

## Gauri Shankar Foothills Trek

<b>Trip code</b>	
<b>Package name</b>	Gauri Shankar Foothills Trek
<b>Duration</b>	8
<b>Max. elevation</b>	2490 m
<b>Level</b>	EASY
<b>Transportation</b>	Kathmandu - Singati , Barabise - kathmandu by Private vehicals.
<b>Accomodation</b>	Hotel and Lodge twin sharing bed basis during the trek.
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	Katrhamdu - Sigati - Bulung - Chilingkha - Bigu Gumba - Dosangsa - Ghorkhali Village - Barabise - Kathmandu.
<b>Cost</b>	USD 860 per person

## Highlights

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No crowds, no planes, no high altitude

Trekking through the special landscape of Nepal's Middle Hills

The unique Kargyupa Nunnery at Bigu Gompa

Extensive Himalayan panorama from the Tinsang La

## Overview

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**Gauri Shankar Foothills Trek will provide a suitable challenge for regular hill walkers and is also within the capabilities of suitably prepared first-time trekkers. It is the remote and**

**relatively un-trekking trail in the Rolwaling region. Gauri Shankar Foothills trekking is also known as challenging trekking.**

This trekking region is situated west of Khumbu region, northeast of Kathmandu and southern to the Tibetan Plateau high route through Tashi Lapcha Pass (5755m) and its diverse culture. Gauri Shankar Himal is the sacred Himal which is named after the Hindu God Shankar and Gauri (Shiva and Parvati). The Gauri Shankar Foothills Trek will offer the trekkers the experience of charming mountain views, an assortment of flora and fauna and an opulence of local culture. Gauri Shankar is also known for its rich biodiversity: as many as 526 species of plants, 43 species of orchids and 300 species of birds have been recorded including Musk Deer, Himalayan black bear, Tahr, Gaur and Wild Dogs. This trek provides you the opportunity to enjoy the excellent panoramic view of the Gaurishanker (7,145m.), Menlungtse (7,181m.), Ram dung and Pharchamo and other mountains as well as explore the culture and lifestyle of the Sherpa people in different settlements. The view of the glacial lake Tso Rolpa, the views of the Rolwaling glacier, beautiful Himalayan landscapes gives you the unforgettable experience.

Gauri Shankar trekking has less tourists, unique Himalayan culture and dramatic mountain views. This remote and relatively un-trekking region is ideal trekking for trekkers who is looking for something unique. Few westerners have explored this untouched village. Starting trek from a remote isolated area traverses through sparsely populated areas near the Tibetan border. We can catch a glimpse of Sherpa Buddhism at Bigu Gompa 2500m, a monastery and a nunnery, a cultural highlight of this trek.

This new moderate trekking itinerary wends its way over hill and down dale, following ancient trails connecting the many villages which dot the hillsides. Starting from Singati, the launching point for trekkers heading for Gauri Shankar, we take a 'road less travelled'. Our trek takes us north east, parallel to the main chain of the Himalaya, crossing several ridges and deep valleys where life continues much as it has for the past hundred years. Along the way we enjoy close-up views of 7000-metre Gauri Shankar as well as a breathtaking mountain panorama from the Tin sang La. Continue to stroll through rhododendron forests with stunning views of Mt. Gauri Shankar as the backdrop. This route has been used as an alternative-trading route. For a scenic highlight, we can climb to the lookout point of alpine meadow at Tinshang RI (3812m) to sneak a peak of Everest and its neighboring peaks. This unforgettable journey ends at Barabise, only an hour near the Tibetan border.

If you enjoy trekking in a beautiful and varied landscape, away from the crowds, without the rigors of high altitude or the inconvenience of internal flights, this is the trek to choose.

## **Trip Itinerary**

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### **Day 1 : Drive Singati (950m) – 7 hours drive**

Early in the morning, we drive to Lamo sangu via "Friendship highway" following the Jiri road to reach Charikot. Crossing the Bhote Koshi valley, we reach Singati where we camp for the first night close to

this small market town.

## **Day 2 : Trek to Bulung (2150m) – 6 hours walk.**

Today we take an initial trail through coniferous forest, before emerging into open pastures of the ridge between the Sangawa Khola and Bhote Koshi. The trail is steady climb. After reaching Bulung, perched high on the ridge and with a spectacular view of Gauri Shankar, we camp for the overnight.

## **Day 3 : Trek to Chilingkha (1920m) – 6 hours walk**

Today we have to ascend 320 meters and descend 550 meters before reaching Chilingkha where we will camp for our overnight stay. The trail contour around the ridge a thousand meters above the Sangawa Khola.

## **Day 4 : Trek to Bigu Gompa (2110m) – approx 6 to 7 hours walk**

We start our trek early in the morning. We have an ascend trail for 560 meters and descending trail for 370 meters. For about 3 hours, we descend to reach the Sam ling Khola (1720m), a tributary of the main river. After crossing the river, we begin a steady climb for around 2 hours to reach Bigu Gompa (2110m). Our camp will be set up near the nunnery.

## **Day 5 : Explore Bigu Gompa**

This day, we will take a rest and explore Bigu Gompa. Bigu Gompa was built in the 1930's and is a convent for female monks of the Kargyupa sect. The Gompa contains some interesting statues and the gardens are a delight.

## **Day 6 : Trek to Dolangsa (2490m) – approx 8 to 9 hours walk**

Today, we start the day with a descent of over 800 meters to reach the river passing through several climatic and ecological zones as we progress to the Tin sang La (3300m). After taking in the stunning views of the Himalaya, we descend to Dolangsa (2490m) where we set up camp.

## **Day 7 : Trek to Gorkhali village (1710m) – 5 hours walk.**

Today is the last day of trekking with our crew. Trekking through mixed woodland interspersed with grazing pastures; we cross a tributary river and pass some waterfalls before reaching the village of Gorkhali (1710m) where we make our final camp of the trek. This evening we will say farewell to our trek crew who will be leaving us tomorrow.

## **Day 8 : Trek to Barabise (2 hours walk) and drive to Kathmandu (2 hours drive)**

Our last day of trek passes on a contouring trail through forests of rhododendron and prickly oak and cross a tributary stream before reaching the ridgeline above the valley of the Bhote Koshi. Finally, we have a descent 810 on steps through terraced hillside to Barabise and the 'Friendship Highway' to Tibet. We meet our vehicles and make the return journey (2 hours) to Kathmandu.

## Inclusions

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### What is included?

Domestic airports pick up and drop in Kathmandu as per program by private car  
All meals (breakfast, lunch and dinner ) and accommodation in Hotel/lodges.  
Services of an experienced English speaking trekking guide , helpers and porters.  
First aid kit  
All applicable government taxes and service charges.  
Gaurisankar conservationfee and TIMS.  
kathmandu - Barabise , Singati - Kathmandu drive by private vehicals.

### What isn't included?

Any meals, accommodation and sightseeing in Kathmandu (if required please let us know and as per your budget requirement we would be very happy to arrange the same)  
Bottled drinks (mineral water, any cold drinks, and alcoholic drinks).  
Personal travel insurance against sickness, injury, accidents, damage or loss of goods.  
Liability for extra expenses caused by illness, accidents or situation beyond our control.  
Expenses of personal nature such as laundry, telephone, bar bill, tips for driver, guide and porter, etc.  
Medical and emergency evacuation charges.  
Respective expenses if one returns earlier from the trip due to sickness or emergency purpose.  
Personal equipment for Sunglasses, Sun hat, normal trekking booth, plastic trekking booth etc.  
Any other services or optional activities not mentioned above in the included list.  
Any kind of tips for guide and Porters with other staff.

### Complimentary