



Dhampus Peak Climbing - Itinerary

1. Arrival in Kathmandu (1345m)

Welcome to Kathmandu (1334), Sunrise Adventure Trek's airport representative picks up you from Kathmandu International airport – transfer to hotel and Dhampus peak climbing briefing is done. You can also meet the climbing guides and other staffs to discuss about the upcoming adventure.

2. Kathmandu Sightseeing & Trek Preparation

During this day, you can do excursion or sightseeing around Kathmandu valley and preparation for Dhampus peak climbing. Sightseeing includes tour around Swayambhunath (monkey temple), Baudhanath (Buddhanath), Pashupatinath/Biggest Hindu Temple & Patan Durbar Square.

3. Drive from Kathmandu to Pokhara (820m) – 5-6 hrs

After breakfast, we take scenic drive from Kathmandu to Pokhara (915m) by tourist bus. Along the way you see rivers, villages and get glimpses of Nepali lifestyle. This is one of the highlight of the trip. Many tourists love the drive and for most of them it is a new experience to realize that the topography completely changes. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in hotel.

4. Drive to Nayapul (1070m) & trek to Tikhedhunga (1577m) – 1 & 1/2 hrs Drive – 5 hrs trek

From Pokhara we drive to Nayapul and you will start your trek to Tikhedhunga. At a 30minutes walk from Nayapul you will reach to Birethati. After a short stops, and trail slightly goes hot spring, follow the Modi Khola, village of syaulibazar, Kueme new bridge and finally crossing several rice field beautifully settled hamlets and reach to hot spring, Jhinu Danda. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

5. Trek to Ghorepani (2855m) – 5-6 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.

6. Hike to Poonhill (3210m) & Trek to Tatopani (1189m)

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 Tatopani/Natural hot

spring (1189m), Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

7. Trek to Ghasa (2110m). 5-6 hours.

Trek to Ghasa begins via Kali Gandaki George – world's deepest George that situates between two 8,000m peaks (Annapurna & Dhaulagiri). We continuously ascend to Dana (1400m), Rupse Chhahara (1550m) – you can see waterfall here and Kopchepani (1935m) from where a short climb escorts us to Ghasa (2110m).

Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

8. Trek to Marpha (2670m). 6-7 hours.

From Ghasa we trek to Marpha : this village is famous for Apple. You can find different variation of Apple product here. We reach Marpha for overnight. The surrounding is amazing and you can learn the local lifestyle as well as make some new friends while taking a sip of apple wine. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

9. Trek to Yak Kharka (3680m). 5-6 hours.

Our destination for today is to halt at Yak Kharka – you can see animals grazing here. The trail offers glazing views of Annapurna range (mostly Annapurna II, III & IV with Gangapurna) and you can see small colorful houses once you reach Yak Kharka. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

10. Trek to Dhampus Base Camp (5100m). 5-6 hours.

We trek to Dhampus Base Camp from Yak kharka. The trail is quite fascinating with amazing single landscape. We take breakfast in Yak Kharka and head toward base camp with our guide. The trail is full of mountains and amazing landscapes which is totally captivating and make you feel like you are in different planet. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

11. Trek to High Camp (5600m). – 4

Our trail follows through the glaciated mountain passes for today. After arriving we set up our camp and make preparation of ropes, crampons, harness, ice axes & other equipments for climbing. Our climbing guides give you training on climbing and ropes and you need to reserve as much energy as possible for successful summit of the Dhampus Peak. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

12. High Camp to Dhampus Peak Summit (6012m) – 8-9 hrs

Our ultimatum for today is to summit Dhampus Peak (6012m). We start fully prepared for the summit and follow the footsteps of expert and experienced climbing guides. Once we are in the top of the mountain, we can get quality view of mountain tops like Annapurna I, II, III & IV, Annapurna South, Dhaulagiri, Nilgiri South & North, Tilicho Peak with other numerous snow topped peaks. We spend some time at the top and descend back to High Camp. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

13. Trek to Yak Kharka (3680m) via Dhampus Pass (5240m). 7-8 hours.

Our trip continues with trek toward Dhanpus Pass. After crossing the pass we make steep descend to the world's Deepest Gorge – Kali Gandaki Valley. And then we traverse across the snow which takes around four hours before descending all the way to Yak Kharka. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

14. Trek to Marpha (2670m). 5-6 hours.

We trek to Marpha- very famous village for apple. You can get apple ciders and drinks here. The trail is through sparse forest. Here, you can relive the moment you have spent in previous journey. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

15. Trek to Jomsom (2710m). 4-5 hours.

We start our trek from Marpha and reach Jomsom to call it a day. Jomsom is the center hub of Mustang & Upper Mustang, having airstrip, lots of tea houses and better facilities. We celebrate our summit here and enjoy the trip. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

16. Fly from Jomsom to Pokhara

After breakfast, we take jeep/bus from Jomsom and enjoy the awe-inspiring views of mountains and rivers. We pass Magar, Gurung & Thakali villages and enjoy fresh as well as dry apples and apple products. Or we fly from Jomsom to Pokhara for faster arrival. Meals included: Breakfast, lunch and dinner and finally an overnight stay in hotel.

17. Drive from Pokhara to Kathmandu

Pokhara to Kathmandu drive takes around 5/7 hours. It is a scenic drive along the Trishuli and Marshyangdi Rivers. After your arrival in Kathmandu, in the evening, you are treated with a special cultural dinner program as a complimentary commencement of Sunrise Adventure Trek. Meals included: Breakfast, and finally an overnight stay in hotel. Attend the evening dinner and cultural program provided by the company.

18. Farewell/Departure

After victorious ending of our trip, our representative drops you to the airport for your journey home. You are dropped off 3 hours earlier so that there is no any delay in flight. Or you can join another adventure and explore hidden gems of Nepal. Till then, have a safe journey to 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>