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The Mani Rimdu festival in the Everest region is celebrated in the Tengboche, Thame, and Chowong monasteries of Solukhumbu in Nepal. It is the most popular festival that belongs to the Sherpa people. It is a sacred ceremony and a series of stimulating events. Mani Rimdu festival trekking on Everest, Tyangboche Monastery is a Buddhist religious monastery above the Buddhist kingdom of Namche Bazaar. Every year, many people enjoy the Everest Mani Rimdu festival trekking during the festival. The festival takes place every November on the occasion of the great victory of Buddhism over the ancient religion of Bon.

## Everest Mani Rimdu Festival Trek

- ❖ The three-day celebration of the Mani Rimdu Festival at the Tengboche Monastery
- ❖ An exciting 30-minute flight from Kathmandu to Lukla
- ❖ Discover the unique and living Sherpa tradition and culture
- ❖ Trekking through the Sagarmatha National Park
- ❖ Stand at the foot of the highest mountain in the world, Mount Everest
- ❖ Experience the best view of Mount Everest at sunrise from Kala Patthar
- ❖ Enjoy the panoramic view of mountains like Ama Dablam, Cho Oyu, Lhotse, Nuptse, Lobuche and much more

## Everest Mani Rimdu Festival Trek

Nepal is a country with unique cultures and traditions, also known as the land of festivals. There are numerous festivals in Nepal that represent Nepalese cultures

and traditions and are blessed to be the most diverse country in the world. Nepal is a distinct religious and multicultural country. That is why these numerous cultures and festivals coexist in Nepal.

Among the festivals in Nepal, Mani Rimdu is a festival that celebrates by Buddhist people in the Himalayas. Mani Rimdu will start on the first day of the tenth month of the Tibetan lunar calendar, which is included in the English calendar between October and November. The lamas of the Tangboche monastery set the Mani Rimdu festival date by intercepting the Tibetan lunar calendar. This festival celebrated in October or November.

It is a nineteen-day celebration that includes a three-day public festival. This festival is a colorful festival famous in the Nepalese community, and also many tourists visit Nepal to see this festival with family and friends every year. And the festival is held in the oldest Tengboche monastery in the shadow of Mount Everest. Sherpa has time to meet and celebrate this festival with her community of monasteries. They meet for the good and peace of the world. The village that is dedicated to plays and dramas and dance with elegant and traditional masks, prayers, and festivals also plays some exciting and essential roles in this festival. Mani Rimdu is the basis of Buddhism in Tibet by Guru Rinpoche (Padmasambhava). There is a belief that Buddhism is restored during the Mani Rimdu.

### **Itinerary details**

#### **Day 1: Welcome to Kathmandu International Airport and transfer to the hotel.**

Upon your arrival at Kathmandu airport, our office staff welcomes you and drops you to your preferred hotel. If you travel in a package or with a group, you will be invited to a short briefing session. This briefing session includes a discussion of the necessary trekking permits and equipment for the trek.

Meals included: breakfast.

#### **Day 2: Excursions in Kathmandu valley and preparation of trekking**

After having an excellent breakfast in the morning, we will do a preparation for the following day and excursions around Kathmandu valley in the following place.

You can visit pilgrimage sites like Pashupatinath and Swayambhunath on the same day and experience the true diversity of Nepal in the spectrum of culture and tradition. Both are UNESCO world heritage sites. Old structures will unravel your mind in the early days when fine arts ruled the capital.

The peace you get from the Buddhist stupa at Boudhanath is second to none. Similarly, Patan, the city of the gods and Durbar Square, has puzzles with Hindu temples and monuments. After enjoying your dinner that night, you can take a walk through the local canyons and experience the lifestyle up close in small Kathmandu towns like Thamel and Durbarmarg.

Meals included: breakfast.

### **Day 3: Kathmandu to Lukla by plane, then trek to Phakding: walking distance 3-4 hours**

Kathmandu to Lukla flight takes 40 minutes. The flight is your first opportunity to enjoy the magnificent view of the Himalayas. Your trek starts from Lukla to Phakding. This hike has a 2-3 hour. The road blesses you with a light of the mount Nupla and Kusum Kanguru, respectively. After a short walk, rest in the village of Phakding.

Meals included: Breakfast, lunch, and dinner.

### **Day 4: Hiking from Phakding to Namche Bazaar**

The path leads through the pine forest and the Dudh Koshi valley. On this trek of 3 days, you cover a total distance of 11 km. The route leads through scenic natural beauties such as waterfalls and views over Kusum Kanguru, Nuptse, and Thamserku. The trail is steep, but it will be reward with the beautiful Namche Bazaar (3440m). Here you will console yourself and spend the second night of your trek. Today's walk lasts 5 to 6 hours.

Meals included: Breakfast, lunch, and dinner.

### **Day 5: acclimatization day**

Everest Trek is considered one of the moderately severe trips due to altitude sickness, which can affect if you are not careful enough to avoid it. On the fourth day, you get used to your height and take a short walk.

The Namche Bazar is a vital attraction point for the Everest trek. The rugged ridge of Kongde Ri offers perfect coverage of the village view. You can enjoy your day in wanderlust with a beautiful view of Mount Everest and Nuptse, among many others. Besides, you will also enjoy the joy of Sherpa hospitality after a short walk to Khumjung village.

Meals included: Breakfast, lunch, and dinner.

### **Day 6: Trek from Namche to the Tengboche**

The inspiring view of the Himalayas will make up the majority of the journey as you traverse the forest and hills above the Dudh Koshi River. You will climb 750 meters and walk the 5 km route that day. A one-hour walk will reward you with Phungithanga. Here you will be greeted by the red rhododendron flowers along the tree line in the village surrounded by pine and fir trees. After 5 hours of walking from Namche Bazaar, you will arrive at Tengboche (3876m). The village offers an incredible viewpoint for Lhotse and Amadblam. During your stay in the village, it is essential to visit the Buddhist monastery in Tengboche.

Meals included: Breakfast, lunch, and dinner.

### **Day 7: participate Mani Rimdu Festival (Wang Blessing Ceremony)**

Tengboche is one of the most beautifully situated monasteries in the world. It is blessed with a breathtaking backdrop of mountains. You can see many mountains such as Everest, Nuptse, Lhotse, etc. around this impressive monastery.

Today is the opening day of the Mani Rimdu festival is also known as Wang. Today is full moon day of tenth month in the Tibetan calendar. Everyone who attends today's ceremony will receive blessed pills (known as Mani Rilwu) and long life pills (Tshereel).

Meals included: Breakfast, lunch, and dinner

### **Day 8: Second day of the festival (witness of the Cham masked ball)**

Today you can witness a masquerade ball known as Cham. The Cham dance symbolizes the conquest or persecution of demons. They are also believed to be protectors of the Dharma. The theme of the dance is a struggle between the forces of evil and omens. It helps convey the philosophical teachings of Buddhism.

Buddhists also believe that dancing monks are transformed into divine entities. Dances are not being performed for entertainment, but a particular religious purpose.

Meals included: Breakfast, lunch, and dinner

### **Day 9: Third day of the festival (witness of the Jinsak - closing ceremony)**

After the masked dance, you will see a fantastic fire puja the next day. This ceremony is held in a courtyard. Today ritual is about worship to the god Agni. It is also a devotion to the mandala gods. It is believed that all evil spirits in the world dissolve in the grain. During this bid, the butter is burned. Towards the end of the dance, the sand mandala in the temple is torn into several small pieces. Finally, the snake gods are offered some sand. It marks the end of this beautiful festival.

Meals included: Breakfast, lunch, and dinner

### **Day 10: Tengboche to Dingboche**

Today, the sun greets you and kisses the spectacular monasteries and mountains. You walk north through the Dudh Koshi River and welcome the town of Tengboche. Our walk begins through the rhododendron forest to Deboche then you come to a bridge over the raging Imja Khola River. We pass the valley and cross the last suspension bridge for Everest Base Camp Trek.

Then you will arrive at the village of Pangboche. It is also the largest Sherpa settlement in the region. You can also visit the Pangboche Monastery. From there, you drive to Dingboche. You can enjoy the view of Kongma-Tse and

Pokalde while strolling along the stone walls. After 5-6 hours of walking from Tengboche, you will get to spend the night in Dingboche (4410 m).

Meals included: Breakfast, lunch, and dinner.

### **Day 11: Rest day in Dingboche.**

The next morning, you have breakfast and spend the whole day in Dingboche to acclimatize. You can enjoy the view of the south face of Lhotse. You will take a day walk to Chukkung or a walk to Nangkartshang Gompa to train your body.

Meals included: Breakfast, lunch, and dinner.

### **Day 12: Trek from Dingboche to Lobuche**

Today's route takes you along the moraine of the Khumbu Glacier. First, you go up and down to get to the village of Thugla. This town is at an altitude of 4600 meters. From Thugla, you will walk through pastures and reach the Trekker aid station in Pheriche at 4210 meters. It is a great place to admire the beauty of the Khumbu Icefall and Mt. Pumori in the context of other beautiful Himalayan mountains.

From here, you can walk steeply to Lobuche (4900m). Lobuche is a picturesque area at the foot of the enormous Lobuche peak. It is 2-4 hours walk from Dingboche.

Meals included: Breakfast, lunch, and dinner.

### **Day 13: trek Lobuche to Gorak Shep and Hike to Everest base camp**

This day's hike could be a little strenuous because you will climb to a height of more than 5000 meters. Also, the trekking path is uphill. However, if you are slow on the trail and eat dry food, you can quickly get to Everest base camp.

You walk 3 hours through the Khumbu glacier and arrive at Gorakshep (5164 meters). Gorak Shep is a frozen lake that offers spectacular views of Everest, Nuptse, Pumori and other peaks in the Everest region. Every second is worthy here.

A 4-hour walk from Gorak Shep takes you to the most anticipated part of your trek: Everest Base Camp (5,380 meters). From here, the view of the Khumbu Icefall is excellent. In April and May, you can also meet mountaineers.

Meals included: Breakfast, lunch, and dinner.

#### **Day 14: trek to Kala Patthar (5550 m) and trek to Pheriche**

This day will also be a challenging trekking day when you reach the highest point along the Kala Patthar trek (5545 meters). It takes 2-3 hours to get from Gorak Shep to Kala Pathar. Most hikers start early in the morning to watch the sunrise from Kala Pathar. The cold rays of the morning sun hitting the mountains will be an unforgettable sight.

After spending time at Kala Patthar, descend to Gorak Shep and have lunch. After lunch, descend to Pheriche (4300m).

Meals included: Breakfast, lunch, and dinner.

#### **Day 15: Trek from Pheriche to Namche**

From today on, you will lose a lot of altitude during your walk. Today you must stroll as you will mostly get off. It could put a little stress on your knees. So don't rush when you trek. After walking downhill through the Rocky Mountains for about 7-8 hours, you will arrive at Namche Bazaar (3440m).

#### **Day 16: trek Namche Bazar to Lukla**

Today is the last day of your trek in Everest region. It descends from the Namche bazaar to Lukla (2800 m). During the final sections of the trek, you can see mountains of the Everest region at a certain distance.

Meals included: Breakfast, lunch, and dinner.

#### **Day 17: Flight to Kathmandu and rest.**

Today you fly back to Kathmandu. If the flight is early in the morning, you should be rewarded with a day of relaxation after the intense trekking you have had in

the last week or more. It will help you keep the journey you made as a memento of yourself. You can walk through Basantapur or buy some souvenirs around Thamel.

Meals included: breakfast.

### **Day 18: Drop to Kathmandu Airport**

Today is your last day in Nepal. According to your flight schedule, we will drop to Kathmandu international airport. Approximately 3 hours before your planned flight to the airport. We wish you a fantastic flight to home.

Meals included: breakfast.

### **What is included in Package?**

- ❖ 17 breakfasts, 14 lunches, 14 dinners
- ❖ Three-star accommodation in Kathmandu for three days
- ❖ Tea house accommodation on the road for 14 days
- ❖ All ground transportation with private vehicle
- ❖ Domestic flight to Lukla and back
- ❖ A guide and a guide assistant between 6 people.
- ❖ Entry fee for Sagarmatha National Park
- ❖ TIMS card
- ❖ Entrance fees to the monument
- ❖ Necessary Documents for the government of Nepal and fees
- ❖ All the necessary health insurance for guides and other staff.
- ❖ First-aid service for minor injuries.
- ❖ Staff Salary , accommodation and food.

### **Cost Exclude**

- ❖ All meals except breakfast in Kathmandu
- ❖ Travel and rescue insurance, trip cancellation costs, accident Etc.
- ❖ Personal expenses (phone calls, internet, laundry, cash bills, etc.)
- ❖ All alcoholic and non-alcoholic beverages, including mineral water.
- ❖ Nepal entry visa



### **Food and accommodation.**

We will reserve a three-star hotel in Kathmandu and tea houses during the trek on a double or twin sharing basis. A single supplement for a single room is served upon request and costs an additional \$ 400. We organize rooms with attached bathrooms in Kathmandu, but there are only shared washing and toilet facilities in the trekking area. Also note that single rooms in Kathmandu and hiking regions are readily available on the lower levels, but finding them on the upper levels can be difficult.

During your walk, you can enjoy authentic Nepalese food, as well as more general international cuisine (Tibetan, Continental, Italian, Indian, etc.). We serve breakfast and dinner in the tea house or on the menu of a lodge, where we spend the night, and we will serve lunch on the way to the next destination. We provide All meals during the trek but only breakfast in Kathmandu.

### **Trekking guide (s) and other staff arrangements**

The most important thing that makes this trip enjoyable and unforgettable are the experienced, educated, and helpful guides and crew members who can make your days on the mountain go smoothly. The best and most professional staff leads our trip. All of our employees are carefully selected based on their consistent experience, leadership skills, and personal talent. To maintain local communities, only local staffs are employed who have sufficient knowledge of the culture, ecosystem, flora, fauna, geography, and history of their local region (s).

### **Travel insurance**

A prerequisite for participating in one of our trips is that all clients are insured for the extensive costs that may arise due to medical problems or accidents (including ambulances, helicopter rescue, and treatment costs).

### **Physical fitness and experience requirements**

This trek is suitable for everyone, but it is not easy to trek. Every trekker needs to walk around 4-5 hours a day with a light day pack. Exercising and jogging regularly for a few weeks before the trip is an excellent idea to improve strength and stability. Previous hiking experiences would be a bonus, but no technical knowledge is required for this trip. Participants with existing diseases such as heart, lung, and blood diseases must inform us before booking the walk. We also recommend that you consult your doctor before traveling.

### **Climate and temperature during the Mani Rimdu festival**

The Mani Rimdu Festival is held in late autumn. During this time, the days are warm and bright with beautiful views, little rain and slightly cooler nights. The daytime temperature varies between 6 and 12 degrees Celsius. During the night and at higher altitudes, the temperature can average up to -4 degrees.