

Saribung Peak (6328m) Climbing



Trip Grade: Moderate Plus
Duration: 22 Nights/23Days
Max. Altitude: 6328M

Destination: Nepal
Region: Annapurna
Activity: Climbing & Expedition
Theme: Tented Camp

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Overview

Saribung Peak (6328m) is one of the most popular 6000 meter peaks in Nepal. Saribung Peak (6328m) is the ideal expedition for those wishing to get off the beaten track and ascend a peak and it is located in remote Damodar Himal, close to the border with Tibet. Saribung Peak can be climbed without any special climbing gears as you need to climb other peaks. This is the long version to climbing Saribung with trekking in the hidden valley of Naar and Phu. During your trip to Saribung Peak you'll see the magnificent views of snow-capped mountains, visit the mysterious Upper Mustang, trekking in the most popular Annapurna Conservation Area, several passes and remote Naar & Phu Valley at the end of the trip. Saribung Peak can be climbed anti-clockwise starting from Besi Sahar too. But considering acclimatization and more scenery during the trip, Trekking Experts offers Saribung Peak Climbing Expedition with clockwise starting from Jomsom.

Saribung Peak Climbing Expedition with Trekking Experts begins with scenic flight to Pokhara and then to Jomsom. In the beginning of the trip you'll trekking mighty Upper Mustang region which is very famous for its unique landscapes, thousands of mysterious manmade caves, century old monasteries, amazing polyandry system and beautiful Lo Manthang. As you further continue your trip towards Saribung Peak, you'll trek in the remote areas experiencing the wilderness, remoteness and adventure over the passes. You'll visit Damodar Kunda at an elevation of 4890 meters from sea level. Following off-the-beaten trail you'll cross Saribung Peak (6328m) and trek into off-the-beaten trail to Naar & Phu Valley. You can see nnapurna, Gangapurna and Tilicho peak, Kang Guru, Pisang Peak etc during the trek and many other peaks. Only few tour operators in Nepal can successfully run this peak climbing as your trekking crew (guide, cook and porters) should be strong and experienced. Trekking Experts has been successfully running Saribung Expedition every year successfully.

Highlights

- Climbing 6328 meters Saribung Peak with other several passes
- Close watch of the original roots of Himalayan Buddhism
- Panoramic views of Nilgiri, Annapurna, Dhaulagiri and several other peaks
- The traditional city 'Lo Mangthang' influenced by Himalayan Buddhism, Tibet-influenced culture
- Amazing landscape with about 10,000 human made mysterious caves
- The diversity of landscapes, villages, ethnicities, lifestyles
- Surprising family- all the brothers in the family are married to a single girl

Trip Itinerary

Day 01: Kathmandu (alt. 1310m)

Upon your arrival at the Tribhuvan airport Trekking Experts representative welcomes you and assists to transfer in your hotel in Kathmandu. Upon arrival at hotel, our tour manager will brief you about trekking information and other necessary information. And then you'll free time to explore Kathmandu.

Accommodation: Three Star Hotel **Meals:** N/A **Walking Hours:** N/A **Altitude:** 1310 meters

Day 02: Kathmandu (alt. 1310m)

Today you'll visit around Kathmandu at the same time Trekking Experts will be preparing for climbing. One of you who will randomly picked as the Team Leader in the group needs to visit Department of Tourism for permit formalities. It will be just for about an hour only. And you can continue your tour around Kathmandu. There are several world heritage sites in Kathmandu and you can visit three among them. Most probably you'll visit Boudanath, Pashupatinath and Bhaktapur Durbar Square.

Accommodation: Three Star Hotel **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** 1310 meters

Day 03: Kathmandu - Pokhara (alt. 820m)

After an early breakfast at hotel, our trekking guide will pick you from hotel and drive towards Pokhara by a private air-conditioned vehicle. On your way, you can see the picturesque Trishuli and Marsyangdi rivers along green and Rocky Mountains, rivers connecting each other and small springs too. It will take about six hours drive to reach Pokhara. You'll stop on the way for lunch. Upon arrival in Pokhara, you'll be checked-in at hotel and you'll free time to relax at hotel or explore around Pokhara. Pokhara is a beautiful valley set on the banks of the Phewa and Begnas Lake, also known for its panoramic views of Annapurna (8,091m), Machapuchare (6,993m) in the north, Dhaulagiri (8,169m) in the west, Manaslu (8,156m) and Lamjung Himal (6,983) in the east. Pokhara is one of the most popular tourist's paradises with many facilities for travelers.

Accommodation: Three Star Hotel **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** 820 meters

Day 04: Pokhara-Chele (alt. 3055m)

After very early morning breakfast (or picking pack breakfast from hotel), you'll take short flight to Jomsom. During the early morning flight to Jomsom and if clear is clear, you will see spectacular mountain views as you pass through two eight thousanders mountains between Dhaulagiri and Annapurna, following along the world's deepest gorge. The landscape below is absolutely breathtaking. You will land in Jomsom, district headquarters of Mustang. You'll start your walking journey from here. Upon arrival at Jomsom airport, our trekking guide and porter will meet you there and will pack up your baggage for trekking and you'll take a local jeep/bus and drive to Chhuksang. From Chhuksang, you'll trek Chele.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 4 Hours Walk **Altitude:** 2800 meters

Day 05: Chele- Gheling (alt. 3510m)

After breakfast at camp, you will leave Chele and follow the trail that enters to a small grassy basin. From here you will ascend up to Dajori La Pass at 3735 meters and descend downhill towards the picturesque village of Samar. The trail from Samar descends rapidly into a heavily eroded watercourse before climbing steeply towards Bhena La Pass at 3838 meters. You will descend a little before making a climb to Yamda La Pass at 3860 meters. You will have magnificent views of the beautiful valleys of Upper Mustang from here. A short descend and then uphill trek will lead you to an enormous stupa at Chhungar. From here you'll turn right at the cairn and descend to reach the flat-bottomed valley and the village of Geling.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6/7 Hours Walk **Altitude:** 3510 meters

Day 06: Gheling- Tsarang (alt. 3620m)

After breakfast at camp, you'll trek to Tsarang today. Your trail climbs a steep hillside towards the crossing of Nyi La Pass at 4025 meters. From the top of the pass, you will have magnificent views of Annapurna Himalayan ranges behind you. A gradual descent from the top will lead us to Ghami. The trail from Ghami descends through the rough and slippery trail as you head towards a suspension bridge over Ghami Khola. After crossing the bridge you will make a climb along with the longest Mani wall in Mustang. You'll head towards the crossing of Tsarang La Pass at 3870 meters. From the top of the pass, you will descend to arrive at Tsarang.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6/7 Hours Walk **Altitude:** 3620 meters

Day 07: Tsarang- Lo Manthang (alt. 3810m)

After breakfast at camp, you will continue your trekking by following the trail that drops down to cross the

suspension bridge over Tsarang Khola. After crossing the river you will make an ascend towards Lo La pass at 3950 meters. From the top of the pass, you will have mind-blowing views of the northern Mustang and Lo-Manthang. An easy descent from the top of the pass will lead you to the ancient walled capital of Mustang - Lo-Manthang.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 3/4 Hours Walk **Altitude:** 3810 meters

Day 08: Lo Manthang (alt. 3810m)

Today is fully free day in Lo Manthang for rest and acclimatization. You can explore around for acclimatization. Lo-Manthang has several hike options for spending a good acclimatization day. A 2-3 hours hike up to Namgyal Monastery can be done for acclimatization. Besides, Lo Manthang is an interesting town where there are three major Gompas to explore. Jhampa, Thupchen, and Chhoeda - all of these Gompas have undergone expert restoration over the last 20 years. Explore the unique culture and distinct tradition here at the capital of the Forbidden Kingdom of Mustang.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** N/A **Altitude:** 3810 meters

Day 09: Lo Manthang – Yara Gaon (alt. 3900m)

After breakfast at camp, today you'll trek further to Yara Gaon. You will follow the trail that is a gradual climb as you approach the village of Dhi. Leaving Dhi village you will follow the trail that descends downhill to cross a small stream. After crossing the stream you will make a steep uphill climb to arrive at Yara Village. During the trek, you will see a countless number of caves in the high stone walls.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6/7 Hours Walk **Altitude:** 3900 meters

Day 10: Yara Gaon- Luri Gompa (alt. 4005m)

After breakfast at camp, you'll trek to Luri Gompa today. You will follow the trail that is a gradual ascend all the way towards Luri Gompa. There are two monasteries here at Luri Gompa. At first, you will visit one which is located below the Luri Cave Monastery. Later you will make a steep ascent to Luri Cave Monastery which is one of the oldest - built in the 15th century and also the famous cave monastery in Mustang region. Inside the cave, you will witness numerous images and statues of Protectors and deities. After excursion around the cave monastery, you will relax at your campsite.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 4/5 Hours Walk **Altitude:** 4005 meters

Day 11: Luri Gompa-Ghuma Thanti (alt. 4600m)

After breakfast at camp, today you will follow the trail that descends through the gorge and heads towards Ghuma Thanti. You will trek on the trail that has several ups and downs through pasture grounds and hill-tops. During the trek, you will have great views of Mount Dhaulagiri. You will make an ascend towards a pass at 4920 meters before descending down to Ghuma Thanti. Ghuma Thanti is actually a place built with the purpose for providing shelter to Buddhist pilgrims on their way to sacred Damodar Kunda Lake.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 5/6 Hours Walk **Altitude:** 4600 meters

Day 12: Ghuma Thanti- Namta Khola (alt. 4890m)

After breakfast at camp, today you'll start your journey with a steep ascent towards Kyumu La (5300m) and Batsyak La (5450m), you will reach high the elevation lake Damodar Kunda (4890m). Damodar Kunda is a holy lake visited by Hindu pilgrims and is situated in a rain- shadow zone of the Himalayas, north of the magnificent Annapurna range. You'll then continue downhill to Namta Khola after passing spending some time at the lake.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 7/8 Hours Walk **Altitude:** 4600 meters

Day 13: Namta Khola - Saribung Base Camp (alt. 4950m)

After breakfast at camp, you'll start your trek from the left bank moraine of Khumjungar Glacier. This part of the trek is quite tough due to the snowy trail. Climbing through Khumjungar Glacier, you'll reach Saribung Base Camp. At Saribung Base Camp, you'll find yourself surrounded by many 6000 meters peak from all around.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6/7 Hours Walk **Altitude:** 4950 meters

Day 14: Saribung Base Camp (alt. 4950m)

Today you will spend one more day here at the Base Camp for acclimatization. Acclimatization is very es-

essential for staying fit, both physically and mentally for successful summit climb of Saribung Peak. Thus, we will take a day rest for acclimatization that assures the successful summit climb.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** N/A **Altitude:** 4950 meters

Day 15: Saribung Base Camp- High Camp (alt. 5750m)

After breakfast at camp, today you'll hike to high camp. You'll follow the trail that is a gradual ascent trekking. You will trek over the trail that is often snow-covered and icy. In some slippery sections, you will need to use crampons. Today's trek can be very tiring, so resting every now and then helps to restore energy. We continue on our trek with great views of Khumjungar Himal and Damodar Himal, as you approach towards a good camping site at Camp I. Your trekking crew will set up camp there.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 5-6 Hours Walk **Altitude:** 5750 meters

Day 16: High Camp-Saribung Peak (6328m)- Bhrikuti Base Camp (alt. 5550m)

After early morning breakfast at camp, you'll make your summit push today. You'll start early morning because strong winds after noon can create obstacles for reaching the summit. Following the guidance and footsteps of your experienced climbing guide, you will climb to the summit of Saribung Peak (6328m). Once at the top you will be rewarded with breathtaking views of valleys and high peaks including Himlung, Gyajikang, and Bhrikuti. After spending some time at the top you will descend down to Bhrikuti base camp.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 7-8 Hours Walk **Altitude:** 5550 meters

Day 17: Reserve Day/Bhrikuti Base Camp (alt. 5550m)

Today is reserve day. Due to unfavorable weather, if you couldn't make summit, you'll utilize this day to make summit of Saribung Peak. If you successfully made summit yesterday, then you'll trek to Phu Gaon today.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 7-8 Hours Walk **Altitude:** 4080 meters

Day 18: Bhrikuti Base Camp-Phu Gaon (alt. 4080m)

If you made successful summit on day 17, then you can rest at Phu Gaon today and explore around Phu Gaon. If summit schedule is delayed by one day due to any reason, you'll trek to Phu Gaon today. Phu village is very old village that will give you feeling of going back in time. In free time you can visit very old and famous Tashi Lakhang Monastery which is believed to be one of the last monastery built by Karmapa Rinpoche.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 7-8 Hours Walk **Altitude:** 4080 meters

Day 19: Phu Gaon- Meta (alt. 3560m)

After breakfast at camp, you'll trek to Meta today. From Phu Village you'll pass the gate at end of the village and descend in the constricted valley to reach Kyang. You can observe the ruins of abandoned castles of the Khampa settlement, a Tibetan descent that lived unlawfully at places like Jhunam Goth, Chyakhu, and Kyang. Then, you'll continue on the downhill path to reach Meta. You can see the remarkable view of Kangaru Himal (6981m) and the Annapurna range.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 5-6 Hours Walk **Altitude:** 3560 meters

Day 20: Meta- Koto (alt. 2600m)

After breakfast at camp, you'll descend following Naar Khola downstream as you walk through the alpine forest. You'll cross many small streams and attractive waterfalls near Dharmasala. You'll cross over many suspension bridges and riverside settlements to finally reach Koto.

Accommodation: Lodge **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6-7 Hours Walk **Altitude:** 2600 meters

Day 21: Koto-Kathmandu (alt. 1310m)

After early breakfast at lodge, you will catch a local bus/jeep to Bensi Sahar. Once you are at Bensi Sahar, your private vehicle will be waiting for you for Kathmandu. You will catch it and drive to Kathmandu. Upon arrival in Kathmandu, you'll check-in at hotel.

Accommodation: Three Star Hotel **Meals:** Breakfast/Lunch **Walking Hours:** N/A **Altitude:** 1310 meters

Day 22: Kathmandu (alt. 1310m)

Today is your last day in Nepal and you can relax at hotel or do souvenir shopping for your loved ones. Also you can visit world heritages sites of Nepal. One member (Team leader) needs to visit Department of Tourism for formalities about climbing. There are seven world heritage sites in Kathmandu which are very beautiful, interesting and meaningful. You shouldn't miss to visit them. You may contact our tour officer if you need any support for visiting those sites and its costs.

Accommodation: Three Star Hotel **Meals:** Breakfast /Dinner **Walking Hours:** **Altitude:** 1310 meter

Day 23: Departure from Kathmandu

Depending on your flight time, you'll be transfer to airport before 3 hrs of flight time.

Accommodation: N/A **Meals:** Breakfast **Walking Hours:** **Altitude:**

What's Included

Meals & Accommodations

- i) 4 nights in Kathmandu at three star-hotels on twin sharing basis with bed & Breakfast
- ii) 1 night in Pokhara at three star-hotels on twin sharing basis with bed & Breakfast
- iii) 1 night in Koto at lodge on twin sharing basis in common rooms with full board (breakfast, lunch and dinner)
- iv) 16 nights in tented camps during the trekking on twin sharing basis with full board (breakfast, lunch and dinner)

Transportation & Flights

- i) All airport/hotel/airport transfers by private air-conditioned vehicle
- ii) Kathmandu-Pokhara and Bensi Sahar-Kathmandu by private air conditioned vehicle
- iii) Jomsom-Chhukung and Koto-Bensi Sahar by local jeep/bus with trekking crew
- iv) Pokhara-Jomsom flight with airport taxes and 15 kg baggage (Cargo \$1 per kg)
- v) 20 kg baggage per person for trek

Permits & Fees

- i) Annapurna Conservation Fee
- ii) Upper Mustang Special Permit Fee
- iii) Saribung Peak Climbing Permit Fee
- iv) Naar & Phu Valley Special Permit Fee
- v) Garbage Deposit Fee
- vi) Insurance to obtain permit

Guide & Supporting Crew

- i) 1 English speaking experienced trekking guide
- ii) 1 experienced trekking cook
- iii) Required kitchen team (kitchen helpers)
- iv) 1 assistant guide for every 5 members
- v) Required porters to carry personal baggage, camping equipment, kitchen utensils and trekking food
- vi) High Altitude Climbing Guide for Peak Climbing: 1 HA for 1-5 Pax Group, 2 HA for 6-9 Pax group, 3 HA for 10-12 Pax Group

Logistics Supports

- i) Support for airport pick up, drop and farewell dinner
- ii) Search & Rescue insurance for whole trekking crew
- iii) Personal accidental and medical insurance for whole trekking crew

Equipment

- i) One 2-men sleeping tent for every two members
- ii) 1 Foam mattress for every member
- iii) Dining Tents and kitchen tent
- iv) Required toilet tents
- v) Required Shower tents
- vi) Required tables and chairs
- vii) Required kitchen utensils with fuel
- viii) Solar light for lighting purpose only
- vix) 1 Satellite Phone (Use and Pay \$4 per unit)

Value-Added Services

- i) Welcome at airport on arrival with Khata
- ii) Farewell Dinner at typical Nepalese restaurant
- iii) Trekking Map and Kathmandu City Map
- iv) Comprehensive First Aid Kit

What's not Included

- All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services etc.
- Medical and travel insurances
- International airfare and taxes
- Nepal Visa fees
- Additional High-Altitude Sherpa
- Emergency helicopter rescue charges
- Main meals in Kathmandu and Pokhara (lunch and dinner)
- Tips for trekking crew