



Thapa peak Climbing (6012m)

Details Itinerary

This peak at the north-western region of Nepal is located in the giant Dhaulagiri massif. Some call it Thapa Peak, others call it Dhampus Peak. Naming conventions aside, this peak at 6,012 meters is the one and only peak providing close-up views of the Dhaulagiri and Annapurna mountain ranges from a single and exposed viewpoint. Thapa Peak is often climbed as a preparation and precursor for harder and more challenging climbs in Nepal.

Thapa is a relatively easy climb when compared to other peaks in the country. However, you need to be in a good physical shape and have a certain level of fitness for this combined trekking and climbing experience. Although the climb might not be a difficult one in mountainous Nepal, it still demands some technical skills and a good teamwork. Besides, the striking variation of the peaks will readily inspire you to take on the challenge once you're near the peak itself.

From the summit of the peak, you will have an incomparable vista of a huge range of mountains - including Mt. Dhaulagiri, Nilgiri, Tilicho, Tukucho, and numerous other mountains and glaciers. Geographically, when you're at the top of Thapa Peak, you will be standing between two great ranges of the Himalayas and also be above Kali-Gandaki, the deepest gorge in the planet. Beneath this reddish gorge flows the gushing Kali-Gandaki River - the mighty river coming straight from Himalayas. The actual trek begins from Pokhara - passing through several villages and green valleys, deciduous forests of rhododendron and oak, and the evergreen forests of juniper. The trail takes you to Dhaulagiri Base Camp, Italian Base Camp, French Pass, and then on to Dhampus Pass at 5,200 meters and beyond. For an unforgettable trip Thapa Peak in the Dhaulagiri range in Nepal, book this trip with Discovery Mountain Trek. With experienced and certified team leaders and guides, we assure you of a pleasurable trek in Nepal. The best times to climb this peak are March to May and September to November.

Fitness Level:	:	
Group Size:	:	2 to 12 people
Max-Altitude:	:	6012m
Duration:	:	20 Days
Walking Days:	:	14 Days
Activity:	:	Peak Climbing
Best Period:	:	MAR APR MAY SEP OCT NOV

DAY 1 : ARRIVAL IN KATHMANDU AND TRANSFER TO HOTEL (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 in the evening join us for a typical Nepalese dinner. Stay overnight in a hotel.

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

Today you start to drive after your breakfast from Kathmandu to Pokhara, 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 Fewa.

DAY 3 : DRIVE FROM POKHARA TO BENI TO DARBANG (1110M) 5/6H DRIVE

After breakfast, we will take a scenic hilly route to Naudanda and on to Nayapul. While the road might not be in top-notch condition, the scenery is sure to entice you. Along the way, you will notice that green hills and quaint villages seem a magnificent foreground for the giants of Annapurna South and Machhapuchchhre. Once at Beni, we will have lunch and then proceed to reach Darbang where you will stay in a camp or a lodge for the night according to your preference.

DAY 4 : TREK FROM DARBANG TO MURI (1750M) 6/7H WALK

You begin the first day of the trek after breakfast at Darbang. At first the pace is slow where you can enjoy the views and some more along the way. Villages, farmlands, and terraces are

found in the majority of the places throughout the day. We pass the village of Dharapani early on, and later the villages of Takum and Sibang. After a brief stopover, we trek via the village of Phalai Gaun and in the process cross several rivers such as Gatti river, Dhara river, and Myagdi river before arriving at Muri for the night.

DAY 5 : TREK FROM MURI TO BAGHAR (2050M) 5/6H WALK

Boghar, Boghara, or sometimes called Baghar, at 2,050 meters, is the village where we will reach today. Start early after a quick breakfast, descend the trail, and arrive at a suspension bridge over Muri river. The trail then turns uphill amid dense bamboo forests. Trek on, crossing a couple of sheds and farmhouses, and climb on until you reach an open grassy field before arriving at Baghar for an overnight stay in a tented camp.

DAY 6 : TREK FROM BAGHAR TO DOVAN (2410M) 5/6H WALK

After a quick breakfast, trek along the bank of Marsyangdi river, cross the forest and arrive at Lipshe. A brief stopover, and the trek continues through forests and time-worn villages. You might even encounter some local honey-collectors in one of the villages. The average walking duration today is around five to six hours from Baghar to Dovan, where we will stay for the night in a tent or a tea-house.

DAY 7 : TREK FROM DOVAN TO SALLAGHARI (3020M) 4/5H WALK

The average walking distance is four to five hours at a normal pace today. Sallaghari, at 3,020 meters, literally means a forest made of pines. The route today is lined with rows and rows of high-altitude forests of bamboo, rhododendron and pines. At night, we stay in a tent in Sallaghari.

DAY 8 : TREK FROM SALLAGHARI TO ITALIAN BASE CAMP (3610M) 3/4H WALK

After an early and quick breakfast, we head further into our journey. First crossing through pine forests, we continue our trek uphill at a slow and leisurely pace. Gradually the vegetation begins to subside and the landscape opens up to rugged moraines - the location of the Italian Base Camp. The walking distance is three to four hours today before reaching Italian Base Camp at 3,610 meters. Stay overnight at a tent with views of Mt. Dhaulagiri.

DAY 9 : ACCLIMATIZE AT ITALIAN BASE CAMP

At this altitude it is imperative that you have a day of rest adapting to the environment. While it might sound like a lazy day, it is best spent on a couple of short hikes throughout the day. Sleep well to save up on energy for the climb ahead.

DAY 10 : TREK FROM ITALIAN BASE CAMP TO GLACIER CAMP (4215M) 4/5H WALK

Today you will face some significant challenges in the trail ahead. First you might need to use a rope in a few places which can be done by closely following your team leader. He or she will guide you thoroughly. Further, the trail goes downhill and passing a moraine before arriving at Glacier Camp. The views are stunning and rewarding, but get to rest early as tomorrow you'll be climbing higher to Dhaulagiri Base Camp.

DAY 11 : TREK FROM GLACIER CAMP TO DHAULAGIRI BASE CAMP (4725M) 5/6H WALK

Dhaulagiri Base Camp is located at an altitude of 4,725 meters. The track today begins with rough surface but soon turns slippery and icy. Tread carefully as the chances of slipping are high. Along the way the views are magnificent and more so at the Dhaulagiri Base Camp itself. Prominent peaks such as Dhaulagiri I, Dhaulagiri II, Dhaulagiri IV, and Tukucho are visible from the camp where you tent-in for the night.

DAY 12 : DHAULAGIRI B.C TO FRENCH PASS (5250M) TO HIDDEN VALLEY 5/6H WALK

Start early, climb over the Chhonbardan Glacier, and walk on along the landscape. The magnificent views certainly leave you spellbound but they come at the price of rugged terrain and hard climb bringing you to French Pass. After a brief stopover, we continue the descent along icy slopes and come to the aptly named Hidden Valley at 5,010 meters.

DAY 13 : TREK FROM HIDDEN VALLEY TO BASE CAMP (5150M) 4/5 HOURS

Start as dawn as you don't want to miss the spectacular sunrise over the highest mountain range on Earth. The challenging trek is four to five hour or even more with stopovers. The views are great along the track before arriving at the Base Camp for the night.

DAY 14 : SUMMIT THAPA PEAK RETURN TO BASE CAMP 10H WALK

While the peak itself is not difficult to climb, the day is full of walking along plain and comfortable terrain. Some sections might demand the use of ropes but you will be assisted by your team leader if needed. Once at the summit at 6,012 meters, you will have splendid panorama of mountains such as Dhaulagiri, Nilgiri, Tilicho, Tukucho, Annapurna, and other peaks of Nepal.

DAY 15 : 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 at at the base camp and enjoying the experience.

DAY 16 : TREK FROM BASE CAMP TO YAK KHARKA (4710M) 5/6H WALK

Today you will have a moderate walk of around five to six hours. Start at leisure from the Base Camp, and trek down to Yak Kharka - a place that is used to keep yaks. Along the way you will encounter a windy pass called Batase Danda from where you can have one more view of the massif before heading downwards.

DAY 17 : TREK FROM YAK KHARKA TO JOMSOM (2730M) 6/7H WALK

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. Before arriving at Jomsom we will pass through the village of Marpha, popular for the, you guessed it, "marpha" drink. Enjoy your stay at Jomsom tonight in the vicinity of the mountains before heading back to Pokhara tomorrow.

DAY 18 : FLY 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 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 19 : DRIVE FROM POKHARA TO KATHMANDU 6/7H DRIVE

Today 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 20 : DEPARTURE

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

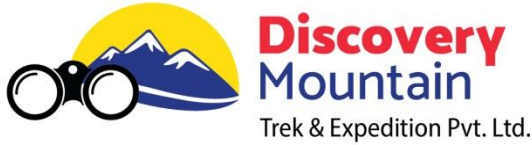
Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required 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.