

Tilman Pass Trek

Standard Itinerary

Tilman Pass Trek Itinerary:

Day 01: Kathmandu

Arrival in Kathmandu 1350m | 4428ft. Airport pickup by a representative of Himalayan Nepal Trek and transfer to hotel on BB plan.

Days 02: Syabrubensi

Drive from Kathmandu to Syabrubensi, 1450m 7/8 hours. Overnight at lodge.

Days 03: Lama Hotel

Trek from Syabrubensi to Lama Hotel, 2480m. 5/6 hours overnight at Lodge.

Days 04: Langtang Village

Trek from Lama Hotel to Langtang village, 3541m 5/6 hours. Overnight at Lodge.

Days 05: Kyanjin Gompa

Trek from Langtang village to Kyanjin Gompa 3900m 3/4 hours. Overnight at Lodge.

Days 06: Kyanjin Gompa

Rest at Kyanjin Gompa for an acclimatization hike to Tserkuri 4984m back to Kyanjin. Overnight at Lodge

Days 07: Langsisha Kharka

Trek from Kyanjin Gompa to Langsisha Kharka 4160m. 5/6 hours. overnight at tent.

Days 08: Marine Base Camp

Trek from Langshisa Kharka to Marine Base Camp, 4580m. 4/5 hours. Overnight at tent.

Days 09: Tilman's Base Camp

Trek from Marine Base Camp to Tilman's Base Camp 4850m. 5/6 hours. Overnight at tent.

Days 10: Dudh Pokhari

Trek from Tilman Base Camp to Dudh Pokhari after crossing Tilman Pass 5320m 6/7 hours. Overnight at tent.

Days 11: Tin Pokhari

Trek from Dhudh Pokhari to Tin Pokhari, 3840m 5/6 hours. Overnight at tent.

Days 12: Panch Pokhari

Trek from Tin Pokhari to Panch Pokhari, 4060m 5/6 hours. Overnight at tent.

Day 13: Tupi Danda

Trek from Panch Pokhari to Tupi Danda 2300m 5/ 6 hours. Overnight at tent.

Day 14: Bhotang

Trek from Tupi Danda to Bhotang 2000m 5/6 hours. Overnight at Lodge.

Day 15: Kathmandu

Drive from Bhotang to Kathmandu 1310m 7/8 hours. Evening farewell dinner in a typical Nepali culture restaurant with a cultural dance program. Overnight at hotel on BB plan.

Day 16: Departure

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

Includes and Excludes

Includes

- 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).
- Drive by public van from Kathmandu to Syabrubesi guest and guide (optional: private vehicle as per participant's preference).
- Drive from Bhotang to Kathmandu by public van or bus guest and guide (optional: private vehicle as per participants' preference).
- Staff transportation Kathmandu/Syabrubesi /Bhotang/Kathmandu.
- Fully camping service north face tent for guests, dining tent, kitchen tent, toilet tent, mattress, kitchen equipment, camping crew, etc.
- Twin-sharing accommodation during the trek (Tented camp).
- Experienced English-speaking local guide (Trained and licensed holder by the government of Nepal) in other languages as per the participant's preference.
- Necessary Porter: Porter carries 25kg only.
- All Government local Taxes Lang Tang national park entry fee and 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.
- Staffs 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.
- 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.