

## **Peak Climbing**

### **Day 01: Arrive in Kathmandu (1,300 m / 4,264 ft)**

Upon your arrival, a representative from Upper-Himalayan Treks and Adventure will meet you at an agreed upon location. We will then travel to a hotel and check into our rooms. After we are situated we have free time to explore or prepare for the trek. We spend the night in Kathmandu.

### **Day 02: Prepare for the trek**

We take today to gather last minute or forgotten items. We can also use this day to explore Kathmandu or rest. Sightseeing tours are available to take us to the temples, monasteries, and world heritage sites throughout the city. We spend the night in Kathmandu.

### **Day 03: Travel through Besisahar to Dharapani (1,900 m / 6,100 ft): 07 hrs**

From Kathmandu we travel North West to Besisahar. As we travel we get to see the forested landscape with glimpses of the mountains we will soon be climbing. At Besisahar we turn North into the mountains towards Dharapani. We follow the Marsyangdi River upstream through terraced agricultural fields and villages. We spend the night in Dharapani Village.

### **Day 04: Trek to Chame (2,649 m / 8,694 ft): 05 hrs**

We begin our trek today. The trail leads us along into a beautiful old growth rhododendron, and pine forest. During late March and April, the rhododendrons are in full bloom and it is absolutely spectacular to see and a joy to walk through. We continue on passing through Bagarchhap, Danaque, and Timang Villages. At this point we have excellent views of Mt. Manaslu. When we reach Cahame we settle in for the night.

### **Day 05: Trek to Pisang (3,250 m / 10,663 ft): 05 hrs**

We continue our ascent into the mountains. We will notice the climate beginning to cool and a greater presence of alpine adapted plants. We follow the Marshyangdi River to Bhratang Village where we can see Chulu and Pisang Peaks. We make our way to Pisang Village and spend the night.

### **Day 06: Acclimate in Pisang and Go on day hikes**

We use our acclimation day to explore Pisang Village and visit an old monastery. We have excellent views of the Annapurna Mountains, Chulu, and Pisang Peaks.

### **Day 07: Trek to Julu Village (3,900 m / 12,795 ft): 06 hrs**

From Pisang Village we transfer from the main trail onto a lesser known and more intimate trail. The trail takes us above the Marshyangdi River and provides us with phenomenal views of the mountains and surrounding landscapes. We continue on the trail until we reach Julu Village. we spend the night in Julu.

**Day 08: Trek to Chulu Base Camp (5,000 m / 16,404 ft): 5 hrs**

As we trek from Julu to Chulu Base Camp, we are greeted by spectacular views of Chulu, Annapurna, and Damodar Mountains. The trail leads us on to a ridge where we advance to a glacier moraine. Chulu East Base Camp is situated at the moraine and is a perfect spot to attempt the summit. We spend the night at Chulu East Base Camp.

**Day 09: Acclimate and Rest at Chulu Base Camp**

We take this day to acclimate, rest, and prepare for the summit. We check climbing gear and review the ascent plans with the guide. We are free to walk around and explore the area.

**Day 10: Summit Chulu East (6,584 m / 21,601 ft) and return to Base Camp (4,250 m / 13,943 ft)**

Today we accomplish our goal! We trek over snow covered slopes to the Chulu Peak. With the technical assistance of our guide, our summit is almost guaranteed. We are gifted with phenomenal views of the surrounding landscapes at the summit. We then return to Chulu Base camp to spend the night.

**Day 11: Spare Day**

This day is held and kept for a contingency plan in case of foul weather. If all conditions are favorable and everyone is in good health, this day will not be needed and we will finish the trek a day early.

**Day 12: Trek to Manang (3,350 m / 10,990 ft): 04 hrs**

As we descend from the peak we pass Julu Village and enter Ngawal. From here it is a short distance to Manang. The path to Manang gives us a unique opportunity to see Braga Village. It looks like it is carved out of the mountain and has an enjoyable monastery we can visit. The monastery has beautiful paintings and statues on display. Manang is about an hour away from the monastery. We spend the night in Manang.

**Day 13: Trek to Yak Kharka (4,110 m / 13,484 ft): 4 hrs**

From Manang we ascend to Yak Kharka. It is a small city that caters to travelers. It has excellent views of the surrounding snow topped mountains such as Gangapurna, Annapurna III, and Chulu Peaks.

**Day 14: Trek to Thorong High Camp (4,600 m / 15,092 ft): 4 hrs**

We continue following the trail, which leads us along a stream bank. The stream becomes the Gandadki River further west. We eventually reach Thorang Phedi and Thorang High Camp, and the views along the way are extravagant. We spend the night at Thorong High Camp.

**Day 15: Trek over Thorong La Pass (5,415 m / 17,769 ft) to Muktinath (3,710 m / 12,172 ft): 6 hrs**

We reach another note worth destination today. Thorong La Pass is well known for its beautiful mountain vistas. It is also the second highest point of our trek. After our ascent over the pass we descend to Muktinath, which literally means “the place for nirvana/liberation.” Muktinath is a spiritual place for Hindus and Buddhists and is a destination for many people on a pilgrimage.

**Day 16: Trek to Jomsom (2,743 m / 8,999 ft): 4 hrs**

We conclude our trek in Jomsom. However the adventure is far from over. Jomsom lies next to the Kaligandaki River, which offers excellent white water rafting. If you want to extend your trip or use the spare day, white water rafting would be an excellent way to do it. After we are situated in Jomsom, we explore the town.

**Day 17: Travel to Pokhara or Kathmandu**

We travel by plane from the Jomsom airport to Pokhara or Kathmandu. In Pokhara we have a wonderful assortment of activities to do from having spa treatments to paragliding above Lake Phewa. The hotels are plush and comfortable to lounge in too. There is also plenty of stores available for souvenir shopping. Most of the same amenities are also available in Kathmandu. Kathmandu also has some awesome attractions like temples and monasteries.

**Day 18: Conclude trip**

If you wish to extend your stay in Nepal, we will be happy to make the arrangements for you. For those of us that are leaving, we provide transportation to the airport for your convenience