



Khumbu, Nepal April 28th to May 10th 2019

Nepal and the Khumbu region in the high Himalayas is where the Sherpa culture and Buddhist monasteries welcome mountain lovers from all over the world. The setting is great for trekking, enjoying views of some of the highest summits of the earth, including Everest.

Walk, talk and eat offers a 13 day trip where we meet in Kathmandu and go by plane to the Mountains and Khumbu which is the area at the foot of Mount Everest, where the closest road is a week's walk by foot away. In this area trekkers and climbers enjoy the fantastic hospitality of the Sherpa people who offers lodging and food along the scenic trails.





The days in Khumbu will include 5-7 hours of walking, rest /acclimatisation days, visits to the Buddhist monasteries of Thengboche and Pangboche, yoga practice every day.

One of the rest/acclimatisation days will be spent in Namche Bazaar which is the Khumbu area's main village, where all the expeditions pass on their way to base camps of different summits, and also where Tibetians come to do business with the trekkers and Sherpas.





We will have a professional, local, English speaking Nepali guide and You will be carrying a light daypack during the walks. We will sleep and eat in lodges run by the Sherpa people.

We meet in Kathmandu on April 28th and start with a day visiting the city before we travel in to the mountains. We will be back in Kathmandu on May the 9th ready for departure to Europe on May the 10th.

Approximate price in a group of 8 people: USD 2320

Included in the price:

Lodging and food in the mountains

Nepali local guide in addition to myself. Porters.

Hotel with breakfast in Kathmandu 3 nights. Guided Sightseeing in Kathmandu.

Domestic Flight Kathmandu-Lukla return





Cecilia Swensson

I live in Verbier and work as professional Ski Instructor at the Swiss National Ski School. I am a trained trekking guide and worked in the Scandinavian Mountain Range for 10 years, while also doing various Treks/Climbs in the Alps, Nepal, Pakistan and China. I have been offering Trekking trips with Yoga and Massage in Verbier, Italy, Spain, India and Norway since 2006. I am also a fully educated Massage therapist, licensed Yoga Teacher and Integrative nutrition health coach. More about my work here <http://walktalkandeat.com>

On this trip to Khumbu, Nepal, I am working together with a Nepali agent who is one of the major organisers of expeditions and treks in Nepal. Mr Iswari Paudel, Himalyan Guides.

Welcome to join me / Cecilia

