Asian Expedition Pvt. Ltd

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Sailung Timal Trekking



Sailung trek lies north east but close destination from Kathmandu with maximum height at 4320m. The stunning views of Langtang and Gaurishankar Himalaya, rich culture in Magar , Thami and Tamangi people with amazing landscapes.This trek is mostly walk through the small villages, farmed fields, Chorten and Gompas and thundering rivers.To interact with local farmers, ethnical people and fishers give you a truly trekking means. Both camping (Tents) and home stay style trek is possible in this area.This trek is well known as Indigenous People Trail in Sailung Timal region.

Trip Itinerary:

Sailung Timal Trekking:

Still very little known and little used, one of these advantages is the flexibility because the route just to be adapted and be between 8-12 days with an average of 5 hours of walking per day. The level of difficulty is easy to moderate. This trek can be considered quite a family or as a great alternative to trekking at higher altitudes, the risk of altitude sickness is almost non-existent! Sailung culminating at 3146m, offers a breathtaking panoramic view of the Himalayan chain. The generous open days, you can see the peaks of Dhaulagiri and Annapurna in the west to Everest and beyond to the east. Suffice to say that this is an exceptional point of view. During the trek you will observe the lifestyles of at least six indigenous communities whose Sherpas, Newar, Yolma, Tamang, Thami and

Majhi. The last two races are mentioned rarely encountered on most classic treks. This trek can be done from late February to late May and late September to early December. This trek is also well known as indigenous people trail in short distance from Kathmandu.We organize this trek Home stay trek Or fully camping (sleep at Tented) Trek, please choice is yours.

Itinerary I

Day 01 : Arrival day. Pick up and tranfer to Hotel

Day 02: Sightseeing in Kathmandu world heritage like Darbar square , Pashuparinath temples of Hindus and Syambhunath temple of Buddhist site.

Day 03: Transport by bus from Kathmandu to Dhunge takes 5-6 hours. The trek starts from Dhunge (2500m). Trek to Dhunge Kholakharka (3146m) 4:00. On the trail, you will find magnificent views of Mount Gaurishankar (7134 m). Spend the night at Community lodge Kholakharka.

Day 04: During this optional day you can enjoy the sunrise and view Thulo Sailung. You will visit the sacred caves, chhortens etc.

Day 05: Trek to Kholakharka Surkey 4:00. The trail descends through forests Sailung that offer a wide variety of local vegetation and different species of birds. Overnight homestay Surkey.

Day 06: Trek to Surkey Doramba via Tinghare 4:00. You go through the rhododendron forest as you descend to reach Doramba. Overnight homestay Doramba.

Day 07: Trek to Doramba Khandadevi by Galba 4:30. During your course you will receive splendid views of the Himalayas and the hills of Mahabharat. Visit the temple and enjoy a beautiful sunset Khandadevi. Overnight homestay Khandadevi.

Day 08: Trek to Khandadevi to Hiledevi 4h. You will follow a large coniferous forest. Night community lodge Hiledevi.

Day 09: Trek to Hiledevi to Lubughat 4h. After enjoying the sunrise at Sunapati you descend along a path to reach Lubughat. The village is situated on the banks Lubughat the Sun Koshi River. You can watch the Majhi community specializing in fishing and their lifestyle or enjoy the tranquility along the sandy banks of the river. Overnight in lodge Lubughat.

Day 10: You will cross the river to reach Nepalthok 30min. From there you take a bus to Kathmandu in 4 hours.

Day 11: Relax day or shooping day in kathmandu

Day 12: Tranfer to airport & fly back your home

Itinerary II

Day 01: Arrival and transfer to hotel in Kathamdu

Day 02: Sightseeing around Kathmandu valley

Day 03: Drive to Mude Bazaar trek to Khola kharka (2600m)
Day 04: Trek Khola Kharka (2600m) to Thulo Sailung (3146m)
Day 05: Khola Kharka to Dhormba Gompa (2100m)
Day 06: Dhorma to Bethan village (2300m)
Day 07: Bethan village to Aruboat village ((900m)
Day 08: Rest day. Local excursion to Tamang cummunity, untouchable people and Hindu community.
Day 09: Aruboat village to Chapkhore village (1833m)
Day 10: Chapkhore visit Timal Narayanthan continue to Kot Timal (1960m)
Day 11: Kot Timal Trek to Bhakunde Besi (700m)
Day 12 Bhakunde Besi Trek to Namo Buddha (1800m)
Day 13: Namo Buddha Trek to Dhulikhel and drive to Kathmandu
Day 14: Free day in Kathmandu for shopping or relax
Day 15: Drive back to your own destination or tranfer to Airport.

Cost Details:

Sailung Homestay Trekking Cost for Itinerary I

12 days Home stay Sailung Trekking
Group size: minimum 2 people
Per person: 860 Euro

And for 12 days Camping Sailung Trekking for Itinerary I

Group size: minimum 2 people

Per Person: 1200 Euro

Sailung Homestay Trekking Cost for Itinerary II
15 days Homestay Sailung Timal Trekking
Group size: minimum 2 people
Per person: 990 Euro

Cost Includes:

4 night hotel in Kathmandu

All accommodation during the trek

Breakfast, Lunch and Dinner , tea & coffee during the trekking

Kathmandu Sightseeing, Private vechiles.

Trekking guide, Porters and for caming trek: Cookman

Trekking Permit

Camping Tents

All land tranfer to and from Kathmandu

Cost Excludes:

All personal expenses

Tips for Guide & Porter

Any cold drinks and alcoholic drinks

Clients trekking equipmens

"not included items"

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