



## **Singu Chuli Peak Climbing / Expedition - Itinerary**

### **1. Arrive at Kathmandu (1345m/4411ft) & transfer to hotel**

Our airport representative picks you up from airport and transfers you to hotel for further briefing about the upcoming trip. In the evening, a small meeting shall be held to discuss and prepare for the trek. And after meeting you can roam around Thamel to get familiar with environment and location.

### **2. Drive from Kathmandu to Pokhara (820m/2689ft) – 5 hrs**

After breakfast you will be picked up from your hotel to start your journey to Pokhara. Located about 200 km west from Kathmandu, the drive mostly follows along the Trishuli riverside. Enjoy the views from your window of the changing landscapes. In the evening you may feel like doing some sightseeing. Meals included: Breakfast, lunch and dinner and finally an overnight stay in hotel.

### **3. Drive to Nayapul & Trek to Tikhedhunga (1577m/5172ft) 1.5 hrs drive & 4 hrs trek**

After Breakfast you will drive from Pokhara to Nayapul to start your trek. Your guide will then check you in at the tourist check point in Birethati. The trail leads up through beautiful rice, maize and millet farms passing through several countryside villages all the way up to Tikhedhunga (1620m). Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

### **4. Trek from Tikhedhunga to Ghorepani (2855m/9364ft) – 6 hrs**

The trail goes steep up for 1.5 hours through stone steps where the trail leads through cultivated fields. The rest of the trail weaves through enchanting rhododendron and oak forest (blooms in March, April). Arriving at the top of the Ghorepani pass, you will be taken to your accommodation and have a chance to rest your feet. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

### **5. Morning hike to Poonhill (3210m/10528ft) & Trek to Tadapani (2590m/8495ft) 5-6 hrs**

Early in the morning we hike to Poon Hill for superb Himalayan scenery including the Dhaulagiri (8167m), Nilgiri (7041m), Fishtail/Machhapuchhare (6998m), Annapurna I (8091m), Annapurna II (7939m), Annapurna III (7555m), Annapurna IV (7525m), Annapurna south (7219m), Hiunchuli (6441m), Lamjung Himal (6986m), Tukucho peak (6920m), etc. We take breakfast at Ghorepani & trek to Tadapani. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

### **6. Trek from Tadapani to Chhomrong (2340m/7675ft) 5-6 hrs**

We descend through rhododendron and oak forest to arrive Chhomrong for lunch. Chhomrong is a Gurung village and the permanent settlement which sits at the highest point in the valley. The view from there is

killer with Annapurna South and Machhapuchhre being most visible. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

## **7. Trek from Chhomrong to Bamboo (2335m/7658ft) 4-5 hrs**

For today, we start by ascending a long and steep stoned staircase though Chhomrong towards Kuldi. The trail is full of beautiful and adorable rhododendron forest up to Sinuwa. The trail then leads us to Bamboo and we can get chance to see Langur Monkeys jumping here and there in the trees – A real treat, eh? Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

## **8. Trek from Bamboo to Deurali (3230m/10594ft) 5-6 hrs**

The route for today is steep down along the bank of rocks till it levels out. The trail then passes though the deep Bamboo and rhododendron forest to the village of Dobhan. We continue our trek from here to reach Deurali. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

## **9. Trek from Deurali to Annapurna Base Camp (4130m/13546ft) via Machhapuchhre Base Camp (3700m/12136ft) 4-5 hrs**

All the way from famous Machhapuchhre Base Camp, we take amazing walk to Annapurna Base Camp. The trail takes us up to the bed of glacier passing though the Machhapuchhre Base Camp. Upon reaching Annapurna Base Camp you get amazing close up views of different mountains. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

## **10. Rest at Annapurna Base Camp**

We acclimatize at Annapurna Base Camp to avoid any altitude related illness. We can see amazing views of mountains like Annapurna I (8091m), Annapurna South (7219m), Gangapurna (7455m) and Annapurna III (7555m). Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

## **11. Trek from Annapurna BC to Tent Peak BC (4800m/15744ft) about 6 hrs**

We trek to Tent Peak BC through Annapurna glacier by ascending steep uphill. The route is difficult but we get nice reward upon reaching the Base Camp. We get good views of Annapurna I, Annapurna South, Hiunchuli, Machhapuchhre and other amazing peaks. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

## **12. Trek from Tent Peak Base Camp to High Camp (5,200m/17056ft) 5-6 hrs**

From Tent Peak Base Camp we continue our trail that ascends uphill all the way to High Camp. The journey is very much tiring so we take as much rest as possible to reserve our energy for upcoming amazing adventure. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

## **13. Rest at Tent Peak High Camp.**

Before we head to Singu Chuli Camp, we take rest & learn some techniques about peak climbing like professional climbers. We become mentally and physically prepared through the help our climbing guides and also learn about the environment in the peak. Meals included: Breakfast, lunch and dinner with tea or

coffee and finally an overnight stay in trekking lodge or tented camp.

#### **14. Climbing High Camp to Singu Chuli Camp I (5,500m/18040ft) 5-6 hrs**

After taking good rest at the Tent Peak High Camp, we head to Camp I of Singu Chuli Peak. The trail is often icy and covered by snow so we use crampons and make uphill journey before reaching Singu Chuli Camp I to set our camp to call it a day. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

#### **15. Singu Chuli Camp I to Singu Chuli Camp II (5,800m/19024ft) 5-6 hrs**

Trail for today is icy and snow covered & as we head forward to reach Singu Chuli Camp II, we find ourselves comfortable with the environment. Upon reaching Camp II, we set up our tents and organize & prepare our necessary equipments necessary to climb the peak for tomorrow. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

#### **16. Summit Singu Chuli Peak (6,501m/21328ft) & back to Singu Chuli Camp II 8-9 hrs**

We have prepared ourselves for this ultimatum and today, we test ourselves. We wake early in the morning and head toward the top of the mountain with the guidance of professional climbing guides. The first climb is technical and then we have to use ropes, ice axes and other equipments to summit the giant. Once we are at the top of Singu Chuli Peak, we get amazing breathtaking view of gigantic mountains of Annapurna Sanctuary. Spending quality time at the top of the peak, we descend all the way down to Singu Chuli Camp II. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

#### **17. Singu Chuli Camp II to Tent Peak Base Camp 5-6 hrs**

We trek back to Tent Peak Base Camp and relive the memories as we trek down for our overnight stay. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

#### **18. Trek from Tent Peak Base Camp to Machhapuchhre Base Camp 5-6 hrs**

Continuing all the way downhill from Tent Peak Base Camp and reaching Machhapuchhre Base Camp via Annapurna Base Camp, we re-trace ourselves to the return journey to celebrate the successful summit. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

#### **19. Trek from Machhapuchhre Base Camp to Sinuwa (2340/7675ft) 5-6 hrs**

Today, we gradually descend along the same trail as we have ascended earlier. We pass through Deurali, Himalayas, Dobhan, and Bamboo and finally reach Sinuwa. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

#### **20. Trek from Sinuwa to Jhinudanda (1750m/5740ft) 4-5 hrs**

We descend down to Jhinudanda by passing Chomrong Khola and climbing the Chomrong village. From the village, we continue our trail that descends steeply and reach the destination. From Jhinudanda, we can visit a hot spring; relax there in natural hot water and then clean ourselves. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

## **21. Trek from Jhinudanda to Pothana (1890m/6199ft) 5-6 hrs**

We follow our trail by descending till we reach flat line and reach Himal Pani. And then we ascend gently to cross several streams and terraces to reach Landruk – a big village with settlement of Gurung, Magar and Brahmin communities. From there, we walk uphill and downhill for few hours and reach Gurung village of Pothana. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

## **22. Trek from Pothana to Dhampus Phedi (1130m/3706ft) 4-5 hrs & Drive to Pokhara**

We descend for around an hour and follow the gravel road. Then, we trail steeply to Phedi by passing through paddy fields and forest which is protected by Local community. Then we reach Phedi, giving end to our trekking – this is the last day of our trekking. We take a drive back to Pokhara from here. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

## **23. Drive from Pokhara to Kathmandu**

We drive to Kathmandu from Pokhara. It is a wonderful drive as we enter the civilization of Kathmandu by driving along Prithvi Highway and gaze at the scenic hills and zigzag roads at the banks of Trishuli River. In the evening, we gather and celebrate our successful summit of Singu Chuli Peak climbing with climbing guides and other staffs. Meals included: Breakfast, and finally an overnight stay in hotel. Attend the evening dinner and cultural program provided by the company.

## **24. Departure from International Airport**

We believe, you had a wonderful time with us but you need to relocate yourselves in your home-country. Therefore, our airport representative drops you to the airport approximately 3 hours prior to your scheduled flight to make sure you don't miss your flight to sweet home.

## **INCLUSIONS**

- Arrival & Departure transfers on both domestic and international flights.
- Accommodation at 3 star hotels in Kathmandu
- Full board meals on tented camping & Lodge expedition
- Accommodation on tented camp
- Half day guided city tour as listed in itinerary
- Peak Climbing Permit Royalty and other government tax
- Group Climbing gear including climbing rope, ice axe, roomer, harness, figure of eight, carabineer etc.
- All camping equipment - 2-person member tent, dining tent, kitchen tent, staff & porter tent, toilet tent with commode, dining table with backrest chair etc.
- Free use of quality trekking gear - sleeping bag, fleece inner liner, insulated mat, down jacket, duffel bag etc during the trip
- Well-experienced Climbing guide with all his allowance and expenses
- Porters to carry all personal gear and group equipment
- Insurance of all staff including porters
- Adventure Treks T-shirts / other seasonal gifts as perks
- 10 % VAT and 13% TSC Taxes.
- High altitudes chamber bags (PAC) for very high altitudes

## **EXCLUSIONS**

- Nepal entry Visa fees, your travel insurance of any kind (emergency evacuation insurance is recommended as this is an adventurous trip and evacuation by Helicopter may be necessary)
- International Airfare
- Lunch and Dinner except mentioned itinerary
- All Drinks and main meals in cities.
- Tips items for trekking crew members personal expenses like hot shower, battery charge, Telephone, laundry, beverage drinks etc.

URL: <https://www.sunriseadventuretrek.com>