

Itinerary for Medical Mission 2024

Oct 27: Arrive in Kathmandu, Nepal, and Transfer to Hotel! (1334m.)

Most international flights arrive in Kathmandu in the afternoon. Our guide will meet you outside the customs area at the airport. He/she will answer any questions you might have and brief you about the immediate arrangements. The trip guide will hold a short briefing at the hotel regarding the trek arrangement and general orientation.!

Oct 28: Final preparation

Oct 29: Fly to Phaplu and trek to Ringmu (3 hours hike)

We will transfer you to the domestic airport early in the morning where your guide will fly with you to Phaplu (2450m). It is a spectacular flight over the Kathmandu valley and Himalayan range when weather is clear. After arrival at Phaplu, we will have lunch and trek to beautiful Sherpa village Ringmu.

Oct 30: Trek to Taksindu and start medical clinic.

After breakfast, we will take short hike through beautiful Rodhedendron forest and reach at Taksindu la (pass) along the trail you have an opportunity to see the spectacular views of sacred mountains (Numbur, Khatanga and Karyelung). We will also see centuries' old stupa and monuments. From Taksindu La, we gradually descend to Beautiful Sherpa village Taksindu. Upon our arrival at Taksindu, the monk and local people will welcome our team. After that we will start our service work.

Oct 31: we will be opening our clinic to local the people 8 am to 5 PM.

Nov 1: Clinic Service 8 am to 5 pm

Nov 2: Clinic Service 8 am to 5 pm

Nov 3: Visit local villages to experience local culture and celebration.

Today we will take a short hike to Sherpa village Chhulemu and observe local culture and tradition. We will also arrange a farewell party with our team this evening.

Nov 4: Trek to Phaplu.

Today we will trek to Phaplu airport and stay overnight.

Nov 5: Fly to Kathmandu.

Nov 6: Sightseeing in Kathmandu.

Today we take a beautiful Sightseeing to Shambunath (known as Monkey Temple) and Boudhanath (the largest stupa in Nepal). Shambunath, means “self-existent”, is also known as the Monkey Temple, a Buddhist temple that’s fabled to come from the Lotus flower. Visit the Boudhanath, the largest and tallest Buddhist stupa. There are also many shops, restaurants, and religious activities to observe! Overnight in Hotel.

Nov 7: Departure from Kathmandu!

We will escort you from your hotel to the airport for completion of your once in lifetime journey to Himalaya!