



Details itinerary for Tilmang pass trekking

Day 1 - Arrival

Your arrival at Tribhuvan International Airport marks the start of the journey. At the airport, where you will be transported to the hotel, a member of our crew will greet you.

Day 2- Kathmandu Sightseeing tour & last minute preparation for Tilmang pass trekking

You will meet our guide after breakfast, who will give you a tour of the Kathmandu Valley. You can travel to numerous culturally significant locations, like Swayambhunath, Pashupatinath, and Boudhanath, using the company van. Feel free to look around the various stores in Thamel if you need any clothing or equipment for the trip. You can have lunch or dinner at genuine Nepali restaurant.

Day 3 - Drive to Syapru besi

You take a private vehicle to Syabrubensi. You navigate the twists and drive next to the Trishuli River until you reach Trishuli Bazaar, where you will have lunch. You reach Syabrubensi after driving past various hillside towns, rivers, and waterfalls. The total travel time to arrive to Syabrubensi is 7-8 hours.

Day 4 - Trek to Lama Hotel

We start our first day of walking along the path that passes through the Bhote Koshi before continuing up Langtang Khola. Through bamboo and rhododendron trees, the trail gradually climbs to Bamboo (1960m). Wild boars, langur monkeys, and red pandas (if we were lucky) may be seen when exploring Langtang National Park. The next part of the trip, the ascent to Rimche (2400m), will be a little more



difficult. After Rimche, the route takes you about 30 minutes to get to Lama Hotel, which is where we're going today.

Day 5 - Trek to Langtang village

We begin our day's walking after breakfast by gradually ascending a high forested ridge. We halt for lunch at the village of Ghodatabela after a nice stroll down the trail through trees of pine and rhododendron. Small babblers and various herbal plants abound in the area around Ghodatabela. From there, we proceed down a beautiful trail that takes us to Langtang Village, a Tamang settlement (which was fully destroyed by the massive 2015 earthquake and rebuilt again).

Day 6 - Trek to Kyanjing & acclimatization to Kyanjing ri

The trail ascends steadily up the valley until it reaches Sindum and eventually Yamphu (3640m). As we travel through little towns and yak fields, the valley gradually widens, and the views of hill Dhagpahe/Yansa Tsenji enhance between Langtang and Kyanjin Gomba (6580m). We will arrive in Kyanjin Gomba by noon, Langtang's oldest and most revered monastery, which is surrounded by snow-capped peaks on all sides.

During the trip to a high altitude, acclimatization is important. Therefore, we will take it easy today in order to get used to the thinner air and higher altitude. There are numerous interesting places around, including the Yak Cheese Factory and traditional homes, so you should visit them.

Day 7 - Trek to Langshisa Kharka 4000 m

We set out early in the morning on our walk to Langshisa Kharka from Kyanjin Gomba. The most important walking advice for today is to move rapidly. Because if we begin the walk early, the likelihood of a rock falling will be low and the ground will be frozen. We finally arrive at the first remnants of vegetation—prickly thorn bushes and pussy willows—after two hours of nonstop walking.



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From here, we essentially just follow the yaks' trail. Although the hike today is difficult, the vistas of Dorje Lakpa (6966m) and Langshisa Ri (7427m) along the way keep us going. Our constant progress leads us to a river, which we will cross to go to the Langshisa Kharka, which is identified by the prayer stoned and stone structures.

Day 8 - Trek to Moraine base camp 4580m

We start our trek to Moraine basecamp after breakfast. We climb the stony moraine of the Langshisa Glacier through high alpine flora to the Moraine basecamp at 4580 meters. We will be surrounded by stunning mountains with snow-capped peaks, creating an absolutely stunning view.

Day 9 - Trek over Tilmang pass & camp at Yak Kharka 4825m

We depart from Moraine Base Camp and climb steeply towards Yak Kharka, commonly referred to as Tilman Base Camp, via Tilman Pass, one of Nepal's most picturesque passes at 5320 meters above sea level. The hike is challenging physically and emotionally due to the rocky, uneven moraines, and it is best to start early because the boulder field becomes more unstable as the sun rises. As you get closer to Tilman Pass' peak, breathing could become challenging due to the high altitude. However, the vistas of the nearby snow-capped mountains are gorgeous from the summit. In order to get to Yak Kharka, we then descend from the opposite side while navigating across loose rocks.

Day 10 - Trek down to Tini Pokhari 3750m

The destination of today's trip is Tin Pokhari (Three Lakes). We approach Tin Pokhari by descending the ice slopes and slippery pebbles. Over the course of the winter, these lakes are completely frozen. It's a great place to camp since you can take in the spectacular beauty of the lakes and views of the Himalayan Mountain, which towers above the region.



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Day 11 - Trek to Panchpokhari 4050 m

After breakfast, we'll set out for the peaceful Panch Pokhari, which translates to "five lakes" and is situated at a height of 4100 meters. Along the route, we'll see wildlife, the Rocky Mountains, alpine greenery, and other attractions.

Amazing views of the Jugal Himal Range, Rolwaling Range, Gosainkunda, and other Himalayan peaks may be had from Panch Pokhari. In addition to the lakes, this area is famous for two pilgrim homes and a Lord Shiva temple, both of which may be seen while staying at Camp.

Day 12 - Trek down to Tuppi danda

A 6-7 hour walk from Panch Pokhari to Tupi danda (2320m) begins with a beautiful view of the Panch Pokhari mountain range, Mt. Dorje Lakpa, the Jugal Himal Range, the Rolwaling Range, and the Langtang Range.

Day 13 - Drive to Kathmandu – arrival at Kathmandu around noon

You return to Kathmandu while driving and take in the scenery. When you arrive in Kathmandu, a transfer will take you to your accommodation. Free time to explore kathmandu city.

Day 14 - Departure

Three hours before to the time of your flight, a representative from our organization will drop you off at the airport.