Thorong Peak Climbing Itinerary

Day 1: Arrived at Trivuwan International Airport and Transfer to Hotel

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Day 2: Preparation day

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Day 3: Drive from Kathmandu to Besi Sahar(860mtr)

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Day 4: Trek to Bahundanda(1,310mtr)

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Day 5: Bahundanda to Chamje

Bahundanda to Chamje

Day 6: Chamje to Bagarchhap(2300mtr)

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Day 7: Bagarchhap to Chame(2630mtr)

Bagarchhap to Chame(2630mtr)

Day 8: Chame to Upper Pisang(3700mtr)

Chame to Upper Pisang(3700mtr)

Day 9: Upper Pisang to Manang(3540mtr)

Upper Pisang to Manang(3540mtr)

Day 10: Rest and acclimatization day at Manang

Rest and acclimatization day at Manang

Day 11: Manng to Yak Kharka(4000mtr)

Manng to Yak Kharka(4000mtr)

Day 12: Yak kharka to Throng Phedi(4925mtr)

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Day 13: Thorong Phedi toThorong Peak High Camp(5,440mtr). Overnight Camp

Thorong Phedi toThorong Peak High Camp(5,440mtr). Overnight Camp

Day 14: Throng Peak Summit (6,400m) and trek to Muktinath(3750) via Thorong La pass(5416mtr)

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Day 15: Muktinath to Jomsom(2743mtr)

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Day 16: Fly to Pokhara for 25 minutes. (transfer to hotel BB Basis) half-day tour Around the lake.

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Day 17: Drive Back to Kathmandu by bus or jeep

Drive Back to Kathmandu by bus or jeep

Day 18: Final Departure

Final Departure

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