



Nepal 11day MACHAPUCHHARE MINDTREK



Machapuchhare is the sacred peak of Gurung people. It dominates a luxuriant hill area lying at the foot of the 8000m high Annapurna range. This Mindtrek is conceived for those who are at their first experience in Nepal, with enough time to sightsee World Heritage sites and trekking to traditional Gurung villages and Buddhist monasteries. Mindtrek pace is never rushy (4-5 hrs walk/day) and is interspersed with relaxing meditation pauses.

TREK ESSENTIALS

Length of the whole trip: 11 days: 5 days of trekking.

Difficulty: easy (300m of gain and 4-5 hours walk per day)

Highest point: 3600m, Mulde Hill

Accommodations and meals:

3 stars hotel in Kathmandu and Pokhara, guest houses during the trek. Safe and healthy local cuisine, western style food available most days.

Ecoluxury Options: Our selection of top boutique hotels in Kathmandu and Pokhara and extra services (Ayurveda, panoramic flights, private tours...)



Day 1 Arrival day

Welcome at the airport with private car and driver and transfer to the hotel dinner and overnight at the hotel near Boudha stupa, one of the most ancient and revered Buddhist monuments in the world.

Day 2 Monuments of Kathmandu Valley

Sightseeing the World Heritage sites of Patan, and Kathmandu Durbar square.

Day 3 Kathmandu to Ghandruk

30' flight to Pokhara and car drive to the Buddhist temple of Matepani to spend some time with the monks during their daily ceremonies. Jeep drive to Ghandruk village (1940m) where we'll have amazing views of the Annapurna range and other 8000m Himalayan peaks. Night in the best guest house of the village.

Day 4 Ghandruk to Tadapani (4-5 hours walk + meditation pauses)

Mindtrek begins: We'll cross the rhododendron forest, home of monkeys, tropical birds and flowers and of the very shy red panda. Good views while on the Annapurna sanctuary trail. Night in Tadapani (2300m).

Day 5 Tadapani to Dobato (4-5 hours walk + meditation pauses)

We enter the forest again and climb until we reach the high pastures where we'll share great mountain views with local buffaloes. Night in Dobato.

Day 6 Dobato to Ghorepani (4-5 hours walk + meditation pauses)

Today we reach our highest point, the Mulde Hill (3600m), where unforgettable views will open 360°. The never been climbed Machpuchhare sacred peak will enchant us with his majestic size. Night in Ghorepani (2874m).

Day 7 Ghorepani to Banthati (4-5 hours walk + meditation pauses)

Early start for breakfast and meditation, watching the sunrise over the Himalayan range from the top of Poon Hill (3200m). Night in Banthati (2200m).

Day 8 Banthati to Pokhara (2 hours walk + drive)

End of our Mindtrek. Once in Hille a jeep we'll drive us to our comfortable boutique hotel in Pokhara. Rest and optional ayurvedic massage.

Day 9 Pokhara to Kathmandu

30' flight to Kathmandu and taxi to the renovated Kathmandu Guest House hotel where most of the great mountaineers of the 60s and 70s were planning their explorations. Visit of Swayambunath amazing temples. Night at the KGH.

Day 10 Free day for shopping and resting

Day 11 Flight back home

Mindtrek®

...is a practice merging outdoor walking with meditation for those of us looking for a truly psychophysical antidote to stress. Mindtrek is based on years of research and direct experience. If you want to know more visit:

www.mindtrek.it/english