



## Chulu East Peak Climbing - 17 Days

Chulu East Peak (6,584m/21,601ft) is a popular trekking peak located in the Annapurna region of Nepal. It offers stunning views of the Annapurna, Dhaulagiri, and Manaslu Himalayan ranges. The climbing route starts from Bensisahar and follows the Marsyangdi River valley through a variety of landscapes and cultures. After crossing rhododendrons and pine forests, we reach the upper valley where the Manangba people live.

We then branch off the Annapurna Circuit Trail at Pisang into an uninhabited region, following a ridge through pine forests, yak pastures, and mani walls toward the Chulu East Base Camp. The climb involves glacier crossing and a steep ascent to the summit. Most of the climbing is done roped together.

From the summit, we witness surreal views of Annapurna II, III, and IV, Gangapurna, Glacier Dome, Dhaulagiri, Tilicho Peak, Manaslu, and other peaks. After relishing the views, we descend back to Base Camp the same day. The descent continues into the Manang Valley, visiting the ancient Buddhist Braga Monastery uniquely built into a cliff. The trail then follows a wide path through Juniper forests where we may spot wildlife like blue sheep and barking deer.

### CHULU EAST PEAK CLIMBING DIFFICULTY

Chulu East Peak (6,584m/21,600ft) is considered a moderate trekking peak suitable for fit and adventurous climbers with some prior mountaineering experience. It is generally less technical compared to other peaks in the Annapurna region. The climbing route involves glacier crossing and a steep ascent to the summit.

Most of the climbing is done roped together and requires the use of crampons, harness, ice axe and climbing ropes. However, Chulu East is marked as a less technical peak compared to other trekking peaks in Nepal. The real climbing adventure begins after Ngawal (3,660m) with a steep climb to Chulu East Base Camp (3,800m).

After acclimatization and training on climbing gear, climbers ascend to Chulu East High Camp (5,330m) in about 3-4 hours. The final summit push from High Camp is a steep climb on snow and ice following the east-north ridge.

While Chulu East is considered easier than other peaks, it still demands good physical fitness and some prior mountaineering experience. The summit success rate is around 95%. Proper acclimatization and use of climbing equipment is essential for a safe and successful climb.

### PERFECT SEASONS FROM CLIMBING CHULU EAST

The best time of year to climb Chulu East Peak is during the spring season from March to May and the autumn season from September to November. These periods offer favorable weather conditions with clear skies, mild temperatures, and reduced risks associated with high altitudes.

During spring and autumn, climbers can expect stable weather, longer daylight hours, and lower chances of high-altitude storms. The temperatures during the day are comfortable, ranging around 15 degrees Celsius, while nights can be



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cooler at around 7-8 degrees Celsius. As climbers ascend to higher altitudes, the temperature drops further, requiring warm clothing for the summit push.

On the other hand, the monsoon season from July to August and winter season from December to February are not recommended for climbing Chulu East Peak. These seasons bring harsh weather conditions with heavy snowfall, rain, and extreme cold, making climbing difficult and dangerous due to avalanches, landslides, and slippery trails.

Thus to maximize safety and enjoyment during the climb, it is advisable to plan your expedition to Chulu East Peak during the spring or autumn seasons when the weather is most favorable for trekking and climbing in the Annapurna region of Nepal.





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## PRICE INCLUDES

### Transportation

- Private vehicle for transfers as per in itinerary; airport pickup & drop, sightseeing
- Private vehicle for Kathmandu to Bensishar
- Shared vehicle for Bensisahar to Dharapani and Manang to Bensisahar

### Food and Accommodation

- Four nights' accommodation in Kathmandu in a 3-star category hotel
- Best available local lodge/teahouse accommodation throughout the trek
- The tent accommodation during the climbing days
- All standard meals (Breakfast, Lunch, and Dinner) during the trek and climb
- Available seasonal fruits throughout the trek and climb
- Breakfast at a hotel in Kathmandu
- Farewell Dinner in Kathmandu

### Staff

- A Government licensed English-speaking trekking guide including wages, meals, insurance, lodging, transportation, and other necessary gear & equipment.
- For more than six trekkers, one assistant guide includes wages, meals, insurance, lodging, transportation, and other necessary gear & equipment.
- A Government licensed English-speaking climbing guide including wages, meals, insurance, lodging, transportation, and other necessary gear & equipment.
- A porter for two trekkers/ climbers including wages, meals, insurance, lodging, transportation, and other necessary gear & equipment
- A Government licensed English-speaking tour guide for the Sightseeing Program at Kathmandu

### Permits and Tariffs

- Annapurna Conservation Area Permit (ACAP)
- Trekkers' Information Management System (TIMS) card
- Chulu East Peak Climbing Permit
- All other government, local taxes, and official expenses

### Additional

- A Gortex (100% Waterproof) Duffle bag to keep your personal belongings to be carried by the porter
- Assistance in arranging rescue operations in case of complicated health conditions (funded by travel insurance)
- Chulu East Peak Climbing map



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- Outward Adventure t-shirt
- Outward Adventure Appreciation Medal after the successful trek
- A first aid medicine bag in each group (carried by the trekking/climbing leader)

## PRICE EXCLUDES

- International Flight Cost
- Nepal Entry Visa Fees
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the climb
- Personal expenses such as alcoholic drinks, shopping, snacks, boiled bottled water, hot (Tea/ Coffee) and cold drinks, hot showers, alcohol, Wi-Fi, telephone call, battery re-charge fees, extra porters, etc
- Additional costs suffered due to causes beyond our control, such as natural disasters, weather conditions, itinerary modifications due to safety concerns, emergency evacuation, changes in government policies, strikes, and so forth
- Tips for guides, porters, and drivers (Tips are expected and appreciated)



## ITINERARY IN DETAIL

### Day 1: Arrival in Kathmandu (1300 m/4265 ft)

Upon your arrival at the airport, our representatives will promptly wait for you outside the airport's international terminal with the garland of flowers in hand and your nameplate as well. He/she will welcome you and greet you as well.

After a brief introduction, they will escort you to your hotel where we can relax, unwind, or explore the nearby streets. Should we choose to wander, we will offer guidance and support to help you navigate the area. In the evening, we can accompany you to a local restaurant serving a diverse cuisine selection for a delightful dining experience.

### Day 2: Exploring Day in Kathmandu / Trip Preparation Day

Kathmandu is renowned for its religious and historical monuments that are spread throughout the city. Embark on a guided tour of the UNESCO World Heritage sites in Kathmandu, starting with a visit to the historical Kathmandu Durbar Square to explore the architectural marvels of the temples and learn about the city's monarchical history.

Next, proceed to the revered Pashupatinath Temple, a significant Hindu pilgrimage site. Following this, take a drive to Swayambhunath, also known as the Monkey Temple, a revered stupa among Buddhist pilgrims worldwide. Optionally, we can also visit the impressive Bouddhanath Stupa, one of the largest stupas globally.

After the enriching tour, make your way to our office for pre-trip discussions where we can interact with the climbing guide and team members, addressing any queries we may have. Return to your hotel to check your packing list, enjoy dinner, and rest up for the upcoming journey the next day.

### Day 3: Drive Kathmandu to Dharapani (1946 m / 6383 ft) via Bensisahar: 9 to 10 hrs.

We depart from Kathmandu early in the morning for a drive to Dharapani via Bensisahar, the beginning point of classic Annapurna Circuit Trek. Along the journey, we will encounter rivers, rolling hills, and a lush green landscape. After leaving the Prithvi Highway, the road takes us through the Marsyangdi Valley. The off-road drive can be bumpy at times.

We may even spot waterfalls, where we can make quick stops to enjoy the views. Dharapani is situated in the Manang district and serves as the starting point for many other treks in the area, including the Annapurna Circuit Trek. In Dharapani, we can explore the traditional lifestyle of the local inhabitants.

### Day 4: Trek Dharapani to Chame (2670 m/8758 ft): 5 to 6 hrs.

The trek from Dharapani to Chame is a captivating journey through the stunning landscapes of the Annapurna region in Nepal. Starting from the quaint village of Dharapani (1,860m), the trail winds its way through alpine-like meadows, traditional villages, and dense pine forests, offering breathtaking views of snow-capped mountain peaks along the way. While trekking to Timang (2,750m) is a relatively short but scenic hike, where we can encounter cows with large bells and soak in the serene surroundings.

The next point after Timang is to Koto (2,600m) takes us through more pine forests and closer to the majestic



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mountains, while the final leg to Chame (2,670m) leads us through a secluded, dense forest with traditional villages and awe-inspiring vistas of the snow-capped peaks. This 7-8 hour trek from Dharapani to Chame is a captivating blend of natural beauty, cultural immersion, and the opportunity to witness the grandeur of the Annapurna range.

### **Day 5: Trek Chame to Pisang (3200 m/10497 ft): 5 to 6 hrs.**

Today's trek from Chame to Pisang promises an exhilarating adventure with a plethora of dramatic sights awaiting you. The trail leads us through a steep and narrow path cutting through dense forests before reaching Paungada Danda, offering breathtaking views of the majestic peaks.

Be on the lookout for numerous waterfalls cascading down from massive boulders along the way. As we continue, we will pass by an organic apple farm where we can savor delicious apple juice. The trek unfolds amidst rolling hills on both sides, with intermittent views of the sapphire Marsyangdi River, creating a thrilling and picturesque journey.

### **Day 6: Trek Pisang to Ngawal (3660 m/120078 ft): 5 to 6 hrs.**

The trek from Pisang to Ngawal is a captivating segment of the Annapurna Circuit, combining stunning natural beauty with rich cultural experiences. Starting your day in Pisang, situated at an elevation of 3,200 meters, we enjoy a hearty breakfast, which might include local favorites like porridge, eggs, Tibetan bread, and tea.

We begin your trek westward from Upper Pisang, moving through a mixed forest of pine and juniper. After a couple of hours of a steep ascent, we reach the village of Ghayru, perched at 3,670 meters, offering breathtaking views of Annapurna II, III, IV, and Pisang Peak. Here, we take a short break to hydrate and capture photographs of the panoramic scenery.

Continuing the trek, the path from Ghayru to Ngawal becomes more level, winding through terraces and fields, providing a more relaxed walking experience with stunning vistas of the Annapurna range and the Marsyangdi River below. Eventually, we arrive in Ngawal at 3,660 meters. After checking into a teahouse or lodge, we have lunch, typically featuring dishes like dal bhat, momo, or thukpa, and take some time to rest and acclimatize.

We then explore Ngawal, visiting the local monastery and interacting with the villagers to learn about their culture and lifestyle. If you're up for it, a short hike to a nearby viewpoint for sunset views over the Annapurna range can be a rewarding experience. As the evening sets in, we return to your lodge for relaxation and dinner, sharing your experiences with fellow trekkers and preparing for the next day.

Finally, we settle in for a good night's sleep, ready for the next leg of your journey. Throughout the trek, it's crucial to pace yourself to avoid altitude sickness, dress in layers to adapt to changing weather, and carry essential supplies like a first aid kit, sunscreen, and trekking poles. Being respectful of local customs and traditions enhances the overall experience, making the trek from Pisang to Ngawal a memorable adventure.

### **Day 7: Rest Day at Ngawal / Acclimatize Hike Around**

A rest day in Ngawal, set at an elevation of 3,660 meters, is perfect for acclimatization and exploration. This high-altitude

village offers a serene environment to relax and recover from the rigors of trekking. We can spend the day leisurely walking around the village, visiting the local monastery, and interacting with the friendly villagers to gain insight into their traditional lifestyle.

For those feeling energetic, a short acclimatization hike to a nearby viewpoint provides stunning panoramic views of the Annapurna range and the surrounding valleys. This hike not only aids in acclimatization but also offers a chance to appreciate the natural beauty and tranquility of the area.

As the day progresses, we return to your lodge for a hearty meal and more rest, ensuring you're well-prepared for the trekking days ahead. Taking it easy and enjoying the peaceful atmosphere of Ngawal makes for a rejuvenating and culturally enriching rest day.

#### **Day 8: Trek Nagwal to Yak Kharka (3750 m/12301 ft): 5 to 6 hrs.**

The trek from Ngawal to Yak Kharka is a notable segment of the Annapurna Circuit, characterized by a gradual ascent and breathtaking Himalayan vistas. Starting your day in Ngawal, at an elevation of approximately 3,660 meters, we begin with a nutritious breakfast at your teahouse or lodge.

Local options typically include porridge, eggs, Tibetan bread, and tea, providing the energy needed for the day's journey. The trek commences with a northwest route, initially descending slightly before beginning a gradual ascent. The trail offers picturesque landscapes with terraced fields and a stunning backdrop of towering peaks.

Mid-morning, we pass through the small village of Julu and continue towards Braga, enjoying beautiful views of the Annapurna range and glimpses of traditional village life along the way. Short breaks for hydration and rest are essential, especially as the trail becomes steeper. After a few hours of trekking, we reach Manang, a larger village at an elevation of approximately 3,540 meters. Manang provides an opportunity for a longer break, where we can enjoy a snack or tea and visit the Himalayan Rescue Association Clinic for information on altitude sickness if needed.

Leaving Manang, the trail continues its gradual ascent through alpine landscapes. The air becomes thinner, and we may spot yaks grazing in the pastures, enhancing the high-altitude trekking experience. The path offers stunning views of the Annapurna range, Gangapurna, and other peaks.

By early afternoon, we arrive in Yak Kharka, situated at an elevation of approximately 4,000 meters. After checking into a teahouse or lodge, we can have lunch featuring local dishes like dal bhat, momo, or thukpa, followed by some much-needed rest to acclimatize to the higher altitude.



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Later in the afternoon, a short acclimatization walk around Yak Kharka helps your body adjust to the altitude and prepares us for the higher elevations ahead. The rugged, high-altitude landscape offers a chance to spot wildlife such as blue sheep. As evening sets in, we return to your lodge for a relaxing evening, enjoying a warm dinner and sharing stories with fellow trekkers. Preparation for the next day's trek includes organizing your gear and ensuring we have enough water and snacks.

Finally, a good night's sleep is essential to recover from the day's trek and to prepare for the next leg of your journey. Staying warm and comfortable is crucial, as temperatures can drop significantly at night. Throughout the trek, pacing yourself and taking breaks are vital to avoid altitude sickness.

Dressing in layers to adapt to changing weather conditions and carrying essential items like a first aid kit, sunscreen, sunglasses, and trekking poles will enhance your trekking experience. Being respectful of local customs and traditions adds to the overall enjoyment of the trek from Ngawal to Yak Kharka, making it a memorable adventure in the Annapurna region.

#### **Day 9: Trek Yak Kharka to Chulu East Base Camp (4600 m/15091 ft): 5 hrs.**

The trek from Yak Kharka to Chulu East Base Camp is a demanding and exhilarating journey, offering trekkers a blend of alpine scenery and high-altitude adventure. Starting from Yak Kharka, situated at an elevation of approximately 4,000 meters, we begin your day with a nutritious breakfast at your lodge, ensuring we have the energy needed for the challenging trek ahead.

As we leave Yak Kharka, the trail initially ascends gradually through alpine pastures where yaks graze, transitioning into a more rugged and rocky landscape. The path then becomes steeper and more challenging, requiring careful footing and a steady pace to manage the increasing altitude and rough terrain.

Midway through the trek, we pass through the small settlement of Julu, where we can take a short break to hydrate and appreciate the breathtaking views of the surrounding peaks. The air grows thinner as we continue to ascend, and the trail becomes more demanding, winding through rocky outcrops and glacial moraines. As we approach Chulu East Base Camp, located at an elevation of approximately 5,300 meters, the environment becomes stark and high-altitude, with expansive views of Chulu East and the towering Himalayan giants around you.

Upon reaching Chulu East Base Camp, we set up your camp or settle into the designated camping area, depending on your trekking arrangements. The base camp offers a stunning backdrop of snow-capped peaks and glacial landscapes, making the arduous trek worthwhile. After setting up camp, it is crucial to rest and acclimatize to the high altitude.



Hydrating well and taking short acclimatization walks around the camp area help your body adjust to the thin air. The evening is spent in the serene and remote environment of the base camp, where we can enjoy a hearty meal, share stories with fellow trekkers, and prepare for potential summit attempts or further exploration in the days ahead. This segment of the trek not only provides a challenging and rewarding high-altitude adventure but also presents some of the most magnificent views in the Annapurna region, creating unforgettable memories.

#### **Day 10: Trek Chulu East Base Camp to Chulu East High Camp (5343 m/17,500 ft): 3 to 4 hrs.**

The trek from Chulu East Base Camp to Chulu East High Camp is a crucial and demanding segment, offering a dramatic change in altitude and environment, and requiring both physical endurance and mental fortitude. Starting from Chulu East Base Camp, at an elevation of approximately 5,300 meters, we begin your day with a nutritious breakfast, essential for the strenuous ascent ahead. The route to High Camp is shorter in distance but steep and challenging, with the trail becoming progressively more rugged and less defined. As we leave the base camp, we traverse through glacial moraines and rocky terrain, requiring careful navigation and steady pacing to manage the increasing altitude.

The trek involves climbing over loose scree and navigating narrow paths along the mountain's edge, demanding concentration and stamina. Midway through, we might encounter sections that require scrambling over rocks, adding to the technical aspect of the climb.

The thinning air makes breathing more difficult, and it's important to take regular breaks to hydrate and acclimatize. As we approach Chulu East High Camp, located at an elevation of approximately 5,800 meters, the landscape transforms into a stark, high-altitude environment with sweeping views of the surrounding Himalayan peaks.

Upon arrival at High Camp, we set up your tent or settle into a pre-established campsite, depending on your arrangements. The camp provides a breathtaking vantage point with panoramic views of the Annapurna range and other towering peaks. After setting up, it's crucial to rest and continue acclimatizing to the higher altitude.

Hydrate well and take short walks around the camp to aid acclimatization. The evening at High Camp is spent in preparation for the potential summit attempt of Chulu East. We share a hearty meal with your team, review the plan for the summit day, and ensure all your gear is ready for the early morning start. The experience at High Camp is both challenging and rewarding, offering a sense of achievement and anticipation as we prepare for the final push to the summit.

#### **Day 11: Trek Chulu East High Camp to Camp I (5791 m/18999 ft): 3 to 4 hrs.**

The trek from Chulu East High Camp to Camp I is a rigorous and technical climb that requires careful planning and preparation. Beginning early in the morning at Chulu East High Camp, situated at approximately 5,800 meters, we start with a hearty breakfast to fuel your body for the challenging ascent ahead. The route to Camp I involves navigating steep and often icy terrain, requiring the use of crampons, ropes, and other climbing gear. The trail offers breathtaking views of the surrounding peaks and glaciers, but the thin air and cold temperatures present significant challenges.

As we progress towards Camp I, which sits at an elevation of around 6,000 meters, you'll encounter sections that



demand technical climbing skills, including scrambling over rocks and negotiating narrow paths along the mountain's edge. Safety is paramount, with regular rest breaks to hydrate, monitor altitude sickness symptoms, and ensure everyone in your team is coping well with the altitude.

Upon reaching Camp I, setting up camp and acclimatizing to the higher altitude become top priorities. Short walks around the campsite help with acclimatization, but caution is necessary to avoid overexertion. The evening is spent preparing for the next day's activities, including a thorough gear check, briefing with your guide, and a nutritious dinner to replenish energy stores. This segment of the climb is physically demanding yet rewarding, providing a glimpse of the challenges and exhilaration of high-altitude mountaineering.

### **Day 12: Summit Chulu East Peak (6584 m / 21601ft ) and descent to Camp I: 10 to 12 hrs.**

On the day of the summit climb, we begin preparations very early, typically around midnight or in the early hours of the morning. After a light breakfast, we gather your essential climbing gear, including warm clothing, headlamps, crampons, ice axes, and harnesses.

The climb starts from Camp I, where we have already acclimatized, ensuring we are physically and mentally prepared for the challenging ascent. The initial part of the climb involves navigating steep and icy slopes, often using ropes for safety as we make your way towards the summit of Chulu East. The thin air and extreme cold at this altitude make the climb physically demanding, requiring a steady pace and frequent breaks to manage altitude-related challenges and fatigue.

As we continue ascending towards the summit, we encounter various obstacles such as crevasses, snowfields, and rocky sections. Traversing ridges and negotiating challenging terrain becomes part of the climb, with the final push to the summit being the most demanding. Reaching the summit of Chulu East is a remarkable achievement, offering sweeping panoramic views of the surrounding Himalayan peaks and valleys. After celebrating your summit success and capturing the breathtaking scenery, it's important to spend limited time at the summit to avoid altitude-related risks.

The descent from the summit back to Camp I requires careful navigation and concentration. We retrace your steps, descending through the challenging terrain while your body adjusts to lower altitudes and the air becomes thicker. This descent is equally demanding as the ascent, necessitating caution and focus to navigate safely.

Upon reaching Camp I, we can rest, hydrate, have a nutritious meal, and reflect on the incredible experience of summiting Chulu East Peak. The summit climb and descent back to Camp I represent a significant accomplishment in high-altitude mountaineering, highlighting the importance of preparation, safety, and perseverance in achieving such feats.

### **Day 13: Reserve Day / A contingency**

A contingency day is separated in case we cannot summit the day before. If so, we summit today. Other we get rest around High Camp or descend to Manang.

### **Day 14: Trek High Camp to Manang/Humde: 7 to 8 hrs.**



After the exhilarating summit of Chulu East Peak and a well-deserved rest at High Camp, the descent back to civilization begins with a trek from High Camp to Manang or Humde. This leg of the journey typically spans around 7 to 8 hours, depending on the pace and trail conditions.

Early in the morning, we start the descent from High Camp, located at an elevation of approximately 5,800 meters. The initial part of the trek involves retracing our steps through the challenging terrain you conquered during the ascent. As you descend, we will navigate through rocky paths, snowfields, and crevasses, utilizing your climbing skills and equipment as needed. The descent from high altitudes requires careful footing and concentration, especially as we transition from icy sections to rocky slopes.

Midway through the descent, we will reach Camp I, a significant milestone marking the completion of the climbing portion of the expedition. From Camp I, the trail becomes less steep as we continue descending towards lower altitudes.

The scenery changes as we pass through alpine meadows, juniper forests, and traditional villages, offering a contrast to the rugged high-altitude landscapes. Along the way, we may encounter yak herders, local villagers, and fellow trekkers, adding to the cultural experience of the trek.

As we approach Manang or Humde, located at an elevation of around 3,540 meters, the terrain becomes more hospitable, with wider paths and occasional settlements. Upon reaching our destination, we settle into a teahouse or lodge, enjoying a well-deserved rest after the challenging descent.

Take time to relax, reflect on the expedition, and savor local cuisine while reminiscing about the incredible journey to Chulu East Peak. This trek from High Camp to Manang or Humde encapsulates the transition from high-altitude mountaineering to the more familiar comforts of lower elevations, offering a fulfilling conclusion to the adventure.

### **Day 15: Drive Manang to Kathmandu via Besisahar**

The drive from Manang to Kathmandu via Besisahar is a scenic journey that spans several hours, offering glimpses of Nepal's diverse landscapes and cultural heritage. This drive includes various checkpoints and highlights along the route.

Starting from Manang, situated at an elevation of approximately 3,540 meters, we depart in the early morning to make the most of daylight hours. The initial part of the drive takes us through picturesque mountainous terrain, passing through charming villages like Chame and Pisang, known for their traditional architecture and vibrant culture. As we descend from higher altitudes, we'll witness dramatic changes in vegetation, from alpine forests to subtropical forests teeming with rhododendrons, pine trees, and lush greenery.

Arriving at Besisahar, a bustling town and a gateway to the Annapurna Circuit, we take a break for lunch and refreshments. Besisahar also serves as a transition point where you switch from off-road terrain to more well-maintained highways as we continue towards Kathmandu. Along the way, you pass through scenic valleys, cross rivers, and enjoy panoramic views of terraced fields and rural settlements.



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As the journey progresses, we drive through towns like Dumre and Mugling, located at lower elevations, where the subtropical climate becomes more evident with warmer temperatures. Crossing the Trishuli River, we enter the Prithvi Highway, a major arterial route connecting Kathmandu to the rest of Nepal. The highway offers smoother roads and easier driving conditions compared to the mountainous stretches earlier in the journey.

Finally, we arrive in Kathmandu, Nepal's vibrant capital city, known for its rich history, ancient temples, and bustling markets. Depending on the time of arrival, you may have the opportunity to explore Kathmandu's cultural attractions, such as Durbar Square, Swayambhunath Stupa (Monkey Temple), or Thamel's bustling streets filled with shops and eateries.

This detailed itinerary for the drive from Manang to Kathmandu via Besisahar highlights the transition from mountainous landscapes to the bustling city, providing a comprehensive experience of Nepal's natural beauty and cultural diversity along the way.

### **Day 16: Rest Day in Kathmandu/ Preparation for the final Departure**

On your rest day in Kathmandu before your final departure, the focus shifts to relaxation, reflection, and practical preparations. Begin your morning with a leisurely breakfast, savoring local delights like Nepali tea and breakfast staples. Use this time to catch up on rest after your adventures and reflect on the highlights of your trip. Consider journaling or organizing your photos and souvenirs to preserve memories from your journey.

During the day, take advantage of your last moments in Kathmandu to explore any remaining cultural attractions or landmarks you haven't visited yet. In the afternoon, focus on practical preparations for your departure. Double-check your flight details, confirm transportation arrangements to the airport, and pack your bags with care, ensuring you have everything you need for the journey home.

Take time to settle any outstanding bills or purchases, exchange currency if necessary, and express gratitude to the staff at your accommodation for their hospitality. End your day with a relaxed dinner, perhaps trying a new restaurant or revisiting a favorite spot, and savor the final moments of your Nepalese adventure before heading to the airport for your departure the next day.

### **Day 17: International Departure/Airport Drop**

It's your last day in Kathmandu city and as per the flight's time, our officials will drop you at the airport at least 3 hours before your flight schedule. If required, they'll help you with the security and even stay there until the flight takes off.