



Adventure Altitude

Treks & Expedition Pvt. Ltd.

ITINERARY

Day 1:

Arrive in Kathmandu and transfer to hotels.

Day 2:

In Kathmandu with sightseeing tour at places of interest.

Day 3:

Drive to Soti-Khola 845 m via Arughat around Gorkha district- 06 hrs.

Day 4:

Trek to Machha-Khola 930m - 06 hrs.

Day 5:

Trek to Jagat 1,410m - 06 hrs.

Day 6:

Trek to Lakuwa 2,2400m - 05 hrs.

Day 7:

Trek to Chumling 2,386 m - 06 hours.

Day 8:

Trek to Chokhan-paro 3,010 m - 05 hours.

Day 9:

Trek to Nele 3,361m after a visiting Milarepa cave - 06 hours.

Day 10:

Trek to Mu Gompa 3,700 m - 04 hours.

Day 11:

Rest day at Mu Gompa to explore the local village and monastery.

Day 12:

Trek to Rachen Gompa 3,240 m - 05 hours.

Day 13:

Trek back to Chumling 2,386 m - 06 hours.

Day 14:

Trek to Philim 1,590 m - 07 hrs

Day 15:

Trek to Tatopani 1, 240 m - 06 hours.

Day 16:

Trek to Soti Khola - 06 hours.

Day 17:

Drive back to Kathmandu and transfer to respective hotels.

Day 18:

In Kathmandu free and spare day for individual activities.

Day 19:

International departure for homeward bound.

INCLUDES & EXCLUDES

Whats included

- Airport pickups and drops in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast in twin sharing basis
- Kathmandu Valley Sightseeing
- Teahouse accommodation during trekking
- Three meals (breakfast, lunch and dinner) during the trek
- Welcome and farewell dinners
- Transportation (Kathmandu-Sotikhola, Dharapani-Besisahar-Kathmandu)
- Entrance fees for sightseeing/monument visits as per the itinerary
- An experienced, English-speaking and government-licensed trek guide and their all expenses
- Porter (1 porter for 2 trekkers) and his all expenses
- Down jacket and sleeping bag (to be returned after the trek)
- Necessary paperwork and trekking permits (National Park Permit, TIMS)
- Medical kit

Whats excluded

- *International airfare*
- *Nepalese visa fee*
- *Travel and rescue insurance*
- *Excess baggage charge(s)*
- *Extra night accommodation in Kathmandu*
- *Lunch and dinner in Kathmandu*
- *Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, Wi-Fi charge, bottle or boiled water, shower, etc.)*

- *Tipping*