

- This Peak is popular and fairly tough climbing.
- This trip combines Annapurna circuit trekking (Throng la pass) and famous Climbing, Pisang Peak.
- First, climb in 1955 by a German team
- Enjoy with magnificent snow-capped mountain views Manaslu, Annapurna II, Gangapurna, Tilicho peak, Dhaulagiri I and neighboring mountains.

Pisang peak climbing with throng la pass trekking is popular activities for adventure travelers. It is located in the impressive Annapurna region, the western part of Nepal. This trip combines Annapurna circuit (Throng la pass trekking) and famous climbing Pisang peak. Itself rises to the north of Manang Valley. It provides unique experience yours short time. This peak normally climbed 3 days time from Pisang village. High altitude must be respected and complete acclimatization at the recommended time. German expedition group first time successful climb in 1955.

Technically, this Pisang peak fairly tough, so that climbers need solid experience. Since 2005 ad, the climbers have approached via the west ridge. The upper part of the ridge above the high camp is guarded by enormous rock slabs. This makes very difficult for climbing bad weather conditions. Annapurna circuit trails, beautiful place. Traveler enjoys with magnificent snow-capped mountain views Manaslu, Annapurna II, Gangapurna, Tilicho peak, Dhaulagiri and neighbor mountains. After the summit, the trails continue to the throng la pass (Annapurna circuit trekking).

## Trip Facts

**Duration:**

19 days

**Activities:**

Hiking & Trekking, Sightseeing, Climbing

**Accommodation:**

Hotel in Kathmandu, Lodge & tent during trekking and climbing

**Meals:**

Breakfast in Kathmandu/ All the meals during trekking/ Climbing

**Destination:**

Pisang Peak Summit/ Throng-la pass

**Max. Altitude:**

6091m(Summit of Pisang peak)

**Group Size:**

Minimum 1

**Best Season:**

March, April, May, September, October, November

**Start/End:**

Kathmandu

**Daily walking Hour:**

5 to 7 hours

**Transportation:**

Car/Van/Plane/bus

## Route Map



## Day to Day Itinerary

### Day 2: Kathmandu Sightseeing (1300m)

**Walking hr:** 6 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast

After breakfast tour guide pick up you for a tour around Kathmandu valley (Pashupati Temple, Boudhanath, Swayambhu, Kathmandu Durbar square) after that prepare for Climbing. The traveler meets Leader and team member, they check your equipment as well as advice what you need for climbing.

### Day 18: Pokhara to Kathmandu (1300m)

**Walking hr:** 7 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast & Farewell dinner

Early in the morning drive tourist bus Pokhara to Kathmandu through the beautiful Nepalese countryside to reach the Kathmandu then transfer to the hotel rest of the time explore the around Thamel.

### Day 17: Jomsom to Pokhara (950m)

**Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast & Lunch

Early morning after breakfast go to Jomsom airport and take a short flight Jomsom to Pokhara with beautiful mountain scenery then transfer to hotel in Pokhara. Your adventures finished take a rest and relax. Enjoy the day.

### Day 16: Muktinath to Jomsom (2720m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail descends to Eklebhatti then the trail flat path until Jomsom through the bank of the Kaligandaki River. When reach Jomsom Prepare for next day and if you want can visit around Jomsom. This is Headquarter in Mustang district in the past time.

### Day 15: Thorong Phedi to Muktinath (3800m) via Thorong La Pass.

**Walking hr:** 8 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is a long day, the trail ascending (1000m) and descending (1600m) After breakfast start early in the morning reach fast at Thorong La Top (5416m) otherwise sometimes weather condition (strong windy) affect the journey. On the trail and Thorong La top sees the beautiful mountain views. Finally, reach in Muktinath. This is a beautiful village. Muktinath temple is famous the famous pilgrimage for Hindu and Buddhist religious groups. Mukti means Nirvana and Nath means temple. There exist one hundred eight taps and you can see the natural lamp in Buddhist Monastery.

### Day 14: Yak kharka to Throng Phedi (4420m)

**Walking hr:** 4 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is a short day. The trail descends to Marshyandi River then the trail ascending to Thorong Phedi (4420m) then prepare for next day.

### Day 13: Manang to Yak kharka (4100m)

**Walking hr:** 4 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts a walk. The trail is ascending to Yak kharka cross through Tanki Manang and Gunsan village. Today ascend 6 hundred meters. Trekkers enjoy panoramic views of mountains.

## Day 12: Pisang Base Camp to Manang (3500m)

**Walking hr:** 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

On this day, you will cross the upper Pisang and continue to Manang village. On the way, you can see the traditional lifestyle of Thakali and Manang Indigenous community, visit Buddhists monasteries shrines, and have good views of the mountains lying around.

## Day 11: Climbing Period

**Accommodation:** Tent | **Meal:** Breakfast, Lunch & Dinner

In the mountain no guaranteed weather condition so that if bad weather according to our itinerary. Glacier Adventure put extra day. If not a bad weather, goes according to our itinerary smoothly. This day is not required.

## Day 10: Summit Day (6091m)

**Walking hr:** Whole day | **Accommodation:** Tent | **Meal:** Breakfast, Lunch & Dinner

Today is the final day for Climbers. Convert dream to reality. The climber gets up early morning for breakfast. The trail is ascending through the rocky wall so that the trail to Pisang Peak is Technical. When summit, Climbers see the Panoramic view of Chulu east, Chulu Far East, Tilicho Peak and Manaslu after that take your time then continue back to base camp.

## Day 9: Pisang to Pisang Base Camp (4380m)

**Walking hr:** 6 hrs | **Accommodation:** Tent | **Meal:** Breakfast, Lunch & Dinner

Once you are fully acclimatized, we continue to the Pisang base camp. The trail ascends through sparse wood and pasture to Kharka, which is considered to be the best place for setting camp.

## Day 8: Acclimatization day

**Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

On this day, it is designed especially for the acclimatization and make necessary preparations for summiting the peaks and enjoy the panoramic views of Annapurna II, III, Gangapurna among other.

## Day 6: Chame to Pisang (3200m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

From Chame, the day starts through deep forest in a steep and narrow valley, whereby you can have a view of rocky hills and you will be amazed as you are surrounded by the Himalayas throughout the way to Upper Pisang. There are two Pisang peaks, one is lower Pisang (3200m), another is upper Pisang (3300m).

## Day 5: Dharapani to Chame (2630m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail cross Bagarchhap and Danaque through a bank of the Marshyandi

River than The trail is ascending to Timang village through Pine and oak forest after that continue to Kot, finally reach in Chame. Trekker enjoys with beautiful mountains views of Lamjung Himal, Manaslu Himal, and Annapurna II. Chame is a big village. In the past time, this is headquarters of Manang district. There is a restaurant; hotel, ATM, Banks, and hospital are available.

### Day 4:Jagat to Dharapani (1960m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail continues to Chamje then cross suspension bridge in Marshyangdi River after that the trail ascending tal village. After Tal, the trail cross potato fields and pine forest to Khotro then continue to Dharapani. This is a beautiful village in Manang valley.

### Day 3:Kathmandu to Jagat (1310m)

**Walking hr:** 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early morning after breakfast guide pick up you and go bus park then drive along Kathmandu to Pokhara highway until Dumre after that follow Marshyandi river to Besishar continue Jagat through the beautiful Nepalese countryside.

### Day 1:Arrival in Kathmandu (1300m)

**Accommodation:** Tourist Standard Hotel | **Meal:** Welcome dinner

When traveler arrival airport in Kathmandu, Our representative will meet you and transfer to the hotel, then take a rest in the evening time will have welcome dinner at Nepali restaurant.

### Day 19:Departure Day

**Meal:** Breakfast

We dropped you to the international airport for your departure flight to your onward destinations. Glacier Adventure Company wish you a wonderful Himalayan adventure in Nepal.

This above Itinerary is a guideline and a standard pattern of what we provide. Our trips can be customized in your interest to accommodate your specific requirements. We also arrange Pisang peak climbing with Thorong pass without sightseeing and hotel arrangements.

NOTE: During the trips, weather conditions, local politics, transportation or multiple other factors. They are beyond our control, can changes itinerary. However, Unlikely that itinerary would be substantially altered, if necessary, Group leader will decide the best alternative, they considering the best one of the whole group. Where a change does occur, we do everything best. we minimize its special effects but we cannot be responsible for the results of delays.

## Trip Cost Includes

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- Standard twin sharing accommodation in two/three star hotel in Kathmandu breakfast included. (3 nights)
- Standard twin sharing accommodation in Pokhara breakfast included. (1 nights)

**Glacier Adventure Company Pvt. Ltd**

P. O. Box: 3951, Thamel, Kathmandu, Nepal,

Email:info@glacieradventurecompany.com | Web: www.glacieradventurecompany.com

- Wel-come and fair well dinner.
- All accommodation and meals during the trek & Climbing.
- A full day sightseeing tour in Kathmandu valley including tour guide and Entrance fees
- Government licensed experienced English speaking trekking/climbing Guide. During the trek & Climbing.
- The required number of local staff and Porters to carry your luggage during the trek.
- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- Annapurna conservation Park permits/ Pisang peak Permit fees/ Garbage Deposit Fee.
- General Climbing equipment such as rope, Ice Screw, Snow Bar etc.
- Down Jacket and sleeping bag (which needs to be returned after the trek.)
- Free duffle Bag/T- shirt/trekking map
- Surface transfer from and to Kathmandu
- Flight from Jomsom to Pokhara/ airport tax
- All our government taxes.
- Official expense.

## Trip Cost Excludes

- Your travel and rescue insurance
- International airfare and airport departure tax.
- Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower etc)
- Personal trekking Equipment.
- Tips for staff.
- Others expenses which are not mentioned on Price Includes.
- Excess baggage charges
- Lunch and evening meals in Kathmandu and Pokhara (and also in the case of early return from the mountain than the scheduled itinerary)
- Extra night accommodation in Kathmandu and Pokhara because of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled.

## IMPORTANT NOTE

Climber's safety is our paramount concern while Peak Climbing with Glacier Adventure. Every effort will be made to keep to the above the itinerary. Pisang Peak with Throng la Pass located remote area in the Annapurna region. Glacier Adventure can't guarantee it such as weather condition, availability of Staff and the health of team members can all contribute to change. Guide and assistance guide will try to ensure that the trip runs according to plan but please be prepared to be flexible if necessary.

Pre-trip meeting

Glacier Adventure hosts the Pre-trip meeting in Kathmandu 2nd day of the itinerary. Climbers introduce the leader. We will provide an opportunity for individuals to ask questions about Pisang Peak Climbing. The pre-trip meeting covers personal equipment, acclimatization and to introduce you to another team member. Glacier Adventure hopes pre-trip meeting have excellent, informative, supportive and fun.

## Acclimatization

Glacier Adventure's Pisang Peak Climbing with Thorong la Pass itinerary is focus rules AMS (Acute Mountain Sickness) when going up too fast causes a medical condition serious enough to kill. Higher mountains area is less oxygen in the air. If, Climbers is wanted safe Pisang Peak Climbing. Their body needs some days to rest in the less air environment. Especially, Climber needs to know the heart, lungs/blood diseases to consult their doctor before leaving home. Glacier Adventure's itinerary designed to try to prevent AMS as much as possible. It is important to remember that some people are more susceptible than others.

## Physical condition & experience requirements

Technically, Pisang Peak is easy trekking peak Remote Mountain in Annapurna region. This is suitable for physical fit Person. The Climber must be in good health and physical condition. The technical condition is very basic include use of ropes, ice axe, and crampons. Pisang peak climbing is not categorizing as the technical peak but if climber had a good technical knowledge would be better. Most important thing is a positive attitude makes this trip successful. If you have any pre-existing medical conditions, it is vital you let us know the details of these before setting Also, before coming to Nepal it's important to consult your doctor regarding vaccination and any other medical concerns the trip may raise. "Medical and emigration expenses are your responsibility."

## Insurance

When traveling with Glacier Adventure. Climbers must be fully insured, including Air rescue, Air ambulance, and treatment service. Have an accident? Climbers should be careful in choosing a policy; however, as some make special exceptions for adventure travel. Please note that Glacier Adventure doesn't arrange any insurance.

## Staff Arrangements

Glacier Adventure staffs try to make successful, enjoyable and memorable in your Pisang Peak Climbing. They are innocent, helpful, experienced and Careful. Your trip leads by the best and most professional leader. He had a long experience. He has knowledge of Culture, Ecosystem, flora and fauna, geography, Mountaineering and history of Nepal. Glacier Adventure's leader trained following things.

English Language.

Trekking Guide Training.

First aid course.

Conservation & Biodiversity

Mountaineering (Climbing) Training.

## Porter care

Trekking and climbing are adventures. Porter's job is the hard working job. They carry trekker suppliers and

baggage that makes a journey easy and comfortable into the remote mountains in the Annapurna region. We ensure all our porters are well trained, well paid. Porters who become sick are treated with the same care and attention as team members and we have previously used helicopters at Tour expense to rescue porters from dangerous situations. The porter's sake, we require all trekkers keep their bag weight 15 to 20kg. We support the work of the International Porter Protection Group (IPPG), Provides help and advice to those organizations to improve the working conditions of the porters on whom we depend.

## Accommodations

All accommodations for Pisang Peak with Thorong la pass are twin sharing basic included in trip cost. The trip based on, standard service and Standard hygiene food. There are three types of accommodations on the trip. Standard tourist hotel in Kathmandu and during the treks, Climbers spends standard Guest house which one normal room with wooden beds and foam mattress. Glacier Adventure also provides the attached bathroom where is possible. Some places are only having shared shower/washing and toilet facilities and during the climbing used tents and foam mattress, toilet facilities will be provided with required natural protection. We always try to provide accommodations in all places.

