

## Chulu West Peak Climbing - 18 Days

Chulu West Peak (6419m/21,055ft) is one of the most beautiful trekking peaks of Nepal lies in one of the most beautiful trekking regions of Nepal – the Annapurna Region of central Nepal. There exist two Chulu Peaks; Chulu East and Chulu West and this package is all about Chulu West Peak Climbing. Climbing Chulu West is to grab the opportunity for preparing the high mountain expedition. It will be the best climbing practice, use of gear and equipment, spend nights in the tented camps, and practice walking in the icy giants.

Chulu West Peak, flaunting its snow-laden peak, rises magnificently to mesmerize everyone raring to undertake the climb. While also serving as an excellent vantage point to behold the views of the Annapurna and Dhaulagiri mountain massifs, the cultural diversity and biodiversity throughout the journey are certain to fascinate you.

Standing at 6419m, the top of the mountain, we can have the picturesque sceneries of Dhaulagiri, Nilgiri, Annapurna I, Manaslu, Lamjung Himal, Annapurna II, III and South, Machhapuchhre, and several mountains nearby. Considered a bit technical peak, climbing the Chulu West Peak requires good physical and psychological preparations and strengths. Although high technical skill is not necessary to climb it, high-altitude trekking such as Annapurna Base Camp Trek, Everest Base Camp Trek, etc. is highly recommended before climbing this mountain.

Chulu West Peak is a part of the bigger Damodar Himal range of Manang district in western Nepal, which runs south from Chako Peak (6,687m) in a north-south direction along the Nar Phu and Hunlung Khola. The trekking trail for Chulu west peak climbing is a memorable route that provides the most beautiful views of surrounding peaks as well as lush green forests of Nepal which is part of the famous Annapurna Circuit Trek.

A journey to Chulu West Peak Climbing begins with a picturesque drive to Dharapani (the beginning point of the trek) from Kathmandu in a private car. Starting the trek here we pass via the arid but gorgeous valley of Manang, which indeed looks like the slice of heaven on earth.

We will be able to enjoy the incredible landscape of Manang and its unique settlement. Upon reaching the village of Yak Kharka, we leave the main trail of Annapurna Circuit and follow a yak trail into a barren inhabited land with large meadows and a bit of vegetation. We spend a couple of nights at the base camp for acclimatization and practice climbing techniques required for the summit.

With sound preparation in the base Camp, we walk to the high camp for the final summit push. It can be at least one, and possibly two, high camps and cover rugged terrain on rocks and ice to reach the summit. The first part requires fixed ropes, but the final climb to the summit is long and gradual which is more tiring if the snow is soft. Upon reaching the summit, we enjoy the magnificent sceneries of the high mountain peaks, the entire Manang valley, and the terrains, we climb back to the high camp at the high camp.

Leaving High Camp, we descend to Thorung Phedi and begin another adventure to Thorung La (5416m) and continue



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walking down to Muktinath. We then descend into the deepest gorge in the world, the Kali Gandaki Valley, reaching a famous pilgrimage site, Muktinath, where there are several Hindu and Buddhist temples. From Jomsom, we take a flight to Pokhara and drive to Kathmandu to end the entire adventure.





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## PRICE INCLUDES

### Transportation

- Private vehicle for transfers as per in itinerary; airport pickup & drop, sightseeing
- Private vehicle for Kathmandu to Bensishahar, and Pokhara to Kathmandu
- Sharing Jeep for Bensishahar to Dharapani
- Domestic flight tickets (Jomsom – Pokhara) and airport departure taxes

### Food and Accommodation

- Three nights' accommodation in Kathmandu in a 3-star category hotel
- One night's accommodation in Pokhara in a 3 - star category hotel
- Nine nights' accommodation in the best available local lodge/teahouse throughout the trek
- Four nights in the tents while climbing the peak (in Base Camp and High Camp)
- All standard meals (Breakfast, Lunch, and Dinner) during the trek
- Available seasonal fruits throughout the trek
- Breakfast at a hotel in Kathmandu and Pokhara
- Farewell Dinner in Kathmandu

### Staff

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



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- Assistance in arranging rescue operations in case of complicated health conditions (funded by travel insurance)
- Chulu West Peak Climbing map
- Outward Adventure t-shirt
- Outward Adventure Appreciation Medal after the successful trek
- A first aid medicine bag in each group (carried by 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
- Extra baggage check-in during the flight (Jomsom – Pokhara ) if more than 15 KG, 01 USD per KG extra, can pay directly to the airline.
- Personal expenses such as alcoholic drinks, shopping, snacks, boiled bottle water, hot (Tea/ Coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, 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)



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## ITINERARY IN DETAIL

### Day 1: Arrival and transfer to Hotel in Kathmandu (1338m)

As our plane descends into Kathmandu Valley, the first glimpse of terraced hillsides and golden temple spires fills us with excitement. Stepping into the vibrant chaos of Tribhuvan International Airport, we're greeted by our Outward Adventure Treks team with warm namastes and fragrant marigold garlands. The drive to our hotel offers a sensory overload—honking scooters weaving through streets lined with prayer flags, the aroma of street food blending with incense from roadside shrines.

After settling in, we gather on the hotel rooftop as the sunset paints the Himalayas pink. Over steaming cups of masala chai, our lead guide briefs us on the coming adventure while we sample our first momos (Himalayan dumplings). The evening ends with gear checks under the glow of hurricane lamps, the anticipation of tomorrow's cultural immersion keeping us awake despite jetlag.

### Day 2: Sightseeing for a full day in Kathmandu Valley and Trip Preparation

Dawn finds us at Swayambhunath Stupa, climbing the 365 steps alongside Buddhist pilgrims and mischievous monkeys. The panoramic view reveals Kathmandu waking—smoke rising from breakfast fires, monks circling the stupa with spinning prayer wheels. At Patan Durbar Square, Newari artisans demonstrate ancient metalworking techniques passed down through generations, their hammers keeping time with temple bells.

The afternoon transforms into a gear carnival at our pre-trek briefing. We practice crampon techniques on the hotel lawn, drawing curious glances from staff. A local amchi (traditional healer) teaches us to identify altitude-relief herbs we'll encounter on trail. As dusk falls, we savor a farewell feast of yak steak and thukpa in a converted Rana-era palace, the carved wood ceilings whispering stories of Nepal's royal past.

### Day 3: Drive Kathmandu to Dharapani (1,950m) 9 to 10 hours drive

Upon your arrival at Tribhuvan International Airport in Kathmandu, you will be greeted by our friendly representative who will assist you with your luggage and guide you through the customs process. As you step out of the airport, the vibrant atmosphere of Nepal will envelop you, with the sounds of the bustling city and the sight of the majestic Himalayas in the distance. You'll have a moment to soak in the excitement of your journey ahead before heading to your hotel. The drive to your accommodation will take approximately 30-45 minutes, depending on traffic and the time of day.

As you travel through the city, you'll get your first glimpse of Kathmandu's unique blend of ancient traditions and modern life. The streets are alive with the energy of locals going about their daily routines, street vendors selling colorful handicrafts, and the aroma of traditional Nepali cuisine wafting through the air. Along the way, you might pass historical sites such as the Swayambhunath Stupa, also known as the Monkey Temple, offering a tantalizing preview of the rich cultural heritage that awaits you during your visit.

Upon arrival at your hotel, the staff will warmly welcome you and help you check in. Take a moment to settle into your



comfortable accommodation, where you can refresh and unwind after your journey. Most hotels offer a range of amenities, including Wi-Fi, dining options, and stunning views of the surrounding mountains. You may wish to relax in your room or explore the hotel's facilities before gathering with fellow travelers for an orientation meeting, where you'll receive important information about your upcoming adventure.

In the evening, you'll have the opportunity to experience the local cuisine. You can dine at the hotel restaurant or venture out to one of the many nearby eateries. Savor traditional Nepali dishes like momos (dumplings), dal bhat (lentil soup with rice), or sel roti (sweet rice doughnut). As night falls, the city transforms, with twinkling lights and the distant sounds of music and laughter. This first evening in Kathmandu not only marks the beginning of your adventure but also allows you to immerse yourself in the vibrant culture and warmth of Nepalese hospitality.

#### **Day 4: Trek Dharapani to Chame (2,630m) 5 to 6 hours**

Your day begins with a hearty breakfast in Dharapani, a charming village nestled in the Annapurna region. As you prepare for your trek, take a moment to enjoy the breathtaking views of the surrounding mountains and the lush landscape. The trail from Dharapani to Chame promises a delightful mix of natural beauty and cultural experiences, setting the stage for an unforgettable journey.

The trek will take approximately 5 to 6 hours and begins with a gradual ascent through terraced fields and pine forests. You'll follow a well-marked path alongside the Marsyangdi River, where the sound of rushing water accompanies you. As you hike, look out for local flora and fauna, and keep an eye out for the unique wildlife that inhabits the region. Along the way, you may encounter friendly villagers tending to their fields or herding goats, offering a glimpse into the daily life of the local people.

As you progress, the trail steepens, leading you through dense forests and small settlements. The first major stop is the village of Timang, where you can rest and enjoy panoramic views of the Annapurna range. Here, you might want to take a short break to hydrate and capture some photographs of the stunning landscape. Continuing on, the path will take you through more picturesque villages, where you can observe traditional wooden houses and local customs.

After several hours of trekking, you will finally arrive in Chame, the administrative center of the Manang District. At an elevation of 2,630 meters, Chame offers a welcoming atmosphere with several lodges and teahouses. Once you settle in, take the time to explore the village, visit the local monastery, and enjoy the majestic views of the surrounding mountains. In the evening, gather with your trekking companions to share stories of the day over a delicious dinner, fueling your excitement for the adventures that lie ahead.

#### **Day 5: Trek Chame to Lower Pisang (3,475m) 4 to 5 hours**

Your trek from Chame to Lower Pisang begins with a refreshing breakfast in the serene atmosphere of Chame. As you set out, the trail offers stunning views of the soaring peaks of the Annapurna range, setting the tone for another day of adventure. The path winds its way through lush pine forests and alongside the Marsyangdi River, providing a captivating backdrop for your journey. As you walk, take a moment to appreciate the tranquility of the surroundings and the vibrant

flora that flourishes in this region.

The trek to Lower Pisang is approximately 5 to 6 hours, with a gradual ascent that allows you to acclimatize to the increasing altitude. As you leave Chame, you'll encounter a series of small villages and prayer flags fluttering in the breeze, a reminder of the rich Buddhist culture that permeates the area. Along the way, you might pass by local farmers tending to their crops, giving you insight into the traditional agrarian lifestyle of the region. The warm smiles and greetings from the locals will enhance your trekking experience.

As you make your way through the forest, the trail begins to open up, and the landscape transforms into a more rugged terrain. The stunning views of the towering peaks become more pronounced, with Annapurna II and the surrounding mountains dominating the skyline. You'll also notice the changing vegetation as you ascend, with the terrain gradually shifting to more alpine characteristics. Take your time to enjoy the vistas and capture photographs, as this section of the trek showcases some of the most breathtaking scenery in the Annapurna region.

Upon reaching Lower Pisang, situated at an elevation of 3,475 meters, you will be greeted by the sight of traditional stone houses and the iconic backdrop of the Annapurna massif. This charming village offers several teahouses where you can rest and rejuvenate. After settling in, take a stroll around the village to immerse yourself in the local culture, perhaps visiting the ancient monastery that stands proudly in the area. As the sun sets, enjoy a hearty dinner with your trekking companions, sharing stories and reflections on the day's journey, and preparing for the adventures that await you in the days ahead.

### **Day 6: Trek Lower Pisang to Manang (3540m) 5 to 6 hours**

Your trek from Lower Pisang to Manang begins with a fulfilling breakfast at your teahouse, energizing you for the day ahead. The journey to Manang, situated at an altitude of 3,540 meters, will take approximately 6 to 7 hours, offering you a blend of stunning landscapes and cultural experiences. As you set out, the trail initially leads you through a series of lush fields and charming villages, where the vibrant colors of wildflowers and crops contrast beautifully against the rugged mountain backdrop.

As you progress, you will notice the terrain becoming more dramatic, with the landscape shifting to rocky paths and sparse vegetation. The trail climbs steadily, providing breathtaking views of the Annapurna and Gangapurna mountains. Along the way, you'll pass through the village of Braga, home to one of the oldest monasteries in the region. Take some time to explore this sacred site, where you can witness monks at prayer and admire the intricate murals that adorn the walls.

Continuing your trek, you will encounter a few challenging ascents, but the stunning vistas will keep your spirits high. The path offers panoramic views of the Annapurna range, with the iconic peaks towering majestically above you. Look out for the picturesque sight of the Gangapurna Glacier, which will make for unforgettable photographs. As you trek, remember to stay hydrated and take breaks to acclimatize to the altitude, allowing your body to adjust to the increasing elevation.

Upon arriving in Manang, you'll be welcomed by the expansive valley surrounded by towering peaks. This vibrant village



is a hub for trekkers, offering various amenities, including shops, cafés, and accommodations. After settling into your lodge, take some time to explore the village, visiting local shops and enjoying the unique culture of the Manangis. In the evening, gather with fellow trekkers to share experiences over a warm meal, reflecting on the day's journey and the beauty of the Himalayas as you prepare for the next leg of your adventure.

### **Day 7: Acclimatization Day at Manang: Side trip to Gangapurna Glacier**

Your acclimatization day in Manang is essential for adjusting to the altitude and ensuring a safe and enjoyable trek ahead. After breakfast, take the opportunity to explore the stunning surroundings, with a focus on a side trip to the Gangapurna Glacier. This day is not only about acclimatization but also about savoring the breathtaking beauty of the Himalayas.

Starting your excursion from Manang, the trek to the Gangapurna Glacier will take approximately 3 to 4 hours one way. The trail leads you through picturesque landscapes dotted with traditional stone houses and vibrant prayer flags fluttering in the breeze. As you ascend, you'll be greeted by sweeping views of the surrounding peaks, including the majestic Annapurna range, which serves as a constant reminder of the grandeur of the Himalayas. The sound of the rushing rivers and the occasional sight of local wildlife will enhance your experience, making this trek truly memorable.

Upon reaching the Gangapurna Glacier, take a moment to absorb the awe-inspiring sight before you. The glacier, with its shimmering ice and the backdrop of towering peaks, creates a surreal atmosphere that feels almost otherworldly. You'll also have the opportunity to witness the dynamic interplay of light and shadow on the ice, which changes with the position of the sun throughout the day. This is an excellent spot for photography, so don't forget to capture the moment and the stunning landscape.

After enjoying the glacier and taking in the views, you'll begin your descent back to Manang. The return journey allows for more opportunities to appreciate the scenery and reflect on the experiences of the day. Once back in the village, take the evening to relax, perhaps visiting a local café to enjoy a warm drink and share stories with fellow trekkers. This acclimatization day not only prepares you for the higher altitudes but also enriches your journey through the breathtaking landscapes of the Annapurna region.

### **Day 8: Trek Manang to Ledar (4373m) 3 to 4 hours**

After a restful night in Manang, you'll set out for Ledar, located at an elevation of 4,373 meters. This trek, which typically takes about 4 to 5 hours, offers a wonderful opportunity to witness the changing landscapes as you gain altitude. Begin your day with a hearty breakfast, ensuring you have enough energy to tackle the trail ahead. The journey to Ledar will provide you with stunning views and a deeper connection to the majestic Himalayas.

Leaving Manang, the trail initially descends before gradually ascending through a rugged terrain dotted with sparse vegetation and rocky paths. As you hike, you'll have the chance to see the intricate details of the high-altitude landscape, including unique rock formations and patches of hardy flora adapted to the harsh conditions. The path leads you



alongside the river, offering refreshing views of the flowing waters and the surrounding mountains, creating a serene atmosphere that enhances your trekking experience.

As you approach the village of Ledar, the terrain becomes increasingly dramatic, with towering peaks framing your journey. The views of the Annapurna massif and the surrounding glaciers are simply breathtaking, providing ample opportunities for photography and reflection. Keep an eye out for local wildlife, as this area is home to various species adapted to the alpine environment. Take your time, allowing your body to acclimatize as you ascend, and pause to enjoy the views and the tranquility of the high Himalayas.

Upon arriving in Ledar, you'll be greeted by a small settlement that serves as a resting point for trekkers heading towards Thorong La Pass. After checking into your lodge, take some time to relax and savor the peaceful surroundings. Spend the evening enjoying a warm meal with your trekking companions, sharing stories and laughter as you prepare for the challenging days ahead. This stop not only enhances your acclimatization but also deepens your appreciation for the breathtaking beauty of the Annapurna region.

### **Day 9: Trek Leder to Chulu West Base Camp (4,900m) 5 to 6 hours**

Your trek from Ledar to Chulu West Base Camp is an exhilarating journey that will take you to an altitude of 4,900 meters. This trek typically lasts around 5 to 6 hours, and while it presents some challenges, the spectacular views and unique experiences make it incredibly rewarding. After a hearty breakfast in Ledar, make sure you're well-prepared with enough water, snacks, and warm clothing, as temperatures can drop at higher elevations.

As you set out, the trail begins with a moderate ascent, winding through rocky terrain and sparse vegetation. The route offers stunning views of the surrounding peaks, including the impressive Annapurna range and the Chulu mountains. The landscape transitions to a more rugged and alpine environment, with breathtaking vistas at every turn. Take your time to absorb the beauty of the high-altitude surroundings, and don't hesitate to pause for photographs as the scenery unfolds.

As you ascend further, the trail becomes steeper, and you'll encounter some challenging sections. However, the effort is well worth it, as you'll be rewarded with panoramic views of the snow-capped peaks and expansive valleys below. Look out for glacial formations and the unique alpine flora that thrives in this harsh environment. The air will become thinner, so remember to pace yourself and take regular breaks to acclimatize properly.

Upon reaching the Chulu West Base Camp, you'll be greeted by a stunning landscape that feels remote and pristine. The base camp serves as a great spot to rest and take in the majestic views of Chulu West and the surrounding peaks. This is an excellent opportunity to explore the area, perhaps taking a short hike to nearby viewpoints.



After settling into your campsite or lodge, enjoy a warm meal while soaking in the tranquility of this high-altitude environment. The evening offers a chance to stargaze, as the clear skies at this elevation provide breathtaking views of the night sky. As you reflect on the day's journey, you'll appreciate the incredible landscapes and the sense of adventure that comes with trekking in the Himalayas.

### **Day 10: Chulu West Base Camp to High Camp (5,100m) 3 to 4 hours**

Your journey from Chulu West Base Camp to High Camp at 5,100 meters is an exciting ascent, typically taking around 3 to 4 hours. This trek will push your limits but rewards you with breathtaking views and a sense of accomplishment. After an early breakfast, ensure you have all the necessary gear, as conditions can be challenging at this altitude.

The trail begins with a steep ascent, leading you through rocky terrain and potentially snow-covered paths, depending on the season. As you climb, you'll encounter stunning vistas of the surrounding peaks, including Chulu West, Chulu East, and the Annapurna range. The dramatic landscapes are a photographer's dream, so take your time to capture the beauty around you.

As you gain altitude, the air will become thinner, and you may start to feel the effects of altitude. It's crucial to pace yourself and take frequent breaks to acclimatize properly. Keep hydrated and listen to your body; don't hesitate to slow down if needed. The scenery becomes increasingly spectacular as you near High Camp, with panoramic views that highlight the majesty of the Himalayas.

Upon reaching High Camp, you'll find a more exposed and rugged environment. This site serves as a base for those planning to summit Chulu West or explore the surrounding area. Take a moment to settle in, enjoy the views, and soak in the sense of achievement that comes with reaching this altitude.

After setting up your tent or checking into your lodge, spend the afternoon relaxing and acclimatizing. If you feel up to it, a short hike around the area can help with acclimatization and offer even more breathtaking views. In the evening, gather with your trekking companions to share stories over a warm meal, reflecting on the day's journey and the incredible landscapes you've experienced. This stop is not just a waypoint; it's a chance to immerse yourself in the beauty of the high Himalayas.

### **Day 11: Summit Chulu West and back to Base Camp (4,900m) 9 to 10 hours**

our summit day for Chulu West is an exhilarating experience that will test your endurance and reward you with breathtaking views. After an early breakfast at High Camp, you'll set out for the summit, which is typically around 6 to 8 hours round trip. Ensure you have all your climbing gear ready, and dress warmly, as temperatures can be quite low at this altitude.

The ascent begins with a steep climb over rocky terrain and possibly some snow, depending on the season. As you make your way up, focus on maintaining a steady pace and breathing deeply to acclimatize to the altitude. The route might involve some scrambling, so be prepared for a bit of technical climbing.



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As you ascend, the views become increasingly spectacular. Take time to appreciate the stunning landscapes surrounding you, including the Annapurna range, which will be particularly impressive from this height. The sense of achievement as you approach the summit will be palpable, and you'll likely feel a rush of excitement as you get closer.

Upon reaching the summit of Chulu West (6,419m), take a moment to soak in the panoramic views. The sight of towering peaks stretching across the horizon is breathtaking, and this moment is often one of the highlights of any trek in the region. Capture photographs, celebrate with your team, and appreciate the hard work that brought you to this point.

After spending some time at the summit, it's time to begin your descent back to Base Camp. The return journey will take approximately 3 to 4 hours. Carefully navigate the rocky and potentially slippery terrain, and take your time to ensure a safe descent. The views will continue to impress, and the sense of accomplishment will fill you with energy.

Once you arrive back at Base Camp, take some time to rest and hydrate. Celebrate your summit success with your trekking companions over a warm meal, sharing stories and reflecting on the incredible experiences of the day. This trek not only showcases the beauty of the Himalayas but also highlights the spirit of adventure and camaraderie that defines trekking in this magnificent region.

### **Day 12: Contingency Day in case of Bad Weather Conditions**

Having a contingency day is an essential part of any high-altitude trek, especially in the unpredictable weather conditions of the Himalayas. This day can be crucial for ensuring your safety and success, allowing you to adjust your plans as needed.

Start your contingency day by assessing the weather conditions. If the forecast is poor, it's important to stay informed about potential changes. Engage with your guide to discuss the best course of action. Use this time to rest and allow your body to acclimatize further. Hydrate well and consume nutritious meals to keep your energy levels up.

If the weather improves during the day, consider a short hike around the base camp area. This could involve exploring nearby viewpoints or getting some fresh air while staying close to camp. Additionally, engage in activities with your trekking companions. Sharing stories, playing games, or simply enjoying each other's company can help lift spirits and maintain morale during downtime.

In the afternoon, you can use this time to learn and practice important skills, such as glacier travel and first aid techniques related to altitude sickness. Reviewing these skills under the guidance of your team can enhance your preparedness for the challenges ahead. Discuss and review the next steps for your trek, reassessing your itinerary based on the current weather conditions.



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As the day winds down, gather with your group to reflect on the journey so far. Sharing experiences, challenges, and memorable moments can strengthen group dynamics and build camaraderie. Finally, ensure that all gear is ready and in good condition for a potential summit attempt or further trekking. End the day with a warm meal and a good night's rest, knowing that this contingency day is a vital part of your journey, preparing you for the adventures that lie ahead.

### **Day 13: Trek Chulu West Base Camp to Thorong Pedi (4,400m) 5 to 6 hours**

The trek from Chulu West Base Camp to Thorong Pedi, situated at 4,600 meters, is a rewarding journey that typically takes around 4 to 5 hours. This route offers a mix of challenging terrain and stunning views, making it a memorable leg of your adventure in the Himalayas. After an early breakfast at Base Camp, ensure you're packed and ready for the descent.

As you leave Base Camp, the trail begins with a moderate descent. The landscape around you is characterized by rocky paths and sparse alpine vegetation, offering breathtaking views of the surrounding peaks. The air is crisp, and the beauty of the Himalayas is ever-present, providing ample opportunities for photography and reflection. It's a good time to take in the serenity of the high-altitude environment before the trails become busier as you approach Thorong Pedi.

As you make your way down, you may encounter some steeper sections, but the well-marked trail will guide you through the rugged terrain. Keep an eye out for the unique flora and fauna that thrive in this alpine environment, and enjoy the panoramic views of the Annapurna range as you trek. The changing scenery will captivate you, with each turn revealing new vistas and landscapes.

Upon reaching Thorong Pedi, you'll find a small settlement that serves as a base for trekkers preparing to cross the Thorong La Pass. After checking into your lodge or campsite, take some time to relax and acclimatize. This is a great opportunity to hydrate, enjoy a warm meal, and share experiences with fellow trekkers.

In the afternoon, consider taking a short hike around the area to further acclimatize and explore the stunning surroundings. The views from Thorong Pedi are spectacular, making it a perfect spot to reflect on your journey and prepare for the next leg of your adventure. As the sun sets, gather with your group for dinner, discussing the upcoming challenges and celebrating the achievements of the day. This stop not only enhances your acclimatization but also provides a sense of camaraderie among those on this incredible trek.

### **Day 14: Trek Thorong Phedi to Muktinath (3,798m) via Thorong La (5,416m) 9 to 10 hours**

The trek from Thorong Phedi to Muktinath is one of the most exhilarating and challenging segments of your journey, typically taking between 9 to 10 hours. This route takes you over the magnificent Thorong La Pass, the highest point of the trek at 5,416 meters, and rewards you with breathtaking views and a sense of accomplishment.

Your day begins early in the morning with a hearty breakfast to fuel your ascent. As you set off from Thorong Phedi, the trail quickly steepens, winding through rocky paths and potentially snowy sections. The air is thin at this altitude, so it's crucial to pace yourself and take regular breaks to acclimatize. The dramatic landscapes around you will motivate you to keep moving, with panoramic views of the Annapurna and Dhaulagiri ranges unfolding as you climb.

As you ascend, you'll pass through a series of switchbacks that lead you closer to the pass. The final stretch to Thorong La can be challenging, but the anticipation of reaching the summit will keep your spirits high. Upon reaching Thorong La, take a moment to celebrate your achievement. The views from the pass are spectacular, offering a 360-degree panorama of towering peaks and vast valleys below. It's a perfect spot for photographs and reflection, marking a significant milestone in your trek.

After enjoying the views and taking a well-deserved break, begin your descent toward Muktinath. The trail from Thorong La to Muktinath is less steep than the ascent, but it still requires attention as you navigate rocky paths and possible snow patches. As you descend, the landscape changes, and you'll notice the transition from the alpine environment to a drier, more arid region.

Arriving in Muktinath, a sacred site for both Hindus and Buddhists, you'll find a vibrant atmosphere filled with pilgrims and trekkers. Take time to explore the temples and the famous 108 water spouts, which are an important part of the pilgrimage. After a long day of trekking, find a comfortable lodge to rest and rejuvenate. Enjoy a warm meal and share stories with fellow trekkers about your incredible journey over Thorong La.

As the day comes to a close, take a moment to reflect on the challenges and triumphs of the trek. The experience of crossing the highest pass in the region and the beauty of Muktinath will remain with you long after your journey ends.

### **Day 15: Trek Muktinath to Jomsom (2,750m) 5 to 6 hours**

The trek from Muktinath to Jomsom is a scenic and relatively easier journey, typically taking around 5 to 6 hours. This leg of your adventure offers a beautiful blend of cultural experiences and stunning landscapes as you descend from the sacred site of Muktinath to the bustling town of Jomsom.

After enjoying breakfast in Muktinath, take some time to explore the area if you haven't already. The temples and the surrounding scenery are worth a few extra moments. Once ready, begin your descent towards Jomsom, following a well-marked trail that gradually takes you down through the picturesque landscape.

The trail initially leads you through a mix of rocky terrain and lush valleys, with views of the majestic Dhaulagiri and Annapurna ranges in the distance. As you trek, you'll notice the changing flora and the transition from the higher alpine environment to a more temperate climate. The path is dotted with traditional villages, offering glimpses of local life and culture.

As you continue your descent, you may cross several small streams and pass through agricultural fields, where local farmers cultivate crops such as barley and potatoes. This part of the trek provides an excellent opportunity to interact



with the friendly locals and learn about their way of life.

Arriving in Jomsom, you'll find a larger settlement with a variety of amenities, including shops, restaurants, and lodges. This town serves as a gateway to the Mustang region and is often bustling with trekkers and travelers. After checking into your accommodation, take some time to rest and refresh after the day's trek.

In Jomsom, you can explore the local area, visit the Jomsom Monastery, or simply enjoy a meal at one of the local eateries. The town has a vibrant atmosphere, making it a great place to share experiences with fellow trekkers. As the day winds down, take a moment to reflect on your journey so far, celebrating the achievements and the stunning landscapes you've encountered along the way.

### **Day 16: Fly Jomson to Pokhara (850m) -25 minutes flight**

The flight from Jomsom to Pokhara is a breathtaking experience that typically lasts about 25 minutes. This scenic journey offers stunning views of the Himalayas and the surrounding landscapes, making it a perfect way to conclude your trekking adventure.

After your time in Jomsom, you'll head to the small airport, where you can check in for your flight. The airport is modest but efficient, catering primarily to trekkers and travelers heading to and from remote areas. As you wait for your flight, take a moment to soak in the atmosphere of Jomsom, with its vibrant mix of local culture and trekking activity.

Once on board, you'll be treated to a spectacular aerial view as the plane takes off. The flight path typically takes you along the Kali Gandaki Valley, offering captivating views of the snow-capped peaks, including Annapurna and Dhaulagiri, from a unique perspective. The terrain changes quickly beneath you, transitioning from rugged mountains to lush valleys and terraced fields.

As you approach Pokhara, the landscape becomes more populated, and you'll begin to see the serene Phewa Lake, framed by the stunning backdrop of the Annapurna range. The descent into Pokhara is equally mesmerizing, providing a final opportunity to appreciate the natural beauty of this region.

Upon landing in Pokhara, you'll find yourself in a bustling city known for its laid-back atmosphere, beautiful lakes, and numerous outdoor activities. This city serves as a hub for trekkers, offering a range of accommodations, restaurants, and shops. After checking into your hotel, take some time to relax and reflect on your incredible trekking journey.

Pokhara is also a great place to explore further, with options for boating on Phewa Lake, visiting the World Peace Pagoda, or simply enjoying the local cafes. The combination of stunning natural beauty and vibrant culture makes it a fitting end to your trek, allowing you to unwind and celebrate your adventure in the Himalayas.

### **Day 17: Drive Pokhara to Kathmandu (1,338m/4,390ft) 6-7 hrs drive**

The journey from Pokhara to Kathmandu is a scenic drive that typically takes about 6 to 7 hours, depending on road conditions and traffic. This route offers stunning views of the Nepali countryside, terraced fields, and the majestic Himalayas. After breakfast, you'll prepare for your drive by packing your belongings and checking out of your hotel. As



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you leave Pokhara, the vibrant atmosphere of the city, with its mix of local life and tourist activity, will be a memorable start to your journey.

As you travel, the landscape gradually transforms, revealing lush green hills dotted with traditional villages. The road winds along the banks of the Seti River, providing beautiful views of the surrounding hills and valleys. The drive features numerous twists and turns, so it's advisable to take in the sights while remaining cautious of the driving conditions. Be sure to keep your camera handy, as there will be plenty of opportunities to capture the picturesque scenery.

During the journey, you may stop for refreshments or a quick meal at one of the roadside eateries. These stops not only offer a chance to sample local cuisine but also allow you to interact with friendly locals, adding to the richness of the experience. As you continue your drive, the sights and sounds of rural Nepal will provide a deep appreciation of the country's natural beauty and culture.

As you approach Kathmandu, the scenery transitions into the hustle and bustle of the capital city. The drive culminates at your chosen accommodation, where you can unwind after the long journey. Once settled, take some time to explore Kathmandu, visiting notable sites such as the UNESCO World Heritage Sites of Durbar Square, Swayambhunath (the Monkey Temple), or Thamel, a popular area for shopping and dining.

This drive marks the end of your trekking adventure, allowing you to reflect on your experiences in the Himalayas while enjoying the vibrant culture of Nepal's capital. The blend of natural beauty and urban energy makes for a fitting conclusion to your remarkable journey.

### **Day 18: Drive to the Airport; International Departure**

Morning finds us packing carefully—dirty trekking boots wrapped in plastic, prayer flags folded between clothing as fragrant souvenirs. At the airport, final hugs cement bonds forged through shared struggle and wonder. As the plane lifts off, we press foreheads to the windows for a last glimpse of the snow peaks—now not just distant postcard images, but places where we laughed, bled, and discovered our best selves.

Somewhere over the Tibetan Plateau, it hits us: we didn't just climb a mountain; we let the mountains climb into us. Their lessons will unfold slowly—the patience learned from altitude's forced slowdown, the resilience built step by painful step. And though our boots may dry, part of us will forever walk those high trails where the wind carries the whispers of yetis and the laughter of sherpas.

Until next time, Himal.