



Thorong Peak Climbing / Expedition - Itinerary

1. Arrive at Kathmandu (1300m)

Welcome to Kathmandu! Our airport representative picks you up from airport and transfers you directly to reserved hotel. A small meeting will be held in the evening to introduce with climbing guides and other staffs. Also, we discuss about the upcoming adventure depending upon your arrival time.

2. Kathmandu: Sightseeing and Trek Preparation

For the day time, you explore historically important monuments and heritages of Nepal while we prepare necessary equipments and gears for your smooth climb. Climbing equipment is inspected by licensed climbing guide and then only after his/her approval we finalize the gears to be equipped. Late in the evening, depending upon the situation, you take basic training of peak climbing.

3. Drive from Kathmandu to Bhulbule (850m) 7-8 hrs

Driving from Kathmandu to Bhulbule is amazing, you get to drive through beautiful rivers with countryside hills as we drive further and further. Most of the hillsides are on the footsteps of Annapurna & Manaslu. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

4. Trek Bhulbule to Jagat (1330m) 7-8 hrs

Crossing few local wooden and suspension bridges, we pass waterfalls, several ups & downs, across rice paddies and subtropical forest to reach Bahundanda (1310m) and then descend through rice terraces, steep vertical cliff, lush green forest and some interesting villages to reach Jagat after crossing a suspension bridge over Mayshyangdi River. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

5. Trek Jagat to Dharapani (2160m) 6-7 hrs

Early in the trek, we have to walk across rocky trail to reach Chamje Village – Chamje is a small village settlement with primary school and surrounded by Bamboo bushes. We continue our trek toward a suspension bridge over Marshyangdi River and we can see waterfall, rocky lands and trails with small teashop. Then, we cross a river, continue our walk through cliff to reach Dharapani. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

6. Trek Dharapani to Chame (2670m) 5-6 hrs

Starting our day off from Dharapani, we trek to Chame. First, we encounter Bagarchhap village, where we get first view of Mt. Annapurna II. Our trail today passes through steep forested landscapes and there are some landslides on the route. En-route, we see Tibetan style villages before reaching Chame – Chame is district headquarter of Manang with close-up view of Mt. Lamjung & Annapurna II. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

7. Trek Chame to Pisang (3200m) 6-7 hrs

After the stay in Chame, we pace forward crossing some narrow paths and dense forest. Right after the hours of walk, the steep and big rock (1500m.) can be seen. Crossing this rock can be an adventure before we reach to the accommodating area in Lower Pisang. We get the first glimpse of Pisang peak with other Himalaya Ranges during this trail. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

8. Trek Pisang to Manang (3540m) 5-6 hrs

The Moments passing through Geru is excellent that offers us stunning landscapes and magnificent view of Mt. Annapurna and Pisang. Today, we will be going to Barge monastery, also the biggest monastery of whole Manang. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

9. Acclimatization day at Manang village (3540m)

To stay fit for further journey and atmospheric adaptation, we take a day off here in Manang for acclimatization. For the whole day, we will be doing some walk around the village viewing beautiful mountain sceneries because experts suggest us to stay active instead of idle for better acclimatization. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

10. Manang to Yak Kharka (4110) 5-6 hr

Leaving Tilicho Lake off the trail on the left corner, we take short trek to Yak Kharka. Today, we have to gradually ascent a small hill and hike right behind the hill before reaching Yak Kharka. We can also hike to little hill for good view of surrounding mountain. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

11. Yak Kharka to Thorong Phedi (4925m) 5-6 hrs

This day we trek to the foot of Thorang La & we will have to climb uphill, cross a suspension bridge and ascend down a towering cliff. During the trek we are rewarded with the wonderful view of Mt. Gundang, Mt. Syagang, Thorung Peak & Mt. Khatungkang. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

12. Thorong Phedi to Thorong Peak Base Camp (5200m) 3-4 hrs

We trek to Thorang Peak Base Camp and upon reaching the Camp. We learn techniques to climb and measures to take in case of emergencies. We also have to reserve as much energy as possible for tomorrow's ascent. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

13. Summit to Thorong peak (6144m) & trek to Muktinath (3810m) 9-10 hrs

With proper gears and equipment, summit will go smoothly and at the top of the mountain, we take rest for a while, enjoy the moment and trek to Muktinath. Today, we should struggle for about 10 hours to complete the summit and return back to Muktinath – very popular place for Hindu pilgrimages. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

14. Reserve day for unforeseen condition

In case of bad weather, we have to postpone climbing or if any member feels uncomfortable with the environment, we take reserve day to fight the inconvenience. If the climbing goes smoothly, we do not use this day. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

15. Trek from Muktinath to Jomsom (2500m) 5-6 hrs

Today we trek back to Jomsom through the same route of Kagbeni after visiting some monasteries and Hindu temples in Muktinath. Reaching Ekle Bhatti, we continue our trek to Jomsom – Jomsom is a large town and headquarter of Mustang region with airstrip which links the old Trans-Himalayan Salt trade route to Tibe.. Down the way, we get to see magnificent views of mountains and fields. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

16. Flight/Drive from Jomsom to Pokhara (8 20m) 20 min

After breakfast, we take jeep/bus/Flight from Jomsom and enjoy the awe-inspiring views of mountains and rivers. We pass Magar, Gurung & Thakali villages and enjoy fresh as well as dry apples and apple products. Pokhara is second tourist hub of Nepal, where we can choose from range of adventurous activities and houses many tourist attractions. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in hotel.

17. Pokhara to Kathmandu drive 6-7 hrs

Pokhara to Kathmandu drive takes around 5/7 hours. It is a scenic drive along the Trishuli and Marshyangdi Rivers. After your arrival in Kathmandu, in the evening, you are treated with a special dinner program with climbing guides and other staffs as a complimentary commencement from our side. Meals included: Breakfast, and finally an overnight stay in hotel. Attend the evening dinner and cultural program provided by the company.

18. Farewell/Departure

After completing the trip, our representative drops you to the airport for your journey home. You are dropped off 3 hours earlier so that there is no any delay in flight. Or you can join another adventure and explore hidden gems of Nepal. Till then, have a safe journey to Home!

INCLUSIONS

- Arrival & Departure transfers on both domestic and international flights.
- Accommodation in standard hotels in Kathmandu
- Full board meals on tented camping & Lodge expedition
- Accommodation on tented camp
- Everyday 3 meals during trek and climbing period
- Seasonal fruits during trip
- Guided city tour as listed in itinerary
- Peak Climbing Permit, trekking permits, TIMS card, Royalty and other government tax
- Group Climbing gear including climbing rope, ice axe, roomer, harness, figure of eight, carabineer etc.
- All camping equipment - 2-person member tent, dinning tent, kitchen tent, staff & porter tent, toilet tent with commode, dining table with backrest chair etc.

- Free use of quality trekking gear - sleeping bag, fleece inner liner, insulated mat, down jacket, duffel bag etc. during the trip
- Well-experienced Climbing guide with all his allowance and expenses
- Professional climbing Sherpa guides, porters to carry all personal gear and group equipment
- Insurance of all staff including porters
- Official T-shirts / certificate, other seasonal gifts
- Government taxes and VAT official expenses

EXCLUSIONS

- Nepal entry Visa fees, your travel insurance of any kind (emergency evacuation insurance is recommended as this is an adventurous trip and evacuation
- International Airfare
- Additional meals except above mentioned itinerary
- Tips items for trekking crew members personal expenses like hot shower, battery charge, shopping etc.

URL: <https://sunriseadventuretrek.com>