



## THE SAILUNG TREK IN NEPAL — WHERE NATURE AND CULTURE REMAIN UNSPOILED

### ITINERARY

#### Day 01-Namaste!

You will be welcomed by our local representative at the airport in Kathmandu and transferred to your hotel.

**Kathmandu** is Nepal's largest city as well as its **political and cultural capital**. It's a city where **ancient traditions** mix casually with the latest technological advances. Retaining its ancient traditions, Kathmandu is enriched by **endless ceremonial processions** and events that take to the streets every now and then with throngs of **devotees seeking blessings**.

Overnight in Kathmandu

#### Day 02-Kathmandu (B/L/D)

Welcome to Kathmandu. Nepal's capital stands at an **elevation** of approximately **4,600 ft** in the bowl-shaped Kathmandu Valley of central Nepal. It is surrounded by **four major mountains: Shivapuri, Phulchowki, Nagarjun, and Chandragiri**. In the morning you are welcome to rest at the hotel and adjust to the altitude. In the afternoon, be sure to catch some of the city's **UNESCO World Heritage Sites — Swayambhunath Stupa, Pashupatinath Temple, Boudhanath Stupa, and Kathmandu Durbar Square**.

Receive a briefing about the trek with our local representative and enjoy your overnight in Kathmandu.

#### Day 03-From Kathmandu to Mude Bazaar- (B/L/D)

Two-hour hike: 3.4 miles

You will be picked up at the hotel. Enjoy the astounding scenery during your 4-hour drive to the village of **Mude in the Dokhala region**.

You will hike 2 hours through a **beautiful pine forest to Lamche Ahal**, a small village 7,546 feet high. From there, you have a clear view of the Himalayas.

Camp overnight

#### Day 04-From Mude Bazaar to Khala Kharka - (B/L/D)

5-hour hike: 6.2 miles

Today, you will gradually hike uphill for five hours to **Khala Kharka** (9,671 feet) via **Thulo Sailung** (10,321 feet). All along your hike, enjoy the **panoramic views of the Himalayas**, with their beautiful hills and quiet villages. On the way to Khala Kharka, enjoy the view of the spectacular mountain views of Charikot Bazaar.

Camp overnight

#### Day 05-From Klola Kharta to Surke (B/L/D)

4 hour hike: 4.9 miles

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Be an early bird this morning, and hike half an hour to the **Sailung hills**. You will be rewarded with the **brehtaking sunrise** view of the **Annapurna, Manaslu, Ganesh, Langtang, Jugal, Rolwaling, Gauri Shankar, Everest, and Kanchenjunga Himal sections of the Himalayas!**

See the **Tiger Rocks and Chortens\*** on your way back, and have a hearty breakfast at the camping site. Then, get ready for a 6-hour hike through **Surke** (6,043 feet), and visit **Rajveer Gompa** on your way down to **Surke**.

\*Chorten or stupa: a mound-like or semi-hemispherical structure containing Buddhist relics, typically the ashes of Buddhist monks, used by Buddhists as a place of meditation.

Camp overnight.

### **Day 06- From Surke to Doramba-(B/L/D)**

4-hour hike: 4.9miles

Today, hike 4 hours, and walk by the **rhododendron-filled forest** around the beautiful **rolling-terraced fields of Doramba** (6,739 feet). **Immerse yourself in the local community**, learn about its daily lifestyle and livelihood, and admire its traditionally decorated houses.

Camp overnight.

### **Day 07-From Doramba to Dongme - (B/L/D)**

6-hour hike: 6.8miles

In the morning, hike 6 hours to **Dongme** (6,437 feet), the **home of Yolmo indigenous people**. Take the time to admire the **traditional houses** along the trail and snap photos of the **snowcapped mountains**.

In the afternoon, visit the **Buddhist Chortens** and the **monastery of Dongme**, then enjoy the magnificent sunset view.

Camp overnight

### **Day 08-From Dongme to Lubughat - (B/L/D)**

6-hour hike: 6.2 miles

Today, you'll meet up with the Sun Koshi River via a six-hour-long hike downhill to **Lubughat** (1,749 feet). Take a nap on the sandy beach, but be sure to look around at **the spectacular view of Sun Koshi River** and its nearby terraces.

Camp overnight

### **Day 09-From Lubughat to Chapkhore - (B/L/D)**

6-hour hike: 4.3 miles

**Reach Chapkhore** (6,014 feet), hiking mostly uphill. The breathtaking views of mountains and the **Tamang villages** will be the highlights of your day.

Camp overnight

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### **Day 10-From Chapkhore to Kot Timal - (B/L/D)**

5-hour hike: 6.2miles

Hike 5 hours from **Chapkhore to Kot Timal** (6,431 feet).

Visit **Timal Narayan temple** at the top of the hill and **Buddhist stupas** on the way. Continue enjoying **the wonderful views of the Himalayas** while trekking.

Camp overnight

### **Day 11-From Kot Timal to Bhakunde Besi - Kathmandu (B/L/D)**

4-hour hike: 4.3miles

Hike 4 hours from **Kot Timal to Bhakunde Besi (2,296 feet)**. Visit a **small local market** before meeting your driver for a 2-hour drive back to Kathmandu.

Overnight in Kathmandu

### **Day 12-Kathmandu - (B/L/D)**

Keep exploring Kathmandu during the last day of your journey. Visit the highlights of the city, go shopping, or simply rest at your hotel.

Have a farewell dinner with the group and the Nepalese team.

Overnight in Kathmandu

### **Day 13-Final Farewells (B)**

Have your final Nepali breakfast before being dropped off at the airport to catch your flight back home.

## **DETAILS**

- ❖ **Group Size:** From 2 to 15 participants
- ❖ **Best season:** February - May & September – November
- ❖ **Price starts at:** From 2 to 4 participants: \$1,950 per person, from 5 to 9 participants: \$1,765 per person, from 10 to 15 participants: \$1,570 per person. Prices are based on 2 people sharing a tent or a double occupancy room.
- ❖ **Country visited:** Nepal
- ❖ **Level of difficulty:** Moderate. Four to six hours of trekking per day.
- ❖ **Accommodation:** 8 nights in a tent, 4 nights in a simple and clean hotel in Kathmandu.

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- ❖ **Additional Information:** For U.S. citizens travelling to Nepal, a passport and visa are required. Travelers may obtain visas prior to travel from a Nepalese embassy or consulate, or may purchase a fifteen-day multiple-entry visa (\$25), upon arrival at Tribhuvan International Airport in Kathmandu. Please bring 2 passport size photos.  
[http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_980.html#entry\\_requirements](http://travel.state.gov/travel/cis_pa_tw/cis/cis_980.html#entry_requirements)

- ❖ **The Sailung Trek:**

- Starting point: Mude Bazaar
- Ending point: Bhakunde Besi
- Minimum elevation: 1,748 feet
- Maximum elevation: 10,321 feet
- Highest point: Thulo Sailung, 10 321 feet

- ❖ **What's included?**

- Pick-up and drop-off transportation as mentioned in the itinerary.
- Accommodation: 8 nights in a tent and 4 nights in a hotel in Kathmandu.
- 3 meals per day in Kathmandu and during the trek except on arrival and departure days.
- Boiled water and tea/coffee during the trek.
- Trekking guide and porters (including cook as well as a guide for larger groups).
- Sightseeing in Kathmandu Valley.

- ❖ **What's not included?**

- International air ticket, airport tax, and Nepal visa fees.
- Cold drinks and beverages during the trek and the stay in Kathmandu.
- Incidentals (i.e. rescue cost, including helicopter charter).
- Travel insurance, personal expenses, and tips.

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