

Transformational Pilgrimage in the Himalayas 🚩

On this journey into the Hidden Valley of Yolmo, we shift gears together, intending to evolve our work in the world. Are you ready for a new era and willing to give and receive as part of a group? Then, you may come on this pilgrimage with us.

3 to 13 November 2025, Arrival and Departure from Kathmandu, Nepal.

[Watch the trailer](#) to the Hidden Land of Yolmo.



The journey: From Kathmandu, we travel to the Hidden Valley of Yolmo, at the Himalayan Border of Nepal and Tibet. This valley is known for its sacred nature, in which a day of meditation feels like one year. We discover the meditation caves of the Mother and Father of Tibetan Buddhism and journey deep into the holy mountains to reveal new treasures for the world.

Itinerary: Knowing our intention and direction of travel, the itinerary may change as we are on pilgrimage together. Here is what we can tell now: We arrive in Kathmandu on November 3 and meet the next morning for breakfast. After one day around the Boudhanath Stupa meeting in individual and group sessions to prepare for the pilgrimage, we depart for Helambu on November 5. We will stay in the valley for six nights. We return to Kathmandu on November 11 for integration and rest, with a closing circle and farewell dinner on November 12. Departure anytime on November 13.

Guides: Serena Rix Tripathee and Fritz Lensch

Host: Pilgrimage Partners

Investment: The full rate is **2500€**. We have an income-based discounted rate available upon request. [Contact us](#) for information. Other currencies accepted on request.

Including:

Guidance and facilitation from Pilgrimage Partners

Arrival and departure taxis between the airport and the guest house

All accommodation

Individual sessions on Day 1 to prepare for the Pilgrimage

Breakfast and either lunch or dinner in Kathmandu

All meals and morning tea/coffee outside Kathmandu

All Transportation in private vehicles on pilgrimage

National park permits and taxes

Porters and Walking Guides

One group call and private 1:1 session for Integration after the Pilgrimage

Not including:

Flights to and from Nepal, travel insurance, Nepal visa fee

Heritage site entrance fees in Kathmandu

Snacks and personal equipment on Pilgrimage

Either lunch or dinner in Kathmandu

Any extra nights, porters etc.

Emergency evacuation

Costs due to flight delays, landslides, political disturbance, strikes, etc.

Tips for guides, drivers and porters

Booking: *If you have already received a private invitation from us, send us a 600€ non-refundable deposit to reserve your place. The rest is due two months before the start of the pilgrimage.*

Use this link below and **put your full name in the transaction notes**. Specify currency in Euros, or confirm another currency rate with us in writing. <https://revolut.me/fritzlensch>

If you haven't received an invite yet, [request an invite](#) now and we will have a short conversation.

Max. Group size: 16

Fitness level required: Moderate

Max. Altitude: 3,771 meters

Accommodation Type: Homey and comfortable guest house with Single or Double Rooms in Kathmandu. Simple and rustic Lodges and Teahouses in the mountains, twin-shared where necessary, sometimes non-attached bathrooms.

Season: Autumn is lovely in Nepal, with clear skies, mild temperatures, and cool but not freezing in the mountain areas we visit.

Visa: Easily available upon arrival at Kathmandu airport or online. As of December 2024, they cost USD 30 for 15 days, USD 50 for 30 days and USD 125 for 90 days.

Agreements: No meat, alcohol, or other drugs during the pilgrimage. We will be without devices and internet outside Kathmandu.

We will provide more detailed information about six weeks before.

We look forward to the journey with you.
See you in Nepal,

Serena and Fritz



