

TREKKING IN HIMALAYAS

Day 1: Kathmandu – Sundarijal – Chisopani (2300m)

From Kathmandu to Sundarijal by driving takes about an hour. The trail begins from Sundarijal quite steep and goes along the large water pipe coming down from the Sundarijal reservoir. After entering the Shivapuri national park, the trail leads to village of Mulkhara. From Mulkhara Mountain trail leads through a light forest ascending and descending to Chisopani (2300m). Walking time takes about 6 hours,

Overnight at Tea House.



Day 2: Chisopani – Khutumsang (2300m- 2470m)

At the place of Chisopani the trail continuously descends to Pati Bhanjyang. After Pati Bhanjyang, trail leads north of the hill. It makes a very steep ascending to Chipling (2170m). From Chipling, trail leads to village of Gul Bhanjyang and enters a forest area. After descending and ascending comes Khutumsang (2470m). Total walking time takes about 7 hours,

Overnight at Tea House.



Day 3: Khutumsang – Tharepati (2470m – 3490m)

The trail climbs above Khutumsang on a steep, eroded trail, mostly through oak and Rhododendron forest to Pambu. After Pambu, trail leads up descending to Magengoth and ascending to Tharepati (3490m). Walking time takes about 6 hours,

Overnight at Tea House.

Day 4: Tharepati – Tarke Gyang (3490m – 3490m)

Turns east from the northern of the settlement and descend down a ravine. After crossing a stream on a suspension bridge, the trail makes a short final climb to reach the prosperous Sherpa village of Melamchigaon at 2530m. After the trail, continuously descends to Melamchi Khola, after crossing the bridge. The trail immediately ascends and enters Tarke Gyang. Walking time takes about 6 hour, **Overnight at Tea House.**

Day 5: Tarke Gyang – Sermanthang (3490m – 2620m)

At the place of Tarke Gyang, trail leads to pretty village of Gangiwal. From that village mountain trail drops down. From the edge of the ridge then continues at around the same altitude. Along the side of the ridge can crossing a number of streams and waterfalls. It leads through huge landslide to Sermanthang. Walking time takes about 6 hours,

Overnight at Tea House.



Day 6: Sermanthang - Melamchi Bazaar (2620m - 1790m)

At the place of Sermanthang, the trail leads all the way down through the attractive large village of Dubhhachaur to Melamchi. Walking time takes about 5 hours,
Overnight at Tea House.

Day 7: Melamchi Bazaar - Nagarkot - (1790m - 2100m)

We walk up hill to Nagarkot 7 hrs walking. Please note on this date I,e 9th days there will be also one hrs drive by local bus as private vehicle is not available in this place and then trek again. In this day the pack lunch will be provide because of no teahouses on the way.



Day 8: Trek from Nagarkot to Chagunarayan & return back to Kathmandu en-route we will visit small town called **Bhaktapur** (Bhadgaon), the city of devotees - 4 hrs walking and drive to Kathmandu 1 hrs.

END OF THE SERVICES



insight india
voyage

• TRAVEL • EXPLORE • CAPTURE

Cell: ++919811774223

Email: info@insightindiavoyage.com

Web: www.insightindiavoyage.com

Face book: www.facebook.com/insightindia.voyage.1