



Saribung Peak Climbing - Itinerary

1. Day 1: Arrival in Kathmandu [1300 m / 4264 ft.]:

Altitude: 1,350m/4,428ft - Welcome to Kathmandu, the capital of Nepal! Our airport representative will welcome you and give short brief and further details of the trip program. Overnight stay in hotel.

2. Day 2: Kathmandu to Pokhara by drive [823m/2,700ft]: 6 hrs drive

Early in the morning after breakfast we drive to Pokhara from Kathmandu via a bus or flight.

3. Day 3: Fly to Jomsom and trek to Kagbeni [2,858m/9,375ft]: 20 min flight: 3-4 hrs trek

We take a flight from Pokhara to Jomsom, and you can observe the amazing views of stunning mountains and green forests. After we reach at Jomsom, we trek to Kagbeni following the beautiful trekking trails.

4. Day 4: Kagbeni to Tsaile [3100m/10170 ft.]: 5-6 hrs trek

Trek over the bank of Kaligandaki River offers you a chance to explore beautiful landscapes, Buddhists monasteries and Maniwalls. The trekking trail provides you 16 different caves throughout the way. Reaching at Tsaile village you can observe the excellent views of Nilgiri Himal along with Kaligandaki River.

5. Day 5: Tsaile to Ghiling [3570m/11712 ft.]: 6-7 hrs trek

Here passing through the trail to Ghiling, beautiful small village, we can observe the amazing Chungsi Cave monastery, similarly you can also get a great chance to explore the ancient monastery where the 8th century Indian Buddhists master, Padmasambhava meditated.

6. Day 6: Ghiling to Tsarang [3560m/11679 ft.]: 6-7 hrs trek

Trail passes the zaite village, Nyi-La Pass, Ghami village takes you to the center of Mustang region where you can observe the longest Maniwall painted with the vertical stripes of red, white and black color. Old palace, beautiful chhorten and Tsarang Gumpa are the major highlights to Tsarang.

7. Day 7: Tsarang to Lo-Manthang [3840m/12598 ft.]: 7-8 hrs trek

We trek to Lo-Manthang through the upper trail where you can get a great chance to explore, the oldest temple Lo-Gyakar-Ghar Gumpa in Upper Mustang built by the founder of Tibetan Buddhism Padmasambhava. Passing the highest point Chogo-La Pass, you can closely observe the Tibetan culture followed by the original Thakali's of this region.

8. Day 8: Acclimatization

Hike to Chhoser village, exploring the amazing caves and monasteries in Lo-Manthang are amazing!

9. Day 9: Lo-Manthang to Yara [3900m/12795 ft.]: 6-7 hrs trek

We trek to Yara village, passes by the beautiful small streams and amazing Dhi village with amazing caves and stone walls on the ways.

10. Day 10: Yara to Luri Gumpa [4005m/13139 ft.]: 3-4 hrs trek

Trek to Luri Gumpa from Yara, exploring the incredible caves and monasteries with different ancient statues, images and religious values.

11. Day 11: Luri Gumpa to Ghuma Thanti [4600m/15091 ft.]: 5-6 hrs trek

Walking through the hilltops, with spectacular mountain views. Updown with grassy pastures you will reach to Ghuma Thanti.

12. Day 12: Ghuma Thanti to Namta Khola [4890m/16043 ft.]: 7-8 hrs trek

Trekking trail to Namta Khola offers you a great chance to Damodar Kunda along with beautiful views of Dhaulagiri, Damodar Himal and Annapurna. Different Buddhists monasteries, Hindu shrine and crystal clear lakes are the attractions of this trail.

13. Day 13: Namta Khola to Saribung Base Camp [4950m/16240 ft.]: 6-7 hrs trek

Namta Khola to Saribung Base Camp trek offers the beautiful landscapes with Tibetan plateau.

14. Day 14: Acclimatization

Acclimatization near the hills of Saribung Base Camp.

15. Day 15: Saribung Base Camp to Camp I [5730m/18799 ft.]: 5-6 hrs trek

Trek to Camp I from Saribung Base Camp passing spectacular views of mountains on the trail.

16. Day 16: Camp I to Saribung Peak [6346m/20820 ft.] to Saribung Base Camp [4950m/16240 ft.]: 8-9 hrs treks

Trek to the summit of Saribung where you can explore the amazing views of mountains like: Himlung, Brikuti etc.

17. Day 17: Saribung Base Camp to Saribung Pass [6042m/19822 ft.] to Nagoru [4400m/14435 ft.]

Trek to Saribung Pass to Nagoru offers marvelous views of Himalayas along with cultural and religious values of local people from different ethnic community like: Rai, Tamang, Gurung etc.

18. Day 18: Nagoru to Phu Gaon [4080m/13385 ft.]: 5-6 hrs trek

Trekking trails through different small villages offers a chance to closely observe the daily living style of local people. Along with this you can get a great chance to explore one of the 100 world's greatest

monasteries called Tashi Lakhang Monastery built by Karmapo Rinpoche.

19. Day 19: Phu Gaon to Meta [3560m/11679 ft.]: 5-6 hrs trek

Views of mountains Annapurna and Lamjung Himal through the trail to Meta from Phu Gaon.

20. Day 20: Meta to Koto [2600m/8530 ft.]: 6-7 hrs trek

Trek to Meta from Koto, passing beautiful pine forests and small streams on the way.

21. Day 21: Koto to Dharapani [1860m/6102 ft.]: 5-6 hrs trek

Trek to Dharapani for 5 to 6 hours, passing amazing views of mountains and pine forests.

22. Day 22: Dharapani to Jagat [1300m/4265 ft.]: 5-6 hrs trek

Way along the Marsyangdi River, with rocky trails and dense forests.

23. Jagat to BulBhule [840m/2755 ft.]: 5-6 hrs trek

Day 23: Trek to the down with rocky trail following the Marsyangdi River to Bulbhule. The trek completed in this point!

24. Day 24: Bulbhule to Kathmandu: 6-7 hrs drive

Now, we take a bus to Kathmandu. Reaching at hotel, take a rest. The company offers you meal with cultural show in evening time.

25. Day 25: Departure or Farewell:

After winding up a successful trip, our representative drops you off to the airport for your further journey. You are dropped to the airport around 3 hours before the departure so that there may not be any delays. Have a safe journey!

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, zoomer, 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>