



Sikles Trekking - Itinerary

1. Arrival in Airport -1,350m/4,428ft

After your arrival in Kathmandu, our representatives will pick you up from airport. You will be transported to the hotel and brief introduction will be given about the trek.

2. Sightseeing around Kathmandu

Second day of the programme is succeeded with sightseeing around Kathmandu along with the trek preparation. Sightseeing includes tour around Swayambhunath (monkey temple), Baudhanath (Buddhist), Pashupatinath/Biggest Hindu Temple & Patan Durbar Square.

3. Drive from Kathmandu to Pokhara

From Kathmandu, we drive to Pokhara for around 7 hours scenic drive with breaks in the way. This drive is very likable as we travel from scenery filled way and getting away from Pollution of Kathmandu. If we arrive earlier in Pokhara we can roam around Pokhara and Lakes around it.

4. Pokhara to Kharpani –1440m/ 4724 ft

After a short drive to Milanchowk, we trek to Kharpani following the scenic environment and national conservation area and finally to the Kharpani (Hot spring water). There we can see vegetations, temples and monasteries. In this pond people believe that it have healing power. Overnight is at Kharpani.

5. Kharpani to Ghalekharka –2713m/8900 ft.: 6-7 hours

Today's trek is little longer, with us having to walk up-to 7 hours. We travel from beautiful Gurung village and then cross the high ridges, rivers, streams, etc then ascend to the jungle filled area which leads us to Ghalegaun. This area is famous for Gurungs residing here. Overnight is at Ghalekharka.

6. Ghalekharka to Nyaulikharka -5-6hrs

Through the twisted roads and after crossing some streams, after 5 to 6 hours of walk we arrive at our destination i.e Nyaulikharka for overnight stay.

7. Nyaulikharka to Parche/Sikles -1750m/6hrs

Nyaulikharka which is a summer grazing field for cattles, from here we trek to Parche walking 6 hours. Reaching the settlement of Chipli and then crossing some streams and settlement we reach to Parche that is a step nearer to Sikles. We can, either walk some distance further and reach to Sikles or overnight at Parche.

8. Parche/Sikles to Chansu/Yangjakot -980m/3215 ft

From Sikles we trek to Chansu after crossing some settlements of Tauneswanra and couple of streams and then again leaving behind Paiyon Danda. Interacting with locals and enjoying the sceneries, floras, faunas, plants, we finally reach to Chansu for overnight stay.

9. Chansu/Yangakot to Kalikasthan -1080m/3543 ft

From Madi River, we start our trek to Kalikasthan and also see some conservation area. Through the beautiful forest, ridges, hillsides and terraced landscape we arrive Kalikasthan for our overnight stay.

10. Kalikasthan to Pokhara -950m/3-4hrs

From Kalikasthan we directly take a walk to Pokhara or go to Lake Begnas for short visit. This will be a short trek to Pokhara ranging from 3 to 4 hours.

11. Drive/Flight to Kathmandu

For the journey back to Kathmandu we can either take scenic drive or take beautiful Mountain View flight. Both the journey is amazing offering travelers the journey of lifetime.

12. Departure and Farewell

You will be transferred to airport for further journey after short farewell program.

INCLUSIONS

- An experienced, English-speaking and government-licensed trekking Guide
- Staff costs including their salary, insurance, equipment, food and accommodation
- Airport pickups and drops in a private vehicle
- All necessary paper
- A comprehensive medical kit (carried by your trek leader)
- Down jacket and sleeping bag (to be returned after trip completion)
- All government and local taxes
- All ground transportation
- 3-star hotel accommodation in Kathmandu and Pokhara with breakfast
- Teahouse accommodation during the hiking
- All meals (breakfast, lunch and dinner) during the Hiking
- Porter service (2 trekkers: 1 porter)
- All government and local taxes
- Welcome and farewell dinners

EXCLUSIONS

- Personal expenses, Personal equipment's
- All kind of beverage including mineral water, hot water and alcoholic drinks
- Travel insurance Nepal visa fee
- International air fare
- Tips and gratuities for trekking staff and drivers
- Lunch and dinner whilst in Kathmandu and Pokhara.
- Any others expenses which are not mentioned on 'Price Includes' section.

[URL: https://sunriseadventuretrek.com/trip/trekking-with-yoga-retreat-in-nepal](https://sunriseadventuretrek.com/trip/trekking-with-yoga-retreat-in-nepal)