga Vedanta forest Academy).
- This trip is run by Adventure Alternative with the support of the Shanti Space, a social enterprise curating adventure yoga retreats with a sense of purpose in helping to create a better world.