Content:

Upper mustang trek 15 days

The Upper Mustang trek is the ultimate gateway to the mysterious world of the old Buddhist kingdom of Mustang, also called Lo. Once forbidden and isolated from the rest of the world for decades, the area was able to evolve within its own distinctive culture and rich traditions closely tied to Tibet. This moderate, lesser-known trek passes through one of the driest regions of Nepal and provides spectacular mountain scenery.

| **Day** | **Destination** | **Altitude** | **Duration** |
| --- | --- | --- | --- |
| Day 1 | Welcome to Kathmandu! |  |  |
| Day 2 | Explore Kathmandu |  |  |
| Day 3 | Flight from Pokhara to Jomsom, Trek to Kagbeni | 2,847 m |  |
| Day 4 | Trek from Kagbeni to Chele | 3,050 m | 5-6 hours |
| Day 5 | Trek from Chele to Zhaite | 3,730 m | 7-8 hours |
| Day 6 | Trek from Zhaite to Charang via Dhakmnar and Lo Gekar | 3,575 m | 5-6 hours |
| Day 7 | Trek from Charang to Lo Manthang (explore the ancient city) | 3,820 m | 5-6 hours |
| Day 8 | Stay in Lo Manthang (Namgyal Gompa and Thinggar Valley) | 3,780 m | (rest day) |
| Day 9 | Stay in Lo Manthang (the Chosar Valley) | 3,780 m | (rest day) |
| Day 10 | Trek from Lo Manthang to Dhakmar via Lo Gekar | 3,730 m | 6-7 hours |
| Day 11 | Trek from Dhakmar to Geling | 3,570 m | 4-5 hours |
| Day 12 | Trek from Geling to Chuksang | 2,950 m | 7-8 hours |
| Day 13 | Trek from Chuksang to Jomsom | 2,750 m | 5-6 hours |
| Day 14 | Flight from Jomsom to Pokhara | 853 m | (25-minute flight) |
| Day 15 | Depart Kathmandu |  |  |

Kanchenjunga Trek

The Kanchenjunga Circuit trek visits both the north and south base camps of Kanchenjunga, the third highest mountain in the world at 8,586m.

Due to the fact this is a remote area trek, a good level of fitness and some trekking experience is desirable. Yet despite of its remoteness, trekkers gain insight into peoples’ way of life and can visit Ramtang and [Oktang Monasteries](https://www.magicalnepal.com/trip/kanchenjunga-north-base-camp-trek/).

On the way, the landscape is filled with rivers; waterfalls; green meadows; rhododendron, birch and pine forests; the Yalung Glacier, and of course, visitors are accompanied on the route by the majestic mountains.

**Kanchenjunga Circuit Trek Outline Itinerary**

**Day 1:** Kathmandu to Bhadrapur (Flight) to Ilam (Drive)

Ilam – 1677 m / 5501 ft – 5 hrs

**Day 2:** Ilam to Taplejung (Drive)

Taplejung – 1820 m / 5971 ft – 5 hrs

**Day 3:** Taplejung to Chirwa

Chirwa – 1270 m / 4166 ft – 6 hrs

**Day 4:** Chirwa to Lelep

Lelep – 1860 m / 6102 ft – 7 hrs

**Day 5:** Lelep to Amjilosa

Amjilosa – 2510 m / 8234 ft – 5 hrs

**Day 6:** Amjilosa to Gyabla

Gyabla – 2730 m / 8956 ft – 4 hrs

**Day 7:** Gyabla to Ghunsa

Ghunsa – 3595 m / 11794 ft – 4 hrs

**Day 8:** Acclimatization Day

Ghunsa – 3595 m / 11794 ft – 4 hrs

**Day 9:** Ghunsa to Kambachen

Kambachen – 4100 m / 13451 ft – 4 hrs

**Day 10:** Acclimatization Day

Kambachen – 4100 m / 13451 ft – 4 hrs

**Day 11:** Kambachen to Lhonak

Lhonak – 4785 m / 15698 ft – 4 hrs

**Day 12:** Day Trip to Kanchenjunga North Base Camp

Lhonak – 4785 m / 15698 ft – 8 hrs

**Day 13:** Lhonak to Ghunsa

Ghunsa – 3595 m / 11794 ft – 7 hrs

**Day 14:** Ghunsa to Sele Le

Sele Le – 4390 m / 14402 ft – 5 hrs

**Day 15:** Sele Le to Cheram

Cheram – 3870 m / 12696 ft – 8 hrs

**Day 16:** Day Trip to Kanchenjunga South Base Camp

Cheram – 3870 m / 12696 ft – 6 hrs

**Day 17:** Cheram to Torongding

Torongding – 2080 m / 6824 ft – 4 hrs

**Day 18:** Torongding to Yamphuding

Yamphuding – 1980 m / 6496 ft – 8 hrs

**Day 19:** Yamphuding to Khebang

Khebang – 1910 m / 6266 ft – 4 hrs

**Day 20:** Khebang to Khamdime

Khamdime – 1500 m / 4921 ft – 4 hrs

**Day 21:** Khamdime to Bhadrapur (Drive)

Bhadrapur – 93 m / 305 ft – 10 hrs

**Day 22:** Bhadrapur to Kathmandu (Flight)

Kathmandu – 1300 m / 4265 ft – 50 minutes

Tilicho lake trek

On this 12-day journey through Nepal, experience the scenic and challenging Tilicho Lake Trek—one of the highest lakes in the world. Start in Kathmandu to get acquainted with the country, and do some sightseeing. Then, begin the journey through the Annapurna region. Explore villages and stay in teahouses along the way. Make stops in Chame, Pisang, Manang, and Khangsar Village, before reaching Tilicho Base Camp. Then, spend time admiring the Tilicho Lake, before retracing your steps back to Kathmandu.

**Brief Itinerary**

| **Day** | **Highlights** | **Overnight** |
| --- | --- | --- |
| Day 1 | Arrival in Kathmandu | Kathmandu |
| Day 2 | Drive to Chame | Chame |
| Day 3 | Trek From Chame to Upper Pisang | Pisang |
| Day 4 | Trek to Manang Village | Manang |
| Day 5 | Explore Manang Village and Ganga Purna Lake | Manang |
| Day 6 | Trek to Siri Kharka | Khangsar Village |
| Day 7 | Trek to Tilicho Base Camp | Tilicho Base Camp |
| Day 8 | Hike to Tilicho Lake and Trek Back to Siri Kharka | Tilicho Base Camp |
| Day 9 | Trek Back to Manang Village | Manang |
| Day 10 | Drive to Besisahar | Besisahar |
| Day 11 | Drive Back to Kathmandu | Kathmandu |
| Day 12 | Depart From Kathmandu |  |

Nepal cultural Highlights

In eleven days, learn about the rich Buddhist and Hindu cultural histories of Nepal by visiting sacred sites in Kathmandu and farther afield, in Lumbini. Balance the cultural attractions with outdoor scenic pursuits in Pokhara, such as hiking to vantage points for panoramic Himalayan views. If you’re feeling brave, you can even try paragliding above the lakes and mountains of Pokhara.

**Brief itinerary**

| **Day** | **Destination** | **Overnight** |
| --- | --- | --- |
| Day 1 | Arrive in Kathmandu | Kathmandu |
| Day 2 | Introduction to Hinduism and Buddhism | Kathmandu |
| Day 3 | Manakamana Temple by cable car | Gorkha Beach |
| Day 4 | Overland to Lumbini | Lumbini |
| Day 5 | Visit Buddhist Temples and the Peace Park | Lumbini |
| Day 6 | Visit Tilaurakot | Lumbini |
| Day 7 | Overland to Pokhara, via Tansen | Pokhara |
| Day 8 | Sightseeing and adventure in Pokhara | Pokhara |
| Day 9 | Fly back to Kathmandu, visit Patan | Patan |
| Day 10 | Tour of Bhaktapur | Bhaktapur |
| Day 11 | Depart Kathmandu |  |

# **Religious Tour Janakpur**

Janakpur is a city in Nepal which is believed to be the birthplace of Goddess Sita and the place of her marriage with Lord Ram. Also known as the City of Ponds, Janakpur boasts of more than seventy ponds that dot its verdant landscape. Here you can learn more about the ancient and revered Hindu epic, the Ramayana and its significance today. Visit the actual sites mentioned in the great epic and listen to local lore as well!

## Tour Itinerary

Day 1: Kathmandu to Janakpur

Day 2: visit and discover janakpur like Janaki mandir, bibha mandap, hanuman mandir

Day 3: Janakpur to Kathamandu.