



PISANG PEAK CLIMBING (6091M)

Details Itinerary

Pisang Peak, at a height of 6,091 meters in the Annapurna Range, is located in western Nepal, and is considered an average climb among the climbing peaks. The pyramid-shaped peak offers amateur climbers a very good first-time experience of climbing in this Himalayan nation. As for the pros, climbing Pisang Peak can mean a good reminder of a typical peak-climbing experience in Nepal

This program from Discovery Mountain trek will take you to the summit of the most well-known peak in the Annapurna range, and also through Thorang-La Pass, a popular pass in Nepal. The topography and landscapes change dramatically - providing a unique experience of trekking combined with peak-climbing in Nepal. You will witness high-altitude yak-pastures, cross several glacial rivers, use a climbing rope, as in, a real mountaineering rope, also get to stay at the windy and ancient trading village of Jomsom, and visit the pilgrimage site of Muktinath.

The trek begins from Besisahar, going into Lower Pisang, Upper Pisang, Pisang Base Camp, and then the High Camp. It also touches a section of the popular Annapurna Circuit Trek. Pisang is a Category-B peak with views of Annapurna I to IV, Gangapurna, Manaslu, and other peaks of the Annapurna Massif. It is also one of the busiest climbing peaks of Nepal.

Discovery Mountain Treks recommends this program for amateurs and first-timers alike. This peak is best-climbed in the summer and in early autumn. It requires a good stamina, good physical shape and and a good habit of walking or exercise to scale this peak. Book this program early and get ready for an exciting time in the Annapurna Region of Nepal.

Fitness Level:	:	
Group Size:	:	2 to 15 people
Max-Altitude:	:	6091m
Duration:	:	19 Days
Walking Days:	:	13 Days
Activity:	:	Peak Climbing
Best Period:	:	MAR APR MAY SEP OCT NOV

Itinerary

DAY 1 : ARRIVAL IN KATHMANDU AND TRANSFER TO HOTEL (1365M)

Upon your arrival in Kathmandu, our staff will pick you up and transfer you to the hotel. You can have the rest of the day to yourself. Later, you'll be given a brief about the trip ahead.

DAY 2 : DRIVE FROM KATHMANDU TO BESISAHAR TO JAGAT (1300M) 7/8H DRIVE

We begin by driving from Kathmandu via a scenic route to Mugling. After a brief stop there, take the route to Pokhara. Before arriving Pokhara, the road forks north to Besisahar. With a second stop at Besisahar, we take the route to Jagat.

DAY 3 : TREK FROM JAGAT TO DHARAPANI (1965M) 6/7H TREK

It's a seven hour trek today. Starting after breakfast, we descend to the river and cross it. The terrain gets more and more beautiful as we head north until reaching Tal. At this point the giant peaks of Annapurna have already come into view. Take a rough trail from Tal, cross a dense forest to arrive at the village of Karte, and reach Dharapani in the Manang Valley where we will stay for the night.

DAY 4 : TREK FROM DHARAPANI TO CHAME (2715M) 5/6H TREK

After breakfast, head along a forest and several ridges. The trail is rough today but the views are really great. Several high peaks of the Annapurna Range will be visible today. Take out your cameras and take some snaps, but pay attention to the trail as well. We will have plenty of stopovers, and the total walking duration is around five to six hours before we arrive at the village of Chame located at an altitude of 2,710 meters.

DAY 5 : TREK FROM CHAME TO PISANG (3150M) 5/6H TREK

Starting early, we will trek along a steep path. It's lined by pine forests on either side. The landscape is dramatic, as we cross the rocks and suddenly arrive at a valley on the other side. The views from this point is nothing short of breathless. This is the road to Chame - with views of the mighty Himalayan peaks.

DAY 6 : ACCLIMATIZE AT PISANG

Today we take a day of rest for the purpose of acclimatization and let our bodies adapt to the altitude. On this day, we take short hikes around, so that we can have excellent views of the mountains ahead.

DAY 7 : TREK FROM PISANG TO PISANG BASE CAMP (4350M) 4/5H TREK

After breakfast, we head towards Pisang Peak Base Camp. The total walking duration today is around four to five hours, and we will be reaching an altitude of 4,350 meters. First we cross a forest, then a high-altitude yak-pasture, and look for a place to camp for the night.

DAY 8 : TREK FROM PISANG TO PISANG HIGH CAMP (5380M) 3/4H TREK

Leaving behind the Base Camp, we take a route from the south-west ridge - the most-frequented route to the High Camp. Along the way, you will be given ample training in using picks, axe, crampons, ropes, and ascenders. While the walking distance is just three hours today, we will utilize the rest of the in training and climbing to the High Camp. The team leader will make sure that you are confident and ready enough for the summit. Camp in the High Camp tonight at an altitude of 5,400 meters.

DAY 9 : TREK FROM PISANG HIGH CAMP TO SUMMIT TO PISANG B.C 8/9H TREK

On this exciting day, we will first ascend through the rope for about 20 meters (necessary only in case of thick snow). From there we climb on to a ridge and climb through some more rope some of which is fixed. Once at the 6,091 meter summit, the view is something beyond description - it'll be like seeing the Annapurna mountain range for the first time. Relax and rest at the summit for a while, take some pictures and begin the descent to Pisang Peak Base Camp. Camp for the night at the Base Camp.

DAY 10 : A DAY OF REST AND REJUVENATION

This extra day is allocated in case of unfavorable weather conditions that might arise at this altitude and then climb has to be shifted for another day. Else, this day can be used resting and enjoying the experience.

DAY 11 : TREK FROM PISANG BASE CAMP TO MANANG (3550M) 6/7H TREK

Start early as we will be trekking around six to seven hours in high altitude today. We will be heading towards the beautiful and unspoiled Manang Valley at an altitude of 3,550 meters. Leaving behind Pisang Base Camp, we will pass through Upper Pisang with splendid views of Mt. Annapurna and other peaks in the range. Take some stops along the way and gradually arrive at the Valley of Manang for the night stay.

DAY 12 : TREK FROM MANANG TO YAK KHARKA (4030M) 4H TREK

After breakfast, leave Manang Village, cross a glacial stream and take the route coming out of the Marshyangdi Valley. From there our route turns north crossing a grassland, some juniper woods prior to arriving at Ghunsa hamlet. From Ghunsa, we cross yet another pasture, cross a river and come to an ancient mani wall. Have a brief stop here, take some pictures and trek a little further to arrive at the village of Yak Kharka at 4,110 meters. Stay overnight at Yak Kharka.

DAY 13 : TREK FROM YAK KHARKA TO THORANG PHEDI (4450M) 4H TREK

Thorang Phedi is actually the base of the popular Thorang-La Pass. "Phedi" literally means "base". After breakfast, we leave Yak Kharka and trek uphill, cross a river to Ledar village where we make a stop. Rest for some time, then trek through cliffs and arrive at Thorang Phedi. Here we will be staying for the night.

DAY 14 : TREK FROM PHEDI TO THORANG-LA TO MUKTINATH (3790M) 8/9H TREK

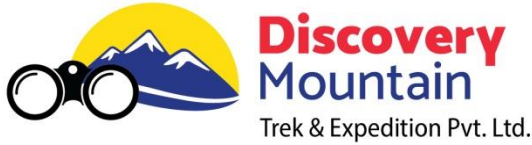
In the morning you will see how wonderful the views of the mountains are. Drinking your coffee or tea, you might want to identify the mountains one by one - but these are lesser known mountains with legends of their own. Pack your bags, for it's a long day with nearly nine hours of walking. First, trek to Thorang-La Pass (5416m), one of the highest mountain passes in the world. Enjoy the feeling, take some photos, and move on. Next, we will be trekking to the Valley of Muktinath on the other side of the pass. It's mostly a similar kind of terrain today once you head towards Muktinath, where you will stay for the night.

DAY 15 : TREK FROM MUKTINATH TO JOMSOM (2720M) 5/6H TREK

Leaving behind the pilgrimage site of Muktinath, we head towards Jomsom immediately after breakfast. The windy village of Jomsom used to be a trading town when business was flourishing between Tibet and Nepal in the middle ages. Today, it is a quiet village at the foot of the mountains. Once here, you can visit the Ecological Museum frequented by trekkers. Enjoy your stay at Jomsom tonight in the vicinity of the mountains before heading back to Pokhara tomorrow.

DAY 16 : TREK FROM JOMSOM TO POKHARA (875M) 18M FLIGHT

Catch an early-morning flight from Jomsom as later in the day flights are not operated due to high winds. It can get so windy in Jomsom that the locals have stories about flying boulders and sweeping



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stones! In Pokhara, you can enjoy the rest of day sipping beer by the lake or, if you feel like it, resting in the hotel room. In the evening though, do not miss the “Thakali” daal-bhaat in Pokhara.

DAY 17 : DRIVE FROM POKHARA TO KATHMANDU 6/7H DRIVE

You drive to Kathmandu from Pokhara. Once you are in the capital, have a free day enjoying shopping, hot-water bathing, relaxing in a sauna, or simply seeing around town. Stay overnight at the hotel.

DAY 18 : KATHMANDU SIGHTSEEING

After breakfast, we will take you on a sightseeing tour of some iconic places in the Kathmandu Valley, that will essentially include UNESCO World Heritage sites. In the evening, you are invited to join us for a farewell dinner.

DAY 19 : DEPARTURE ON YOUR DESTINATION

According to your schedule, we will take you to the airport for your flight ahead.

INCLUDED IN THE COST

- All Camping Equipment required during the trek: Two man tent, kitchen tent and kitchen equipment
- Accommodation during camping: 2night with all meals: Breakfast, Lunch, Dinner & Tea, Coffee
- Accommodation during the trek with all meals: breakfast, lunch, Dinner & Tea, Coffee
- Base Camp cook, kitchen staff, assistant guide and support staff for your peak climbing
- Trek Staff costs including their salary, insurance, equipment, food and accommodation
- All ground transportation on a comfortable private vehicle as per the itinerary
- An experienced, English-speaking and government-licensed trekking guide
- Discovery Mountain's duffel bag, t-shirt and trekking map are yours to take
- Discovery Mountain's down jacket to be returned after your trip completion
- 3-star hotel accommodation in Kathmandu Pokhara with breakfast
- Energy Supplies: Dry fruits, Snickers, Mars, Bounty on your Trek
- All necessary paperwork and trekking permits (ACAP and TIMS)
- Peak climbing certificates issued from the Nepal Government
- Mattresses, Climbing rope, Ice Axe, Ice screws, Snow bar
- Personal equipment and insurance for climbing guide
- Medical kit (carried by your trekking assistant guide)
- Assistant trek guide 4 participants: 1 assistant guide
- Mountain guide 2 participants: 1 mountain Guide
- Airport pickups and drops in a private vehicle
- Welcome and farewell dinners in Kathmandu
- Domestic flight from Jomsom to Pokhara
- All required Personal your Climbing Gears
- Porter service 1 participants: 1 porter
- All government and local taxes

PERSONAL CLIMBING GEARS INCLUDES

- Crampons
- Helmet
- Harness
- Ice Axe
- Carabiner
- Decent: Belay Device, Figure 8
- Ascender: Jumar
- Tape slings

NOT INCLUDED IN THE COST

- Nepalese visa fee
- International flights
- Travel and rescue insurance
- Tips for guide, porter and driver
- Lunch and evening meals in Kathmandu
- All climbing gear & permit \$550 in Autumn season & \$600 in Spring season par person
- Personal expenses laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower

ACCOMMODATIONS

We will be staying at Hotel Manaslu, Moon Light hotel or similar hotel 3 star in Kathmandu: and guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.

MEALS

All meals will be provided during trekking while only breakfast will be available in Kathmandu. There will also be welcome and farewell dinners for guests. While on trek, we have breakfast and dinner in the tea-houses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

PHYSICAL CONDITION REQUIREMENT

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

BEST TIME TO TRAVEL

The best time to trek to the Everest Base Camp Trek is in spring (February to May) and autumn (September to November). The temperature is moderate in these seasons and guarantees amazing views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.

GUIDE & STAFF ARRANGEMENT

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

PORTER CARE

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.

ENVIRONMENTAL CONCERNS

The Everest Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.

TRAVEL INSURANCE

It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

ACCLIMATIZATION

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatize to the high altitude.

EQUIPMENTS LIST

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.

SLEEPING

- 1 sleeping bag: -15° or -20°
- Fleece sleeping bag liner (optional)

FROM HEAD TO TOE

- Thick walking socks
- Warm gloves
- Hat and scarf
- A cap or sunhat
- 2-pair of thermals
- Suitable shorts
- Walking trousers
- A pair of high rise climbing boots
- Discovery Mountain Trek's down Jacket (*)
- Discovery Mountain Trek's half T-shirt (*)
- Lightweight waterproof over trousers
- long-sleeved thermal tops and full-length long johns
- A light fleece or equivalent (plus extra warm layers if necessary)
- A breathable windproof, water proof jacket (Gore-Tex...)
- A pair of sandals or equivalent casual shoes for cities, villages and evenings
- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material.

DAY BAGS/ SHOULDER BAG

- 1 medium shoulder bag: 50-70 liter cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables,

PRACTICAL ITEMS

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 compass or GPS (optional)
- 1 digital camera with extra cards and batteries
- 1 medium-sized quick drying towel
- Female hygiene products
- Wet wipes (baby wipes)
- Tissue /toilet roll
- Anti-bacterial hand wash

MEDICAL

- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Water purification tablets or water filter
- Small personal first-aid kit simple and light
- Aspirin, first-aid tape, and plasters (Band-Aids)
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.

TERMS AND CONDITIONS

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

Booking Terms

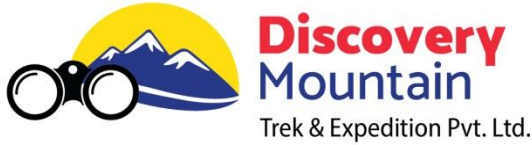
Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.

Cancellation Policy

If any reason you have to cancel your trip, we Discovery Mountain Trek require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged
- Cancellation more than 35 to 19 days before your departure deposit, 25% will charged
- Cancellation more than 18 to 10 days before your departure date: 50% will charged
- Cancellation more than 9 to 05 days before your departure date: 75% will charged
- Cancellation less than 4 days before your departure date: 100% of the total will charged

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.



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RISK & RESPONSIBILITY

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

IMPORTANT NOTE

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic flight delays, particularly in the Everest, Lukla, Jomsom, phaplu, Kanchenjunga and any other remote mountain regions in Nepal.