



**Culture Trekking to monasteries of  
the Sherpa / Tibetan Nyingmapa  
Buddhism in Solu-Khumbu - NEPAL**





## Original Sherpa Culture of Solu-Khumbu, North-East Nepal

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Treasures of Sherpa-Tibetan Nyingmapa Buddhism, daily practice in monasteries (*gonpa* or *gumba*) and festival traditions, originating in the „old“ (*ngagyur*) way of Buddhism, brought to Tibet by the saint Padma Sambhava (Guru Rimpoche) and to Nepal by Sherpa people who in the 16th century migrated from Eastern Tibet to Solu-Khumbu (North-East Nepal).

Enjoy nature walks along the Shorung valley around Junbesi, original Sherpa food and hospitality as well as breath-taking views of the Himalayan range. Get slowly acclimatized for high tours in the Numbur and Everest region. Easy access via plane or overland transport by jeep from Kathmandu to Jiri, Phaplu and Junbesi (Solu).



## Guided Tours / Meditation Offers

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Guided tours offered by local experts will introduce you to fascinating traditions of monasteries of the Nyingmapa order. The Sherpa monasteries are famous for their ritual dance (*cham*) festivals, especially the Dumji Festival (in spring) and the Mani Rimdu (in November to December). Stay in the alpine village of Junbesi, breathing clear air, to start one-day or overnight tours to villages and monasteries in the surrounding area or ask for meditation courses and individual „meditation days in a monastery“.

## The Iconography of Gods and Deities

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Discover the Sherpa art of Thangka painting handed down from teacher to pupil in the villages and monasteries where unique and precious traditions are preserved.

Contact: Serlo Gonpa, 30 min. above Junbesi (Solu-Khumbu, North-East Nepal)

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