



## MUSIC ARTS ADVENTURES A TRULY UNIQUE TOUR OF NEPAL

We will take you off the common tourist paths onto a unique journey of exploration and adventure!

This is a 14-day moderate level trekking experience in the beautiful and famous Solukhumbu region of Nepal.

This region is famous for being the home of Mt. Everest as well as various mountain peoples with rich cultures and languages. You will have opportunities to meet local Nepalis from Buddhist, Hindu, animist, and shamanistic backgrounds and visit some magical sacred sites as well.

We have carefully crafted routes to get breathtaking views of the majestic great mountains of Nepal, but to avoid crowded and overly touristed areas. We will be immersed in the natural beauty of Nepal as well as meeting and interacting with the peoples who have made this place their home for thousands of years.

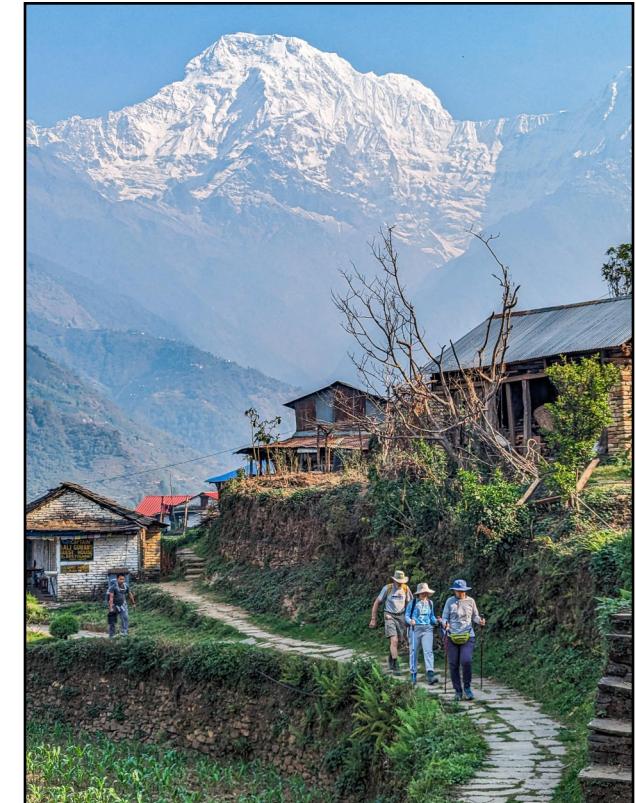
You will explore some ancient and magnificent UNESCO World Heritage sites in the Kathmandu Valley before heading off to the remote Solukhumbu region where we will adventure through rhododendron, oak, and bamboo forests. We will journey through local farm areas at varying altitudes, along enchanting rivers, and see stunning views of the famous Mt. Everest.



Travel is not just a chance to see new things, but also to have fun, make new friends with people on the other side of the world, experience new cultures, find new ways to see the world, and sometimes to discover new aspects of ourselves.



## Solu Region Trek





**The next curated trek in the Solukhumbu region by Music Arts Adventures will be:**

\$2700 double occupancy.

\$450 single room supplement.

- ◆ Contact us and we can send you the detailed itineraries and prices.
- ◆ No special equipment, skills, or training is required.
- ◆ Pre and Post tours possible.
- ◆ A portion of the proceeds of the tour will go toward music and arts education programs for needy children in Nepal.



Tara Linhardt will be your guide. She began her love for Nepal with a year of college there with the University of Wisconsin. During that year, she studied the Nepali language, Indian & Nepal music, yoga, travelled the country with Environmental NGOs, studied in a Tibetan monastery, and lived and studied with Newari Woodcarvers in a woodcarving village.

Since then she co-founded the Mountain Music Project, which is a non-profit working to preserve and promote endangered traditional mountain musics. She helped to make a documentary called "The Mountain Music Project" about the music of Nepal and the amazing similarities with old time and bluegrass in the Appalachian mountains where she is from.

She has presented about Himalayan and Appalachian musics and culture in Nepal and the US at places like The Smithsonian Folklife Festival, National Geographic, The Rubin Museum, and many festivals, universities, and arts organisations. With her fun loving nature, expertise and networks of friends and colleagues throughout Nepal, she can provide a really fun and unique trip.



Contact:  
**Tara Linhardt**

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*Life is an adventure....  
if you make it one!*

*The amount of fun and adventure I have every time I return to Nepal pulls me back there again and again. The sense of humor and the creative energies of the Nepali people never cease to amaze, delight, and inspire me! I have had life changing experiences there like so many others who have spent time there. I am excited to share the beauty and magic of Nepal and the Nepali people with the people I bring there.*

**Tara Linhardt**

