



connecting spaces

## exklusive trekking tours in the himalaya

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### design & responsibility

in co-creation with friends, I design the tour and advertise it ([www.monikaschaffner.biz/mindwalk](http://www.monikaschaffner.biz/mindwalk)) to bring a small group of 3 to 7 pers. together.

on the tour we share responsibilities,

- I organise and coordinate the framework: timing, route, accomodation in kathmandu, transportation inland, local contacts.
- you organise your insurances (see terms & conditions), your international trip to kathmandu, incl. visa.
- together we prepare our trip: as preferred and feasible, either in the form of a group meeting in advance, or bilaterally.
- on trek we jointly decide on the day's route, incl. timing and breaks, depending on our physical and mental needs, the weather, and our opportunities on site.

### requirements & general conditions

**technical requirements:** you enjoy hiking on mountain paths and feel safe on such terrain, with a respective physical consititution.

**physical requirements:** you are healthy and feel ready for physical travelling and climatic conditions of mountain spaces. we hike on average 3 to 6 hours a day, with altitudes of up to 1000 m/day (up- and/or downhill). in higher areas, we will meet windy spaces and cold nights. depending on the season, rain-/ or snowfall can occur, and there may still be patches of snow on some paths.

**height:** depending on the route, we will hike between heights of 2000 to 5500 masl. we take care to acclimatize well, i.e. we gain height slowly. everyone reacts individually to the lower oxygen available in the height, this is independent of your physical condition. as a group we respect every one's capabilities, i.e. we adjust our speed and may add rest days if needed. for the stronger ones among us, there will always be the option of surplus sidetours.

**accomodation** on trek is generally very basic, clean, with wonderful hospitality. dining halls are usually heated, but the sleeping rooms may get cold during the night (no heating, no insulation). water is always available, generally also as warm solar- or bucket showers (on request).

**food** is good, hygienic and nutritious. we prefer using/ordering local products, with which our hosts prepare delicious menus on simple fireplaces.

**periods of rest** are very important to me, to regenerate, refuel, to integrate experiences, to enjoy your quiet time, individual excursions or sharing with the group.

**body- & energywork:** depending on the group, a wealth of people come together with individual skills that complement and enrich each other. be this with yoga, meditation, music, sharings,...depending on our timing, I also offer individual energy work.

**digital detox:** to me one of the most valuable aspects of travelling the himalayas: the break from internet and telephone. often, this is supported by the lack of internet signals in the high valleys. it invites us to arrive more completely within our selves, in the spaces we travel and with the people we meet.

**language:** tour language is english and/or german; monika speaks fluent nepali.