



Itinerary

Day 1

Arrival in Kathmandu (1400m)

Accommodation: 3*Hotel | Meal: Welcome Dinner

When the traveler arrives airport in Kathmandu, Our representative will meet you and transfer to the hotel, then take a rest in the evening time will have welcome dinner at Nepali restaurant.

Day 2

Kathmandu Sightseeing (1400m)

Walking hr: 6 hrs | Accommodation: Tourist Standard 3*Hotel | Meal: Breakfast

After breakfast tour guide pick up you for a tour around Kathmandu valley (Pashupati Temple, Boudhanath, Swayambhu, Kathmandu Durbar square) after that prepare for trekking. Traveler meet trekking guide and team member, they check your equipment as well as advice what you need for trekking.

Day 3

Drive from Kathmandu to Chamje [1410m/4626ft]

Walking hr: 8-9 hrs | Accommodation: Guest house | Meal: Breakfast, Lunch & Dinner

After having breakfast we will take a drive from Kathmandu along the banks of Trishuli River for couple of hours and then along the banks of Marsyangdi River. Our drive is over scenic zigzag hilly roads passing through Besisahar, we drive towards Chamje – the starting point of the trek and Gangapurna Expedition. During today's long drive we will have opportunity to see the daily survival activities of local people as we pass along numerous roadside market towns and villages.

Day 4

Trek from Chamje to Dharapani [1960m/6430ft]

Walking hr: 5-6 hrs | Accommodation: Guest house | Meal: Breakfast, Lunch & Dinner

Our pre-climbing trek starts from Chamje, we will cross a suspension bridge and start uphill trekking to reach Sattale – which marks the narrowest section of the valley. Our trail goes along densely forested area filled with rhododendron trees and beautiful terraced farmlands. We will arrive to a broad flat-bottom valley and to the village of Tal, which marks official entry to Manang District. Our trail from Tal is a descend journey to cross a suspension bridge over Marsyangdi river before arriving at Karte village. Our trekking continues until we arrive at the Gurung village of Dharapani.

Day 5

Day 05: Trek from Dharapani to Chame [2710m/8891ft]



Phone

+977-9841046094 (Arun-24/7)



WhatsApp

+977-9841046094



[Nepalgram.official](https://www.instagram.com/nepalgram.official)



Viber

+977-9841046094



Nepalgram Adventure

License: 2739 | VAT:606733661

Email: nepalgramofficial@gmail.com | mail@nepalgram.com

Walking hr: 5-6 hrs | Accommodation: Guest house | Meal: Breakfast, Lunch & Dinner
Leaving Dharapani, we trek on a trail that is largely affected by landslide area. We will pass through a village school where we might be greeted by school students who are always happy to see foreigners. Our trail is a gradual uphill trekking through forest area towards the typical Tibetan styled village of Bagarchhap. From here we trek along the left bank of the river towards Koto. Koto is the gateway to popular 'NaarPhu Valley Trekking'. An easy trek from Koto will lead us to Chame. Chame is the main administrative center of Manang District, with abundance of shops and teahouses.

Day 6

Trek from Chame to Pisang [3300m/10824ft]

Walking hr: 5-6 hrs | Accommodation: Guest house | Meal: Breakfast, Lunch & Dinner

From Chame, we will follow the trail that heads west along the river banks towards Bharatang. From there we will continue trekking along the banks of Marsyangdi River and then cross a suspension bridge before making a climb to reach Dhukur Pokhari. Our trail gradually opens up as we continue our trek – surrounded by magnificent snow-capped peaks, after an hour's trek from Dhukur Pokhari we will arrive at Pisang. Magnificent views of Pisang Peak and Annapurna II can be seen from Pisang.

Day 7

Trek from Pisang to Manang [3450m/11316ft]

Walking hr: 5-6 hrs | Accommodation: Guest house | Meal: Breakfast, Lunch & Dinner

Today we will follow the trail that introduces us to alpine landscape and harsh vegetation. Passing through Upper Pisang, our trek continues with incredible views of surrounding high peaks towards Manang. On the way, we will pass through Braga Monastery (largest monastery of entire Manang District) – paying a visit at the monastery at Braga is definitely worth. Manang is well reputed for its rich culture and traditions. Besides, we will get opportunity to experience the traditional lifestyle of the local Manangi people while we are at Manang.

Day 8

Rest/Acclimatization day at Manang

Accommodation: Guest house | Meal: Breakfast, Lunch & Dinner

Acclimatization is essential to avoid altitude sickness and to ensure successful summit climb of Mt. Gangapurna. Hence, today we will take a rest day for acclimatization and exploration around Manang. The village of Manang dates back to hundreds of years and local people still practice the traditional culture and tradition which is truly remarkable. Besides, Manang has several good day acclimatization hikes to offer to its visitors. However, a hike up to BhojoGompa or Gangapurna Lake will be worth visiting for best acclimatization and exploration around Manang.

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Trek from Manang to Gangapurna Base Camp [4600m/15088ft]

Walking hr: 5-6 hrs | Accommodation: Camping | Meal: Breakfast, Lunch & Dinner

From Manang, we follow the trail that is a gradual ascend trekking all the way to our campsite at Gangapurna Base Camp at 4600 meters. Our journey follows harsh alpine vegetation, beautiful Juniper and Pine filled forests. Along the route, we explore beautiful glacier lake Gangapurna. As we enter into the higher altitudes through rocky ridges with good views of high mountain valleys and surrounding peaks finally reach at our campsite. After reaching at the Campsite, our Sherpa crew set-up the camp.

Day 10

Day 10-28: Climbing period Mt. Gangapurna [7455m/24452ft]

Walking hr: 5-6 hrs | Accommodation: Camping | Meal: Breakfast, Lunch & Dinner

We spend several days for preparation, climbing training and acclimatization with altitudes. Our experienced Sherpa team members will do all the hard works from setting up the camps at higher altitudes to serving hygienic and healthy meals. Fully equipped with all the necessary climbing gears and properly acclimatized, we will follow the instructions and guidance given by our experienced climbing experts and climb to reach the summit of Mt. Gangapurna. After tackling several technical climbing sections we head towards the mount summit. Our tiring and much waited climb to the summit of Mt Gangapurna is rewarded with magnificent views of Annapurna range & Dhaulagiri Mountain ranges including Nilgiri, Tilicho Peak and other snow-capped mountains. We will spend quality time at the summit and then safely descend following the same route back to Base Camp.

Day 11

Day 29: Trek from Base camp to Yak Kharka [4110m/13484ft]

Walking hr: 5-6 hrs | Accommodation: Guest house /Camping | Meal: Breakfast, Lunch & Dinner

After achieving the lifetime experience of successful Mt. Gangapurna Expedition, today we begin our return journey by following gentle descends before reaching at Khangsar, a beautiful village. After Khangsar, we follow the smooth scenic trail that takes us to reach at our overnight stop at Yak Kharka.

Day 12

Day 30: Trek from Yak Kharka to Thorong Phedi [4600m/15092ft]

Walking hr: 5-6 hrs | Accommodation: Guest house | Meal: Breakfast, Lunch & Dinner

Today we will start following the trail that climbs fairly at an easy gradient to Ledar. After around one hour of trekking from Ledar, we will descend towards the wooden bridge over the KoneKhola. Crossing the bridge we will continue to climb and then follow a rather easy trail that leads to ThorongPhedi where there are extensive teahouses and services.



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Day 13

Day 31: Cross Thorong La [5416m/17764ft] to Muktinath [3800/12467ft]

Walking hr:7-8 hrs | Accommodation: Guest house | Meal: Breakfast, Lunch & Dinner

Today, we will start early for the crossing of the challenging Thorong La Pass, to avoid the strong winds at the pass after midday. We will climb steeply up towards a watercourse before climbing through another large gully formed by the melt of Thorong Peak. From there we will continue climbing across undulating moraine towards the top of the Thorong Pass. Once at the top we will have great views of Annapurna Mountain Ranges to the south and MukutHimal bordering Dolpo to the west. From the top, we will descend steeply towards the grassy meadows and further to a very important pilgrimage site for Hindus and Buddhists – Muktinath.

Day 14

Day 32: Trek from Muktinath to Jomsom [2670m/8757ft]

Walking hr: 5-6 hrs | Accommodation: Guest house | Meal: Breakfast, Lunch & Dinner

From Muktinath, we will follow the trail that leads to Jharkot. From here we will avoid the jeep road by following a small irrigation stream to reach Khingar, but from here onwards we will have to follow the road route that will lead us all the way to Jomsom. Jomsom is the main administrative center and headquarter of Mustang. After arriving at Jomsom, we will celebrate the completion of our Gangapurna Expedition with wonderful trekking.

Day 15

Day 33: Morning flight from Jomsom to Pokhara and Sightseeing at Pokhara

Walking hr:25 min | Accommodation:Hotel | Meal: Breakfast

We take an early morning scenic flight from Jomsom to Pokhara. Pokhara is home to thick forest, emerald lakes and a place of remarkable natural beauty. The reflection of the Machhapuchhre (Fish-Tail) Himal over the serene Fewa Lake makes this place truly magical. Besides, visiting sacred places and sightseeing around the city in Pokhara could be a good way to spend your day.

Day 16

Day 34: Drive from Pokhara back to Kathmandu

Walking hr: 7 hrs | Accommodation: TouristStandard 3*Hotel | Meal: Breakfast

Early in the morning drive tourist bus Pokhara to Katmandu through the beautiful Nepalese countryside to reach the Kathmandu then transfer to the hotel rest of the time explore the around Thamel.

Day 17

Day 35: Leisure day at Kathmandu.

Accommodation: Tourist Standard 3*Hotel | Meal: Breakfast / Farewell Dinner

You would surely like to see as much of Kathmandu as possible. An early start is



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practical to visit the temples of Kathmandu. Also, walking around the shopping area of Thamel is worth spending quality time at Kathmandu. We will have a final meal together in the evening.

Day 18

Day 36: Departure day

Our Airport representative will drop you at the Airport as per your flight schedule.



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