



## Saribung Peak Climbing (6328m)

### Details Itinerary

Saribung Peak was opened for climbing in 2006, making it one of the newer trekking peaks of Nepal. It is marked for its challenging trek combined with a climb up Saribung. The off-the-beaten-track also includes crossing a high-altitude mountain pass. The peak itself is located at a remote region of Mustang close to the border of Tibet.

The rough trail passes through cliffs and time-worn villages. Starting near the hidden valley of Nar-Phu, the trail gets close to Tibet and later brings you to the capital city of Kathmandu after a challenging trek. The trail passes through beautiful locations, villages that have preserved their unique culture & religion, and a very diverse terrain. You will enjoy the geographical diversity as much as the feeling of satisfaction you will gain from climbing Saribung peak. The icy landscapes and crevasses near Damodar Kunda is scenic beyond comparison. As you get to higher altitudes, the beauty becomes more variant and permanent day by day. The fabulous and pleasing views of the sparkling white peaks will become one of the best experiences you will gain from this trek.

At an altitude of 6,387 meters the incredible views from the top of the mountain are indelible. The giant peaks will appear very close as if they were at a stone's throw distance. In less than four weeks you will explore the arid landscape of remote Nepal, visit the hidden valleys, and trek through unspoiled territory.

You are not required to have mountaineering or climbing skills. More importantly, you will need a will to climb this peak - in order to gain the rare satisfaction. Any skill you might need to climb, you can learn from our team leader. The team leader will teach you the skills and let you practice before you are confident to climb Saribung. At some section of the trail we might need the use of rope to avoid the steep snowy paths. You need to be physically fit with a regular habit of walking. The region is best visited in the spring and in autumn. Book this trip for a trek to remote Nepal combined with the experience of summiting a peak in the Himalayas.

Level	:	
Group Size:	:	2 to 12 people
Max-Altitude:	:	6328m
Duration:	:	26 Days
Walking Days:	:	22 Days
Activity:	:	Peak Climbing
Best Period:	:	MAR   APR   MAY   SEP   OCT   NOV

#### **DAY 1 : ARRIVAL IN KATHMANDU (1365M)**

Upon landing at Kathmandu International Airport, our staff will pick you up and transfer you to your hotel. Spend the rest of the day at leisure, and stay overnight in a hotel.

#### **DAY 2 : DRIVE FROM KATHMANDU TO POKHARA (875M) 6/7H DRIVE**

Today you drive to Pokhara from Kathmandu, you will be taking a scenic route along Trishuli River. The drive will take around seven hours through winding hilly roads. Enjoy the rest of the day around lake Phewa.

#### **DAY 3 : FLY TO JOMSOM AND TO KAGBENI (2720M) 18M FLIGHT 3H TREK**

The program begins today when you will board a flight to Jomsom from Pokhara. The flight is an exciting experience as the aircraft flies across the sky with beautiful views of Annapurna and Dhaulagiri Ranges. After reaching Jomsom, the trek officially begins with a short trek to Kagbeni located at an altitude of 2,800m. Stay overnight in a guesthouse.

#### **DAY 4 : TREK FROM KAGBENI TO CHELE (3050M) 5/6H TREK**

The route ascends towards the east bank of the Kali-Gandaki River. A couple of hours later you will reach Tangbe village. It is a combination of narrow alleys with white houses, barley and buckwheat fields, and some apple orchards. Mt. Nilgiri that dominates the southern skyline of Kagbeni, will offer a majestic view en route today. From Tangbe, a couple of hours of trek will bring you to Chhusang. Leaving behind Kali Gandaki Valley, do a steep climb up a rocky gully to arrive at Chele for the night.

#### **DAY 5 : TREK FROM CHELE TO GHELING (3570M) 6/7H TREK**

The trail now becomes more steep, but offers some of the beautiful views along the way - marked by barren landscape, bare-naked hills, and rugged terrain - combined with an enchanting ambience of Mustang and the nearby areas. The Annapurna mountain range is visible far in the southern direction. Trek up village of Samar and descend to Syangboche. Later on, arrive at the village of Gheling for the night stay.

#### **DAY 6 : TREK FROM GHELING TO DHAKMAR (3820M) 5/6H**

After breakfast, we will start our trek with a climb up to Nyila. From here we need to descend below the blue, gray, and red cliffs to a place called Ghaami - the biggest village of Upper Mustang. Continuing the trek through colorful cliffs and greenery, we arrive at Dhakmar after around 5 hours trek. Stay overnight at a lodge.

#### **DAY 7 : TREK FROM DHAKMAR TO GHAR GOMPA TO TSARANG (3560M) 6/7H TREK**

Today we will be trekking to Tsarang. Leaving behind Dhakmar, we will first cross Mui-La Pass at 4,170 meters. Then we will come to the oldest monastery of Nepal - the Ghar Gompa (or Ghar Gompa). Later, we will arrive at Tsarang Khola and follow the river up to Tsarang where we'll stay for the night.

#### **DAY 8 : TREK FROM TSARANG TO LO-MANTHANG (3815M) 4/5H TREK**

The trek to Lo-Manthang is about passing through two villages on the way. The route is a gentle ascend and descend with a bit of climbing along the way before we arrive at Lo-Manthang. This walled city is considered as the Kingdom of Upper Mustang. Here, we will be staying at a guesthouse tonight.

#### **DAY 9 : TREK TO CHHOSER CAVES TO LO-MANTHANG 4/5H TREK**

Today it is a kind of stay at Lo-Manthang, but with an opportunity to visit the nearby Chhoser Caves. We will be riding a horse and carry self-packed lunch. Chhoser is a mysterious cave by all means; it looks like a cliff but inside it there are floors with more than forty rooms. This alien-looking place is by far the most memorable point of this trek. Later, return to Lo-Manthang for the overnight stay.

#### **DAY 10 : TREK FROM LO-MANTHANG TO YARA (3550M) 5/6H TREK**

From Lo-Manthang, a short climb takes us up to a glacial valley with an unforgettable view of Lo. After an hour the trail descends to the village of Dhi. Along the way you will pass near meadows and fields near remote streams. After a break here, we will cross a river and follow along the left bank to arrive at Yara.

#### **DAY 11 : TREK FROM YARA TO LURI GOMPA (3960M) 3/4H TREK**

The trek today is around six hours. First we will descend to Luri Gompa, a 13th century monastery that still preserves historical text and sacred scribbles. After a break here we will arrive at the Duyung Basin,

formed by a river running down from the pilgrimage site of Damodar Kunda. This area is lined by ammonite fossils indicating the presence of an ancient lake or a sea-bed. Stay overnight at Luri Gompa.

#### **DAY 12 : TREK FROM LURI GOMPA TO GHUMA THANTI (4600M) 5/6H TREK**

The trek is around six hours today. After breakfast, we trek along the barren valley, cross a pass and have packed lunch. Today we will have wonderful views of Mt. Dhaulagiri. Arriving at Ghuma Thanti, we will camp for the night.

#### **DAY 13 : TREK FROM GHUMA THANTI TO NAMTA KHOLA (4880M) 6/7H TREK**

Today we will be trekking for around seven hours including short breaks along the way. Starting immediately after breakfast, we continue on the gradual ascents and descents until we arrive at a pass. Cross it, and trek up to the lake of Damodar Kunda - a pilgrimage site. Packed lunch will be on the way today. After a brief rest at this lake, we will continue walking to Namta Khola where we will camp for the night.

#### **DAY 14 : TREK FROM NAMTA KHOLA TO SARIBUNG BASE CAMP (4950M) 6/7H TREK**

The trail today from Namta Khola to Saribung Base Camp is a challenging one. It takes around seven hours to reach at the base of Saribung. At 4,950 meters, Saribung Base Camp has beautiful views of the landscapes - dry and arid but beautiful beneath the mighty peaks. Stay at the base camp tonight.

#### **DAY 15 : ACCLIMATIZE AT SARIBUNG**

After a few days of continuous trek, you need to acclimatize some more before climbing up to the summit. Today, save up on energy but don't forget to take tiny hikes around - as today you will be preparing for a climb up Saribung peak in the coming days.

#### **DAY 16 : TREK FROM SARIBUNG BASE CAMP TO CAMP 1 (5720M) 5/6H TREK**

Get up early and practice a bit with your gear. After a quick breakfast, trek to Camp I. Please keep note that the trail can get difficult due to the snow. As we will climb up gradually, we will also take rest along the way in order to regain strength and also to enjoy the excellent views of the mountains around. Arrive at Camp I at 5,720 meters for the night.

#### **DAY 17 : CAMP 1 TO SARIBUNG SUMMIT AND BACK TO BASE CAMP. 8/9H TREK**

Today is the big day of ascent. Starting early from Camp I, we will gradually and carefully climb up the ridge. As we will be going slow, it will take a couple of hours before we reach the summit. At 6,328 meters, reaching the summit of Saribung is a feat of first order. Soak in the environment, and gaze far and wide upon some of the lesser known but mighty peaks of the Himalayas. Mt. Bhrikuti, Gyajikang, and Himlung Himal are the most prominent ones from the top. Later, descend to the Base Camp with joy and achievement.

#### **DAY 18 : TREK FROM BASE CAMP TO NAGORU VIA SARIBUNG PASS. 7H TREK**

After breakfast, we will head to Saribung Pass 6042m, and trek down through a steep and snowy trail. Treading carefully, we will arrive at a small stream, which we will follow up to Nagoru 4410m. Camp here for the night.

#### **DAY 19 : TREK FROM NAGORU TO PHU GAON (4050M) 5/6H TREK**

After a quick breakfast, we will trek through the barren valley with impressive views of the snowy peaks. The geographical diversity of the landscape is amazing indeed. We will pass through villages and hamlets and see unique people with equally unique lifestyle - their quaint villages and the sparse farmlands and monasteries. With little breaks in between, we will trek ahead with great views of the peaks. Later, arrive at the village of Phu where we'll stay for the night.

#### **DAY 20 : TREK FROM PHU GAON TO META (3510M) 5/6H TREK**

We will begin the trek early in the morning. First we will come across a gate and descend to a narrow valley to arrive at Kyang. Here we will see the ruins of old forts and dilapidated trails. With a short break, we will continue along the trail with views of Annapurna II and Lamjung Himal before arriving at Meta.

#### **DAY 21 : TREK FROM META TO KOTO (2630M) 6/7H TREK**

Today the trek is around seven hours. First we will descend through a steep trail for some time. Once we come at a level surface, we will enter a beautiful pine forest - passing streams and scenic waterfalls near a place called Dharmashala. We continue across several streams before arriving at Koto for the night stay.

#### **DAY 22 : TREK FROM KOTO TO DHARAPANI (1850M) 5/6H TREK**

The trekking duration from Koto to Dharapani is around six hours with stops along the way. We will begin by trekking through hamlets and villages until we arrive at Timang. We will be crossing a forest of pine to arrive at Timang. Take little breaks, have intermittent views of Manaslu Range, and descend steeply to Danque. Near the end of the trip, we will walk on nearly level ground until we come to Dharapani.

#### **DAY 23 : TREK FROM DHARAPANI TO JAGAT. (1340M) 5/6H TREK**

From Dharapani, we descend to a village called Karte, cross River Marshyangdi and arrive at the village of Tal, located close to a waterfall. In this picturesque village, we will take a break and start again. It's an easy trek today via a river bank. The walking duration is around five to six hours with brief stops along the way. Cross Chamje village, trek further and before you know it, you have arrived at Jagat.

#### **DAY 24 : TREK FROM JAGAT TO BHULBULE (870M) 6/7H TREK**

Start with a descending trek along rocky trails. First we will arrive at Syange then to a river. We will follow Marsyangdi River until we arrive at Bulbhule. Stay at a lodge tonight.

#### **DAY 25 : TREK FROM BULBHULE TO KATHMANDU 6/7H TREK**

In the morning take a quick breakfast and begin the drive to Kathmandu from Bhulbhule. Once you are in the capital, have a free time enjoying hot-water bathing or relaxing in a sauna. In the evening, you are invited to join us for a farewell dinner. Stay overnight at the hotel.

#### **DAY 26 : DEPARTURE ON YOUR DESTINATION**

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



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### **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
- Domestic flight from Pokhara to Jomsom
- Airport pickups and drops in a private vehicle
- Welcome and farewell dinners in Kathmandu
- 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

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### **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

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## 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.

### **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.