

**Lama Adventures Pvt. Ltd.**

# Kanjirawa Expedition

<b>Difficulty</b>	<b>Duration</b>	<b>Region</b>	<b>Max. Altitude</b>	<b>Type</b>	<b>Group Size</b>
Extreme	31 Days	Select Region	6883 m	Expedition	2-14 pax

## Overview

Mt. Kanjirowa Mountain Peak is also located in the Far North-West Himalayan region of Nepal. Kanjirowa Expedition is one of the beautiful mountains in the Dolpo region. That creates an impressive wall between Nepal – Tibet border. Our package trip combines an awesome trekking journey towards Dolpo and Shey Phoksundo Lake. It is excellent trekking through off the beaten trail. And it allows us to experience the traditional Tibetan culture (ancient Buddhist and Bon religion). Likewise, it explores Nepal's largest Shey Phoksundo National Park. Here several endangered wild animals (Musk Deer, Himalayan Blue Sheep and the exclusive Snow Leopard) make their home. One of the featured highlights of the trip includes exploration around the freshwater lake – Shey Phoksundo.

## Itinerary

### Day 1: Arrival in Kathmandu

On your arrival in Kathmandu, Tribhuvan International Airport, our representative will welcome you & drive you to the hotel. It's a free day/evening. You can walk around Thamel for shopping.

### Day 2-3: Sightseeing around Kathmandu

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence. There will be a guided tour to the largest Buddhist stupa in Nepal Boudhanath and after that to the most popular Hindu shrine dedicated to Lord Shiva- Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square,

and delight in the architectural wonders of the Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple and Golden Temple are the major attractions at the square.

#### **Day 4: Flight to Nepalgunj**

Today after breakfast in Kathmandu, we take a flight to Nepalgunj from the International airport of Kathmandu. The flight takes about 55 minutes to reach Nepalgunj. Nepalgunj is the Central point to fly to western region of Nepal which is in Banke District. Overnight in Nepalgunj.

#### **Day 5: Flight to Juphal; Drive to Dunai**

We must fly early in the morning to Juphal from Nepalgunj airport because in the afternoon the weather can be really windy and flights can be cancelled. The airport of Juphal is at an altitude of 2475m. After getting off the plane in Juphal, we continue to drive to Dunai. The road is quite bumpy but it takes only 1 hour to Dunai, but if you choose to walk, it takes around 4 hours of walking. Dunai is a district headquarters of Dolpo and we can find everything we need here. Overnight in Dunai.

#### **Day 6: Trek to Shyanta**

Today after breakfast in Dunai, we leave for Shyanta. The trail today is not so difficult. We start our trek by crossing the Thulo Bheri River and follow the north bank of the Bheri river till we reach Suligad. After Suligad, we then head to the north bank of the Suligad River. After crossing the Suligad river over a suspension bridge, we arrive at Shyanta. Overnight in Shyanta.

#### **Day 7: Trek to Rechi**

Today we have quite an easy day ahead of us since we only have to climb about 500m. Soon after leaving Shyanta, we reach Chhekpa village. Then, we continue along the trail to reach Phaparbari, our lunch stop for the day. After having lunch, we will continue to follow the trail crossing a river to reach Rechi village. Overnight in Rechi.

#### **Day 8: Trek to Yak Kharka**

Today, our walk is a bit longer but an easy one to hike. As we start to hike, we will again follow the Suligad River until Sunduwa where we come across an intersection. We take the left side in the north-west direction of Pugmo river. We stop for lunch after reaching Pugmo village. At Pugmo village, there is a monastery known as Bon Monastery, which we can visit after having our lunch. Then, we continue to follow the flow of the Chugad River till we reach Yak Kharka. Overnight in Yak Kharka.

## **Day 9: Rest and Acclimatization**

Today we take rest and spend the day acclimatizing with the high altitude. We utilize this acclimatization time to explore around Yak Kharka. Overnight in Yak Kharka.

### **Day 10: Trek to Kanjirowa Base Camp**

Today after breakfast in Yak Kharka, we leave for the base camp of Kanjirowa. The trail is mostly uphill today as we follow the north direction and cross numerous ridges along the way. Traversing through many rough cliffs and narrow ridges, we arrive at our destination Kanjirowa Base Camp. From the base camp we can see magnificent views of the mountain ranges including Kagmara, Lhasharma, Kanjirowa and the beautiful Pugmo Valley. Overnight in Kanjirowa Base Camp.

### **Day 11-14: Climbing Period of Kanjirowa**

During the climbing period, we properly acclimatize our body with the high altitude, We also make sure that we are ready to climb the Kanjirowa mountain by testing our skills in nearby ice slopes and get ourselves in ice climbing. During the summit day, we start early in the morning so as to reach the peak before the high winds make our ascent even more difficult. We will be taking the south ridge of Kanjirowa peak as we start our climbing. We make our way through some difficult trails of icy moraines and glacial paths. We can see amazing view of Tibet in the north and Nepal in the south from the summit. After spending some time in the summit, we descend down to Kanjirowa Base Camp to stay for the night.

### **Day 15: Trek to Pugmo**

After leaving Kanjirowa Base Camp, we walk through rocky cliffs until we reach a narrow ridge and then arrive at Yak Kharka. The trail after Yak Kharka is mostly downhill so descend all the way until we reach Pugmo. Overnight in Pugmo.

## **Day 16: Trek to Ringmo**

Today after breakfast in Pugmo, we will begin our hike to Ringmo. From Pugmo, we follow the Pugmo river to reach Sunduwa. Then following the trail that changes to the north east side through Phoksundo Khola, we will hike across many breathtaking landscapes, pleasant villages, mountain views and striking and spectacular waterfalls that come through Phoksundo river. Ringmo is a small village where they practice the religion of Bon and also there is a dedicated monastery in the village. Both the monastery and the village are located at the base of Phoksundo Lake. Overnight in Ringmo.

### **Day 17: Trek to Shyanta**

Today after having breakfast in Ringmo, we begin our trek which is mostly downhill following the Phoksundo Lake and Suligad valley. We hike through some traditional

villages from Ringmo to Shyanta. Overnight in Shyanta.

**Day 18: Trek to Juphal**

Today is a long day of walking from Shyanta to Juphal. We will hike following the trail of Suligad river. Then, we will take the trail to the west and then continue hiking taking a steep path to reach Juphal. Overnight in Juphal

**Day 19: Flight to Nepalgunj; Flight to Kathmandu**

Today, we first take an early morning flight to Nepalgunj from Juphal which is about 40 minutes in duration. Then, after reaching Nepalgunj, we take another flight to Kathmandu which takes about 55 minutes in total. Overnight in Kathmandu.

**Day 20: Free Day**

Just relax at your hotel room and travel around the beautiful cultural city of Kathmandu, Patan and Bhaktapur. You have the day to your own, so enjoy your last day in Nepal.

**Day 21: Departure from Kathmandu**

It's time to leave Nepal, of course with smiles and many memories to cherish. Depending on your flight time we will drop you at Tribhuvan International airport for your final departure to your destination.

## **Inclusion / Exclusion**

## **Cost Includes**

Arrival in International Airport and Departure.  
4 Night's 3 star hotel in Kathmandu with Bed & Breakfast.  
Kathmandu Sightseeing with Tour Guide.  
Entrance fee  
Climbing Permit  
Professional Mountain Guide between 2 client 1 Guide Climbing Period,  
Round Domestic Air Ticket  
Domestic airport departure taxes.  
Tea House Accomodation, brekfast lunch and dinner.  
All camping Equipment, two men tents, Dining tent, Kitchen Tent, Toilet Tent, Table & chairs.  
Breakfast, lunch, dinner climbing period.  
Guide, Cook, Kitchen staffs and porters/mules.  
High food and Tent  
Accident and emergency rescue Insurance and Equipment for Climbing Guide, cook, and staff.  
Group Climbing Equipment  
Base camp Charge  
Liaison officer

## **Cost Excludes**

Personal Climbing Gear and equipment  
International roundtrip airfare to and from Kathmandu  
Nepal Visa fee  
Lunch and Dinner in Kathmandu  
Extra night accommodation in Kathmandu because of late departure, early return from mountain(due to any reason) than the scheduled itinerary  
Excess baggage charges if you have more than 30KG luggage  
Personal Bill/Expenses  
Bar Bill and Drinking water during the Tea House Period  
Personal communications (Satellite phone, phone, fax, email)  
Personal Climbing Sherpa (must be arranged before the expedition)  
Sleeping bags  
Travel/rescue insurance  
Summit Bonus for climbing guide  
Any rescue costs or costs of early departure from the expedition  
Helicopter or charter flight  
Tiping for staff and guide