

**Thorong La Pass Trek**

Duration: 19 Days



Overview

<b>Trip Grade: Strenuous</b>	<b>Max Altitude: 5416m</b>
<b>Activity: Trekking</b>	<b>Group Size: 02-12 People</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>

**Thorong La Pass** Trek takes you to the region of extremities and provides you with enough thrills and adventure during the entire journey in the rain shadow areas of Annapurna region. From climbing across the widest pass in the world to trekking past the deepest river gorge in the world, trekkers can experience many diversities and contrasts during Thorong La Pass Trek. Lushness of landscape and its arid nature, face to face view of lofty Himalayas, influence of Hinduism at lower altitude and Buddhism at higher altitudes, diverse vegetation, flora and fauna and the side trip to one of the world's serene and highest lake; Thorong La Pass trek tests your patience and rewards you with the best of challenge, diversity, and beauty. Thorong La Pass Trek, the adventure of a lifetime, begins from Beshisahar, the district headquarters of Lamjung district in western Nepal. The adventure continues along the company of mighty Marsyangdi River and passes through Gurung settlements and continues along to the region dominated and inhabited by locals following Tibetan Buddhism. Greenery and lushness of hills, terraced fields, several suspension bridges, waterfalls and popular settlements of Bahundanda, Syange, Jagat and Sattale are main highlights of your trek before you enter into Manang from Tal village. Ahead we trek past Mani walls and chortens, prayer flags and prayer wheels, settlements of Koto, Chame, Hongde, and others, and arid landscape to reach the mystic Manang village. Take a side trip to the gorgeous Tilicho Lake and head on towards the formidable Thorongla Pass (5,416m). After a challenging uphill climb to the summit of the pass enjoy the marvelous scenery, panoramic view of the Himalayas and vast landscape. Trek down to the holy Muktinath Temple, considered sacred by Hindu and Buddhists alike, and then to Jomsom before returning back to Pokhara and then to Kathmandu to wrap up the Thorong La Pass Trek. Opened to foreign trekkers in 1977, Thorong La Pass Trek (a part of Annapurna Circuit) has been drawing the attention of adventurers from around the world. A challenging and strenuous trek, this adventure requires trekkers to have very high physical fitness and ability to endure challenging walk on high and mountainous terrain. You need to develop an ability to walk for about 7-8 hours on average for several days in remote areas with basic facilities. This adventurous walk in the foothills of Annapurna has the seasons of autumn and spring



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as the best time period to trek. Join us to have the ultimate trekking experience in Nepal.



## Itinerary

### Day 01: Arrival in the airport in Ktm(1350m) and transfer to hotel

Arrival in the airport in Ktm(1350m) and transfer to hotel, a collection of documents for the trekking preparation. Overnight at hotel in B/B basis.

### Day 02: Kathmandu Sight-Seeing

Half day sightseeing to Swoyambhunath temple, Kathmandu durbar square to get closer to Nepali style temples, stupas and introduce to guide for the trek. Overnight at hotel in B/B basis

### Day 03 : Kathmandu to Besisahar(840m) drive about 6 hrs

Kathmandu to Besisahar(840m) drive about 6 hrs and drive about one hour to Bhulbule (846m)-walk to Ngadi(930m) about an hour. Overnight in a guest house, breakfast, lunch and dinner.

### Day 04 : Bhulbule to Jagat(1300m)-walk about 5h30

Bhulbule to Jagat(1300m)-walk about 5h30. lunch at Ghermu/Syange. We pass a hill, Bahundanda(1310m) and see a beautiful waterfall(111m falls) at Syange village. B/L/D.

### Day 05 : Jagat to Dharapani(1860m)-walk about 6h

Jagat to Dharapani(1860m)-walk about 6h. Lunch at Tal, this is located on the riverbank of Marsyangdi Khola and the local people here are from Gurung ethnicity. This day the trail goes up and down with the view of beautiful waterfalls walk will be nice, we will also cross some suspension bridges. B/L/D

### Day 06 : Dharapani to Chame(2670m)-walk about 6h

Dharapani to Chame(2670m)-walk about 6h. Lunch at Thanchok or Timang. This day, we can see Mt. Manaslu(8163m) and Annapurna II(7937m). The trail goes up and we will be walking up through the forest. In the winter, sometimes we can have snow from this place. B/L/D

### Day 07 : Chame to Pisang(3300m)-walk about 5h

Chame to Pisang(3300m)-walk about 5h, lunch at Dhukur Pokhari. The trail goes quite normal in this day, walk through forests and river. We can see big apple garden also on this day. This day we can see the nice view of Annapurna II, Annapurna IV, Annapurna III and Pisang peak. There are two options to stay lower or upper Pisang. B/L/D

### Day 08 : Pisang to Manang(3540m)-walk about 4h

Pisang to Manang(3540m)-walk about 4h, lunch will be either at Braka or directly go to Manang. There are two routes to Manang from Pisang one goes from Ghyaru(3670m) which takes 6h and another from Humde(3280m). Since the trail is quite high up, we feel the coldness as well. There is also a monastery and on our way, we will have a good opportunity to spin prayer wheels and recite Buddhist mantras since we pass by many small stupas and chortens. B/L/D

## Day 09 : Rest day in Manang, explore old village

Rest day in Manang, explore the old village, Monastery, lake, and do small hiking around the village for Acclimatization. There are many more options this day, if possible we can also go to Kicho Taal(Ice Lake) in the altitude of 4600m. There is an office of Himalayan Rescue Association and we can have a briefing about Acute Mountain Sickness (AMS).

B/L/D

## Day 10 : Manang to Siri kharka( 3900m)

Manang to Siri kharka ( 3900m)- This day the walking distance is not so long and we will have lunch directly at Siri Kharka where we stop for the day. We walk this day passing Khangsar village and there is also a beautiful Monastery called Thare Gompa. B/L/D

## Day 11 : Sirikharka to Tilicho Base Camp (4950m)

Sirikharka to Tilicho Base Camp (4950m)-about 3h, lunch will be at Tilicho Base Camp. The walk day will be quite hard since there is a landslide area and the path is too narrow and the time of snowing, walking here will be at high risk. On our way, we can see deer and yaks grazing above and below the trail. B/L/D

## Day 12 : Hike to Tilicho lake(3h) early morning

Hike to Tilicho lake(3h) early morning, there will be a tea shop where we can have hot tea to warm up and have an excellent view of a lake with beautiful photographs and then come back to Base camp after breakfast get back to Siri Kharka. B/L/D

## Day 13 : Siri Kharka to Yak kharka(4050m)

Siri Kharka to Yak kharka(4050m)-4h walk and lunch at the same place. On our way, we pass yak sheds and old Khangsar. When the trail continues towards Yak Kharka, we cross Thorong Khola and we see Mani walls. B/L/D

## Day 14 : Yak kharka to Thorong phedi(4450m)

Yak kharka to Thorong Phedi(4450m)-walk about 3h hill up, we will have small tea break before the landslide area. We will do small hiking for the acclimatization here. B/L/D

## Day 15 : Thorong phedi to Muktinath(3800m)

Thorong Phedi to Muktinath(3800m). We will get up early in the morning and start walking. This is a very important day since we cross Thorong La pass (5416m), it is the biggest/ widest pass in the world, where there is also the highest teashop in Nepal-about 7h/8h, lunch at Chaharu(4150) which is called the Base camp of another side. Before we reach to the village there is one of the most famous Hindu Temples and Muktinath literally means the place of liberation or Mokshya in the world where thousands of Pilgrims visit every year especially they take bath in 108 holy taps. The interesting thing is we can also see natural flames just nearby the temple. B/L/D

## Day 16 : Muktinath to Jomsom(2710m)

Muktinath to Jomsom(2710m)-about 6h, we walk down to Ekle Bhatti through Jharkot and Khinga. On our way, we can see monastery and also Tibetan healing school. When we walk this trail, we can see the beautiful landscape of the Mustang region. This area is

known as the desert of Nepal. We walk on the riverbank of Kali Gandaki river where we can find fossils (Shaligram), have lunch at Ekle Bhatti and then walk to Jomsom. This place is also known as the Windy Valley because around mid-day, an everyday big wind blows here. Overnight at guesthouse. B/L/D

#### **Day 17 : Jomsom to Pokhara flight (20m) 850m**

Jomsom to Pokhara flight (20m) 850m. This is a short flight just above through the deepest Kali Gandaki Gorge, still, you can enjoy the view of the mountain. After lunch in Pokhara, you will have free time to explore this beautiful city. Overnight at the hotel. B/B

#### **Day 18 : Pokhara to Kathmandu (1350m) 7 h drive by A/C tourist bus**

Pokhara to Kathmandu (1350m) 7 h drive by A/C tourist bus. You can enjoy the view beautiful landscape, villages and river view on your drive to Kathmandu. Farewell dinner in a Nepali restaurant.

Overnight at the hotel. B/B

#### **Day 19 : Departure**

Final departure day.



## 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
- => Hot soup in the high places
- => Three times meal during the trek
- => Farewell dinner in Kathmandu
- => All the transportation as per the itinerary
- => 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)
- => Flight from Jomsom to Pokhara
- => Airport taxes
- => 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 an itinerary
- => Entrance fees in Monastery, museum and Temple
- => Tips for guide and porters