



Tharpu Chuli (Tent) Peak Climbing / Expedition - Itinerary

1. Arrival day in Kathmandu (1,300m/4,264 ft)

Our airport representative picks you up from airport and transfers you to hotel for further briefing about the upcoming trip. In the evening, a small meeting shall be held to discuss and prepare for the trek. And after meeting you can roam around Thamel to get familiar with environment and location.

2. Sightseeing in Kathmandu & Preparation

After half day sightseeing around Kathmandu. We visit our office and meet climbing leaders as well as other staffs. We then gather to discuss about the upcoming trip then make ourselves ready by checking every climbing gears and equipments. Our climbing guide checks the condition of climbing gears and after his approval we pack the gears and take rest in Kathmandu.

3. Drive from Kathmandu to Pokhara (823m/2,700ft): 6 hours drive

After breakfast you will be picked up from your hotel to start your journey to Pokhara. Located about 200 km west from Kathmandu, the drive mostly follows along the Trishuli riverside. Enjoy the views from your window of the changing landscapes. In the evening you may feel like doing some sightseeing. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

4. Drive to Naya Pul and trek to Ghandruk (1940m/6360 ft): 1 hr drive 5-6 hours trek

We drive for about an hour to reach Naya Pul and start our trek from there. Our trek leads us to Birethanti from where we trek uphill and reach Ghandruk. The trail offers panoramic views of the mountains and we pass by beautiful villages and also cross suspension bridge which sits over khumnu Khola. Ghandruk village offers us good view of Mountains like Machhapuchhre, Annapurna South and Hiuchuli. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

5. Ghandruk to Chhomrong (2170m/7120ft): 6 hours

Early on today, we take uphill trail and later on take steep downhill toward Kimron Khola. And again there comes another steep ascent until we reach Chhomrong. Chhomrong is a beautiful village located right on the lap of giant Annapurna Massive. You can see mighty peak of Annapurna South with Machhapuchhre facing it across the valley. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

6. Chhomrong to Dobhan (2,600m/8,530ft): 5-6 hours

We trek down to Chhomrong khola (river) and climb up to Sinwa. From here we enter into steep valley towards Annapurna sanctuary at the buttresses of Annapurna South and Fishtail. From Sinwa we will climb down to Modi River at the little hamlet of 'Bamboo' and then climb gradually to Dovan (2,400m). Meals

included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

7. Dovan to Machhapuchhre Base Camp (3700m/12135ft): 7-8 hours

Initiating our trek through intermittent bamboo forest, the valley is very edgy with steep slopes and many travelers witness periodic avalanches here. You take rest in Hotel Himalaya (2873m) and again start trek through Bagar to reach Machhapuchhre Base Camp. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

8. Acclimatization and preparation

Acclimatization while climbing is necessary. During the acclimatization period you are given basics of climbing & ways to use the climbing equipments like climbing harness, jumar, techniques to use ropes, etc. Also a short briefing on what to expect is shared among the team. In the evening, you can hike nearby places or rest. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

9. Machhapuchhre Base Camp to Cave Camp (4,250m/13,943ft): 5-6 hours

We leave Machhapuchhre Base Camp and head to Cave Camp. Our trail follows alongside the Modi Khola and after walking for some time, we see South Annapurna glacier to our right. The trail then leads to the base of Annapurna South. Then we move straight ahead and cross a bridge to continue uphill till we reach cave Camp. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

10. Cave Camp to High Camp (5,200m/17,056 ft): 4-5 hours

We take steep trail to Tharpu Chuli High Camp and make use of ropes and helmets. We ascend 50-60 degree of steep path which takes around 2-3 hours. High camp offers panoramic views of Hiuchuli (6441m), Annapurna South (7229m), Annapurna I (8091m), Machhapuchhre and many others. We set our camp there in High Camp and roam around for rest of the day. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

11. Summit Tent Peak (Tharpu Chuli), return to high camp: 9-10 hours

Early in the morning – Really early (2-9 am) in the morning, we trail through rocky area for about 2 hours and take walk on flat snow for around an hour. After that, we climb on a steep slope of about 70 degrees and walk on flat trail for about 30 minutes and finally reach to the top of the summit. We climb with the help of fixed rope to reach the summit. After successful ascend, we return back through the same route to High camp. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

12. Tent Peak High Camp to Machhapuchhre Base Camp: 4-5 hours

Descending all the way to Machhapuchhre Base camp, we leave High Camp. Upon reaching Machhapuchhre Base camp we take as much needed rest. Our returning trail is same. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

13. Machhapuchhre Base Camp to Bamboo (2310m/7575ft): 6-7 hours

Trailing the same way, we come to Bamboo. Here you can enjoy great views of waterfalls and pass through

forest with great views of Mountain giants like Machhapuchhre and Hiuchuli. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

14. Bamboo to Jhinu Dada (1760m/5770 ft): 6-7 hours trek

We follow the same trail that we took to climb up till Chhomrong. Climb down steeply on the stone steps down to the village of Jhinu. We settle into our lodge and then head down half an hour to natural hot spring pool in the Shore of Modi River. Enjoy the natural hot spring. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

15. Jhinu Dada to Naya Pul, drive to Pokhara: 6 hours trek, 1 hour drive

Once we have breakfast in Jhinu, we set up our trek to Nayapul. The trek passes by the bank of river and the trail is till Birethati. From there we trek about half an hour to Nayapul and be escorted to Pokhara (city life). Pokhara is city of lakes with many adventures to choose from. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

16. Drive from Pokhara to Kathmandu: 6 hours

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 cultural dinner program as a complimentary commencement of Sunrise Adventure Trek. Meals included: Breakfast, and finally an overnight stay in hotel. Attend the evening dinner and cultural program provided by the company.

17. Final departure/Farewell

After victorious ending of our 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 at 3 star hotels in Kathmandu
- Full board meals on tented camping & Lodge expedition
- Accommodation on tented camp
- Half day guided city tour as listed in itinerary
- Peak Climbing Permit 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
- Porters to carry all personal gear and group equipment
- Insurance of all staff including porters
- Adventure Treks T-shirts / other seasonal gifts as perks
- 10 % VAT and 13% TSC Taxes.
- High altitudes chamber bags (PAC) for very high altitudes

EXCLUSIONS

- Nepal entry Visa fees, your travel insurance of any kind (emergency evacuation insurance is recommended as this is an adventurous trip and evacuation by Helicopter may be necessary)
- International Airfare
- Lunch and Dinner except mentioned itinerary
- All Drinks and main meals in cities.
- Tips items for trekking crew members personal expenses like hot shower, battery charge, Telephone, laundry, beverage drinks etc.

URL: <https://sunriseadventuretrek.com>