

The Trek of YOUR Life®

Nepal Sailung Trek
October 3 – 16, 2016



The Trek of YOUR Life® 2016 will take place during the Dashain holidays, which is from October 1-15. Dashain is the longest and most celebrated holiday in Nepal. The Goddess Durga is worshipped and celebrates the triumph of good over evil.

Sailung is a unique trekking destination in Nepal. The Sailung Trek provides views of the vast Himalayan range from Makalu to Dhaulagiri. You will also have the opportunity to see the Nepal's plain region as well as the world's highest peak Mt. Everest (29,300 feet). Sailung's unique environment is exceptionally rich in bio-diversity and is also a famous Hindu pilgrimage route. You will also encounter with several different ethnic people such as Sherpa, Bramin, Chhetri, Magar, Pahari, Majhi Jeerel, and Sunuwar.

The Sailung Trek will begin in Dolakha Mude and ends at Namobuddha. From there you will be driven back to Kathmandu. During this time, you will receive maps and general information and have time to ask questions. Many of the names and places of the villages are local names and not of the map. All meals will be provided during the trek itself. **THE ITINERARY IS SUBJECT TO CHANGE DUE TO WEATHER AND UNEXPECTED EVENTS.**

Day 1, Saturday, October 1, 2016:

Begin the Trek of YOUR Life® upon arrival in Kathmandu (4,600 feet)

Upon arrival you will be met by an Adventure Geo Treks representative at the airport and transferred to Kathmandu Guest House in Thamel, Kathmandu. We will have a trek briefing before our welcome dinner.

Day 2, Sunday, October 2, 2016: Kathmandu (b)

After breakfast take guided sightseeing tour around Kathmandu including World Heritage sites. Transportation and entrance fees included. Lunch is not included.

Day 3, Monday, October 3, 2016: Depart Kathmandu (b, l, d)

BEGIN TREK: After breakfast, we will drive to Mude Bazaar, which is about a 2.5 hour drive from Kathmandu. Then we will trek to Lamche Ahal (7,545 feet) and spend the night in our first tented camp.



Estimated Trekking Time: 6 – 7 hours

Day 4, Tuesday, October 4, 2016: Depart Lamche Ahal (b, l, d)

Trek from Lamche Ahal to Khola Kharka (2600m) via Thulo Sailung (10,321 feet) and overnight in a tented camp.

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Estimated Trekking Time: 5 – 6 hours

Day 5, Wednesday, October 5, 2016: Depart Khola Kharka (b, l, d)
Trek from Khola Kharka to Doramba Gompa (2100m) and overnight in a tented camp.

Estimated Trekking Time: 6 hours

Day 6, Thursday, October 6, 2016: Depart Dorama (b, l, d)
Trek from Dorama to Gurase Bhanjyang (6,889 feet) and overnight in a tented camp.

Estimated Trekking Time: 6 hours

Day 7, Friday, October 7, 2016: Depart Gurase Bhanjyang (b, l, d)
Trek from Gurase Bhanjyang to Kafle Damara (1100m) and overnight in a tented camp.

Estimated Trekking Time: 6 hours

Day 8, Saturday, October 8, 2016: Depart Kafle Damara (b, l, d)
Trek from Kafle Damara to Chaubas Hill (6,889 feet) and overnight in camp.

Estimated Trekking Time: 6 – 7 hours

Day 9, Sunday, October 9, 2016: Depart Chaubas Hill (b, l, d)
Trek from Chaubas Hill to Bholung Village (3,018 feet) and overnight in camp.

Estimated Trekking Time: 5 – 6 hours

Day 10, Monday, October 10, 2016: Depart Bholung village (b, l, d)
Trek from Bholung village to Chapkhore (6,013 feet) and overnight in camp.

Estimated Trekking Time: 6 – 7 hours

Day 11, Tuesday, October 11, 2016: Depart Chapkhore (b, l, d)
Trek from Chapkhore visit Timal Narayanthan continue to Kot Timal (6,430 feet) and overnight in camp.

Estimated Trekking Time: 6 – 7 hours

Day 12, Wednesday, October 12, 2016: Depart Kot Timal (b, l, d)
Trek from Kot Timal to Bhakunde Besi (2,296).

Estimated Trekking Time: 6 hours

Overnight: in camp

Day 13, Thursday, October 13, 2016: Trek from Bhakunde Besi (b, l, d)
You will trek from Bhakunde Besi to Namu Buddha (5,905 feet).

Estimated Trekking Time: 4 – 5 hours



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Drive back to Kathmandu: 2 ½ hours

Congratulations, you have completed the Sailung Trek!
After the trek, you return to Kathmandu and stay at the Kathmandu Guest House.

Day 14, Friday, October 14, 2016: End of The Trek of YOUR Life® (b)
After a good breakfast, you will be transferred to international airport for your return flight home.

The cost of The Trek of YOUR Life® \$1,745 per person for 8-9 person group.

The single supplement cost is an \$195 per person.

10% of the trips costs will be donated to charities in Nepal or Free Walkers if you are a member.

Trek Starting Point: Mudhe Bazaar, Dolalghat

Trek Ending at: Namu Buddha

Grade: Moderate. Previous hiking and trekking experience is not needed; just normal walking experience is enough.

Highest Point on Trek: 3146m (Thulo Sailung)

Lodging during Trek: Camping

Mode of Transportation: Trekking

Himalayan Sights: Mt. Everest, Mt. Makalu, Mt. Gaurishanker, Dorje Lakpa, Langtang **Hi-malaya Ranges:** Rolwaling, Annapurna

The costs include travel (camping trek):

- Pick up from the airport on your arrival and private transportation to your hotel in Kathmandu
- Accommodation at the Kathmandu Guest House in a deluxe double room with breakfast
- Welcome dinner and trek briefing
- Trekking permits (permits), nature conservation park fee, permits, TIMS fee, all state and local taxes, if necessary
- Private bus transportation from Kathmandu to Mude and from Nawabuddha to Kathmandu with crew and baggage
- Experienced and well spoken English speaking guide and trekking guide
- Needed support with good equipment with luggage for each trekker
- Good porters
- Life insurance and paid salary for all leaders and institutions First aid kit and medications for the staff
- Carrier equipment (windproof and waterproof trousers, warm jacket, warm wool hat, sun glasses, woolen gloves, woolen socks, and shoes)
- Entire luggage transportation by the team
- First aid equipment for the team
- Three hot meals a day during the trek: breakfast, lunch and dinner, late afternoon, we will have hot drinks, tea (black tea, lemon tea, jasmine tea, peppermint tea, herbs tea), coffee, hot milk, hot cocoa, sugar, and snacks.
- Vegetarian meals on request, during trek according to available menu.
- Geodesic climbing dome tents (2 persons per tent)
- Cotton liners for sleeping bag.
- Foam mattresses, extra insulation mats on trek.

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- Water will be boiled for 20 minutes to refill water bottles
- Table and chairs
- All necessary tents and camping equipment provided
- Dinner tent
- Kitchen tent with all the necessary kitchen utensils for during camping at base camp
- Toilet tent with toilet paper
- A daily bowl of hot water washing, during trek
- Shower tent with shower bucket, shower towel, and soap
- Farewell dinner in Kathmandu at the last evening
- Return trip transfer from hotel to the departure time to the International Airport in Kathmandu

Not included in the cost are:

- International flights to Kathmandu and back -Visa fee for Nepal
- All personal expenses
- Cola, Fanta and mineral water
- All alcoholic beverages
- Tips for the crew
- Donations
- Personal travel insurance or international health insurance, including an insurance recovery (please send a copy) or any baggage insurance
- You need your own warm sleeping bag for both camping and lodge treks.
- Lunch and dinners during your stay in Kathmandu
- In case of illness or accident of a customer and thus premature termination of his or her trek, the travel costs are not refundable. It is common that the sufferer will be accompanied back by a guide and porters at the base and the rest of the group can **continue their planned trek. Any additional related transportation fees, room and meals must be paid in addition to services mentioned above.**

Contacts:

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