

Trekking Trip Nepal 2025

From October 24th to November 22nd, 2025, I visited Nepal for the second time. This time, it was meant to be a very exciting and rather cultural journey. Our adventure began with a flight from Munich via Bangkok to Kathmandu. The trip was organized by Willy Kravanja from Bayrischzell, who has been fascinated by the country for more than 30 years and has led numerous hiking groups through various regions in the Himalayas. Joining us were six hiking enthusiasts and Nepal friends, ensuring an exciting trekking tour. Our accompanying team consisted of two guides, Ugen Tenje Sherpa and Ambar Tamang, as well as porters Jiban, Bisal, Laxman, and Sharwan – all from the Rai tribe.

The plan was a tour to the Nar-Puh Valley and enjoying the Annapurna view via the Kang-La Pass (5,300 m). Unfortunately, everything turned out differently. After a short stay in Kathmandu, we drove with two jeeps far up into the Manang Valley to Koto at about 2,600 m. The next day was spent "lodge lounging" as the sky opened up and it poured rain!

Meanwhile, all paths above 3,000 m were closed due to avalanche danger and were not allowed to be accessed. Over the next two days, we took small rainy hikes to the apple village of Bratang and the 3-Sisters (Half Meter) halfway to Meta. The daughter Sunam of the lodge owner was the absolute highlight with her dance performances. The following day, we decided to head down the valley and continue to Pokhara.

Ugen planned the Poon Hill Trek with us, and so we hiked for seven days from Birethanti to Ghandruk, through Chomrong to Tarapani (during this tour, I reached my 2 millionth altitude meter in 50 years of mountaineering), to the sunrise tour from Ghorepani to Poon Hill with a double 8,000-meter view of Dhaulagiri (8,167 m) and Annapurna (8,091 m) and many 7,000-meter and 6,000-meter peaks.

Through Shika, we descended to Tatopani (in the Kali Gandaki Valley) to take a bath in the hot springs. After a very moving farewell celebration, we parted ways with heavy hearts from our guides and porters and returned to Pokhara.

After a short trip to Begnas Lake with my friends from Munich, Manni, Uwe, and Werner, as well as a visit to the Peace Pagoda high above Pokhara, we returned to Kathmandu by minibus. A visit to the Monkey Temple Swayambhunath and the smallest royal city Bhaktapur are, of course, part of a Nepal visit. For part of the group, the Nepal trip ended here, and they flew back to Germany on November 15th.

From this point, a special chapter of my Nepal journey began. With my friend Mirko from Switzerland, I was able to visit the Komang Hostel in Kathmandu, where Nyima and the 36 students gave us a more than warm welcome.

We gained an impression of how the students spend their daily lives in the hostel, and they surprised us with many small musical performances and dances, which we listened to attentively and with great joy for almost two hours.

Here are some notes about the Komang Hostel: Komang Kharak Dolpo (<https://hdkharak.org/dolpo-komang/>) is a mountain village in Upper Dolpo located at about 4,200 m.

All information about Komang, Tulku, and the projects can be found on this homepage, as well as information about Nyima, his daughter, and the head of the Komang Hostel in Kathmandu (<https://hdkharak.org/team/>). Another source of information can be found here: <https://www.altitudeproject.ca/komang-school/>) With our modest means, we have been supporting this region for several years – I, in particular, the Komang Hostel. If you would also like to donate, the best opportunity is here: <https://www.freunde-nepals.de/>

The next day, we met Nyima's parents. His father is Tulku (<https://de.wikipedia.org/wiki/Tr%C3%BClku>), and together we visited the slightly more distant Namo Buddha Monastery (https://en.wikipedia.org/wiki/Namo_Buddha) to pray. There, too, the children performed many Tibetan dances, and the view of the newly renovated golden roof of the two temples was breathtakingly beautiful. Unfortunately, I then had to say goodbye to Mirko and was the last remaining member of our group. The next day was Tulku's birthday, and I had the honor of being part of the celebration. It was a more than special day, and it is hard to describe. I was deeply impressed by the warmth of all the students, their humility and friendliness, their unwavering faith, and the preservation of Tibetan culture, which is hardly possible in Tibet itself.

On the day of departure, Nyima planned a special highlight, a visit to the royal city of Patan or Lalitpur.

We strolled through the city together, visited the highly recommended museum, and returned to the Bodnath Stupa by bus.

I invited all the students to a farewell dinner at a Tibetan restaurant, and after one last photo, there were tears on both sides.

My fairy tale from 1001 nights thus came to an end, and it will take me a long time to process the impressive experiences of the journey. I have made true friends and experienced the Tibetan people as lovable, deeply religious, humorous, very intelligent, positive-thinking, and humble in their way of interacting with each other, unlike anything I have ever seen in my life.

We can all learn a lot from them about preserving peace in the world and how living together in harmony and with much tolerance can work.

धन्यवाद Dhan'yavāda
Yours Alpenrudi