



## **Badimalika Trekking - Itinerary**

### **1. Arrival in Kathmandu (1340m)**

Welcome to Nepal – the land of Everest! Our airport representatives pick you up from airport and transfer 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. Sightseeing & Preparation**

We do sightseeing around Kathmandu along with the preparation for climbing. Sightseeing includes tour around Swayambhunath (monkey temple), Baudhanath (Buddhist stupa), Pashupatinath/Biggest Hindu Temple & Patan Durbar Square. We pack all the necessary equipments and double check all the documents.

### **3. Flight to Dhangadhi (109m) and drive to Dadeldhura (2000 m) – 1 hrs & 4 hrs**

We take flight to Dhangadhi and four hours of drive takes you to Dadeldhura. It is a district with unique cultures, traditions and historical places. The area is surrounded with hills and you can see breathtaking views of mountains like Api and Saipal. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **4. Drive to Jadanga (3828m) -6 hrs**

After an early breakfast and warm greetings from the sunrise, we take drive to Sanfe – a beautiful town with hotels and restaurants in Achham district of Nepal. The drive offers us great views of Nepalese mountain peaks. From Sanfe, we take short drive and reach Jadanga. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **5. Trek to Budha Krodh (2263m) -6 hrs**

We begin our official trek today. At the beginning, we feel little uncomfortable, but after an hour or so, we begin to enjoy the trek. We walk uphill through beautiful landscape and arrive at the last settlement of the trail – Budha Krodh. Buffalo sheds is the thing you will see beyond this place. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **6. Trek to Bhitachhina (3667 m) -7 hrs**

After morning breakfast, we trek through dense forest and gain altitude. The trail passes forest of rhododendron, pine and oak. We first reach Buffalo Kharka for the lunch and continue our trek. We take extra caution (because of rapid altitude gain) as we climb and pass grasslands to arrive at Bhitachhina to call it a day. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **7. Trek to Tribeni (3870 m) -4 hrs**

We walk uphill via big grassland and cross waterfall as well as murmuring water streams. We reach Tribeni – a place of religious significance. During big festivals you can see thousands of tents and this place gets lot crowded. Mostly in Janai Purnima around 15000 pilgrims visit the site to worship this river. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **8. Trek to Badimalika temple (4214 m) -5 hrs**

The best way to preserve the culture and experience true culture of this place is to take bathe in the nearby river and head to the temple. But you can go straight to the temple if you want. We visit the temple and camp there. From here you can see mountains shining if the weather is clean. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **9. Trek to Dhalpuri Pokhari (2556 m) -6 hrs**

We go through Dharmaghar and to Dhalpuri Pokhari. The trail is pretty easy and you will see small forest as we trek to Dhalpuri Pokhari (Lake). Three hours from here, you can go to famous Nityeshwori Temple. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **10. Trek to Bhansainkharka (2480 m) -7 hrs**

Today is going to be a long walk to Bhansainkharka. We pass Lamagada and Mourya and reach there for overnight. The trek is strenuous and obviously amazing green forest and stunning landscape surrounds us. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **11. Trek to Laskechaur (2450 m) -5 hrs**

We reach to Laskechaur passing through amazing landscape and this is a beautiful trek as compared to yesterday's long and strenuous journey. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **12. Trek to Khaptad National Park -5 hrs**

We pass through dense forest of the National park. We walk across grasslands for few hours to reach headquarter of Khaptad National park. And visit khaptad's popular place like Baba's Ashram and Triveni. "Khaptad Baba" is very popular and is known as great master having religious and social philosophy in the society. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **13. Excursions around Khaptad National Park**

We explore Khaptad National Park for today. We visit Museum, Khaptad Danda, Patan and Tower. Khaptad National Park was established in 1984 and houses huge variety of vegetation. The park is rich with floras and faunas and preserves 224 species of medicinal herbs, 270 species of birds, different animals and it is estimated to house 11 percent of flowers available in Nepal.

## **14. Trek to Silgadhi (1340 m) - 5 hrs**

We trek to Silgadhi – a municipality and districts headquarter of Doti. This is the most developed city in the Doti district. You can get major services & facilities here. There is airport in Dipayal of Silgadhi. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **15. Fly to Kathmandu – 1 hr**

We take an hour long flight to Kathmandu. The flight is amazing with valleys below us and we get opportunity to see mountains in far distance. After the arrival, you can do shopping or take rest in the hotel. In the evening, small dinner program is held. Meals included: Breakfast, and finally an overnight stay in hotel. Attend the evening dinner and cultural program provided by the company.

## **16. Departure/Farewell**

Trip to the Himalayas concludes. Our airport representative drops you off to the airport approximately 3 hours prior to your scheduled flight. Along the way to your home, you can relive the moment shared with Himalaya and Himalayans.

## **INCLUSIONS**

- Airport pick up and departure and all ground transportation during trips.
- Hotel in Kathmandu two or three star category in twin sharing bed with breakfast basis
- Kathmandu sightseeing with city tour guide
- Accommodation in lodge and full board meals during the trekking
- Govt. trained guide and necessary no. of porters with their insurance, salary and meals
- All fees for TIMS card and Trekking Permit
- Domestic Flight according to Itinerary
- Sleeping bag, Down jacket & necessary equipment's during the trek
- One cultural show and dinner program

## **EXCLUSIONS**

- International Flight ticket & your personal expenses
- Major meals in cities cold & alcoholic drinks
- Extra shower, battery re-charge, laundry charge etc.
- Tips to guide and porter and your insurance

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