



# THORONG LA PASS EXPEDITION

26TH MARCH - 11TH APRIL 2021



# ITINERARY DAY 1



## MALTA INTERNATIONAL AIRPORT

We depart from Malta to Istanbul with Turkish Airlines on the 26th of March at 8:10 pm and arrive in Kathmandu Airport at 11:10am on the 27th of March.





## ITINERARY DAY 2

### WELCOME TO KATHMANDU, NEPAL

Our local representative will pick you up and transfer you to the hotel. After check in our senior Sherpa guide will come to meet you and give you a brief orientation about Annapurna Circuit Trek.

In the evening, we will start to bring out the Nepalese side from within you, with a typical Nepalese dinner and traditional dance.

Accommodation: Hotel Thamel Park 3\* or similar

## ITINERARY

# DAY 3

### MEET THE MONKEYS

If you wish you can opt for an optional early scenic flight over Everest.

In the morning, we set off for a sightseeing tour in Kathmandu valley around world heritage sites, where you will be escorted by our official tour guide and the transportation will take you to Patan Durbar Square, Monkey Temple, Pashupatinath Temple and Boudhanath Stupa.

Transfer to Trishuli River area to get closer to the Himalayas.

Accommodation: Trishuli Riverside 3\* or similar



# ITINERARY DAY 4

## JOURNEY TOWARDS THE HIMALAYAS

After breakfast, we take a scenic bus drive along the bank of Trishuli and Marshyangdi river from Kathmandu to Besisahar (825m) and then an off-road with a 4x4 jeep drive to Dharapani (1860). Around a 9 hour drive.

Overnight at lodge inclusive full board meals.

Accommodation: Tea House in the Mountains

## ITINERARY

# DAY 5



### DHARAPANI TO CHAME

After Breakfast enjoy your first taste of the Himalayas by trekking from Dharapani all the way to Chame with an elevation of (2630m) with an approximate of a 5-hour trek.

Trek 26 Km / 6 Hrs

Accommodation: Tea House in the Mountains



# ITINERARY DAY 6



## TREK TO PISANG

With Lamjung Himal (6893m) sparkling in the morning sun, you will set off for Pisang. Walk through a pine forest and climbing to a high, rocky area. From this point, the valley becomes extremely steep-sided as you follow the path to Bhratang (2950m.). The valley changes from a V-shape to a gentle U-shape, opening up a wonderful vista before you. You can see the east peak of Annapurna II as well as Pisang Peak (6091m.). Continuing on, you come to a long Mani wall by a bridge and the lower village of Pisang, where you will be spending the night.

Trek 16.5 KM/ 5 Hrs

Accommodation: Tea House in the Mountains

## ITINERARY

# DAY 7

### TREK TO MANANG

Good views of the Manang valley and Tilicho peak (7145m.). Descending past Manang's airstrip at Hungde (3320m.), you'll be taken to a level area from where the north-east face of Annapurna III rises. From the wide plains of the Sabje Khola Valley, Annapurna IV (7525m.) also becomes visible. Just beyond this point, we cross the Marshyangdi Khola via a wooden bridge to the tiny village of Mungji. After a short steep climb, you reach Manang.

Trek 19.5KM/6 Hrs

Accommodation: Tea House in the Mountains





# ITINERARY DAY 8

## ACCLIMMATIZATION

After breakfast, we hike up to Ice Lake from where you will see panoramic Himalayan views of the Mt. Manaslu 8163m, Mt. Annapurna II 7937m, Annapurna III 7555m, Annapurna IV 7525m, Gangapurna 7455m, Tilicho peak 7134m, Pisang peak 6091m etc.

After taking in the beauty of the Ice lake then back to Manang. A total of about 7 hours hike.

Trek 7KM / 8 Hrs

Accommodation: Tea House in the Mountains

## ITINERARY

# DAY 9

### JOURNEY TO YAK KHARKA

Today's trek takes you to Yak Kharka an approximate of 3-hour trek 4030m. From Manang village, the trail crosses a stream, climbs to a village of Tenki and continues to climb out of the Marshyangdi Valley turning northwest up the valley of Jarsang Khola. after crossing a wooden bridge you reach the small village of Latter.

Trek 10KM/ 4 Hrs

Accommodation: Tea House in the  
Mountains



## ITINERARY

# DAY 10

### TREK TO THORONG PHEDI

We will take you to a ridge before descending to the headwaters of the Marshyangdi and crossing via a covered wooden bridge. After a short ascent up the mountain path on the right bank, you follow a narrow trail across an unstable scree slope and then descend to Thorong Phedi, an approximate of 3 hours trekking to an elevation of 4519m

Trek 5KM/ 4 Hrs

Accommodation: Tea House in the Mountains

## ITINERARY

# DAY 11



### CROSS THE SUMMIT

We will cross “Thorong La Pass”, one of the longest pass in the world. Cherish every emotion once on top, you have conquered it and checked it off your bucket list.

Trek 16KM/ 8 Hrs

Accommodation: Tea House in the Mountains



## ITINERARY

# DAY 12



### DRIVE TO POKHARA

A long 10 hour off-road drive by bus down the Himalayas from Muktinath to Pokhara. This is a very long yet scenic drive allowing you to see the other side of the circuit. Once in Pokhara you can finally have a good nights sleep to wake up refreshed for your next relaxed two days in this hip place.

Accommodation: Hotel Splendid View 3\* or similar

## ITINERARY

# DAY 13

### POKHARA

This is all about relaxing in beautiful Pokhara. Enjoy a stroll along the beautiful lake, go shopping, get a massage or for those who want more adventure go paragliding to see the lake from the top with a backdrop of the Himalayas (optional).

Accommodation: Hotel Splendid View 3\* or similar



## ITINERARY

# DAY 14



### EXPLORING POKHARA

Early in the morning we leave for Sarangkot, a hill that overlooks the Annapurna and Dhaulagiri ranges to catch amazing views of sunrise. We then head back to hotel for breakfast and then visit peace monastery, David fall, Mahendra cave and Tal Barahi Temple in Fewa lake. in the afternoon you can choose optional Pokhara experiencing white water rafting.

Accommodation: Hotel Splendid View 3\* or similar



## ITINERARY

# DAY 15

### BACK TO KATHMANDU

We arrive back to Kathmandu after a long 8 hour drive, enjoy the last minutes of this adventure shopping and strolling around any of the areas that you might have missed on your first visit.

Accommodation: Hotel Thamel Park 3\* or similar



## ITINERARY

# DAY 16

### JOURNEY BACK HOME

All good things come to an end.

Flight departs on the 11th April from Kathmandu to Istanbul with an overnight stay in Istanbul.

**ITINERARY**

# **DAY 17**

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## **ISTANBUL TO MALTA**

The flight arrives in Malta on the 11th April  
at 9.40am





# PACKAGE INCLUDES

## Accommodation & meals:

- > All accommodation during the trip
- > 1 night accommodation in Istanbul (TK)
- > Daily breakfast & all full board meals during trekking days
- > Welcome Nepalese dinner in Kathmandu

## Transportation:

- > International flights
- > Airport transfers
- > Transport between locations

## Other:

- > Team-building pre-Nepal treks in Malta (x3)
- > Detailed packing checklist
- > Professionally trained Maltese Trip Manager
- > English speaking Nepalese Guide
- > Trekking permit & documentation
- > Pokhara & Kathmandu sightseeing
- > First aid kit during trek
- > Adventure certificate
- > All Government Taxes & Service Charges
- > Maltese Trip Manager



# PACKAGE EXCLUDES

- > Nepal entry VISA
- > Entry fees on sightseeing trips
- > Travel & Rescue Insurance
- > Lunch & Dinner in Kathmandu & Pokhara
- > Personal expenses (alcohol, phone calls, laundry, internet & hot water service in the mountains, etc.)
- > Tips for guides





# OPTIONAL SERVICES

- > Porter Services during Trek
- > Trekkers' massage after trek
- > Paragliding in Pokhara



# #MAKEITHAPPEN

For more info about prices and discounts reply now to this email!



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