



## Mani Rimdu (Religious & Spiritual) Festival Trek



### Introduction

Mani rimdu festival also known as chasing of Demons by Spiritual power during 3 days Celebration. Mani Rimdu festival trek one of the most popular Religious and Spiritual festivals of Sherpa people (known as chasing of Demons by Spiritual power during 3 days Celebration). Mani rimdu festival is celebrated only two Oldest Nyingma sect Buddhist monasteries in Everest region- one at Chiwang Monastery in Lower part of Everest and one at Tengboche Monastery, upper part of Everest. The mani rimdu festival dates for 2019 is Set for November 12- 14, 2019. those belongs to the Nying-Mapa Sect of Tibetan Buddhist is Guru Rinpoche (Padmasambhava) is the Spiritual leader. Which is said to be self an outgrowth of the Mahayana Tradition. Join our fixed departure date for most precious buddhist festival trek in khumbu region of everest region.

Very popular from last 2 decades since this Tengboche monastery is located at 3,860m, on the way to Popular Everest Base Camp Trek. Mani rimdu festival is falls on the full moon day of every year in November but date can be changed according to Tibetan calendar. The three-day celebrations of Mani Rimdu follow the Ten-day non-stop prayer sessions addressed to the patron deities - seeking "Blessing for the good of all Mankind". The protagonists of all are Guru Rinpoche, the founder of Vajrayana Buddhism in Tibet. Masked Lamas of Khumbu region perform various religious rituals amidst dancing and singing. Mani Rimdu festival Everest Base Camp Trek is a particular trek that trekkers can Enjoy and learn more from the festival.

Panoramic Everest view trekking with Mani Rimdu festival 12 days is designed for entire adventurous trekkers those who

want to sight perfect giant view of Mount Everest with many other high peaks along experiencing Mani Rimdu, the popular festival of Everest region on the same expedition.

Leaving Kathmandu towards Lukla. Triggering our trek forward crossing rhododendron forest, suspension bridge and walking through Dudh Koshi River, and entering through Sagarmatha National Park to sight different rare flora and fauna. further ahead enjoying tea shops, viewing monasteries and passing junction point of Dudh Koshi and Bhote Koshi River, we step Namche Bazaar. Following our trails, we move forward exploring perfect stunning views of Mt. Everest 8,848m, Lhotse (8,516 m/24,940 ft), Nuptse (7,855m/25,772 ft, Makalu (8,463m/27758ft), Pumori (7,161m/23488ft), Tharmarsarku (6,623m/21723ft), Mt. Amadablam. By the time we reach Tengboche we will observe Mani Rimdu festival from close on Tengboche Monastery before steeping downhill. Following the trail leaving Tengboche, we descend back to Lukla and catch a flight to Kathmandu to end our Mani Rimdu festival.

### **Mani Ramdu is divided into six Preparations:**

**Construction of the Sand Mandala:** Sand mandala is constructed step by step. Colored sand is used to build complicated and symbolic design. Sand mandala takes many days to complete. Defensive blade symbolizing deities are placed around the Mandala. The bowl of Mani Rilwu pills (spiritual medicine) is placed above the center. The Mandala symbolizes the palace of Garwang Thoze Chenpo (Lord of the Dance). Creation of the Buddha of Kindness, the main idol of Mani Rimdu. The mantra "OM AH HUNG RHI, OM MANI PADME HUMG" is repeated thousands of times by the monks during the weeks of ceremony before the public festival. During meditation, they imagine kindness flowing in the form of the mantra, into the Mandala and the Mani Rilwu pills. Kindness then releases out from the Mandala, blessing all those who attend the Mani Rimdu festival.

**Wong (The Empowerment):** The Wong is the opening day of public ceremony. It's performed on the full moon day, of the Tenth month in the Tibetan lunar calendar. The sacred Mani Rilwu (sacred or blessed pills) and Tshereel (pills for long life), are given to everyone attending.

**Chham (The dance):** The dances take place on the 5th day of Mani Rimdu. Symbolic demons are conquered, chase away, or transformed to Protectors of Dharma. As the theme of the dance positive forces fight with those of disorder through the dances. The dances convey Buddhist teaching on many levels from the simplest to the most philosophical. During the dance the monks are believed to become divine beings. The dances are only performed during Mani Rimdu because they are considered to be very sacred and not for ordinary entertainment.

**Ser-Kyem:** Ser-Kyem is most commonly used to make tea offerings to Dharma guards such as Mahakala. It has two pieces: a larger raised dish-shaped bowl and a smaller raised offering bowl. The smaller is placed in an upright position in the larger dish when the offering is being made. When not in use, the smaller offering bowl is placed upside down in the larger bowl. The food offerings can also be placed in the larger dish when in use. This offering of spiritual nectar is made in many ceremonies. The six dancers represent Ngag-pa, Tantric magicians. They make offerings of alcohol from silver vessels, and small tormas, to the Lama, Yidam, Khandro, and Shi-Dak (the Earth deities). A Buddhist consultant takes 'refuge' in the Lama (spiritual guide), Yidam (personal deity) and Khandro (wisdom dakini). A central theme in Tibetan Buddhist practice is to make offerings to these beings, so that they will help with the virtuous actions which lead to Buddhahood.

**The Fire Puja (Jinsak):** The Fire Puja is performed in the yard the day after the dances. The Fire Puja is an offering to Agni (the god of fire), and to the Gods of the mandala - to allay all harm in the world. The harm is visualized as dissolving into the grain and butter is burned. Afterwards, the sand mandala in the temple is pulled to pieces, and the sand is given as an offering to the serpent gods (Nagas).



**Chhingpa:** The next dance portrays the Four Protecting Ghings, defending the Buddhist faith against attack by demons. Shining paper masks hide the faces of the dancers, each a different color and each displaying a constant smile. The dancers' hops are rhythmically accompanied by the beating of cymbals. The dancers charge at children in the audience and scare them as for fun.

The Dakini dance is performed genially. Slow motion dance steps, keeping perfect time with the soft tinkle and slow beat of bells and drums is performed by five young priests. The dancers are without masks, and portray female spiritual figures; the partners of Padmasambhava. It is believed that they come from his pure land of Shangdok Palri where they live within his mandala. The herald the imminent arrival of Guru Rinpoche at the Mani Rimdu. Two of the Ghing are male, and carry cymbals, while the two females carry drums. The males represent skillful means and the female represent wisdom; these two aspects of the path. The tormo is made from barley flour and decorated with colored butter. It begins by symbolizing the body of the deity, and by the end of the ceremony, symbolizes enlightenment itself. It stands in the front of the mandala on its own shrine, at the very heart of the temple.

## Facts

- Altitude: 3,860m. Tengboche<
- Duration: 12 days
- Grade: Moderate to adventurous
- Group: 2-15
- Country: Nepal
- Best Season: March-May and Sept-Nov (Spring/Autumn)
- Start/Ends: Lukla/Lukla
- Accommodation: Hotel / Lodge
- Transportation: Flight and Private Vehicle

## Highlights

- Mani rimdu festival trek at Tengboche monastery, one way to Everest base camp is one of the most sacred and fully cultural, religious and social buddhist ways to worship once in a year in the month of November.
- Tengboche monastery is one of the highest altitude located buddhist monasteries in the world
- Mani rimdu festival is one of the biggest worship (puja) in area of sherpa land of solukhumbu and Buddhism, also known as chasing of demons to bring prosperity and development around the area.
- Trek to Everest base camp includes important festival at Tengboche monastery
- Mani rimdu festival trek is the best way to enjoy in Everest region.

## Itinerary

- **Day 1 :** Arrive at Tribhuvan International Airport (KTM) Kathmandu: Arrival in Kathmandu [1300 m/4264 ft] Arrive at any time, Xtreme Climbers vehicle and represent we'll pick you up from Tribhuvan International Airport and take you to the hotel. Your included activities consist of refreshments, introduction to your guide, as well as an introduction on The Trek. Meal includes: Breakfast/Dinner
- **Day 2 :** Fly to Lukla ; Trek to Phakding (2652m/8698ft) 3 hrs walking. Meal includes: Breakfast/Lunch/Dinner
- **Day 3 :** Trek to Namche Bazaar (3440m/11283 ft) 6 hours walking. Meal includes: Breakfast/Lunch/Dinner
- **Day 4 :** Namche Acclimatization & Rest Day (3,440m/11283 ft), 3 hours of acclimatization Hike. Meal includes: Breakfast/Lunch/Dinner
- **Day 5 :** Trek to Tengboche 3,867 m. 5-6 hrs. Meal includes: Breakfast/Lunch/Dinner
- **Day 6 :** Scout Mani Rimdu festival. Meal includes: Breakfast/Lunch/Dinner
- **Day 7 :** Tengboche -Namche-Jorsale 2,810m. 5-6 hrs. Meal includes: Breakfast/Lunch/Dinner
- **Day 8 :** Jorsale-Phakding-Lukla 2,840m. 6-7 hrs. Meal includes: Breakfast/Lunch/Dinner
- **Day 9 :** Lukla-Kathmandu 35 Minutes Flight and transfer to Hotel. Meal includes: Breakfast/Dinner
- **Day 10 :** Departure day from Kathmandu (1,264m). Today your trip comes at the end. After breakfast at your hotel, you now have free time . If it is the day that you fly back home/ onward travel destination, we will transfer you to the airport on time. Or you could extend your stay or you may get our assistance for additional activities that you are interested in. Meal includes: Breakfast



**Note:** The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on [info@xtremeclimbers.com](mailto:info@xtremeclimbers.com) for further details.

## Cost Includes

### Full Board Service Includes

- Airport pickups and drops in a private vehicle as per group size.
- 3-star hotel accommodation in Kathmandu with breakfast
- Domestic flights (Kathmandu- Lukla -Kathmandu)
- Teahouse accommodation during the Everest base camp trek
- 3 times meals (breakfast, lunch and dinner) during the trek
- All ground transportation on a comfortable private vehicle as per the itinerary
- City tour in Kathmandu around historical monuments and world's heritage sites by city guide.
- Highly experienced, English-speaking and government-licensed trek leader and assistant trek leader (5 trekkers: 1 assistant guide)
- Thuraya SAT Phone (Emergency use only)
- Radio Walkie Talkie
- Porter service (2 trekkers: 1 porter)
- Staff wages, insurance, equipment, domestic airfare, food and accommodation
- All necessary paperwork and trekking permits (National Park Permit, TIMS)
- Medical kit (carried by your trek leader)
- All government and local taxes
- Welcome and farewell dinners

### Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

### Why we don't include cost in our website

**NOTE:** To provide you service in reasonable cost we attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
- 4.

Request numbers of oxygen, mask regulators and the brands the clients require

5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in [Whatsapp](#) or login to [Facebook](#) for any information about your selected package.

## Cost Excludes

### Full Board Service Excludes

- Nepalese visa fee
- Excess baggage charge(s)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- International flights
- Travel and rescue insurance
- Personal expenses (phone calls, internet, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Tips for guide, Porter's and supporting

