

Kaligandaki Valley Trek



TRIP FACTS

Excellent landscape, ethnic group, high desert landscape, Monasteries visit, deepest gorge of in the world, Hot spring, Rhododendron flower (March/April), 180 degree mountain views from Poon Hill, 3 Eight Thousander and many more....

Trip duration:	8 Days
Maximum altitude:	3802m
Grade:	Moderate to fairly challenging
Starts in:	Pokhara
Ends in:	Pokhara
Accommodation:	Tea House (lodge)
Transportation:	Car/Van/bus
Best Season:	Oct- Nov (autumn season)
Very good Season	Mar- May (spring season)
Good season:	Dec-Feb (winter season)
On luck weather season:	June-Sep (summer/rainy Season)

ITINERARY:

Day 01 Pokhara to Nayapul drive and trek to Tirkhedhunga

Altitude: 1577m

Trek Length: 4 HOURS

Meal: Lunch, Dinner

After your Energetic Breakfast, at around 8:00am your guide will meet you at the hotel premises. You will be transferred to Nayapul via Office transport. Nayapul is 1.5 hours' drive from pokhara, the drive covers the distance of 43kms. After Reaching Nayapul you will begin your trek towards Tirkhedhunga. The Trek Begins with 15 mins walk towards the village Of Birethanti Then walking across the Banks of Modi Khola, Then a short Ascending Trek to The village of Tikhedhunga. The guide will take you to your Tea House Accommodation for overnight stay in Tirkhedhunga. Today's trek is a slight Preparation for the upcoming trek.

Day 02 Trek to Ghorepani

Altitude: 2855M

Trek Length: 6 HOURS

Meal: Breakfast, Lunch, Dinner

The trek starts with the uphill climb through the village of Ulleri, the path rises more gently from this point, over the forests of oak and rhododendrons, towards Banthanti as we hike towards Nangethanti. Finally reaching the village of Ghorepani standing at 2840m. Overnight at a guesthouse.

Day 03 Trek to Poon hill for sunrise and Trek to Tatopani**Altitude: 3210M/1189M****Drive Length: 6 HOURS****Meal: Breakfast, Lunch, Dinner**

We wake up at 4:30 am early morning and start an hour hiking to Poon Hill at an altitude of 3,210 m, a view point that treats you with a 180 degrees Mountain View. We return to Ghorepani for Breakfast after spending an hour in Poonhill. Then we make a climb along ridges, and through pine and rhododendron forests. We will leave the lovely surrounding of Ghorepani and move our ways following the Kali Gandaki River descends trek all the way to Tatopani. We can relax on the Natural Hot water spring and heal ourselves for the further stretch of our trip.

Day 04 Drive to Marpha**Altitude: 2667M****Drive Length: 5 HOURS (Sharing transport drive)****Meal: Breakfast, Lunch, Dinner**

Today we will drive towards the Majestic settlement of Marpha. We will drive past the banks of Kali-Gandaki region entering the Kingdom Of Mustang. Mustang Known for its Beautiful and one of its kind Landscapes located behind the Mountains. We will continue our drive as we reach the village of Marpha. The place Famous for its delicious apples and apple brandy. The houses are all white and have alleyways through it which makes this place even more spectacular.

Day 05 Trek to Kagbeni**Altitude: 2800M****Drive Length: 6 HOURS****Meal: Breakfast, Lunch, Dinner**

Today we will continue our journey towards the majestic Kagbeni. We will bid our goodbye to the amazing town of Marpha as we walk across dry windy tropical climate. Walking through the outskirts of mustang following the Tibetan arts and architecture. Kagbeni lies as the borderline between upper and Lower Mustang. As we walk continue our trek towards Kagbeni we will come across the famous Town of Jomsom. Jomsom, the largest village town and the administrative headquarter of the whole Mustang zone. Jomsom with its airstrip is a thriving spot for both tourist and pilgrims. As we further walk with the great mountain views we will stop our trek as we reach Kagbeni. Overnight in Kagbeni.

Day 06 Trek to Muktinath**Altitude: 3802M****Drive Length: 5 HOURS****Meal: Breakfast, Lunch, Dinner**

Today we will continue our trek through the valley of mustang. We will walk across wonderful landscapes as we continue our journey , today our destination will be Muktinath, the highest spot of this trek. Initially the route leads along the busy road that joins from Kagbeni, the road widens as passing through the interesting village of Jharkot, this place looks old and withered, as it was been for many hundred years ago untouched by modern civilizations, from Jharkot the trail climbs gradually for another hour and half to the holy place of Muktinath. Superb views of Mt.Dhaulagiri, Tukucho peak can be seen from Muktinath itself including the Tilicho and Nilgiri , as it will add more beauty to our trek.

Day 07 Trek to Jomsom**Altitude: 2713M****Drive Length: 6 HOURS****Meal: Breakfast, Lunch, Dinner**

Today we will walk to Jomsom passing the path to Kagbeni, leading straight to Jomsom with another two more hours. Today will be the last day of our trek as we good bye to the wonderful landscapes and the culture of the place. Optional route- we can trek also via Lupa Valley for the valley view and scenic mountains view point with Bon monastery along the way. Overnight in Jomsom.

Day 08 Fly to Pokhara

Altitude: 823M

Drive Length: 6 HOURS

Meal: Breakfast

We will finally bid our good byes to the place as we fly back to Pokhara early morning.

(NOTE: Since this information is a standard representation of what we provide, the above trip schedule can be customized as per your request and requirements.)

Cost Includes

- International and Domestic airport pickup service and drop service
- Trekking land transport as per mention in the itinerary
- Jomsom to Pokhara flight ticket
- Trekking conservation permit
- Trekking Register Certificate
- Equipped and insured trekking porter (one porter in between 2 person)
- Experienced and first aid trained license holder trekking guide
- Tea House accommodation during the trek in double occupancy
- All meals during the trek (B=breakfast, L=Lunch, D= Dinner)
- Sleeping bag (only if require)
- Government taxes and service charges

Cost Excludes

- Drinks and Bar Bill (beverage/all kind of drink) in the tea house trek
- Helicopter evacuation/rescue in case of emergency
- Personal insurance
- Personal use trekking equipment
- Hotel in Kathmandu and Nagarkot
- Tipping to guide and porter

EQUIPMENT LIST

- ✓ Long Pants / Shorts
- ✓ Thermal tops/leggings
- ✓ Jerseys
- ✓ Jacket – water, wind proof – warm (down or fibre fill)
- ✓ Tramping Boots
- ✓ T-shirts, underwear.
- ✓ Trackpants – warm comfortable clothing for night
- ✓ Gloves – warm, wool
- ✓ Light shoes for night –sneakers or slippers/ug boots, etc
- ✓ Towel and personal toiletries
- ✓ Sleeping bag, warm to -20 degrees(down or fibrefill – or rent one in Kathmandu)

- ✓ Duffel bag (canvas or nylon, without a frame - for porters to carry); can get the one from Trekking Team office
- ✓ Daypack (small, waterproof, for you to carry)
- ✓ Water bottle 1 litre (can purchase in Kathmandu)
- ✓ Headlamp or flashlight

USEFUL INFO

General Trekking temperature in Spring season; trekking in Autumn is more cold

800- 2000m:

Day: 26 degree Celsius

Night: 8 degree Celsius

2000-3000m:

Day: 24 degree Celsius

Night: 4 degree Celsius

3000-4000m:

Day: 20 degree Celsius

Night: minus 4 degree Celsius

Trekking Guide we provide: English speaking trekking guide, equipped and insured, flexible during the trek, sense of humour and friendly.

Porter we provide (*if needed): Experienced for high altitude trek, equipped and insured, sense of humour and friendly.

General minimum Tips for Guide and Porter (tipping in Nepal are not obligatory but always trekking staff they hope from you to have tips at the end of the trek and they always do their best make the memorable holiday in Nepal).

Important note: Kaligandaki Valley is known as moderate trek; however we never know anyone can have health problem anywhere. So, I would like to request you come with good insurance which will even cover helicopter evacuation; I am sure you will not needed helicopter evacuation but just for in case.

Meals that serve in mostly lodge/tea house: Nepali, Indian, Chinese, Italian foods are available in the trekking meal; and you can order meal with looking into meal menu. Be vegetarian is best choice during the trek; meat item may not be good enough hygiene for your stomach. Mountains made food are just simple; do not expect high about the meal during the trek.

Electricity facilities in trekking lodge: Mostly place they have hydro power line but some place you will have solar power system. You will have battery charging facilities in mostly tea house; for these facilities you may need to pay some money (cost about USD 1 for 1 hour charge).

Kaligandaki Valley trek; Room in Tea house: You will have mountain hut (tea house accommodation). In this trek you cannot expect high room quality. Mostly time you will have common bath room. Lodge also offer solar hot water or gas hot water for the shower; service for extra payment.

Hotel Accommodation in Kathmandu and Pokhara: Trekking Team also sell hotel accommodation in different standard at suitable your budget; you can ask with us for the hotel booking.

Transport to Kathmandu from Pokhara: Also Trekking Team sell transport service in reasonable price; Pokhara to Kathmandu transport you can use;

- Local bus; 7 hours (bus departure every day start from 7 AM till 10 AM)
- Tourist Bus; 6-7 hours (bus departure every day start at 7 AM)
- Private car for luxury; 5-6 hours
- Airplane to Kathmandu; 30 minutes flight (several flights every day start from 9 AM till 3:00PM)

Financial Security:

<https://trekkingteam.com/content/before-booking-a-trip/financial-security.html>