



## Global Treks & Expedition P. Ltd.

Chakshibari Marg 591, Thamel  
Kathmandu, Nepal

### Pisang Peak Climbing Brief Itinerary

#### Day -1 : Arrival to Kathmandu (1,350 M)

Arrival at Kathmandu Valley, one of our staff will pick you up from Tribhuvan International Airport and transfer you to your hotel.



#### Day-2 : Kathmandu Valley Sightseeing

Today, we will visit some of the religiously adorned sites in the valley Boudhanath Stupa, Pashupatinath Temple and Swayambhunath Stupa.

#### Day -3 : Drive Kathmandu to Syange/ Jagat (11,00 M/3,608 Ft.)

Early morning, we will leave our hotel in Jagat. It is a long day- Trek of about nine to ten hours along the path following the Trishuli and Marsyangdi rivers. We can enjoy the beautiful scenic mountain views of Lamjung Himal (M), Peak 29 (M) and Manaslu (8,163 M) on our way.

#### Day -4 : Trek Jagat to Dharapani (1,960 M/6,430 FT)

We will enter the Manang district. The suspension bridge arrives just Dharapani. The trail continues to the farmlands of corn, barley, and potatoes before entering the forests of rhododendron and Bamboo leading us to Tal.

#### Day- 5 : Dharapani to Chame( 2,710M)

Today, the trail continues through the forests and some small settlements before reaching Chame. The beautiful panoramic views of snowcapped mountains can be enjoyed en route to Chame. We will cross few landslide areas, typical Tibetan villages, and a few hot springs

#### Day-6 : Chame to Upper Pisang (33,00 M)

You will walk through the dense rhododendron and pine forests following the Marsyangdi River up to the village Bhratang. From here, the trail continues through the dense alpine woodland surrounded by high mountain peaks to Dhukur Pokhari.

#### Day-7 : Acclimatization Day

Today will be our rest day at Pisang Village. We need to acclimatize to the thinning air at this altitude. Taking short hikes and exploring the area with short walks help us to acclimatize to the high elevation. We can spend our day by strolling around the village and knowing about the local lifestyle.

#### Day -8 : Upper Pisang to Pisang Peak Base Camp (4,380 M)

We will passing through the meadows and sparse woodlands. The grasslands are used for grazing the local cattle in the summer and is known as Kharka. It is also best-suited for camping and offers great views of the surrounding areas.

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## **Day-9 : Base Camp to Pisang Peak High Camp(5,400M)**

Today you will climb south ridges leading over rocks, ice, and glacier to the bottom of Pisang Peak. The trail is only used by the trekkers and cattle herders. On reaching the Base Camp our trekking guide will provide us with some training on using the climbing

## **Day-10 : High Camp to Summit (6,091 M)- Base Camp**

Early in the morning as mountain winds can get strong during the day. The trail is mostly steep along the rocky ridgeline and needs technical knowledge to ascend. Our trekking guide will fix the ropes where necessary. On reaching the summit we can see the magnificent views of the whole Annapurna Range, Chulu range, Damodar peaks and Manaslu (8163m). After marveling the view atop the Pisang peak,

## **Day-11 : Pisang Peak Base Camp to Manang Valley (3,540 M)**

Today you will descend through the forested landscapes to the barren environment of Manang. We can clearly see the drastic change in the environment and vegetation while walking to Manang. On our way, we can see the beautiful Annapurna II (7937m) and Annapurna III (7555m), Gangapurna (7454m), Chulu (6584m) and Pisang peak (6091m).

## **Day -12 : Manang to Yak Kharka( 4,050 M)**

Today you will climb up to the village Tenki which is situated just above the Manang valley. From here the trail continues through the Marsyangdi Valley to Jharsang Khola. The trail continues through the forested landscapes of junipers to the small settlement village called Ghunsa.

## **Day -13 : Yak Kharka to Thorung - La Phedi ( 4,525 M)**

Today you will climb further and cross a few cliffs before reaching the Thorung Phedi. It is the last village before reaching Thorung-La pass (5,416 M). Trekkers are served with the beautiful views of Annapurna and Chulu mountain ranges on the way to the village

## **Day -14 : Thorung Phedi to Thorong Phedi Muktinath (3,760 M)**

Today you will leave Thorung Phedi early in the morning and climb to the Thorung-La pass which is the largest pass in the world. Climbing the Thorung-La pass, we are treated with the mesmerizing panorama of the Annapurna and Chulu massifs. Enjoying the beautiful views, we will start to descend to Thorung Phedi retracing the same path and then to Muktinath which is just below the Thorung-Phedi. Muktinath is a famous pilgrimage site for both Buddhist and Hindus

## **Day- 15 : Muktinath to Kagbeni (2,810 M)**

Today we will descend to Kagbeni. A short walk from Muktinath for about half an hour will take us to the village Jharkot which is a settlement area reflecting the Tibetan influenced culture in this region. The village is also a beautiful site for enjoying the diverse landscapes of this region. We will further descend to Kagbeni

## **Day- 16 : Kagbeni to Jomsom (2,720 M)**

Today, we will descend to Jomsom following the route along the bank of Kaligandaki River. We will start our trek in the early morning before the dry wind starts blowing in this region. Jomsom is the headquarters of Mustang with the high Thakali populace.

## **Day- 17 : Flying to Pokhara (820 M)**

Fly back to Pokhara from Jomsom. A short and a scenic flight over the green and dry valleys will finally

take us to Pokhara. We will transfer you to the Hotel and you can spend the rest of the day around the Lakeside area.

### **Day -18 : Rest in pokhara**

Today you relax and enjoy the lower attitude in this lovely lake side

### **Day-19 : Drive back to Kathmandu through tourist bus**

After Breakfast at Pokhara Hotel, you are ready to back in Kathmandu through Tourist Couch. on the way to see at Trishuli River, Manakamana Temple. Overnight at Kathmandu hotel as yours.

### **Day-20 : Final Departure**

Finally today you will back to your destination. Our Global treks representative will drop you to the airport.

### **Cost include**

- Airport / Airport pick up & drop by private tourist vehicle.
- 3 N Kathmandu Hotel accommodation sharing bases with B/B.
- 1 N Pokhara Hotel accommodation sharing bases with B/B.
- All your standard mentions Meals during the trek (**B-Breakfasts, L-Lunches, D- Dinners**).
- Lodges/Guesthouses accommodation during the 20 Days trek
- Local GLOBAL TREKS English speaking guide
- National Park permits and TIMS permit for trekking.
- Food, accommodation, salary, insurance and medicine for all staff.
- All our government taxes, vat, tourist service charges
- Official expenses.

### **Cost Exclude**

- Lunch /Dinner whilst in Kathmandu & Pokhara
- Travel insurance which covers emergency Rescue and Evacuation.
- Alcoholic, hot and cold drinks.
- Personal trekking Equipment (See the trekking equipment page).
- Tips for trekking staff and driver (Tipping is expected).
- Any others expenses which are not mentioned on 'Price Includes' section.