

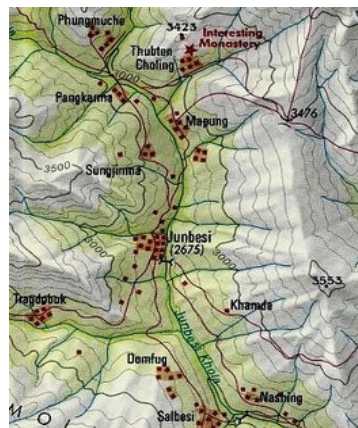


Culture and Nature in Solu Valley

Below the Holy Mountains of Numbur and Karyolang, Sherpa Families found a new home after their long march from Eastern Tibet. They brought their ancient Buddhist Tradition and Tibetan Language. Their Guardian Spirits, Shorong Yullha and Lumo Karmo, assure peace and shelter.



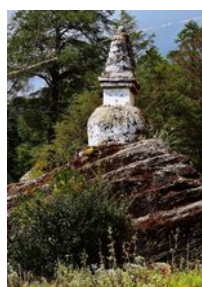
From Dudhkunda at 5000 meters, the Holy Lake at the foot of Karyolang, Beni Khola rushes down – carving its river bed into the steep slopes of the High Himalaya. In Solu the valley widens and opens the view to the subtropical plains of India.



Shining whitewashed walls of the village houses cover the hills among fields and forests. Mani walls with magic mantras carved in stone, follow the river banks.



Arriving at Phugmoche, yak herders and travellers leave the place protected by Gods and Guardian Spirits, crossing into the realm of Demons and danger. Meditation caves under the high rocky cliff are witnesses of devotion. At the foot of the cliff school houses were built on the soft soil of an old landslide. The earthquakes disturbed the loose ground. The monastery on the huge rock was destroyed. The charming place is no longer safe. Rocks may fall. So Phugmoche School moved down to the sunny moraines left by the ice age.





Traces of Faith at every step – wealthy families founded Monasteries and Village Temples. Hidden treasures of art are to be found in private chapels in Upper Solu Valley where spiritual Lamas and well-known Thangka painters used to live. Visit famous Thubten Choeling, a Tibetan Monastery, attend Dumjhe Mask Dance Festival in Junbesi, and Mani Rimdu at Chiwong Gonpa near Phaplu.



Swagatam – Welcome to Solu Valley! There are lodges at your choice. Feel at home, and taste our Sherpa mountain food!



Every sunrise bears the promise of an enchanting day, every sunset holds the memory of a rich experience.

We offer a choice of trekking routes. But you are free to design your own individual holiday. We provide a guide for you, mountain bikes are available. Practise Trekking Yoga with Veronika – our partners at Lumbini Buddha Garden will reply to your questions. We shall be happy to fulfill your wishes.



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