



Chulu West Peak Climbing - Itinerary

1. Arrival in Kathmandu & Transfer to Hotel - 1,300m/4,264 ft

Welcome to Kathmandu; our Sunrise Adventure Trek representative pick-up you in the airport & transfer to hotel and a short brief of coming journey on your behalf. You can meet your guide and a short meeting in the evening is held to get to know each other and discuss about the trip.

2. Kathmandu Sightseeing & Pre-trek preparation

We start our day off with sightseeing around Kathmandu along with the preparation for climbing. Sightseeing includes tour around Swayambhunath (monkey temple), Baudhanath (Buddhist stupa), Pashupatinath/Biggest Hindu Temple & Patan Durbar Square. For safe & smooth climbing experience, we pack all the necessary gears and equipment after the approval of licensed climbing guides.

3. Drive from Kathmandu to Syange/Jagat [1100m/3608 ft]: 8 - 10 hrs

After breakfast, we drive to Syange on the way enjoy beautiful view of the different flora and fauna, river, country side and we also get glimpses of Himalayas. Syange is pretty modernized than upcoming villages and we sleep in nice lodge/hotels. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

4. Trek Syange/Jagat to Dharapani [1,960m/6,430ft]: 7 - 8 hrs

After the refreshing journey, we now head toward Dharapani; following the path of Syange (1136m.). From here, we start our first trek with beautiful sceneries around us. The trek is long and a great warm up for upcoming adventure. Along the trek you can greet villagers and see different captivating landscape. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

5. Dharapani - Chame [2,710m/8,891ft]: 6 - 7 hrs

Giving continuity to trekking, we trek to Chame- a district headquarters of Manang District. We start by walking through the pine forest with Tibetan influenced village along the way. And then we pass through Barchap which leads us to Danaque and to the alpine region that passes through farm, orchards and beautiful pine forest. After walking further through villages we arrive Chame. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

6. Chame - Pisang [3,300m/10824ft]: 5 - 6 hrs

Following the trail, we walk along the river through the pine woods and small villages with few ups and downs till we reach orchard village. From there we cross a bridge and climb through pine forest. And after several hour of walk we reach Pisang village. Pisang village is famous for its offering of Pisang and Chulu peak. Again, we walk for about 2 hours and arrive at upper Pisang. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

7. Upper Pisang - Manang [3,500m/11,482ft]: 6 - 7 hrs

Hiking down to Pisang village, we start to trek toward Manang valley. From there we climb for half an hour and reach top of the ridge. From the ridge we get the best view of Manang Valley and many mountains like Gangapurna, Annapurna II, III, Tilicho and Chulu east also. We trek further to reach Humde and then to Braga village from where we trek until we reach Manang. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

8. Manang: Rest Day

Manang is a touristic area and consists of about 500 flat-roofed houses. And it is very famous for giving spectacular views of Annapurna I, Annapurna III, Gangapurna to the South - Tilicho and Grand Barrier to the west – Chulu West and Chulu East to the North. We explore and take rest for a day at Manang Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

9. Manang to Leder [4200m/13,776ft]: 4 - 5 hrs

We continue all the way to Leder from Manang. The trek passes through alpine landscape with high altitude vegetation and forests. We then pass along Yak Kharka to reach our camp. The camp used by locals as alpine pasture. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

10. Leder to Chulu West Base Camp [4900m/16,072ft]: 4 - 5 hrs

Our journey for today reaches West Base Camp of Chulu. The trail offers great views of Annapurna Himalayas. The best part is the surrounding you pass today. We set up our camp at the base because settlement in this part is very rare. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

11. Chulu West base camp to camp I [5100m/16,728ft]: 4 - 5 hrs

The hike to Camp I is not technical, but we should be careful because of the High Altitude. The trail is amazing, offering quite a view of Annapurna & Dhaulagiri Mountains with Manaslu, Gangapurna & Lanjung Himal supporting the glorification of other mountains. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

12. Rest & Acclimatization at Camp I

Proper acclimatization is necessary for efficient and easy climbing. While we take rest at Camp I, the climbing leaders and guides heads to Camp II to supply the necessary equipments. You can rest or take walk around the camp. It is best to stay active throughout the day because experts believe staying idle is not good for health. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

13. Camp I to Camp II [5,530m/18,143ft]: 4 - 5 hrs

Our climb to Camp II make use of equipments like ropes, crampon, ice-axe, etc though the climb itself is considered technically quite easy. Climbers tend to make summit directly from Camp I but we take rest in Camp II for proper acclimatization and avoid any contingencies. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

14. Summit Chulu West [6419m/21,055ft] and back to Camp I: 9 - 10 hrs

Our today's ultimatum is to summit Chulu West. It takes around 9 – 10 hours, so it is going to be a long day

ascent. We wake up early today and start to summit. Each moment we have to push ourselves harder through the icy high-altitude trail. But you should remember, the beyond the mesmerizing horizon, magnificent Himalaya views awaits and your hard work pays off. After the summit, we return back to Camp I. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

15. Camp I to Leder: 5 - 6 hrs

From Camp I, we hike all the way to Leder & the panoramic views of Annapurna peak and many other Himalayas surround us. Reaching Leder, we celebrate our summit of the Chulu West Peak. This route is pretty relaxing and we feel more encourages because of the successful summit. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

16. Contingency Day

Nature is unpredictable and sometimes weather may betray us. Therefore we keep one day aside filling any kind of misfortunes. For example; some team member may get altitude sickness and we use spare day to get him better with the high altitude. But if the trip goes smoothly, we do not need this spare day. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

17. Leder to Thorong Phedi [4450m/14,596ft]: 3 - 4 hrs

We have to clean up the camp and head to Thorang Phedi. Today's chore is to walk downhill which is relatively easy but we should not forget that we are still in High-altitude area. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

18. Thorong Phedi - Thorong Pass [5416m/17,765ft] - Muktinath [3,800/12,467ft]- Jomsom [2,715m/8,910ft]: 7 - 8 hrs trek and 2 hrs drive

From Thorang Phedi, we finally will be heading to the world's highest pass, Thorang La Pass (5416m). From this elevated venue you are guaranteed to witness some magnificent views of Dhaulagiri ranges. And then trail ascends towards Chabarbu making our way to Muktinath in the evening. Muktinath is famous for shrines worshipped both by Hindus and Buddhists. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

19. Jomsom to Pokhara by flight

From Jomsom we take flight to Pokhara. Time here in Pokhara can be spent relaxing or going up for adventure. Pokhara is the second best touristic hub in Nepal and center of various kind of adventure. You can also visit the heritages and do fun adventures whilst your stay in here. Meals included: Breakfast, lunch and dinner and finally an overnight stay in hotel.

20. Drive Pokhara to Kathmandu: 6 - 7 hrs

For the return trip two options are available, you can either take easy 25 minute flight to Kathmandu or take longer 7 hours of scenic drive to Kathmandu, the choice is yours. Both the means are great with beautiful mountain views during flight and fascinating views of landscapes in drive Meals included: Breakfast and finally an overnight stay in hotel. Attend the dinner and culutural program provided by the country.

21. Departure/Farewell

Last day, you can either safely make return journey to home or you can join for another exciting adventure. And according to flight schedule you will be escorted to airport approximately 3 hours earlier to catch flight

to your next destination.

INCLUSIONS

- Pick up and drop from Kathmandu airport
- 3 meals a day (Breakfasts, Lunch and Dinners with tea or coffee) during the trek and climbing period.
- Full board Accommodation of Lodges, Guesthouses
- All camping equipment in Base camp
- Flight Ticket from Kathmandu-Lukla-Kathmandu for member and Staff
- Trekking Permit (National Park entry fee)
- TIMS card (Trekking Information Management System) Permit
- Climbing permit for Mera peak\
- Necessary staff during the trekking and climbing period With Experience Guide and Porter
- Facility of Food, accommodation, salary, insurance, equipment and medicine for all trekking staff.
- Group medical supplies (First Aid medical kit will be available)
- One tent will be available in the Base camp for 2 people on shared basis;
- Necessary fixed and dynamic ropes will be available during climbing period
- Necessary kitchen crew will be available in base camp
- Complete pre-departure information, flight ticket reconfirmation and extend visa service(if necessary)
- Farewell Dinner in Kathmandu before departure.
- Nepal Social Special Gifts (T-shirt, Pashmina)

EXCLUSIONS

- Lunch and dinner in Kathmandu
- Emergency rescue evacuation if required
- Airfare international flights
- Nepal entry visa fee, Visa issuance is easy at the arrival
- Alcoholic beverages, Mineral water, laundry, phone calls, internets
- Personal climbing equipment and yours Personal Expenses
- Ice fall fees Garbage Deposit (Sharing with other member) if applicable\
- Walkie talkies & Filming permit
- Any others expenses which are not mentioned on Price Includes section
- Tips for trekking crew members and gifts, souvenirs, etc.

URL: <https://sunriseadventuretrek.com>