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Thorong Peak Climbing

URL: https://himalaya-discovery.com/trip/thorong-peak-climbing/

Trip Code
WTE-1894

Destination
Nepal

Activity
Featured

Duration
20

Per Person From
USD 2,385

Region
Annapurna

Max. Altitude
6144m

Best Season
Spring & Autumn

Activity Per Day
5 – 6 hours

Group Size
6

Very Strenuous

Trip Overview

Thorong Peak is the classic Himalayan trekking peak, standing at 6144 m, in the Annapurna Region. Climbing Thorong peak is a glorious journey that traverses through beautiful trails along many Manages and Gurung villages, set in the lap of the Himalayas.

The Thorong Peak Climbing takes us through verdant hills and into the heart of the Himalayas to offer spine-chilling adventure and exciting views.We are bound to be in awe of the grandeur of the journey taking us to the barren lands of Manang. The route (Annapurna Circuit) will also entail crossing the Thorong La pass (5416 m) and seeing beautiful views of the Manaslu, Annapurna, Dhaulagiri, and Machhapuchhre Mountain ranges.

Starting from Lamjung's lowlands along the banks of the Marsayangdi River and through dense forests, we will make our way to Manang's arid region and finally enter the sacred Muktinath. The area is blessed with plenty of vegetation, animals, various kinds of birds, mountain goats, ibexes, and the elusive snow leopard. The area is also renowned in culture and tradition for its beauty.

There are many traditions among the people living in this area which are very unique to Nepal. However, it's a non-technical trek, because of the long hours of walks, it can get tough at times. It is reommended for the good physical condition of people. We can enjoy the feats of our accomplishment after the successful climb, which almost feels like you've reached the top of the world.

Itinerary

Day 01: Arrive in Kathmandu

Upon your arrival in the Kathmandu airport after completing your custom formalities Visa, etc. pick up your luggage and look for our airport representative from Himalaya Discovery, who will display your name on the board at the arrival gate.

You will be greeted by our representative and transferred to your hotel by private tourist vehicle.

Highest Altitude:
1400m

Day 02: Free / Permits preparation and gear check.

Today is free for sightseeing in Kathmandu. You may wish to visit Durbar Square in the heart of the old city where the old Royal Palace, with its intricate woodcarving is located.

The whole area is a maze of temples and images. Leading away from the square in all directions are narrow alleys, full of the most amazing variety of shops and stalls. Some of these landmarks are considered World Heritage Sites including the historic Bhaktapur Durbar Square, the famous 'Monkey Temple' Swayambhunath and Buddhists shrine Buddhanath which is one of the largest Stupas in the world.

Day 03: Drive from Kathmandu to Dharapani

We depart early in the morning to avoid traffic as the highways are usually full of traffic. We will see a beautiful view along the way next to some fast rivers that host fun sports like rafting and canoeing.

We will pass the Trishuli and Marsayangdi River as we reach the village of Dharapani from where we will begin our trek. Overnight stay at a lodge.

Trek Duration
8-9 hours

Highest Altitude:
1860m

Day 04: Trek from Dharapani to Chame

As we reach the first hour of the hour, here we will be pretty close to getting the initial view of Annapurna II.

We'll walk on some steep paths through forests and rocky landscapes running parallel to the Marsayangdi River.

When we reach Chame, we can see the prayer flags fluttering as we get the unique setting of Tibetan

villages. Overnight stay at a lodge.

Trek Duration	Highest Altitude:
5-6 hours	2670m

Day 05: Trek from Chame to Pisang

We are making our way to Pisang along the narrow steep trail. The trail runs along the Marsayangdi river via dense pine forests. In the stone houses we will see lovely apple orchards and small tea shops.

We're going to cross a suspension bridge and get a glimpse of the Pisang Peak (6091 m) and the Himalayan ranges. Overnight stay at a lodge at Pisang.

Trek Duration	Highest Altitude:
5-6 hours	3200m

Day 06: Trek from Pisang to Manang Village

Today, we will continue to go up to Manang village. As this landscape gets drier, we'll notice a change in the scenery.

We will also see different crop fields swaying to the wind, and witness Yaks grazing on pasturelands. We can feel strong Buddhist faith in the region as the village welcomes us with fairly several monasteries. Overnight stay at a lodge.

Trek Duration	Highest Altitude:
5-6 hours	3540m

Day 07: Acclimatization and discover Manang.

Acclimatization is key to making any trek successful. Today we will be staying in Manang and discover the surrounding areas.

We will spend the day hiking around the village and enjoying beautiful landscapes, taking short hikes. The village is a lovely treat and has a cluster of stone houses that are flat-roofed.

It is possible to see from the village the Chulu East (6429 m), Chulu West (6419 m), Annapurna III (7555 m), and Gangapurna (7454 m). Overnight stay at a lodge.

Day 08: Trek from Manang to Khangsar Village

After a good acclimatization at Manang, we continue our journey towards the Tilicho Lake, located on the

west end of Manang following the route down to the river.

After crossing the Khangsar Khola (river), we reach Khangsar and head towards the village area, still traditionally Tibetan and known as the Last Village of Nepal. Overnight at a guesthouse.

Trek Duration	Highest Altitude:
4 hours	3,700 m

Day 09: Trek from Khangsar village to Tilicho Base Camp

We continue on a gravel path from Khangsar, passing a Gompa (monastery). The way ahead goes up to a high ridge on a recently built trail. There's an intersection at one point. One path maintains the altitude, going through the slopes to a place where the valley is narrow; the other continuing up to the ridge line.

The former is the old route, and it's much tougher as it really goes steep; the latter is the new path which goes completely different. We continue along the new path, reach a high crest and descend to the sides of the main valley on carved out through the slopes.

There is a brook at the bottom. On the other side there is a building called the Tilicho Base Camp at an altitude of 4,200 m. Overnight at a lodge.

Trek Duration	Highest Altitude:
4-5 hours	4,200 m

Day 10: Trek to Tilicho Lake and return to Tilicho BC

Tilicho lake trek is popular as the Annapurna Circuit side hike. But nowadays, with Tilicho's growing popularity, trekkers choose a direct trek to the lake.

The journey will definitely be one of the best trips that you have ever made. It has a breathtaking panoramic view, great cultural diversity with the tranquil settlement lush green forest and mountains surrounding the great massif of Annapurna.

We will return same way back to base camp as there are no accommodation facilities at the Tilicho Lake area. Overnight at a lodge.

Trek Duration	Highest Altitude:
5-6 hours	5,200 m

Day 11: Trek from Tilicho BC to Yak Kharka

After breakfast at the base camp, you will take a gently winding trail high above Khangsar village with more views of the Himalayan giants as you pass through juniper bushes and old Khangsar's ruins.

From here, follow an unmarked trail leading you down to an old log bridge between Gunsang and Yak Kharka, an area where yak herders graze their animals. Overnight stay at a lodge.

Trek Duration	Highest Altitude:
4- 5 hours	4020m

Day 12: Trek from Yak Kharka to Thorong Phedi

Today's scenic trek begins with breakfast in Yak Kharka before you ascend slowly and gradually to your overnight place.

You will walk up a ridge and notice that along the way the landscapes of high altitude are becoming more extraordinary. Then descend to the Marshyangdi where you cross the river on a covered wooden bridge turn leads to a small tea shop.

After a short ascent on the right bank of the mountain path, you can follow a narrow trail and then walk down to Thorong Phedi (meaning: hill foot). Once you've settled, choose to spend your free afternoon hiking to the High Camp lodge for some acclimatization or relaxing with a book and chatting with other trekkers. Overnight at a lodge.

Trek Duration	Highest Altitude:
6-7 hours	4525m

Day 13: Trek from Thorong Phedi to Thorong La

Today, we're going to reach Thorong la, a popular pass, and begin the ascent early in the morning to avoid strong winds.

The pass is wide making it relatively easy to walk on, but due to the unpredictable weather changes, the journey can be challenging and is almost impossible to pass in winter.

The pass is also the highest pass in the world and offers great views of the Annapurna massif. Overnight stay at a tented camp.

Trek Duration	Highest Altitude:
5-6 hours	5416m

Day 14: Preparation day

Today, we will spend a day for preparation and acclimatization of our great Thorong peak expedition. We are going to spend here planning for the climb today. The climbing experts will brief us on the do's and don'ts for a successful safe climb. In anticipation of tomorrow, we will discover the surrounding area with the magnificent view. We also learn to use the climbing gear as we better acclimatize to the Himalayan

atmosphere. Overnight at a tented camp.

Day 15: Summit to Thorong Peak and trek to Muktinath

We will start climbing early so we won't be affected by the winds as much. We will be able to see the Kali Gandaki Valley as we start the steep climb. Approximately, 1-hour to reach the foot of the snow slope with an inclination of about 35°to 40°.

Then we sat on a small plateau that we cross in a corridor that we go back to 100m. Finally, by large slopes slightly inclined, then reaches the summit. When we reach the top, the beautiful views of the ranges of Dhaulagiri and Annapurna will welcome us.

This is a great time to celebrate the summit of Thorong peak expedition! This also a great spot for photography. Now, we are going to make our way down a steep cliff to Muktinath. Overnight stay at a lodge.

Trek Duration	Highest Altitude:
7-8 hours	6144m

Day 16: Extra day for climbing due to bad weather or AMS

This day is kept as a backup to attempt the peak, if the previous day is hindered by any unforeseen events and we push on to Muktinath today. Since the weather at high altitudes can change and worsen in a short time, we reserve today day as a contingency.

Day 17: Trek from Muktinath to Kagbeni

We will trek on the windy terrain today, mostly following a downhill trail. We also visit the Muktinath temple, one of the most popular Hindu pilgrimage sites. The temple is surrounded by 108 taps where people take baths before performing various rituals.

We can see far-off mountain villages and silhouettes along the route. There are small houses along the way that offer the amazing view of tea. We're going to enter Kagbeni passing small streams. Overnight stay at a lodge.

Trek Duration	Highest Altitude:
4-5 hours	2810m

Day 18: Fly from Jomsom to Pokhara

We pack our bags this morning and get ready for Pokhara's thrilling mountain scenic flight The flight transits between two high peaks of Mt. Annapurna (8091 m and Mt. Dhaulagiri (8167 m) and gives us the

opportunity to enjoy the best views of the Himalayan range of Annapurna & Dhaulagiri. Overnight at hotel in Pokhara.

Trek Duration	Highest Altitude:
20 mins	820m

Day 19: Free / Rest day in Pokhara

Today is a rest day and enjoy the delights of Pokhara, taking a trip to a spa massage or listening to live music. Or simply relax in a quiet café, restaurant overlooking the Fewa lake.

Day 20: Drive back to Kathmandu

We depart at approximately 7.30 am for Kathmandu by tourist bus. We arrive back in Kathmandu at around 2-3 pm. You will go back to Kathmandu with lots of good memories.

In the evening we will have a farewell dinner in a traditional Nepalese restaurant with cultural performances.

Highest Altitude:

1400m

Day 21: Free day / Fly to home

Today is rest and relax throughout the day or say goodbye to Nepal. Enjoy your final moments in Kathmandu with a city stroll or souvenir shopping.

Our representative will meet you at your hotel and drive you to the airport for your return flight home.

Price Includes

- Airport transfers pick-up and drop-off.
- Transportation from and to Kathmandu by private vehicle.
- All meals (breakfast, lunch, dinner) during the trip.
- All accommodations during the trek.
- English speaking Sherpa trek guide.
- Thorong Peak climbing permit, Annapurna Conservation Area permit and necessary permits (TIMS).
- Tent camp during the climbing period. (twin sharing trekking tent, dining tent, toilet tent, Kitchen tent, staff tent, chairs and Kitchen utensil etc.)
- Peak climbing a native Sherpa guide with his equipment.

- Staff insurances and necessary ground transport for support staffs.
- Garbage deposit.
- Necessary porters to carry your luggage/equipment during the trip.
- Himalaya Discovery duffel bags.
- Hiking pole for the trek, if needed.
- Trek map.
- Farewell dinner including a cultural show.

Price Excludes

- International airfare and Nepal visa.
- Personal trekking and peak climbing gears.
- Climbing rope, crampons, climbing shoes, raincoat.
- Personal clothing and equipment, down jacket, Gore-Tex jacket, available on hire in Kathmandu.
- Any personal medical or evacuation expenses incur.
- International Travel insurance which included rescue.
- Tips for the guide & porters (tipping is expected).
- Any others expenses which are not mentioned on the 'Included' section.

Group Discounts Available

No. of Persons	Price per Person
1+	USD 2,385

More Info – Good to know before you travel

Thorong Peak Climbing Difficulty

Thorong Peak is relatively one of the easiest peaks climbing in Nepal. You do not need previous experience but requires good physical conditions and stamina to walk 5 to 7 hours a day. The foot of the Thorong La pass Thorong Phedi which acts as a base camp. It requires setting up another camping near the Thorong La that makes it easier to reach the summit in one day.

The Thorong peak is at 6144 meters. The next day, leave early. One hour to reach the foot of the snow slope with an inclination of about 35°to 40°. Then we sat on a small plateau that we cross in a corridor that we go back to 100m. Finally, by large slopes slightly inclined, then reaches the summit.

The summit of Thorong peak offers you the panoramic view of Nilgiri peak, Tilicho peak, Dhaulagiri range, Annapurna range along with beautiful scenery of mustang region and beautiful the Kali Gandaki Valley.

Thorong Peak Climbing gears:

Your personal Gear:

- Ice axe
- Crampons
- Harness
- Tape slings
- Screwgate Carabiners
- Descender/Abseiling device
- Plastic Mountaineering boots
- Ascender
- Helmet (optional)

Gears for the Group

- Snow bar
- Rope
- Ice hammer
- Ice screw

We at Himalaya Discovery glad to guide you Thorong peak expedition with our native experienced Sherpa guides and expert team for a complete Himalaya experience.

Address

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