



Trip: Trekking for Spiritual Awakening

Url: <https://www.megaadventuresintl.com/trip/trekking-for-spiritual-awakening/>

## Overview

### **'Meditation Trip' to Annapurna**

Just imagine yourself sitting cross-legged amidst such a paradisiac place and chanting sacred mantras and incantations and merging your being with the sylvan serenity. For the first time in Nepal, Mega Adventures International is catering this amazing trek in one of the best trekking destinations in Nepal.

BBC has regarded "Annapurna Region" as one of the places that one must visit before one breathes his/her last. Famous for its cultural diversity, mesmerizing landscape, snow-capped mountains, lush-green forests teeming with numerous flora and fauna, breathtaking waterfalls, terraced hills, Annapurna Region is regarded as one of the best destinations for trekkers around the globe.

### ***The Himalayan Silence***

If you escape to the Himalayas you will start feeling a little still, but at the same time a little stupid also. You will start feeling more silent, but that silence belongs to the Himalayas, not to you. Come back and your silence will be left behind – you will come alone. And back in the world you will be even more disturbed than before, because you will have become more vulnerable, soft. And you will come with a prejudice, with this idea that you have attained to silence. You will have become more egoistic. That's why people who have escaped to the monasteries become afraid of coming back to the world. The world is the test. The world is the criterion. And it is easier to be in the world and, by and by, grow into a silence, then the Himalayan silence comes into your being. You don't go to the Himalayas: the Himalayas themselves come to you. Then it is something of your own, then you are the master of it. – OSHO

**Arrival City** Kathmandu

**Departure City** Kathmandu

**Price Per Person**

\$1,450.00

**Duration** 17

days

**Trekking Days** 10

days

**Difficulty** Medium-Hard

**Max Elevation** 4130m/13550ft

**Primary Activities**

Trekking, Meditation

**Best Season** March, April, May, September, October, November

**Trip Route**

Kathmandu- Birethanti- Ulleri- Poonhill- Tadapani- Doan – Deurali – ABC -Chhomrong – Pokhara

### **Includes**

- All necessary airport arrival- departure transport
- Necessary all land transport as per the itinerary
- Meditation Commune fee with food and accommodation with twin sharing basis in Tapoban- Kathmandu
- Meditation fee and Meditation Master's salary
- 2 nights Normal nice Hotel in Kathmandu after the trek – twin share basis in Bed and breakfast plan

- 1 night normal nice hotel accommodation in Pokhara
- Transportation, Entry permit and English Speaking tour guide during city tour
- Tea house trekking with Breakfast, Lunch, Dinner and accommodation
- Water Purification liquid during the trekking
- Professional English speaking Trekking Guide and his/ her salary
- Porter to carry the luggage and his salary
- Trekking permit
- Annapurna Conservation area Project (Acap) permit
- First aid kit
- Insurance for Nepali staffs
- Farewell dinner in traditional Nepali restaurant with cultural dance

### Excludes

- Lunch and dinner in Kathmandu and Pokhara
- Beverages and alcoholic drinks
- Emergency medical evacuation
- Tips for staffs
- Personal expenses and extra services beyond itinerary

## Itinerary

- Day 01 - Arrival in Kathmandu  
Our staffs will be at airport to pick up you to a recognized meditation retreat center (Osho Tapoban). A detailed schedule about the meditation session and other relevant information will be provided at the center.
- Day 02: Meditation Day  
Selected Meditation sessions at the center.
- Day 3: Trek Preparation  
Early morning meditation at the retreat; shopping and final check-up of your trekking gear and information sharing
- Day 04: Kathmandu-Pokhara-Birethathi (1025m) Travel  
Early morning flight or drive to Pokhara by private vehicle. (25minutes via air or 7 hours' drive from Kathmandu to Pokhara) ; Pokhara- Birethanathi drive ("Nadbrahma" aka Humming meditation for 1 hour in the evening)
- Day 05: Trek to Ulleri (1960m)  
Light Yoga, Breathing exercise and Vipassana (The Buddha regarded this meditation as the best) at 6:00 Am; after breakfast 5-hour trek to Ulleri (punctuated with several short meditations); Kundalini Meditation in the evening
- Day 06: Trek to Ghorepani (2860m)  
Breathing exercise and Vipassana; after breakfast 4-hour trek to Ghorepani (punctuated with several short meditations); Gibberish Meditation
- Day 07: Early in the morning Hike to Poon Hill (33210m) and trek to Tadapani (2630m)  
1 hour trek to Poon Hill (Mountain viewpoint) – "Hu" (Sufi) Meditation; 1-hour descent back to Tadapani; 2-hour trek to Tadapani
- Day 08: Trek to Chhomrong (2170 m)  
Light Yoga, Breathing exercise and Vipassana Meditation; 4 hour trek to Chhomrong (punctuated with several short meditations); Mystic Rose Meditation (shortened version) in the evening
- Day 09: Trek to Dovan (2520 m)  
Light Yoga, Breathing exercise and Vipassana Meditation; 5-hour trek to Dovan

(punctuated with several short meditations); Gaurishankar Meditation (short version)

- Day 10: Trek to Deurali (3200 m)  
Light Yoga, Breathing exercise and Vipassana Meditation; 4-hour trek to Deurali (punctuated with several short meditations); Born again Meditation in the evening
- Day 11: Trek to Annapurna Base camp (4130 m)  
Light Yoga, Breathing exercise and Vipassana Meditation; 4-hour trek to ABC (punctuated with several short meditations); Witnessing and Merging Meditation at the ABC
- Day 12: Trek back to Bamboo (2310 m)  
Light Yoga, Breathing exercise and Vipassana Meditation; 5-hour trek to Bamboo (punctuated with several short meditations); Zazen and reflection on Zen Koans
- Day 13: Trek to Jhinua (1470 m) Hot spring bath place  
Light Yoga, Breathing exercise and Vipassana Meditation; 5-hour trek to Chhomrong (punctuated with several short meditations); Inner Light meditation and water retreat center.
- Day 14: Trek to Nayapul and drive to Pokhara  
Light Yoga, Breathing exercise and Vipassana Meditation; 4-hour trek to Nayapul (punctuated with several short meditations); Akriya (Death) Meditation
- Day 15: Drive back to Kathmandu
- Day 16: City Sightseeing, Shopping and Rest Day  
Sacred places sightseeing – Pashupatinath – greatest hindu pilgrimage sites of the world, Swayambhunath and Boudhanath is the most visited Buddhists Stupa. Free time in the afternoon for shopping and rest.
- Day 17: Final Departure  
Your guide will visit you in the hotel for your farewell. We will provide you car for airport drop.

## Testimonials

### They were reliable, timely, organized and above all fun!

My experience with **Mega Adventures** could not have been any better! When I arrived in Kathmandu, I was warmly received by a member of the staff who, after dropping my bags off at the hotel, kindly led me around the city. After spending a few days exploring that wonderful city and meeting my climbing guide, we flew out to Lukla to begin our trek. Our goal was to summit Island Peak with a stop at Everest base camp along the way for acclimatization. Throughout the trek, my guide and porter were incredibly supportive and engaging and taught me so much about the region and culture. Although we ultimately were unable to summit Island peak due to weather conditions (one of the greatest challenges of climbing) we did reach approximately 6,000m, the highest I had ever been. I was immensely satisfied with the climb. Though I have taken a mountaineering course previously and had the opportunity to climb many of the highest peaks in Washington State, I was new to the Himalayan Mountains. My guide taught me several new techniques to enhance safety while climbing and provided a safe, encouraging environment. I would highly recommend this guiding company, as they were reliable, timely, organized and above all fun!

– Natalie Vandeven, USA