



## **Thorong Peak Climbing Itinerary**

### **Day 1: Arrived at Trivuvan 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**

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### **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)**

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### **Day 9: Upper Pisang to Manang(3540mtr)**

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### **Day 10: Rest and acclimatization day at Manang**

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### **Day 11: Manng to Yak Kharka(4000mtr)**

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

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

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### **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**

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### **Day 18: Final Departure**

Final Departure

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