



## Thorong peak climbing

<b>Trip code</b>	25
<b>Package name</b>	Thorong peak climbing
<b>Duration</b>	16
<b>Max. elevation</b>	6144 m
<b>Level</b>	MODERATE
<b>Transportation</b>	All the grounded transportation are inclusive and Flight from Jomsom to Pokhara.&nbsp;
<b>Accommodation</b>	3*** Hotel in Kathmandu and Pokhara , Tent and Tea house during the trekking & climbing period.
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	Kathmandu - Dharapani - Chame - Manang - Thorong La Pass - Thorong Peak Summit - Muktinath - Jomsom - Pokhara - Kathmandu
<b>Cost</b>	USD 2,760 per person

## Highlights

- A real climbing experience for those with a reasonable level of fitness.
- Climb the spectacular Thorong Peak (6144m)
- Trek through high alpine Thorong La Pass (5146m).
- A scenic journey through amazing valleys with spectacular and varied scenery,
- Trekking through low sub-tropic forests to high alpine rocky terrain, constant views of the Annapurna Massif & some of the world's tallest peaks - the world's tallest peaks: Annapurna 1, Manaslu and Dhaulagiri.
- Trek through the Kali Gandaki Gorge – the world's deepest gorge.
- Step back in time and see historic architecturally unique villages, Buddhist culture & follow in the footsteps of the ancient Trans-Himalayan caravan route.
- Trekking through dense rhododendron & magnolia forests (especially in March)

## Overview

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Thorong Peak Climbing in the Annapurna Area of Nepal is an exclusive experience to be included on the bucket list for adventure seekers around the globe. At an altitude of 6,144m above sea level, the peak is one of the most technical and challenging peaks to climb in Nepal. However, in comparison with other peak climbing expeditions in Nepal, it is less arduous. And can be the first peak that you climb with prior experience and proper knowledge of equipment usage. Along with additional training from a well-experienced organizer like Nepal Mountain Trekkers.

As the trail up to Thorong Peak encompasses the classic routes of one of the best treks in Nepal, or say, one of the best trekking in the world, this is not going to be just an adrenaline expedition but it would rather be an enthralling and noteworthy experience of your life. Also recognized as the Annapurna Round Trekking, or Round Annapurna, Annapurna Round, and several alike titles, the trekking route is very much adored and appreciated by travel enthusiasts around the world.

Our journey starts after you enjoy some sightseeing around the culturally rich Kathmandu Valley. Initially, we take a drive from Kathmandu all the way up to Dharapani. And then the trekking starts as we ascend from Dharapani towards Chame. The trail passes through the Annapurna conservation area surrounded by picturesque mountains with a vast glacial plateau in the center. As we gain altitude, the vegetation around us slowly changes from dense forests to small shrubs; finally, we arrive at a point similar to a Tibetan plateau called Manang. There we can get insights into Tibetan-influenced culture and traditions and also acclimatize for a day.

### **Thorong La Pass and Muktinath**

We will then cross Thorong La Pass at an altitude of 5,416 meters. Thorong La Pass blesses us with stunning views of Annapurna, Kali Gandaki Valley, Dhaulagiri, and other peaks as never been seen before. From Thorong La Pass after we prepare for our climbing, we make it up to the summit of Thorong Peak. Well, it is going to be an achievement of a lifetime to reach that elevation. And from the Thorong Peak Summit, glorious mountain sceneries including the Nilgiri Peak, Tilicho Peak, Dhaulagiri Range, and Annapurna Range along with the beautiful scenery of the Mustang region and beautiful Kali Gandaki Valley make all effort worthwhile.

The trail further leads us to Muktinath as we descend from the summit and continue the journey. Muktinath is the pilgrimage site where we can see a perfect amalgamation of Hinduism and Buddhism. We then visit the red monastery at Kagbeni where we can view the golden book of the Dalai Lama, From Kagbeni, we will head toward Jomsom and take a flight back to Pokhara the next morning. We will explore the beautiful sightseeing places in Lake City Pokhara before we come back to Kathmandu and end our Thorong Peak Climbing trip in Nepal.

## Trip Itinerary

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**Day 1 : Drive from Kathmandu - Dharapani 1860m - 10 hrs**

On the first day, we will be driving to Dharapani from Kathmandu. It is likely to take us about eleven hours to reach Dharapani which is situated at an elevation of 1860 meters. We will be staying overnight at Dharapani before we begin our trekking journey on the following day.

## **Day 2 : Trek from Dharapani to Chame 2670m - 6 hrs walk**

Today, we will be heading for Chame after having an early morning breakfast at Dharapani which will take us about five to six hours to reach with gentle walking. The elevation of 2,670 will be our final destination for the day where we will be staying for the night. Along the way, we will be awarded the majestic sight of Annapurna II. Various fluttering prayer flags will welcome us along the way.

## **Day 3 : Trek from chame to Upper Pisang 3300m - 5 hrs**

After leaving Chame we pass through Telekhu and along the trail have some breathtaking views of Annapurna and Pisang (6091m) until we have to re-cross on a suspension bridge to the south bank of the Marsyangdi River. After crossing the river we then head higher passing a pine-forest as we trek through the upper reaches of the Manang valley to Pisang. At the upper edge of Pisang village we can see Pisang and Chulu peaks. Tonight we stay at Pisang. Today the short day and easy day for us.

## **Day 4 : Trek from Upper Pisang to Manang 3519m - 7 hrs**

The town of Pisang is the start of our trek in the upper Manang area. Today we head to Braga; a Tibetan village with its unique architecture with its houses constructed one upon the other. One of its main attractions is its Gompa (Buddhist fortification), the largest in the Manang region. Manang is popular with trekkers and is also a place to acclimatize before heading to higher altitudes. Today's trek is around 4 to 5 hours. We stay here for the night.

## **Day 5 : Acclimatization Day at Manang 3519m**

Medical professionals recommend that before heading to higher elevations that trekkers spend some time acclimatizing. They also recommend staying active. From Manang you will be blessed with views of Annapurna II; Annapurna III (7555m); Gangapurna (7454 m); and to the south to Tilicho (7132 m); and the Grand Barrier (a 7000m ridge) to the west; Chulu West (6583m) and Chulu East (6059m) meters in the north. Today, to better acclimatize to these higher altitudes we will climb up to Khangsar (3756m). Tonight we stay at Manang.

## **Day 6 : Trek from Manang to Yak Kharka 4018m - 4 hrs**

Today we head off on a 10.4 km uphill trek of around 3 to 4 hours and head to Yak Kharka passing through juniper forests, and will see yak grazing in the pastures. On the route we pass the only

teahouse at Thorong Khola. The vegetation at this elevation is mostly juniper trees. Depending on the conditions we may decide to go a little further and stay the night at Letdar.

### **Day 7 : Trek from Yak Kharka to Thorong Phedi 4560m - 4hrs**

Climbing higher we gradually get used to the higher altitude. We follow the east bank of the Jarang Khola and along the trail view steep bluffs before reaching Thorong Phedi (meaning foot hills). We can also trek for one more hour to High Camp (4800m). If we are lucky we may see the famous blue sheep and even a snow leopard! This is also home to Lammergeyer (bearded vulture). There is also a belief the mythical griffons are in this region! The trek today will take about six hours today until we reach Thorong Phedi where we will stay overnight

### **Day 8 : Trek from Thorong Phedi to Thorong la Pass 5416m -4 hrs**

Today is most likely the toughest days of the trek. The higher altitude contributes to the degree of difficulty, and sometimes strong winds in these upper regions. Along the trail we may pass sheep, yaks and merchants transporting their goods. Once we reach Thorong La Pass we will be rewarded with breath-taking views of Annapurna, Gangapurna and eye-catching peak of Khatungkang (6484m). Leaving the pass we descend around 1600 metres and the brilliant Dhaulagiri (Dhawali giri, meaning "White Mountain") is the highest mountain that is entirely in Nepal. We will stay overnight at Thorong La Pass.

### **Day 9 : Preparation day for prior to Climb**

Pre-climbing training at base camp, Before the actual climb your guide will prepare you by going over safety procedures and the use of roping techniques. The prevailing weather conditions will greatly influence the climb to the peak. However, it is in your best interests that you are prepared for any eventuality. Your day on the peak will be the highlight of this trek. The physical exertion on getting to the peak will be rewarded by some of the most jaw-dropping views of the surrounding peaks. These memories will stay with you for a lifetime.

### **Day 10 : Push to Thorong peak Summit 6165m - 8 hr**

Today is the big day as we arise in the early hours of the morning in order to reach the peak with plenty of time to spare. We will climb steadily and have opportunities to rest and take in the incredible views before us of Thorong Peak and other surrounding snow clad peaks. The scenery is absolutely stunning and well worth the effort of climbing at these exhausting elevations. It takes about 5/6 hours to get the top from Base camp and its upto you because of your stamina, how able to walk on snowline.

### **Day 11 : Extra day for climbing if bad weather**

Extra days for climbing in event of bad weather or altitude sickness.

### **Day 12 : Trek from Muktinath to Kagbeni 2800m - 4 hrs**

From Muktinath, we follow the trail for four to five hours as we pass through lush meadows, fruit trees, and streams as we head to Kagbeni. Kagbeni has a well-deserved reputation for its horticulture industry. We will stay here overnight.

### **Day 13 : Trek from Kagbeni to Jomsom 2720m - 4hrs**

Today we have a relatively short trek of around four hours before reaching our overnight destination of Jomsom. Our trek will start about 8 am, after breakfast: This is the last day of Trekking in the mountain.

### **Day 14 : Fly from Jomsom to Pokhara 820m - 25min flight**

Today is our last day as we head to the small airport terminal at Jomsom where we take a short 15 to 20 minute flight to Pokhara. Once airborne you will have some amazing views of the Himalayas. This evening you can sit back and relax, enjoy and drink or two and look back on your amazing adventure through the amazing Annapurna Conservation Area – stroll along Lakeside.

### **Day 15 : Drive from pokhara to Kathmandu 1350m - 7 hrs**

Today we head back on a 6 to 7 hour with Tourist Bus drive to Kathmandu from Pokhara with many fond memories of Himalayas Nepal and its unique culture and geography. During the travel we make lunch, coffee & Tea break, along with the Prithivi highway. All over this Trip memories will be last of lifetime.

### **Day 16 : International Departure from Kathmandu airport**

Our Team will transfer you to the airport for your final departure from Nepal. We hope that this epic trek will be firmly ingrained in your memory and will be enough to prompt you to consider your next trek with us! Hope to see you again. Namaste

## **Inclusions**

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### **What is included?**

- Airport pick up and drops by private vehicle.
- Three meals a day (Breakfast, Lunch, and Dinner) during the trek.
- Trekking lodge (Tea House) accommodations during the trek.
- All necessary paper works ACAP entry permit & Trekker's information Management System (TIMS) permit.
- Peak climbing permit and other necessary fees.

- Three nights twin sharing tent accommodation after Thorong Phedi, Hygienic meals (Breakfast, Lunch, Dinner) with tea and coffee, seasonal fruit or cane fruits.
- Camping tent and climbing rope provided.
- Transportation by jeep to Dharapani and tourist bus back to Kathmandu from Pokhara.
- Flight from Jomsom to Pokhara.
- A highly experienced, helpful, knowledgeable, friendly, English speaking well trained, Government license holder trekking guide and climbing Sherpa, with all his salary, food, drinks, accommodation, transport, and insurance.
- Strong, helpful porters with proper equipment (1 porter for two people). With all his salary, food, drinks, accommodation and insurance.
- Comprehensive medical supplies (first aid kit will be available).
- Arrangement of Emergency Helicopter service (paid by your Travel insurance company).
- Government taxes and official expenses.
- Guided Kathmandu sightseeing tour with private vehicle as per itinerary.
- One night Pokhara hotel with breakfast.
- Oximeter to check your pulse and oxygen saturation and heart rate twice daily (Very useful to check Altitude Mountain Sickness(AMS) symptoms) Which will ensure you trek is in the safest hands possible for all levels of trekker.

### What isn't included?

- Meals in Kathmandu Lunch and dinner.
- Nepal entry visa fee.
- Your Travel and medical insurance( Recommended)
- International airfare.
- Your personal expenses.
- Alcoholic and nonalcoholic cold and hot drinks on trek (i.e. those you choose to purchase along the way and during evenings in the Tea Houses)
- Desserts Sweet things like chocolate, cake, pie, pudding.
- Battery charging and hot shower on the tea houses.
- Personal climbing equipment can be hired at \$ 200 USD per person.
- Tips for the guide, porter, and driver (Tipping is expected).
- Excess baggage more than 15kg for Jomsom flight.
- Flight from Pokhara - Kathmadu ( If you needed)

### Complimentary

You will earn **US\$ 25** in travel credits when buying this tour. The **US \$25** earned travel credits can be used on any future booking on Nature Trail.