

## Kali Gandaki Valley Trek

Duration: 12 Days



### Overview

<b>Trip Grade: Moderate</b>	<b>Max Altitude: 3,800m</b>
<b>Activity: Trekking</b>	<b>Group Size: Min.02 pax</b>
<b>Arrival On: Kathmandu, Nepal</b>	<b>Departure From: Kathmandu, Nepal</b>
<b>Meals: All meals during trek &amp; breakfast in kathmandu</b>	<b>Accommodation: Stone Built Houses (tea houses) during trek</b>

The **Kali Gandaki valley** (Thak Khola) is the one of the deepest gorge in the world, located North of Pokhara and area is the inhabited by mainly Magar, Gurung, Thakali and many other ethnic groups. Surrounded by wide Himalayan Peak like Annapurna, Nilgiri, Dhaulagiri, Tukucho Peak, Dhampus peak and many other mountains. This valley is main trading route to Jomsom, Mustang and in to Tibet, and pilgrim route to Muktinath for both Hindu and Buddhist pilgrimage. The trek boasts most of the spectacular panoramic Mountain views, paddy fields, beautiful river bank of Kali Gandaki river, waterfalls, hot spring and exciting scenery of the country site of Nepal.

## Itinerary

### Day 01: Arrive at Tribhuvan International Airport (TIA) Kathmandu(1350m)

A free day in Kathmandu, inform the Himalayan trekking staff for another short tour in and around Kathmandu Valley on request, evening join with *The Himalayan Trekking Trek*™'s farewell dinner program which helps to share the experience of entire Annapurna round trek with us.

### Day 02: Kathmandu Valley full day Sightseeing

This is a day for sightseeing world heritage sites in the Kathmandu Valley including, Kathmandu Darbar Square, Swayambhunath Temple and Patan Durbar square. Overnight at the hotel at same program. B/B

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### Day 03: Kathmandu to Pokhara (850m) 7 hrs by Ac tourist bus-210km

After the breakfast, we leave for the long drive to Pokhara, the second largest city in Nepal. The scenery along the road is dramatic and you will see rivers, valleys, cascading rice terraces and rocky gorges. Upon arrival, we will check in to the hotel. In the evening, you can enjoy leisure boating on the scenic Fewa Lake and see the magnificent reflection of Mount Machhapuchhre and the Annapurna Range in the crystal clear water of the Lake (a wonderful photo opportunity!) Overnight at the hotel, B/B

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### Day 04: Pokhara - Nayapul and trek to Ulleri (1960m) 6hrs

After breakfast, we will drive to Naya Pul (42km) by car (1h30) via the village of Lumle. We start trek to Birethanti, a beautiful town nearby the river (Modi Khola). The trail follows the main street of Birethanti, going on through bamboo forests and passing a waterfall and swimming hole. The trail continues to Ramghai where you will have lunch. After lunch, we will climb gradually up the side of the valley, reaching Tikhe Dhunga. We continue our walk crossing suspension bridge in Tikhedhunga and climb up to Ulleri. Overnight at guesthouse.

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### Day 05: Ulleri to Ghorepani (2800m) 5h30 hrs

From Ulleri the trail slightly goes up to Banthanti and we will walk through the forest looking at the beautiful view of surrounding hills

and Mt. Machhapuchhre. The trail then crosses two sparkling streams before making a short, final climb to Nangethanti where we stop for lunch. After lunch, we walk about 1.5h to reach the Ghorepani village.

Thanti is a Nepali word meaning "highest house". In the winter, sometimes the trail can be covered with snow. From Nangethanti we will climb to Ghorepani (2800m), this is a Magar village specially Pun Magar, a sub-ethnic group within Magar ethnicity. From here we can see the spectacular panorama of Dhaulagiri (8167m), Nilgiri (6940m), Annapurna I (8091m), Annapurna South (7219m), Hiunchuli (6441m) and Tarke Kang (7193m). Overnight at guesthouse.

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## **Day 06: Hike to Poon Hill [3,210m] and trek to Sikha [2,260m] [4-5 hrs walk]**

Morning 1 hr hike to Poon Hill 3,210 m for fantastic sunrise over the Himalayan chain of mountains from Dhaulagiri-Annapurna to Mt. Manaslu ranges, after the panoramic views return back to Ghorepani for breakfast, continue trek to Sikha. From Ghorepani the track descends through rhododendron and magnolia forest to Chitre and then to Sikha village for the overnight halt.

## **Day 07: Trek to Tatopani/Hot Spring [1,140m] [4 hr walk]**

A good trek leads to Ghar Khola, after crossing the river, route leads upstream following the Kali-Gandaki River all the way to Tatopani Village. Tatopani (Hot Spring) situated on the banks of the Kalai Gandaki River and it is etiquette not to pollute these pools by using soap in them. Here you will have time to immerse in this hot pool.

## **Day 08: Trek to Ghasa [2,240m] [6 hrs walk]**

From Tatopani, trekking along the gorge of Kali Gandaki River and re-crossing this river at two places by suspension bridges, the trail is gradual most of the way with few ups reaching at Rupsi Charra (waterfall). Then climbing up to a ridge and descending towards the same river. At the bottom cross the bridge over Kali-Gandaki River another hour of nice walk brings to the Thakali village at Ghasa for the overnight.

## **Day 09: Trek to Marpha [2,600m] via Tukuche [2,530m] [6 hrs walk]**

After Ghasa, two hours of nice walk along the western bank of the Kali-Gandaki river and crossing the Lete Khola (stream) river by a wooden bridge and passing through the village of Lete, a short climb from Lete reaches to another nice village at Kalalpani with magnificent view of world's 7th highest Mt. Dhaulagiri at 8,167 m and the tumbling icefall, left and to the right Nilgiri and close to world's 10th highest Annapurna I at 8,091 m. From this spot begins the world's deepest gorge from the tip of these giant mountains and to the valley gorge below trekking trail a plunge of near 5,000 meters. From this village, the walk is gradual most of the way, then reaching back again at Kali-Gandaki River Valley, crossing the suspension bridge to Larjung village, from here an hour walk to Tukuche village, the trail meanders past the village with two hours of nice walk from here leads to the most charming village at Marpha for the overnight stop. Here with time to marvel the surrounding view and the village and perhaps try the local apple products, cider-juice or a potent brandy.

## **Day 10: Trek to Jomsom [2,700m] [2 hrs walk]**

The trek from Marpha is well defined; the walk is gentle with slow easy climb following the river upstream till Jomsom is reached for lunch and for overnight stop. Jomsom, the largest settlements and administrative headquarter of the whole Mustang district, Jomsom with small airstrip a thriving spot for both tourist and pilgrims.

## **Day 11: Trek to Kagbeni [2,800m] [4 hrs walk]**

From Jomsom, walk leads on the Kaligandaki plains with few ups and down to a small place Ekal Bhatti. From here the path splits into two ways the higher up leads direct to Muktinath well the other heads to upper Mustang and Tibet via Kagbeni, while our route diverts towards Kagbeni which is about an hour walk from this place.

## **Day 12: Trek to Muktinath [3,760m] [4 hrs walk]**

Today the final destination and to the highest spot of this trip at Muktinath 3,750 meter, the route leads along passing interesting village of Jharkot, this place looks old and withered, as it was been for many hundred years ago untouched by modern civilization, from Jharkot the trail climbs gradually for another hour to the holy place at Muktinath. Muktinath, located in between the popular trek to Manang via the high pass of Thorang la and the trail also joins from upper Mustang region, in the auspicious time this place is flooded with pilgrims both Hindu and Buddhist, a nice walk to the Temple of Muktinath and with its 108 water spout, which is also the source of Kaligandaki river. Fabulous views of Mt. Dhaulagiri, Tukucho peak including Tilicho and Nilgiri's peaks towards left.

## **Day 13: Trek back to Jomsom [5 hrs]**

Retracing the journey back to Jomsom diverting the path to Kagbeni, leading straight to Eklebhatti with another two hours to Jomsom for the final night of this great trip.

## **Day 14: Fly to Pokhara, full day sightseeing, evening free for boating at Fewa Lake.**

A morning short scenic flight from Jomsom to Pokhara and then free for personal activities or any other activities in the beautiful city Pokhara.

## **Day 15: Fly or drive to Kathmandu.**

Morning or afternoon flight to Kathmandu as per the flight schedule, this scenic flight from Pokhara takes half hour or less to Kathmandu, a panoramic view of the snow capped peaks can be seen from the plane. Arriving in Kathmandu domestic terminal, *The Himalayan Trekking* staff will transfer back to Hotel after an amazing time in the Annapurna region Nepal with the Himalayan trekking.

## **Day 16: Free for personal activities in Kathmandu**

A free day in Kathmandu, inform the himalyan trekking staff for another short tour in and around Kathmandu Valley on request, evening join with *The Himalayan Trekking Trek*'s farewell dinner program which helps to share the experience of entire Annapurna round trek with us.

## Day 17: International Departure

Today as per your international flight time, The Himalayan Trekking staff will transfer you to the airport for your final departure from this wonderful high Himalayan country, Nepal with the memory of Annapurna and Kali Gandaki valley Trek with *The Himalayan Trekking*

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## Cost Includes

- => Airport pickup and drop in a private vehicle
- => Hotel accommodation in Kathmandu and Pokhara in B/B basis
- => Tea house accommodation during the trek
- => Three times meal in the trek
- => Hot soup in the high places
- => Farewell dinner in Kathmandu
- => All the land transportation as per the itinerary
- => Jomsom to Pokhara flight by plane
- => A professional guide for trek and sightseeing
- => Porter service(2 trekkers: 1 porter)
- => Insurance for guide and porters
- => Food and accommodation for guide and porters
- => All necessary documents(Permits and TIMS)
- => All government and local taxes
- => Medical kit
- => Trip completion certificate
- => Trekking map as itinerary and
- => T-shirt from the company

## Cost Excludes

- => Visa for Nepal.
- => International flight to and from Kathmandu
- => Lunch and dinner in Kathmandu and Pokhara
- => Travel and rescue insurance of clients
- => Personal expenses: shower and battery charge during trek and bar bills, cold drinks, laundry
- => Extra night accommodation in Kathmandu and Pokhara in exception of itinerary
- => Tips for guide and porters