
Mindful Adventures 2025



The Hidden Himalaya

A carefully curated experience offering professionals an opportunity for profound professional and personal growth as we journey into the Tibetan valley of Langtang



A Transformative Experience

Our carefully designed program provides to support health professionals in building resilience. As we walk through the remarkable hidden valley of Langtang, a valley of Tibetan people in the Nepal Himalayas, you will experience:

- Daily mindful hiking through the Himalayas
- Structured reflective sessions designed for professionals
- Practical meditation and mindfulness exercises
- Opportunities for professional introspection
- Peer travel with like-minded health practitioners

Trip Highlights

- Ascend CharkuRi (4985 metres) for a peak experience with 360-degree views
- Engage in mindfulness and meditation practices with like-minded professionals
- Explore Tibetan Buddhist villages to expand your understanding of compassionate living amidst hardship

Practical Impact

- Resilience and reflective skills strengthened
- Networking with international healthcare colleagues
- Professional continuing education credits may apply (depending on profession)

Social Responsibility

- Mindful Adventures is a not-for-profit venture. Your participation directly supports education opportunities for children in remote Nepalese communities.

This is an opportunity to recalibrate,

reflect,

and renew your commitment to compassionate service in service professions (for those in healthcare, teaching etc).

Limited spaces

Langtang: A journey to experience mindfulness and compassion

Breathtaking mountains - We walk through Langtang Valley, an area north of Kathmandu bordering Tibet. Our path winds through jungles under towering magnolia, oak, maple, and rhododendron trees. Wildlife includes lemur, langurs, deer, squirrels, and the home of the rare red panda (a whispered hope, unlikely to be seen). We walk alongside the Landing Khola's fast, white waters—its rhythmic sound a gentle reminder of nature's constant movement. The Tamang people populate these lower jungle reaches, an indigenous group with a rich tapestry of culture, language, dress, and culinary traditions.

The dense jungle opens into a broad valley crowned by mountains. Our route reveals stunning views of Langtang (7,234 m) and Ganesh (7,422 m) peaks. Hardy Tibetan people inhabit the upper Langtang Valley. We'll explore Buddhist villages and wander past yak pastures, ascending to Kyanjen Gumba. We ascend to 4985 metres for stunning 360 degree views of the Himalayas.

Langtang is a vegetarian valley. We will respectfully follow local customs, recognising that cultural mindfulness is a form of deep connection.

Experienced Mountain Guides - Our Himalayan expedition is guided by Mingma Sherpa, a mountain-born group leader with extensive wilderness medicine training. For two decades, Mingma has traversed the entire length of the Himalayas, offering more than navigation—he provides a profound gateway to understanding mountain landscapes and indigenous cultures.

With Mingma as your guide, you'll be invited to deeply absorb the mountains' silent wisdom and the rich tapestry of local community histories. His expertise doesn't just lead you through terrain—it opens pathways to understanding local cultures and nature.

Professional development in Meditation and Reflective Practice - Journey alongside Dr. Louise Hayes, Acceptance and Commitment Therapy peer-reviewed trainer, a clinical psychologist, Buddhist meditation teacher, and best-selling author. These transformative expeditions guide professionals toward reconnecting with their compassionate essence, developing reflective practices, and deepening meditation and empathy skills.

Our expedition begins in Kathmandu, immersing ourselves in the hillside monasteries and performing our daily kora at the sacred Boudhanath stupa. As we transition to the mountains, we'll walk, contemplate, and meditate, exploring how mindfulness practices reshape inner landscapes. Our journey follows Buddhist meditation principles, recognising that Buddhism and landscape are inseparable in Langtang.

Note: Louise volunteers her time and donates 100% of her salary to The Pearl Lotus Fund. This is a professional development trip, not personal therapy.

All profits support kids - Since 2015, we have been working to support children in remote communities with education opportunities. All our proceeds are carefully calculated, and all profits are donated to a charity Hayes and Sherpa established in Australia: **The Pearl Lotus Fund (Incorporated)** is a registered not-for-profit charity that uses funds to support children's education in remote communities by building schools and providing education materials.

Cost:

The price is \$1,990 USD inclusive of meals, accomodation and staffing.

The trip includes accommodation, most meals, and your bags carried by porters. Everything is taken care of so you can relax and enjoy. Your only additional expenses are lunch and dinner in Kathmandu and tips to staff. This is a competitive price for this unsurpassed quality — an expert guide and psychologist — and we treat you as our friends.

Louise volunteers her time and donates 100% of her salary to The Pearl Lotus Fund.

All profits go to the children in remote regions through a charity we established in Australia - The Pearl Lotus Fund (Incorporated)

We pride ourselves on our quality and experience. We treat our staff ethically, provide good wages, and help them support their families.

13 Day Itinerary — Commencing November 16th, 2025

- 16th Day 1 Arrive in Kathmandu (flight arrival date)
- 17th Day 2 Kathmandu City visit (1350m)
- 18th Day 3 Travel by road to Thulo Shabru (2250m) 6-7hrs, depending on road conditions
- 19th Day 4 Walk to Lama Hotel (2400m). Walk 6hrs
- 20th Day 5 Walk to Ghordha Tabela (3100m). Walk approx. 6hrs
- 21st Day 6 Walk to Lang-tang village (3465 m). Walk approx 6hrs
- 22nd Day 7 Walk to Kyanjen Gumba (3830 m) Walk approx. 4-5hrs
- 23rd Day 8 Ascend Charku Ri (4985m). Approx. 8hrs
- 24th Day 9 Walk to Ghodha Tabela (3100m). Approx. 6hrs
- 25th Day 10 Walk to Bamboo (1900 m) 6hrs
- 26th Day 11 Walk Thulo Shabru (2250m) 5hrs
- 27th Day 12 Walk to Thulo Barku (3hrs). Drive to Kathmandu 6hrs, depending on road conditions
- 28th Day 13 Trip finishes, depart Kathmandu (flight departure date)

!!! Before you sign on !!!

Nepal faces significant challenges and does not have Western-style living standards. Please remember that accommodation is a simple, dorm-style room with shared bathrooms. Sanitation is basic, with squat toilets and simple showers. Water is scarce. Showers will be infrequent. Food will be vegetarian, healthy and fresh, but very simple — lots of potato, rice and dhal.

Detailed Walking Itinerary

Day 1 Arrive in Kathmandu (1330m)

You will arrive in Kathmandu, be collected from the airport, and be taken to our hotel. You will have time to freshen up and look around Kathmandu. In the afternoon, we will discuss the trip and get to know each other. You can make your own arrangements for dinner at the many local restaurants.

Meals: not provided

Day 2 Kathmandu Visit

After breakfast, we will take you on a mindfulness tour of Kathmandu. We visit the heritage-listed Boudhanath for a morning Kora and meditation with the monks, followed by Himalayan-grown coffee overlooking the Stupa. We then visit the hills and monasteries, places of peace with stunning gardens (monastery access is subject to the retreat schedules). We return to Boudha or Thamel for free time (shopping). Today is filled with sights that have cultural significance.

(Note: Kathmandu has many UNESCO heritage sites. Our guests often choose to stay an extra day on their own to visit the other UNESCO sites - Swayambunath, Pashupatinath, Kathmandu Durbar Square, Bhaktapur and Patan)



Meals: Breakfast is provided in the hotel. Lunch and dinner are not provided.

Day 3 Travel by road to Thulo Shabru (2250m) 6-7hrs, depending on road conditions

We start the trip by jeep from Kathmandu to the village of Thulo Shabru. Our drive takes us out of Kathmandu, following the Trishuli River past local villages and farms. This drive has beautiful views of countryside villages and forests. The road is a trade route into Tibet and has many checkpoints. Our staff will travel with us. We have lunch on the way. Meals: breakfast, lunch, dinner included.

Day 4 Walk to Lama Hotel (2400m). Walk 6hrs

We follow the Trishuli River all day, a fast white water river with beautiful old-growth forest surrounding us. You will enjoy the sound of the loud river and the forest. You may be surprised to see marijuana growing everywhere as ground cover. We see high cliffs as we ascend the trail. We stop for lunch and have a peaceful afternoon in the forest village of Bamboo. Meals: breakfast, lunch, dinner included.

Day 5 Walk to Ghordha Tabela (3100m). Walk approx. 6hrs

We walk all day through the forest, ascending 700 metres. Another day of tall magnolia, oak, daphne, and rhododendron forests. If we are lucky, we will spot langur high in the trees sunning themselves and watching us. We may also see deer, thar and mongoose. We have lunch deep in the forest, then ascend into the open pasture for our overnight lodge. Meals: breakfast, lunch, dinner included.



Day 6 Walk to Lang-tang village (3465 m). Walk approx 6hrs

Today, the view changes as it broadens into a wide mountain valley. We see Langtang at the head of the valley. We also see LangSesha Peak and get our first glimpse of Charku Ri, our highest point. We will see landslides from the 2015 earthquake that destroyed the original Langtang village. It is a peaceful trail that is gradually winding upwards. We arrive in Langtang village by late lunch and enjoy the afternoon. Meals: breakfast, lunch, dinner included.

Day 7 Walk to Kyanjen Gumba (3830 m) Walk approx. 4-5hrs

We walk through the widening valley, past high mountains and 5000-metre 'hills'. In spring, this valley is filled with wildflowers, with iris turning the valley purple (May and June). We are now in the Tibetan area of this valley and will follow long mani walls and Buddhist chortens. We walk past yak pastures and see wild blue sheep high on the hills. The ascent is higher today with spectacular mountain views. We will have time to visit the monastery and meditate, surrounded by mountains and glaciers. Meals: breakfast, lunch, dinner included..



Day 8 Ascend Charku Ri (4985m). Approx. 8hrs

We start very early in the morning and slowly make our ascent up 1000 metres to the highpoint view of Charku Ri. This day is difficult because we will ascend 1000 metres, ending at the peak of 4985 m. It's a more challenging day, but the views will be worth it. You will be surrounded by stunning Himalayan vistas that will take your breath away. We will see Langtang (7234 m), Langtang Lerung (7000 m), many 6000 metre peaks, and Gunjola Pass. Our staff will give us lunch in yak pastures with the most stunning views down the valley. These are views you will never forget. We will conduct a celebration on the top — an incredible experience. The descent back down to Kyanjen Gumba is a long but satisfying walk. Meals: breakfast, lunch, dinner included.

Day 9 Walk to Ghodha Tabela (3100m).

Approx. 6hrs

This day is delightful, with everyone feeling accomplished and 'happy-tired' from yesterday's ascent. The views are stunning all the way down to the jungle. We will have lunch on the way. Meals: breakfast, lunch, dinner included.



Day 10 Walk to Pairo Hot Spring (1810 m)

6hrs

We descend again through the deep forest, enjoying nature and the deep forest. Meals: breakfast, lunch, dinner included.

Day 11 Walk Thulo Shabru (2250m) 5hrs

We walk uphill to Thulo Shabru through local villagers and farms, past locals making crafts or building the traditional way. We overnight in this village and have dinner with all the staff to celebrate our last night. Meals: breakfast, lunch, dinner included.

Day 12 Walk to Thulo Barku (3hrs) and then drive to Kathmandu 6hrs

We take Breakfast in the hotel and then walk through a pine forest with mountain views of Gaurisanker and Ganesh Himal. Then we'll catch the jeeps back to Kathmandu, stopping for lunch along the way. Back in Kathmandu we head out for a group dinner on the Boudhanath Stupa (optional). Meals: breakfast, lunch. Dinner is not included.



Day 13 Trip finishes, depart Kathmandu

Today we will take you to the airport to meet your flight home. Depending on your flight time, you may do a morning Kora, go shopping, or relax and drink Himalayan coffee overlooking the Stupa. Meals: breakfast provided. Lunch and dinner are not included.



Key Information and Booking Details



Trip cost and how to book

- To book, email: office.louisehayes@gmail.com
- A brief professional application is required.
- Once your booking is accepted, you are required to pay a \$500 USD deposit (Refundable if cancelled 90 days prior and we can fill your space. Compassionate reasons will be considered)
- Full payment is required 60 days in advance
- Places are strictly limited to 10 people
- If you have unique health concerns, you **MUST** speak to your doctor about high-altitude walking before finalising your booking.

What is included

- All breakfasts, lunches and dinners while on the trek
- Meals from teahouse menus, tea, coffee or cordial with the meal.
- Afternoon tea on trekking days.
- Boiled drinking water each day
- Washing water on trekking days when showers are not available.
- Airport transfers from Kathmandu.
- Private jeeps to the trailhead and back to Kathmandu
- Accommodation on the trek in teahouses
- Park entrance fees and special trekking permits
- Our trek leader will carry a first aid kit for trekking needs.
- Salary for guides and staff

What is not included

- Tips for porters or guides – a tradition when visiting the Himalayas is for guests to tip their guides and porters at the end of the trek. You can decide the amount, but expect around \$10 USD to be an acceptable amount, more if you feel inclined.
- Lunch & dinner in Kathmandu
- Kathmandu entrance fees to historical sites
- Personal drinks or foods - e.g. aerated & alcoholic drinks, chocolate bars, etc
- Items of a personal nature, such as laundry, etc.

-
- International flights
 - Visas into Nepal – visas are easily obtained on arrival and are far cheaper. Please check your country's requirements.
 - You MUST take your travel insurance. Remote trekking involves risks, and travel insurance covers helicopter flights and medical costs in an emergency.

Group Size

- We take a maximum of 10 people per trip.
- A trip may be cancelled up to 3 months prior if numbers are insufficient.

Fitness and Trip Difficulty

Trekking is between 5 and 7 hours each day. You will carry a day pack, and the porters will carry your luggage. At any stage of a moderate trek, you can expect long, steep climbs, steep descents, and a wide range of weather conditions. An example of an average day on a moderate trek could include several ascents and descents of 500 metres or more, the equivalent of climbing more than 100 flights of stairs most days. Level ground is rare in the mountains.

Preparation before your trek

To prepare for a trek, you should begin training approximately three months before departure. An hour of cardio exercise three times per week is sufficient. Try to include a few walks with steep ascents and descents carrying a day pack (or stairclimber if you live in a flat place). Speed is not important, but stamina, confidence and continuity are.

Equipment

- Good boots are essential — and they must be worn in
- You will need a light daypack
- We will provide you with a list of personal items once you book
- We provide a duffel bag, and the porter will carry this (up to 15kg)
- We provide a sleeping bag
- We provide a down jacket for the evenings

A typical day

Meditation sessions: Depending on our location, we will conduct group meditation before or during the tea. We may visit a monastery or choose a meditation session outdoors (weather permitting).

You will be woken with a cup of tea brought to your room, usually between 6 and 7 a.m. Breakfast will follow. We commence walking with the idea of enjoying the trail, not hurrying to the next destination. We will relax and enjoy the scenery, mountains, jungle, wildlife and wildflowers. We will stop for lunch at around 11 to 12 p.m. After lunch, the walk is usually shorter, and we hope to reach camp by 3 to 4 p.m. Once we have reached

camp, you can settle into your teahouse room, rest, get washing water, and have afternoon tea. You can take care of personal needs, laundry, reading, diary notes, take in the local village, take short walks, and enjoy the mountain people and scenery. Dinner is ordered from the teahouse menu, usually around 6 pm to 7 pm. Trekking evenings are spent in the teahouse and can be great memories of your trek, talking, playing cards and games, and chatting with others.

Accommodation on the trek

This is the mountains — expect basic rooms. Teahouse accommodation includes a basic mountain-style room with a wooden bed, usually a hard mattress. Sometimes, there is no choice but to share a room with another person. We try to provide single rooms where possible, but this depends on the busyness of the trail. Running water is rare as we increase in altitude; it's frozen, so expect to wash with just the bowl of water we provide and your facecloths. Electricity is expensive in the mountains, too. In some locations you can charge your electronics for an additional fee of about 200 Nepali rupees.

- **We will provide-** a warm sleeping bag and a down jacket for the evenings.
- **We will provide-** a duffle bag for you personal belongings

Acute mountain sickness

When we ascend above 2500 metres, our bodies must acclimatise to the decreasing amount of oxygen available. To allow your bodies to adjust, we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, you may experience some of the following symptoms during the acclimatisation process:

- headache
- tiredness
- disturbed sleep
- loss of appetite/nausea
- shortness of breath
- cough
- palpitations
- swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. Our leader is wilderness first-aid trained and will help you monitor your symptoms. Some people choose to bring Acetazolamide (Diamox) to support their acclimatisation, but this is a personal decision and should be discussed with your doctor.

Occasionally, we have people experience the onset of AMS. The only cure for acute mountain sickness is to descend.

You should discuss your health with your doctor before coming to altitude.

Staff care

Guides and porters are the backbone of Nepal, so we aim to treat them well. All porters are provided with meals, accommodation and insurance.

Unexpected Changes

Adventure travel in remote areas can be unpredictable. This itinerary is subject to change due to weather or climate, changes in community regulations, governmental changes, and natural circumstances beyond our control.

Climate

Trekking in Nepal goes from September to the end of May (there is no trekking during the monsoon). There are three trekking seasons -- Autumn (September to November), Winter (December to February) and Spring (March to May).

Trekking in Autumn (September to November)

Morning usually has clear skies, which can become cloudy in the afternoon. Mountain views are seen most mornings, with clear blue skies and snow-covered mountains. Autumn flowers can be seen. Deciduous trees can be magnificent as their colours change. The temperature in the morning as we start walking can be quite cold, sometimes below zero. During the day, the temperature can rise as high as 20 degrees Celsius, and you will be quite warm; the sun can be quite hot (hats and sunscreen are needed). It can be cold in the evenings and nights, often below zero at higher altitudes. In autumn, snow can fall anytime, but it rarely rains. This is a high season for trekking, and the trails can be busy in popular areas like Everest.

Trekking in Winter (December to February)

Skies are clear for much of the day, and you will see beautiful mountain views. It can become cloudy in the afternoon. You will see beautiful snow-covered mountains, frozen waterfalls and creeks, and deciduous bare trees. It often snows in winter; occasionally, we see rain. Although very cold, it is a beautiful time to trek, and the trails are quiet. The temperature in the morning as we start walking will be very cold, as low as minus 5 Celsius. We usually warm up quickly when walking. During the day, it will be lovely and sunny, as high as 15 degrees Celsius, so you can still walk in short-sleeved T-shirts. A hat and strong sunscreen will be needed for the bright mountain sunshine. It will be cold in the evenings and nights, reaching -10 degrees. We provide you with a good sleeping bag and a down jacket for the evenings. In the daytime, you will need layered clothes to keep warm. A waterproof shell jacket will be required. A metal/boil-proof plastic drinking bottle can be filled with boiling water and used as a hot water bottle.

Trekking in Spring (March to May)

Morning skies are clear and will become cloudy every afternoon because the monsoon (July) is starting to build. The clouds against the mountains create unique beauty. In spring, you will see trees in bud or new green leaves, rhododendron flowers, magnolias, peach blossoms, and many spring flowers. The Himalayas are home to many of the world's best-known flowering plants, and spring is the time to see them. You will also see many birds. The temperature in the morning is pleasant, usually above zero. During the day, the temperature can rise as high as 25 degrees Celsius, and you can walk in shorts and t-shirts. The sun can be quite hot; hats and sunscreen are needed. It can be cold in the evenings and at nighttime, and you will still need a jacket and many layers. In spring, it can rain, with occasional snow. This is the busiest trekking season and the season for mountain expeditions. (Everest trails can have hundreds of porters, yaks, and donkeys loaded with expedition gear.)

Mindful Adventures

Trading as Mindful Adventures

Operated by:

See High Peaks Trekking Tours and Travel, Nepal

License No.: 2334/074

Registration No: 169250

Profits donated to

PEARL LOTUS FUND INCORPORATED (Victoria, Australia)

A0115821T