

# **Kali Gandaki Valley Trek - Itinerary**

## **1. Arrive Kathmandu (1350m)**

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. Kathmandu Sightseeing & Preparation**

During this day you can do excursion or sightseeing around Kathmandu valley and preparation for Dhampus peak climbing. Sightseeing includes tour around Swayambhunath (monkey temple), Baudhanath (Buddhastupa), Pashupatinath/Biggest Hindu Temple & Patan Durbar Square.

## **3. Drive to Pokhara (830m) – about 6 hrs**

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 can do sightseeing around Pokhara. Meals included: Breakfast, lunch and dinner and finally an overnight stay in hotel.

## **4. Drive to Nayapul and trek to Tikhedhunga (1450m)**

From Pokhara we drive to Nayapul and you will start your trek to Tikhedhunga. At a 30minutes walk from Nayapul you will reach to Birethati. After a short stops, and trail slightly goes hot spring, follow the Modi Khola, village of syaulibazar, Kueme new bridge and finally crossing several rice field beautifully settled hamlets and reach to hot spring, Jhinu Danda. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **5. Trek to Ghorepani (2874m) - about 6 hrs**

The trail goes steep up for 1.5 hours through stone steps where the trail leads through cultivated fields. The rest of the trail weaves through enchanting rhododendron and oak forest (blooms in March, April). Arriving at the top of the Ghorepani pass, you will be taken to your accommodation and have a chance to rest your feet. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **6. Trek to Sikha (2200m) - about 4 hrs**

We take a small hike to Poon Hill view point (3210m) and experience glorious sunrise view if the sky is clear. The panoramic view with amazing sunrise over Mt. Dhaulagiri, Mt. Annapurna, Dhaulagiri range and the other is absolutely worth watching. We trek back to Ghorepani and descend along the path of rhododendron and magnolia forest to Chitre and reach the village of Sikha. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **7. Trek to Tatopani (1190m) – about 5 hrs**

We take a gentle walk through Ghar Khola and cross the river. We trek upstream with Kali Gandaki River and reach Tatopani. Here, you can enjoy pure natural hot water bathe and do not make use of soap because use of chemicals in the water is prohibited. Meals included: Breakfast, lunch and dinner and finally an

overnight stay in trekking lodge.

### **8. Trek to Ghasa (2010m) – about 6 hrs**

We trek along the gorge of Kali Gandaki River and take continuous ups to reach Rupsi Charra (waterfall). We leave the waterfall behind and take spectacular path which is carved out of the cliff. We climb up to the ridge and descend down to the beautiful village of Thakalis settling at village of Gaza. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **9. Trek to Kalapani (2530m) – about 4 hrs**

Ahead of us lies a good 2 hours of walk to reach the western bank of Kali-Gandaki River and cross Lete Kola. We pass the village of Lete and take a short climb to another village of Kalapani. Kalapani offers magnificent views of Dhaulagiri range and its icefall with Nilgiri at the right and Annapurna I at its side. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **10. Trek to Marpha (2670m) via Tukuche (2590m) – about 6 hrs**

We trek back to the Kali Gandaki River valley. The trek has two paths, one for winter and other is a long trail for rainy season. We usually take short route to Larjung using several log bridges to cross rivers. We then trek to the Tukuche village; we take two hours of great walk to the charming village of Marpha. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **11. Trek to Jomsom (2710m) – about 3 hrs**

Again, we have two routes to choose from and it depends upon, which season of the year you are travelling. One is through river bed and it is 20 minute shorter than main route and we trek along river upstream till Jomsom – It is the administrative headquarter of whole Mustang and houses its own airstrip and better facilities. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **12. Trek to Muktinath (3760m) – about 6 hrs**

Muktinath is a important pilgrimage site for both the Hindus and Buddhists. And today, we head to Muktinath. The trek is amazing with nice views of Mt. Dhaulagiri. In Muktinath, you can explore the surrounding of the Muktinath temple. The water spouts in the temple one attractive part and there is a Buddhist Monastery too. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **13. Trek to Jomsom – about 5 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. Down the way, we get to see magnificent views of mountains and fields. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **14. Fly to Pokhara & to Kathmandu**

We take flight to Pokhara from Jomsom. You can see mountain views while on the way. Then you can spend you days in Pokhara by doing sightseeing. It depends on the schedule of you flight. The flight is relatively short and well offering in case of scenery. 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, lunch and finally an overnight stay in hotel. Attend the evening dinner and cultural program provided by the company.

## **15. Farewell/Departure**

After the successful completion 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!

URL: <https://sunriseadventuretrek.com>