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Thorung Peak Climbing(6144m)



Thorong or Thorung Peak standing at 6144 meters is the nicest snow mountain lies in Annapurna region, Nepal. This mountain is the shortest possibility to gain a 6000 m-peak while doing the famous trekking around Annapurna . This Climbing peak program starts after we start trekking from the lowland valley of Bensi sahar. Our trekking trail takes us through the Marsyangdi River, lowland farms, villages, forests, falls, hills and basins offering diverse range of flora and fauna and the most spectacular mountain scenery of Annapurna and Manaslu. The region is mostly inhibited by Gurung people practicing typical culture and traditions. Here you get an opportunity to experience the rich culture of these people and climb through the most demanding pass in the region. We set our basecamp at 5200m with tents camping and facing the cold weather. Now passing the Thorung La pass we head up to the summit of the peak. The summit of this spectacular peak offers the most magnificent mountain view of the Nilgiri peak, Tilicho peak, Dhaulagiri range, Annapurna range along with the beautiful scenery of Mustang region and beautiful Kali Gandaki valley. Climbing Thorong peak spectacular but demanding

trekking peak one should need a permit and skilled climbing guide. It is true that the earlier knowledge of climbing is necessary to climbing this peak. Our Company Asian Expedition is dedicated to success your dreamed climbing peak in Nepal.

Trip Itinerary:

Thorung Peak Climbing(6144m):

Day 01: Arrive at Tribhuwan International Airport Kathmandu (1300m).

Welcome to Nepal upon your arrival, you will be greeted by a representative from Asian Expedition. You will be then transferred to Hotel. After check in, It all depends upon your arrival time we go for dinner and there will be a short brief on program. (Overnight at hotel on BB basis)

Day 02: Kathmandu: Sightseeing and Trek Preparation.

we will start half day sightseeing tour with our professional tour guide to the several of most historical and spiritual Place in Kathmandu. Some of this place is considered the World Heritage historic Sites such as Durbar Square, the sacred Hindu temple of Pashupati Nath, the famous 'Monkey Temple' (Swayambunath) and Buddhists shrine (Buddha Nath) which is one of the largest Stupas in the world. After come back from the tour there will be a pre-trip discussion with our trek and Climb guide. (Overnight at hotel on BB basis)

Day 03: Drive from Kathmandu to Bhulbule (850m) 7-8 hrs.

This morning after breakfast we will start our journeys with drive through the beautiful river view & Nepalese countryside to reach at Bhulbule (850m), a countryside hill on the footsteps of Annapurna & Manasalu. Overnight at tea house [Breakfast, Lunch, Dinner]

Day 04: Trek Bhulbule to Ghermuphant (1330m) 7-8 hrs.

Our adventure begins after breakfast, we pack up the gears and wear suitable dressed as below section and walk through the trail where new road is constructing leading to the Manang village. We follow the Marsyangdi River crossing a few local wooden and suspension bridges, passing waterfalls, several ups and downs hill sections, across rice paddies and subtropical forest to reach Bahundanda (1310m) and stop for lunch then we descend through amphitheatre-shaped rice terraces, along a steep vertical cliff, lush forests, and some culturally intriguing village Ghermuphant. Overnight at tea house [Breakfast, Lunch, Dinner]

Day 05:- Trek GharmuPhant to the Tal (1700 m.) 6/7 hours.

Cross a suspension bridge and passing a small local Bhatties and lodges through the rocky cliff at Syange. Now slightly and gradually the trail is hiking up. Enjoy on Walking with the butterflies & birds through the forest till a small Tibetan village Jagat and then the trail descends & crosses a landslide way. It's then a long climb through the forest & a waterfall to Chamje (1410m). Again, Crossing the bridge & climb through the thick Bamboo and Rhododendrons forest to an exposed trail that traverses high above the steep river bank. The trail makes a short descend to Tal bensi at 1590m then makes a steep climb beside the Marsangdi, which has became an underground waterfall beneath huge boulders. Suddenly opens into a large plateau, the Tal (The valley that was once a lake) now you have entered the Manang District and the Buddhist influences apparent from the small white Chorten on a nearby hill. Actually for those few days the chance to see the White Mountains is less but the hilly mountains also attracts you.Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 06:- Tal to trek Timang (2510m) - 6 hrs.

We will pass number of nice settlements and villages along the route. Beyond Dharapani (1960m) , the trail passes a school and climbs a spur. Nowadays there is building the new roads toward the Chame, the district headquarter which road we follow somewhere. Bagarchhap, at 2160m , is the small village on the trek with typical Tibetan architecture: closely spaced stone houses, with flat roofs piled high with firewood. Walk to Bagarchhap through a forest of blue pine,spruce, hemlock, maple and oak. In 1995, there was a landslide washed & destroyed the village and killed people. Then the trail goes upwards to Danaque at 2210m . You will walk through a new mani wall & huge prayer wheel and a farm of Apple and peaches garden. Then cross a short bride and walk up steep rocky trail through the old thick forest of Rhododendron , Oak, pine forest & colourful flowers. Be aware! Himalayan langur monkey can come close to you. The big sizes of old trees can really attract you till Timang at 2510m and overnight there. The waterfall in Nepal is always great to see. Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 07:- Trek Timang to Pisang valley (3200m) 6/7hrs.

In the morning you can see the spectacular views of Mt. Manaslu Himal just in front of you. Walk on the flat road through the forest and your trail heads to a long wall with many prayers wheels Chame at 2710m . Be sure to walk to the left and spin the wheels clockwise. Chame is the capital of the Manang district situated in the bank of the river

Marshyangdi with the view of the Manaslu and Annapurna II . Before to reach Chame, pass the Thanchok village with barley field and police check post at Koto. Phone service is available here. Between Chame to Pisang the rainshawdow effect can be seen as the forest become sparser & the density of juniper increases. Cross the bridge at 3040m is the Paungda Danda rock face that arches upwards for more than 1,500m. The trail climbs further to Dhukuri Pokhari with few wooden lodges and Bakery shops then you walk on the flat land into the upper Marshandi Valley & to Pisang, a large sprawling village and Pisang peak. More religious people and has own culture of Tibetan- Manangi. Wheat, Buckwheat, potatoes & beans are produce and Horse is the mail transport of this region. Sheep, goat, cow and yaks are the cattle. Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 08:-Trek to Braga-Manang (3500m.) 4/5 hrs.

This is really wonderful trail with the pastures by the Yaks, Horses and cattle .The trail offers some magnificent sights of the top of Annapurna's After short walk from Pisang village the trail divides and one climbs to the Ngwal from where the view of the Annapurna's is wonderful. We suggest you that Braga village is much quieter then Manang Valley. Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 09:- Rest in Braga-Manang for acclimatization .

The Himalayan Rescue Association and they brief about the High altitude, sickness and the way to be safe from the problems. The Gangapurna Lake is nice to view and one can walk around the town to explore. Explore the famous Milarepa cave in the west and Lama Cave in the north. Visit Gompa in about 500yrs old for spiritual relief in Braga . The Annapurna II, III & IV, Gangapurana himal, Tilicho peak are seen the massive view. You can see the Manangi culture, the old houses and horse racing. Email/internet, phone call & small video movie can use in Manang Valley. Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 10: Braga-Manang to Yak Kharka (4110) 5-6 hrs.

After a wonderful exploration at Manang village this morning we heads towards the Yak Kharka leaving the trail off to Tilicho Lake on the left corner and continue a short walk up to Yak Kharka, a small settlement set at (4110m). We will have a gradual ascent towards a little hill and way goes more right behind the hill and reach Yak Kharka for the overnight. Reminder time may hike up to little hill for the good give of surrounding mountain. Overnight at tea house [Breakfast, Lunch, Dinner]

Day 11: Yak Kharka to Thorong Phedi-highcamp (4800m) 5-6 hrs.

Another short day with high above makes your way to the foot of the pass, Thorong Phedi for the lunch stop. A small places although busy settlement catering to the needs of trekkers and climbers. It is situated at the bottom of the Thorong-La and the trails continually step up to Thorong-La afterwards. After a lunch at here we trek an hours to get a high camp (4800m) for the overnight. Overnight at tea house [Breakfast, Lunch, Dinner]

Day 12: Thorong Phedi to Thorong Peak Base Camp (5200m) 3-4 hrs.

Trek Thorong peak Phedi to Thorong peak base camp takes 3-4 hours. When you reached to Thorong peak base camp than you have time to rest and be preparing to climb for next day. Overnight at tented camp [Breakfast, Lunch, Dinner]

Day 13: Summit to Thorong peak (6144m) and trek down to Muktinath (3810m) 9-10 hrs.

Trek with high windy climb eases, we begin to ascend Thorong La pass (5416 m). Better view of Kali Gandaki in U shaped valley. Ahead we can see Dhaulagiri I, II and III. Now, we trek in gentle slope with steep cliff through sacred land to Muktinath. We visit Buddhist and Hindu temples combine in same spot. Overnight at tea house [Breakfast, Lunch, Dinner]

Day 14: Reserve day for unforeseen condition.

This day we most kept for the reserve day for the unforeseen condition as weather problem or weakness then you can take this day as your reserve day. (Overnight at tented camp on full board basis)

Day 15: Trek from Muktinath to Jomsom (2500m) 5-6 hrs.

Today, we gone be listen to the marvelous sounds of temple bells and visit the famous pilgrimage center to Muktinath Temple area. After breakfast it is an easy trek down to Kagbeni. The trail descends through a dramatic, arid landscape all the way to Kagbeni. To reach Kagbeni one must travel on either side of the Kaligandaki River. The left fork continues up the river to Kagbeni. Perhaps you lunch spot will be at Kagbeni. After few hours walking from Kagbeni we reach at Jomsom, a large town and the headquarters of the Mustang region. It has an airstrip just above the Kaligandaki River and is also a major village on the Kaligandaki area linking the age old Trans-Himalayan Salt Trade route to

Tibet. Overnight at tea house [Breakfast, Lunch, Dinner]

Day 16: Flight from Jomsom to Pokhara (8 20m) 20 min.

This morning we pack our bags and get ready for the exciting mountain scenic flight to Pokhara. The flight transit through between two high peaks Mt. Annapurna (8091m and Mt. Dhaulagiri (8167m and give us an opportunity to enjoy with best views of surrounding Annapurna & Dhaulagiri Himalayan range. We have full day at Pokhara to enjoy with its natures. Our guide will take you for sightseeing in Pokhara valley and visit the highlights of Pokhara and the surrounding areas. The place to visit pilgrimage sites of Hindus temple Bindabashini, which one most important popular Hindu temple in Pokhara. Two hour boating in Phewa Lake and visit the Barahi temple which one in island in Phewa Lake and others popular place David fall (Water fall), Ghupteshower cave etc. (Over night at [Breakfast, Lunch, Dinner]

Day 17: Pokhara to Kathmandu fly 25 min. / drive 6-7 hrs.

You could choose afternoon flight to Kathmandu, till some hours before flight; you may take an optional sightseeing tour around Pokhara or enjoy adventure activities such as boat riding, paragliding, etc. While returning to Kathmandu from Pokhara, be sure to catch the left side of airplane for the best views of Himalayas. Or if you would like to choose by bus, we will arrange ticket in tourist coach at river side seat and start your journey at 7:30 am from Pokhara. (Overnight at hotel on BB basis)

Day 18: Farewell and Final departure to your onward destination.

Today is last day in Nepal for this trip; you are saying good bye to the mountains as journey in Nepal, comes to an end today. You will be drop to Airport as according to your flight time before 3 hrs.

Cost Details:

Cost on Thorung Peak Climbing :
Minimum: 2 Person
Price: $ 2750 per person

Cost Includes:

• Airport / Hotel transfers / 4night hotel in Kathmandu.

•Jomsom to Pokhara flights

• Hotel in Pokhara.

• Three meals in a day (Breakfast, Lunch, Dinner) with hot beverage and snacks whilst on trekking.

• Tented camp accommodation 1 night / rest Tea house at Hotel/Guest house.

• Annapurna conservation fee

•Mt. Thorung peak permit fees.

• All necessary staff with an experienced fluent English speaking trekking and expedition guide trained and licenced by Nepal Mountainering Association (NMA), cook .

• Highly experienced trekking porters to carry luggage (1porter per 2 trekkers max 25 kg).

• Staff food, accommodation, clothing, salary & insurance.

• All necessary ground transportation.

• All governmental paperworks and procedures.

• All government and local taxes.

Cost Excludes:

• Visa fee for Nepal.

• International airfares, extra baggage and cargo charges

• Meals and extra night (more than stated in itinerary) accomodation in Kathmandu.

• Personal expenses

• Personal expedition equipment.

• Bar and beverage bills.

• Your Travel and rescue Insurance.

• Rescue & Evacuation costs.

• Gratitude (tip) for staff.

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