

Thorong La Pass Trek

Standard Itinerary

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Day 01: Kathmandu

Arrival in Kathmandu airport 1310m Meet and Greet by Himalayan Nepal Trek Member and direct transfer to hotel in Kathmandu on Bed and breakfast plan.

Highlights:

- Airport Pickup by our staff with our (Place card) Company Logo and your name on it.
- Hotel check-in at Thamel (tourist city).
- Briefing related to the Annapurna Base Camp Trek.
- Staff's introduction Guide and Porters.
- Shopping for the necessary items if needed.
- Welcome dinner program at a typical Nepali restaurant.
- Overnight at a hotel on BB plan.

Day 02: Chame

Drive from Kathmandu to Beshisahar 186km and drive by local jeep to Chame 2670m 8/9 hours. Overnight at Lodge.

Highlights:

- Drive via beautiful villages and highway cities of Nepal.
- Observation of traditional terrace farming and livestock.
- Drive along the beautiful rivers and Himalayan settlements.
- Observe the subtropical and tropical forests vegetation.
- Change in temperature along with the altitude and topography.
- View of several mountain peaks.

Day 03: Pisang

Trek from Chame to Pisang 3200m 5/6 hours. Overnight at Lodge.

Highlights:

- Trek via temperate forest and suspension bridges.
- Glorious views of several mountain peaks of Annapurna.
- Observation of highly influenced Buddhist culture and tradition.
- Trek via beautiful Yak pastureland.
- Beautiful and unique locals and their settlements.
- Traditional farming and lifestyle.

Day 04: Manang

Trek from Pisang to Manang 3540m 5 hours. Overnight at Lodge.

Highlights:

- Amazing view of Annapurna's II, III, IV and its surrounding mountains.
- Visit the ancient monastery.
- Trek via pastureland and beautiful open U-shaped valley.
- Visit Manang and prepare for tomorrow.

Day 05: Manang

Rest day for Acclimatization at Manang for 5 hours. Overnight at Lodge.

Highlights:

- Hike to centuries-old and recommended Pranken monastery.
- Reach the best view of Annapurna's II, III, IV, Khangsar Peak, Gangapuran Peak and Tilicho Peak.
- Hike to Gangapurna Glacier with an incredible view of Gangapurna.
- Hike to the opposite side viewpoint to observe the entire Manang village.

Day 06: Yak Kharka

Trek from Manang to Yak Kharka 4020m 5 hours. Overnight at Lodge.

Highlights:

- Trek via beautiful pastureland and the abandoned village of Leather area.
- View of Manang Valley.

- View of Chulu East and Chulu West. (Recommended climbing peaks in the area).
- Lunch break at the riverside restaurants with suspension bridges and high hills around.
- Easy hike via small tea shops and Mani-walls.

Day 07: Thorog High Camp

Trek to Thorog High Camp 4800m 5/6 hours. Overnight at Lodge.

Highlights:

- Trek via the beautiful village of Leather.
- Trek through the steep valley of rocks and hills.
- Trek along the river and cross the suspension bridges.
- Trek across the washed-out routes and rockfall area.
- Steep climb to the High Camp from the Low Camp.
- The best view of the Mountain range and trekked trail from Thorong High Camp viewpoint.
- Preparation for tomorrow to cross Thorongla Pass.

Day 08: Muktinath

Trek down to Muktinath 3760m 7/8 hours. Overnight at Lodge.

Highlights:

- Early morning climb to the thronng-la pass 5416m.
- 360 views of the mountains of Annapurna.
- View of mountains of Mustang region.
- View of Dhaulagiri 8167m (8th highest mountain in the world).
- Visit to one of the "must visit" Hindu temples, (temple of salvation, Muktinath).

Day 09: Pokhara

Early morning drive to Josom airport 2 hours and take a flight (25 minutes) / drive 8 (hours' drive) from Jomsom to Pokhara 25 minutes transfer to hotel on BB plan.

- Drive/fly to Pokhara via beautiful typical villages and small highway cities.
- View of a beautiful valley, gorges, and river.
- Enjoy boating in Pokhara with crew members.
- Evening dinner in a typical Nepali restaurant with a cultural dance show.

- Overnight at a lakeside hotel in Pokhara with beautiful midnight city life.

Day 10: Kathmandu

Fly (25 minutes) / Drive 7 hours from Pokhara to Kathmandu by tourist bus. Overnight at hotel on BB plan.

Highlights:

- Drive back to Kathmandu via a beautiful highway.
- Hotel drops by a representative.
- Employee feedback and company review.
- Suggestions and recommendations for the company.
- Farewell dinner with cultural dance in a typical Nepali restaurant.

Day 11: Departure

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination ahead.

Includes and Excludes

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- 2 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 2 Night 3* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- 1 Night 3* star label hotel in Pokhara on BB plan (on twin sharing basis).
- Drive by public van from Kathmandu to Besishar 186 km again drive by public jeep to Chame guest and guide (optional: private vehicle as per participant's preference).
- Flight fare Jomsom/Pokhara guest and guide.
- Drive to Kathmandu 200 km by tourist bus guest and guide (optional: flight to Kathmandu or private vehicle as per participants preference).
- Staff transportation Kathmandu/Chame/Jomsom/Kathmandu.
- Twin-sharing accommodation during the trek (guest house/Tea house/lodge).

- Experienced English-speaking local guide (Trained and licensed holder by the government of Nepal) and other languages as per the participant's preference.
- Necessary Porter 1: 2 (one porter for two guests) porter carries 25kg only.
- All Government and local Taxes (ACAP and TIMS).
- Annapurna conservation area project entry permits (ACAP).
- Trekking information management systems (TIMS card).
- First aid and equipment for a porter for the extreme adventure route.
- Guide and porter salary as per the company policy and government rules.
- Duffel bag during the trek.
- Company t-shirt.
- Route map.
- Staff's medical insurance during the trek.

Excludes

- Lunch and Dinner in Kathmandu.
 - Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
 - Emergency rescue and travel Insurance (most required factor in high altitude trek).
 - Trip cancellation cost, loss, damage, and personal effects.
 - Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
 - Tips and gratuities for the staff.
 - Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.
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