



# SACRED JOURNEYS NEPAL TREKS PVT.LTD., KATHMANDU, NEPAL

## **Towards Profound Leadership**

*Using the ancient Himalayan environment to realize your potential as a leader*

**Nepal: 25<sup>th</sup> October – 7<sup>th</sup> November 2009**

This journey is the challenge to step out of your daily life. Intercept your usual thinking patterns. Take the time to enter a different and profound reality.

The world needs help: humanity and the environment.

Each of us is being called upon to be the hero in our sphere of influence. These crises are opportunities not to be missed.

Explore the Himalayas while you develop your leadership capacity. Now is the time!

“Towards Profound Leadership 2009” is for those already in leadership positions, potential leaders and for those in transition who feel compelled to develop their capacities for creating meaningful change.

“Towards Profound Leadership” is a journey in Nepal, organised by Sacred Journeys Nepal Treks Pvt Ltd, and facilitated by Claire Jankelson. It begins in bustling Kathmandu, and then continues in the mountains in the Everest Region at a lodge that is a short flight and one day’s trek from Kathmandu. There are also optional add-ons for participants who wish to stay on and do a longer trek, safari, or village visit.

## **Itinerary**

### **Oct 25 Kathmandu.**

Arrive in Kathmandu /Transfer to hotel/ Rest/ Shopping.

You will be staying in the heart of the tourist area of bustling Kathmandu in an eco- guest house decorated in traditional style. Walk out the front door and into atmospheric Thamel, where you can shop for presents, or just soak up the atmosphere.



Kantipur Temple House, Kathmandu:  
Photos by Shoshana E Faire

### **Oct 26 Kathmandu.**

Meet your fellow travellers in the guest house garden for a brief orientation and introduction session. There will be a half day site-seeing of Kathmandu Durbar Square, which is walking distance from your hotel through exciting narrow alleys filled with bustling markets.

### **Oct 27 Kathmandu**

Site seeing in Kathmandu. In Kathmandu Valley, there are 7 World Heritage Sites. Day three is a chance to see some of the sacred sites such as Boudha Stupa, a pilgrimage place for Buddhists, and Pashupatinath Temple, which is one of the four top pilgrimage sites for Hindu Pilgrims around the world

There will also be an opportunity to buy any last minute trekking supplies.

### **Oct 28 Kathmandu to Lukla to Phakdin..**

In the early morning, step onto the twin otter plane at Kathmandu, and be transported as if in a time capsule to the village of Lukla in the Khumbu region.

(2827m). Here you will begin the acclimatization process. Even if your mind is still racing at city pace, your body will remind you that it is time to slow down –particularly when you find yourself puffing more than usual when climbing stairs, as you become aware of the first effects of the altitude.



Mani Wall surround by prayer flags on the track

After breakfast in Lukla and a briefing on mountain safety, the trek begins with a 3 to 4 hour walk to Phakdin. Sometimes you will be sharing the trail with yak trains, other trekkers, and local traders on their way up to Namche Bazaar. You will also get your first close up glimpses of the mountains, weather permitting.

The lodge, Joe's Garden, is on the edge of the Dudh Koshi River which runs down from the Himalaya.



Joe's Garden, Phakdin

*Please Note, Lukla's weather is variable, and the planes can't land in the mist (when you get there you'll see why). So be prepared for the potential for delays in the flight, sometimes even cancellations due to the weather. This applies for return journey from Lukla to Kathmandu also.*

### **Oct 29 to Nov 3 Phakdin, Joe's Garden**

We will spend 5 days by the river at Joe's Garden. There will be optional walks, including to a secluded Monastery on the side of the mountain, and a local village.

The whole journey will be geared towards discovering and creating your particular brand of leadership; crystallising your individuality; knowing yourself as part of the whole.

Each day in the mountains includes opportunities for short walks, reflective processes, creative expression, and leadership practice.

Specifically over the time, we will:

- Develop a picture of you, your life and biography
- Make sense of how your current role reflects your purpose
- Build an overarching image of you in your leadership capacity
- Situate your role within the larger community/organisational/world environment
- Understand the profound nature of reflection
- Become reflective practitioners



Reflection by the Dudh Koshi River

#### **Nov 4 Phakdin to Lukla .**

Walk back up to Lukla where we stay over night for an early morning flight back to Kathmandu.

#### **Nov 5 Lukla to Kathmandu.**

After roughing it in the mountain lodges, now you have the opportunity to be pampered in five star luxury at the Hyatt back in Kathmandu. There is a gym, day spa, swimming pool, and it is walking distance to Boudha Stupa where you can watch the Buddhist community gather at sunrise or sunset to say their prayers.



#### **Nov 6 Kathmandu**

The final full day in Nepal has some time for shopping, and optional sightseeing, or another day relaxing at the hotel. Sightseeing options include:

- a. Bhaktapur Durbar Square- World Heritage Site or
- b. Changu Narayan Temple- World Heritage Site

#### **Nov 7 Kathmandu:**

Departure

##### *Optional Extras*

*For those who wish to stay longer and explore Nepal further, Sanjaya will be happy to organise additional trips for you like Jungle Safari, White water Rafting etc. Please contact Sanjaya Tripathee for more information.*

##### **Visit to Sanjaya's village**

The village of Koshi Dekha where Sanjaya grew up is situated 60 Km East from Kathmandu on a forested hillside. It is a unique opportunity to experience a village untouched by tourism where you can be part of the daily life of the village people. You will be hosted by a village family, eat with them, cook with them, and slow down to Nepali village pace.

This is a 2 nights, three day program, with an additional cost.

##### **Trek Organisers: Sacred Journeys Nepal Treks Pvt Ltd**

Sacred Journeys Nepal Treks P. Ltd. arranges journeys with a difference. From cultural visits to pilgrimages to creative retreats to leadership journeys, we are committed to meaningful and socially responsible travel. We find that often the most memorable moments come from experiences that weren't pre planned in an itinerary and couldn't be described in a brochure. We do our best to facilitate those magic moments.

We are also deeply committed to the wellbeing of the people who make it possible for you to trek in comfort in the mountains – the porters. Unlike many other expeditions, our porters will not be overloaded, and are provided with medical insurance.

Sanjaya Tripathee, founder of Sacred Journeys Nepal Treks P. Ltd., was born in a hillside Nepalese village with a view of the Himalayas. It took him years to realise that not everyone has such a good view from their birthplace, and he now is passionate about sharing the jewels of Nepal with others. Sanjaya began working in the tourism sector in 1994, for Sagarmatha Trekking and Cross Country Tours and Travels, a trekking company that specialises in treks for school groups. He then went on to work for the Himalayan Rescue Association, managing aid posts in the Everest and Annapurna regions, arranging rescues for trekkers and porters who had succumbed to altitude sickness or other mountain hazards. Whilst working at the aid-post Sanjaya met his wife Serena who is from Sydney Australia. They currently reside in Kathmandu.

Sanjaya and his team of guides and porters will do their best to ensure your trip is as smooth as possible. It is said that no one ever returns from the Himalayas without some personal change. We hope you find this experience to be memorable and transformative.

##### **How to book**

Contact: Sanjaya Tripathee

Managing Director,

Sacred Journeys Nepal Treks P. Ltd.

Email: [sjnepal@wlink.com.np](mailto:sjnepal@wlink.com.np)

Web: [www.sacredjourneysnepal.com](http://www.sacredjourneysnepal.com)

Mob: 977-9851103004

## Workshop Facilitator

Claire Jankelson

*Educator, Consultant, Facilitator*

With a deep appreciation for the power of being in nature, Claire brings methods of reflecting and training that are participatory and carry the objective of engaging each person towards gaining a deeper understanding of their inner leadership potential and blocks to its realisation.

Claire holds a number of Management teaching appointments. She recently developed and taught a new research program for the Doctor of Business Administration at Macquarie Graduate School of Management that stimulated managers towards becoming reflective practitioners.

Claire has developed programs for facilitating leadership for individuals and groups based on an innovative theoretical framework called Confluent Leadership. This is a consciousness model of leadership that uses process orientated and expansive techniques to bring greater awareness of the individual within the collective. Further information can be seen at [www.confluent-leadership.com](http://www.confluent-leadership.com)

**When** 25<sup>th</sup> October – 7<sup>th</sup> November, 2009

**Cost** USD \$2500

Accommodation is on a twin share basis. Single occupancy (only available in Kathmandu) attracts an USD \$300 surcharge. Fare does not include international flights.

- This is not a 'shoe string' trip. We use highly qualified guides and reliable porters for our trek and we pay them well to ensure they are not exploited. In Kathmandu accommodation is comfortable, with Kathmandu Temple House in the beginning of the trek (eco friendly and traditionally built hotel), and five star Hyatt at the end of the trip, arguably the best hotel in Nepal. During the trek, we use clean and eco friendly lodges which have hot showers, attached bathroom, and hygienic food.
- The price also covers the cost of workshops led by Australian facilitator.

### Included in the fee

- Workshop, tuition and materials
- Domestic flights in Nepal
- Accommodation and breakfast in Kathmandu
- All meals and accommodation on trek.
- Porter's fees
- Guide and other trek staff
- Entry fees to national park
- Kathmandu City tour
- Trekking registration fee
- Transport in Kathmandu for planned sightseeing
- Medical insurance for guide and porters

### Not included in the fee

- International airfare to Nepal and associated taxes
- Nepalese Visa (approx US \$40.00 payable on arrival at Kathmandu)
- Vaccination charges (see your local travel specialist Doctor)
- Dinners and lunches in Kathmandu
- Entry fees to museums, and any additional tours.
- Laundry, postage, personal clothing, medical expenses, personal travel insurance and items of a personal nature, such as bar charges and phone calls.
- Emergency evacuation charges.
- Tips
- Snacks and drinks
- Additional Side trips

To secure your place, a non-refundable deposit of US\$500 per traveller is required. Please fill in the application form which also provides details for payment.

The Balance is due 45 days prior to departure. If the balance is not paid by the due date, we will regard the booking as cancelled.