Tyangboche Mani Rimdu Festival

Itinerary & costs · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**14 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**4410m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 2,190 per person**

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Upon arriving at Tribhuvan International Airport, you will be warmly welcomed and transferred to your hotel in Kathmandu. The rest of the day is free for relaxation after your journey or exploring the lively streets of Thamel, famous for its cafes, restaurants, temples, and trekking shops.

Day 2 : Trek & Permit Preparation in Kathmandu (1,400m)

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Today is dedicated to trek preparation and permit arrangements before beginning your Himalayan cultural adventure. You will meet your trekking guide for a detailed briefing about the itinerary, altitude awareness, safety procedures, festival information, and trekking essentials. This day also provides time to organize your equipment, complete permit formalities, and purchase any last-minute trekking gear if needed.

Day 3 : Flight Kathmandu to Lukla (2,860m), Trek to Phakding (2,610m)

Altitude: 1400m - 2860m - 2610m

Walk: 3-4 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Begin your journey with a scenic mountain flight from Kathmandu to Lukla, offering breathtaking aerial views of the Himalayas. After landing, start trekking along the Dudh Koshi River through pine forests, suspension bridges, and traditional Sherpa villages. The gentle trail to Phakding provides a comfortable introduction to trekking in the Everest region.

Day 4 : Trek to Namche Bazaar (3,440m)

Altitude: 2610m - 3440m

Walk: 5-6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Today's trail crosses several suspension bridges, including the famous Hillary Suspension Bridge, while ascending through beautiful rhododendron and pine forests. After entering Sagarmatha National Park,

continue climbing toward Namche Bazaar, the vibrant Sherpa capital known for its cafes, markets, bakeries, and mountain culture.

Day 5 : Acclimatization Hike & Exploration in Namche Bazaar

Altitude: 3440m - 3880m - 3440m

Walk: 4-5 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

This important acclimatization day helps your body adjust to the altitude. You may hike to the Everest View Hotel for stunning panoramic views of Everest, Lhotse, Ama Dablam, and surrounding Himalayan peaks or visit nearby Sherpa villages and monasteries. The remainder of the day can be spent exploring Namche Bazaar and experiencing local Sherpa culture.

Day 6 : Trek to Tyangboche Monastery (3,867m)

Altitude: 3440m - 3867m

Walk: 5-6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Leaving Namche Bazaar, the trail follows scenic ridges with breathtaking views of Everest, Nuptse, and Ama Dablam before descending through rhododendron forests and crossing mountain rivers. After a gradual ascent, arrive at the famous Tyangboche Monastery, one of the most important spiritual centers in the Khumbu region, surrounded by spectacular Himalayan scenery.

Day 7 : Mani Rimdu Festival – Sacred Mask Dances & Rituals

Altitude: 3867m

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Festival Duration - Full Day Activities

Today marks the beginning of the vibrant Mani Rimdu Festival celebrations at Tyangboche Monastery. Witness sacred masked dances performed by monks dressed in colorful traditional costumes representing Buddhist deities and spiritual stories. The monastery grounds come alive with chanting, ceremonial music, prayer rituals, and local villagers gathering to celebrate this important spiritual festival.

Day 8 : Mani Rimdu Festival – Cultural Celebrations & Blessings

Altitude: 3867m

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Festival Duration - Full Day Activities

Continue experiencing the spiritual and cultural celebrations of Mani Rimdu Festival. Throughout the day, observe traditional Buddhist ceremonies, blessings by monks, sacred dances, and cultural performances within the monastery complex. The festival offers a rare opportunity to experience authentic Sherpa traditions and Himalayan Buddhist culture.

Day 9 : Mani Rimdu Festival – Final Ceremonies & Community Gatherings

Altitude: 3867m

Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Festival Duration - Full Day Activities

On the final day of the festival, witness concluding prayer ceremonies, monastery rituals, and community celebrations attended by monks and local villagers. Spend time exploring the peaceful monastery surroundings and enjoying panoramic mountain views before preparing for the next stage of

the journey.

Day 10 : Trek to Dingboche (4,410m) or Return to Namche Bazaar (3,440m)

Altitude: 3867m - 4410m- 3440m

Walk: 5-6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Depending on your itinerary preference, continue trekking deeper into the Everest region toward Dingboche through alpine valleys and yak pastures, or begin descending back toward Namche Bazaar through forests and traditional Sherpa settlements. Both routes offer magnificent Himalayan scenery and cultural experiences.

Day 11 : Trek to Namche Bazaar (3,440m)

Altitude: 3867m - 3440m

Walk: 5-6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Begin your descent from Tyangboche through beautiful rhododendron forests, suspension bridges, and traditional Sherpa villages. Along the route, enjoy breathtaking views of Everest, Ama Dablam, and surrounding Himalayan peaks before arriving back at the lively town of Namche Bazaar.

Day 12 : Trek to Lukla (2,860m)

Altitude: 3440m - 2860m

Walk: 6-7 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Continue descending along the Dudh Koshi River through pine forests, riverside trails, and charming mountain settlements. Crossing several suspension bridges and passing local villages, you will finally reach Lukla, where you can celebrate the successful completion of your Himalayan trekking and cultural adventure.

Day 13 : Fly Lukla to Kathmandu (1,400m)

Altitude: 2860m - 1400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Travel Duration - 35 minutes flight

Take a scenic morning flight back to Kathmandu while enjoying one final aerial view of the Himalayan peaks. Upon arrival, transfer to your hotel and spend the remainder of the day relaxing, shopping, or exploring the city’s cultural attractions.

Day 14 : Final Departure or Further Travel in Nepal

Altitude: 1400m

Visit: Nepal · Meals: Breakfast

According to your flight schedule, transfer to Tribhuvan International Airport for your onward journey. If you are continuing your travels in Nepal, this day can also be used for sightseeing, relaxation, or exploring additional cultural destinations around Kathmandu Valley.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 25°C / night 9°C
- Day 2 · Trek & Permit Preparation in Kathmandu · 1,400 m · day 25°C / night 9°C

- Day 3 · Flight Kathmandu to Lukla, Trek to Phakding · 1,400 m · day 25°C / night 9°C
- Day 4 · Trek to Namche Bazaar · 2,610 m · day 19°C / night 1°C
- Day 5 · Acclimatization Hike & Exploration in Namche Bazaar · 3,440 m · day 15°C / night -5°C
- Day 6 · Trek to Tyangboche Monastery · 3,440 m · day 15°C / night -5°C
- Day 7 · Mani Rimdu Festival – Sacred Mask Dances & Rituals · 3,867 m · day 12°C / night -7°C
- Day 8 · Mani Rimdu Festival – Cultural Celebrations & Blessings · 3,867 m · day 12°C / night -7°C
- Day 9 · Mani Rimdu Festival – Final Ceremonies & Community Gatherings · 3,867 m · day 12°C / night -7°C
- Day 10 · Trek to Dingboche or Return to Namche Bazaar · 3,867 m · day 12°C / night -7°C
- Day 11 · Trek to Namche Bazaar · 3,867 m · day 12°C / night -7°C
- Day 12 · Trek to Lukla · 3,440 m · day 15°C / night -5°C
- Day 13 · Fly Lukla to Kathmandu · 2,860 m · day 18°C / night -1°C
- Day 14 · Final Departure or Further Travel in Nepal · 1,400 m · day 25°C / night 9°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.
- Domestic flight included for access to the trekking starting & ending point.

2. Accommodation & Meals

- 3 Night 3-star hotel in Kathmandu with bed & breakfast basis.
- Breakfast, lunch & dinner with tea & coffee during the trekking Period.

3. Permits

- Sagarmatha National Park Entry Permit. (Permit required for the Everest region)
- Local Government Entry Permit. (Khumbu Pasang Lhamu Rural Munacipality)
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipment’s & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport,

Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Ready to book or have a question?

Trip page:
https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/tyangboche-mani-rimdu-festival/

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