



Trekking Team Group
adventure beyond imagination

Kaligandaki Valley Trek | 13 Days

At a Glance:

Tour Code:	KT015	Style:	Trekking Hiking Holidays
Grading:	▲▲▲▲▲	Maximum Altitude:	3880m
Transport:	Private transport & Flight	Duration:	13 Days
Start in:	Kathmandu Airport	End in:	Kathmandu Airport
Price:	US\$ 1399 per person		

Trip Description

Kaligandaki Valley is the main trading route with Tibet and the system of lodges and tea-houses here is well developed. This trek will provide you an opportunity to explore excellent landscape, ethnic group, high desert landscape, Monasteries visit, deepest gorge of in the world, hot spring, Rhododendron flower (March/April), 180 degree mountain views from Poon Hill, and many more. The trail pass through Yak caravans loaded with salt descended from the Tibetan plateau, whilst mule trains carrying grain headed up river from Nepal's hills, meeting halfway to barter their precious commodities.

Those who want to avoid crowd can trek in winter but it will be cold at Muktinath. Trek to Kaligandaki valley can be done in Monsoon too but there will be risk of landslide and also mountain views are not visible most of the time.

Outline Itinerary

- **Day 1:** Arrival and transfer to hotel
- **Day 2:** Kathmandu sightseeing
- **Day 3:** To Pokhara (850m) by bus or flight / hotel
- **Day 4:** Drive to Birethanti (1163m), trek to Tickhedaung about 5 hrs(1577m)
- **Day 5:** Trek to Ghorepani about 7 hrs (2855m)
- **Day 6:** Trek to Tatopani about 6 to 7 hrs(1189m)
- **Day 7:** Drive to Marpha about 5 to 6 hrs (2713m)
- **Day 8:** Trek to Muktinath (3802m)
- **Day 9:** Trek to Lupra village over night Jomsom about 7hrs(2713m)
- **Day 10:** Morning fly to Pokhara / Hotel
- **Day 11:** Fly to Kathmandu /Hotel
- **Day 12:** Day at leisure/ reserve day in case of flight cancel/Hotel
- **Day 13:** Drive to Airport for Return flight

Highlights of the tour:

- Trail pass through Yak Caravans & Tibetan plateau
- Explore historical sites and ethnic group culture
- Spectacular Himalaya & Mountain views
- Breathtaking Mountain flight and sunrise view

What's Not Included:

- Travel Insurance
- Nepalese Visal
- Tips for Guide and other trek staff
- Lunch and dinner in the city
- Additional costs due to illness, rescue etc
- Additional cost due to force majeure, changes of flight and itinerary
- Personal drinks and bar bill