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Pisang Peak is considered one of the most accessible trekking peaks in Nepal. The mountain is between two eight thousand Annapurna I and Manaslu on the Pisang valley. From the top of the summit, you witness the breathtaking view of the pristine landscape, the calm countryside, and the alluring Annapurna mountain range, including the peaks: Dhaulagiri, Kangla Himal, Manaslu, etc. The government of Nepal has promulgated the expedition act according to which climbers without previous climbing experience cannot climb any eight thousand. If you are a novice mountaineer, Pisang Peak may be your ticket to Mighty Everest.

## Pisang peak climbing highlights

- ❖ Adventure Trek in the Annapurna massif
- ❖ Climbing to Pisang peak
- ❖ Cultural tour of Kathmandu valley
- ❖ Thorong La Crossing at 5416m
- ❖ The joy of completing a circuit around the classic Annapurna circuit
- ❖ Experience the Culture and lifestyle of the Manang and Mustang valleys
- ❖ Superb view of Himalaya and trekking experience in high altitude

## About climbing Pisang peak

Pisang Peak is one of the famous trekking peaks in Nepal Himalayas. Climbing this 6000-meter peak is a great adventure that offers the chance of trekking in the Annapurna region. Pisang Peak rises like a pyramid just above the town of Pisang. With the icy slope, which narrows upwards, it is a big challenge for climbers, but it does not involve high technicalities. Apart from that, you can visit Muktinath and walk to the beautiful region of Manang in Nepal. Climbing to Pisang Peak gives you the best view of the majestic mountains of the Annapurna region. You will

also be able to explore the vast landscape, the diversity of the places of travel the fauna and rare plants.

Pisang Peak looks like a pyramid mountain just above Pisang, a small town in the Annapurna region. It is also well-known as Jong Ri. Pisang Peak was first climbed in 1955 by the German expedition team. From there, one can enjoy the view of the Annapurna region, Dhaulagiri and the other Himalayas from the height of Pisang. You will also hike to Thorong La Pass, which is also one of the highest mountain passes in the world. The adventure you get from this hike is fantastic. You'll walk off the beaten track, explore ancient arts in an untapped village, and learn about new cultures and traditions, and much more.

Pisang Peak is a beautiful climbing experience in Nepal that is so inspiring for life. The whole trip is a delicious blend of Culture, adventure, and nature that creates an incredible experience for a lifetime.

Itinerary of climbing Pisang peak

### **Day 1: Welcome to Kathmandu international airport:**

According to your flight schedule, we will be at Tribhuvan International Airport, Kathmandu, to warmly welcome you to our country for the beautiful journey. After exchanging greetings in the arrival section, we will transfer you to your Hotel. It's a free day.

Meals included: none

### **Day 2: Preparation and city tour of Kathmandu valley:**

Today, you spend a full day in Kathmandu, which will also be an essential acclimatization day. Early in the morning after breakfast, we will meet for a travel briefing, where we will discuss this fantastic trip in detail and answer your questions if you have any. Once the brief meeting is over, we will take you on an incredible cultural tour of the heritage sites of the Kathmandu Valley.

Attractions you see today include Swoyambhunath, the oldest monument in the Kathmandu Valley, Kathmandu Durbar Square, the Temple of the Living Goddess,

and other medieval architectural wonders, Pashupatinath to immerse yourself in the rites of Hindu death in a river sacred of Pashupatinath. Finally, you will visit Buddhanath stupa, a great Buddhist shrine that is said to be the largest in the world.

Meals included: Breakfast

### **Day 3: on the way from Kathmandu to Bahundanda:**

After having early breakfast, start a long day trip to Bahundanda to start the trek. Approximately 8 hours away on a long journey, discover the Nepalese path through small towns that showcase country life in Nepal. While you haven't seen more of rural and remote Nepal yet on your Annapurna Circuit hike, the trip gives you some insights into Nepal's rural lifestyle.

The path runs along the Trishuli River and follows the Marshyangdi River later. The two rivers emerge from the Himalayas and cross the mountains and middle hills. You will stop for lunch and other breaks along the way and finally arrive at Bahundanda after a long and tiring journey.

Meals included: Breakfast, lunch, and dinner

### **Day 4: Trek to Chamje:**

You begin the walk on the path that surrounds the Annapurna massif. It is the first dirt road built to Manang. You can find motorcycles and occasional jeeps along the way. The hike stops at Jagat for lunch and continues to Chamje. It is a relatively easy day hike since you have not yet entered the high altitude region. Today the walk is less steep, making it smooth, which is good enough for the first day of a long hiking trip.

Meals included: Breakfast, lunch, and dinner

### **Day 5: Trek to Bagarchhap:**

On the second day of trekking in the Annapurna Circuit takes you today to Bagarchhap via Dharapani. You start gaining altitude on your trek. The walk passes through Dharapani, where you can meet some hikers who come from the

Manaslu circuit when the route connects to this place. After lunch, you walk further along the Marshyangdi Valley with spectacular scenery and views along the way. Bagarchhap rises 2,140 meters above sea level and is a beautiful place to spend the night.

Meals included: Breakfast, lunch, dinner.

### **Day 6: Trekking to Chame:**

The Bagarchhap to Chame section on the circuit is an exciting hike. The walk brings spectacular views of the mountains of the massif. As you gain altitude during the hike, you take a slower pace to adjust to the height. The slower pace gives plenty of time to acclimate and take in the majestic views of Annapurna and Lamjung Himal. When you get to Chame, you will have time to explore the beauty of this magnificent town.

Meals included: Breakfast, lunch, dinner.

### **Day 7: Trek to Pisang:**

Today, you go well above 3300 meters of altitude on your walk. You will experience the change of scenery as you move towards the destination. The Chame - Pisang section of the route offers a magnificent view of the giant peaks of Annapurna and Pisang Peak. Your effort to hike the trail takes approximately six hours, making it a great walking experience.

Meals included: Breakfast, lunch, dinner.

### **Day 8: Acclimatization in the village of Pisang:**

You take one more day here in Pisang to acclimatize before heading to the summit of Pisang. You leave for an exploration walk and return to Pisang for the night.

Meals included: Breakfast, lunch, dinner.

### **Day 9: Trekking from Pisang to Pisang base camp:**

Today, you go to the Pisang Peak base camp. The hike takes approximately five hours to reach base camp on an uphill trail. You gained quite the right attitude, but with the acclimatization day back to Pisang, you are good enough to be at an altitude of 4380 meters above sea level. Once you arrive at base camp and have lunch, you can explore the surroundings and adapt to the weather.

Meals included: Breakfast, lunch, dinner.

### **Day 10: Hiking from Base Camp to High Camp:**

Your adventure continues at High Camp today. About four hours of challenging adventure trips take you to camp for lunch. The time after lunch will be to acclimatize to the height of 5400 meters above sea level. You can also enjoy the impressive view of the surrounding mountains at the same time.

Meals included: Breakfast, lunch, dinner.

### **Day 11: Summit of Pisang Peak and return to base camp:**

It is the first day of the trip since you will be going to the top. Climbing this summit requires technical climbing skills. The head of the peak offers a dazzling view of different heights of the Himalayas. Then you descend to the base camp to spend the night.

Meals included: Breakfast, lunch, dinner

### **Day 12: Extra day:**

An additional day is required here if the race to the summit is delayed due to weather conditions and other circumstances.

Meals included: Breakfast, lunch, dinner

### **Day 13: Hike from base camp to Pisang:**

You return to the comfort of the Pisang hostel. You can go further by exploring the city and its surroundings once you are in Pisang, or you can just stay in the comfort of the hostel.

Meals included: Breakfast, lunch, dinner

#### **Day 14: Trekking Pisang to Manang:**

Today, you enter the Manang Valley when you are walking towards Manang. You take the road through Upper Pisang and via Geru. This path offers stunning views of the Himalayas. You can visit the Monastery of Barge, the largest monastery in the region, on the way. You get a fantastic mix of nature and spirituality to make your day hike wonderful. Manang is the seat of Manang district, a magnificent Himalayan region. You will have time to explore the place once you arrive.

Meals included: Breakfast, lunch, dinner

#### **Day 15: Trekking Manang to Yak Kharka:**

Today trek is a short and easy day trip to Yak Kharka only for about 4 hours, but the 4 hours of effort on the high elevation trail gives you enough challenges to hiking the steep elevation trail. The walk is very picturesque and very pleasant. The promenade brings spectacular scenic landscapes to your eyes. You are going way above the tree line now, so the vegetation becomes sparser as you go up. Yak Kharka is a small and beautiful settlement established as a regular stopover point for hikers on the Annapurna Circuit.

Meals included: Breakfast, lunch, dinner

#### **Day 16: Trekking Yak Kharka to Thorong Phedi:**

Another short but spectacular trekking day today takes you to Thorong Phedi, located at the bottom of Thorong La Pass. This place is the starting point for trekkers to rest and have the energy to start the adventurous trek on the Thorong La pass the next day. Thorong Phedi is a beautiful little settlement which has a few guesthouses to rest. When you arrive at your destination early today, you will take a walk in the region to help you acclimatize.

Meals included: Breakfast, lunch, dinner

#### **Day 17: Trek Thorong Phedi to Muktinath through Thorong La Pass:**

You will fight for the highlights of the trip. You will walk on Thorong La Pass. The long-awaited feat of this hike makes you wake up very early. You set off early in the morning for the pass at a slow and steady pace. The soaring elevation and uphill challenge of the morning put your and endurance to the test. The effort is well worth it, as an impressive view awaits you from the top. The pass well decorated with spiritual prayer flags and spectacular views makes your time. After having a memorable time at the top, you start to descend towards Muktinath.

Muktinath is a spiritual sensation full of beautiful Mountain View. It is also a famous pilgrimage for Hindus and Buddhists in Nepal. You will arrive in Muktinath for lunch and then explore the surroundings.

Meals included: Breakfast, lunch, dinner

#### **Day 18: Trek Muktinath to Jomsom:**

It is the last day of your trek. You hike to Jomsom on an easy trail that crosses the Lower Mustang area and the Kali Gandaki river valley. You pass a Kagbeni colony just on the bank of the Kali Gandaki River, and you stop for lunch. Today's hike will be a bit windy as you cross the river valley towards Jomsom. Jomsom is the center of the beautiful Mustang, which has varieties of attractive features in the region.

Meals included: Breakfast, lunch, dinner

#### **Day 19: Flight Jomsom to Pokhara:**

A short but overwhelming flight to Pokhara through the mountains is scheduled for this morning. You boarded the plane and flew south from Jomsom across several giant snowy mountains. It is an incredible mountain flight experience of about 20 minutes. Once in Pokhara, You have free time to explore the city. You can find massages to relieve fatigue from trekking or just walk on the lake. There are options for adventure activities such as paragliding, zipline, bungee jumping, and ultralight flight, etc.

Meals included: breakfast.

### **Day 20: the road from Pokhara to Kathmandu:**

You return to Kathmandu by the same road that you took before to go there. Once in Kathmandu, you spent free time in the chaos of the city after so many days of fresh air in the mountains and incredible adventures.

Meals included: Breakfast.

### **Day 21: Drop to Kathmandu international airport:**

On the last day of your trip, we will take you to the airport according to your flight schedule to return home.

We hope you enjoyed the climbing trip to Pisang Peak, and we hope to see you soon for another adventure.

### **Which service is including in the package?**

- ❖ Pick up and drop off service at Kathmandu airport in a private vehicle.
- ❖ In Kathmandu and Pokhara, you will stay in the three-star Hotel
- ❖ Accommodation in a tea house during the walk.
- ❖ Accommodation in tents during the climb
- ❖ Breakfast, lunch, and dinner during the trek and the climbing period
- ❖ All ground transportation in a private vehicle according to the travel plan.
- ❖ Domestic flight ticket fee( from Jomsom to Pokhara)
- ❖ English speaking, experienced guide for trekking
- ❖ Experience and license holder climbing guide and assistant guides
- ❖ Porter service (2 hikers: 1 porter)
- ❖ Staff salary, equipment, insurance, airline ticket, Food, and accommodation
- ❖ Necessary documents including trekking and Pisang Peak climbing permit
- ❖ Good quality camping tents and kitchen utensils
- ❖ Necessary climbing equipment
- ❖ Government tax and service charge

### **Which service is not including in the package?**

- ❖ Nepal entry Visa Fee



- ❖ An international plane ticket to and from Kathmandu
- ❖ Excess baggage charge
- ❖ Overnight accommodation in Kathmandu and Pokhara due to any reason
- ❖ Lunch and dinner in Kathmandu and Pokhara is not including
- ❖ Health and rescue insurance
- ❖ Personal expenses such as phone calls, internet, laundry, hot shower, etc.
- ❖ Personal equipment for climbing
- ❖ Personal guide for climbing
- ❖ Tips for trekking and climbing guides, porters and other crew

### **Important note:**

As this adventure trip enters the remote mountain region, you are always at the mercy of nature. During the journey, factors such as the weather, a natural disaster, or a variety of other factors that are beyond our control can later lead to changes in the travel route. Although all the roads we offer are guided and standardized, please note that for security reasons, your team leader is authorized to change or even reject a party's planned itinerary. The leader makes any changes or additions to the standard route, taking into account the interests of the entire group. We strive to adhere to the travel route mentioned above. However, in the event of an unforeseen circumstance beyond our control, you must be flexible and follow the guidelines instructed by your leader.

### **Food and lodging**

On the climbing trip to Pisang Peak, we offer you the standard 3-star Hotel while in Kathmandu. During your trip to the Pisang base camp, we provide simple tea houses for your accommodation. The room in these tea houses is less stylish with just a bed, a pillow, and a blanket. Accommodations on the way to Pisang Peak are always full, and in some cases, you may need to share a room with other hikers or sleep in the dining room. We strive to make your trek as comfortable as possible.

In some cases, however, it must be kept flexible. We will accommodate groups at the local hostel every day. We dispatched the porters in front of us to reserve the room in advance for the next day.

In Kathmandu, in addition to the 3-star Hotel, there is also some 4-5 star luxury accommodation. If you want to change the luxury accommodation plan, let us know so we can organize and reserve the Hotel for your stay in Kathmandu.

All Food and drinks included in the Pisang Peak Climbing package. We provide Food at tea houses or cabins along the way. You will have dinner and breakfast at the hostel where you will spend the night. During the daily walk, our guide decides the space available and takes a lunch break. We highly recommend that you bring water treatment pills to clean the water and drink during the walk. During the step, there are options to buy bottled water and boiled water.

#### **Guide and porter for the trek:**

We provide you well trained and experienced trekking guide and porter for your trek. Our guide will help you in every possible way to make your trips remarkable and unforgettable. When we talk about the porter, we provide a porter for two hikers each. Carriers carry 20 kg of total luggage (10 kg for each hiker). We offer a guide for smaller groups, and if the group size exceeds ten people, we will provide you with the additional guide for your trip.

#### **Trekking guide and another staff arrangement:**

Climbing and staff management are some of the essential parts of the expedition that determine success. Enjoy the skill and memorable of the trip. A very experienced and courteous climbing guide will make the expedition trip smooth and easy. All members of the expedition team and the climbing director are carefully selected based on their leadership skills and personal talent. To preserve local communities, we only employ local people who have sufficient knowledge of the Culture, ecosystem, flora, fauna, geography, and history of your local region.

#### **Acclimatization**

Pisang peak climbing itinerary is planned with a high profile of Acute Mountain Sickness. Increasing too rapidly at higher altitudes leads to disease that is severe enough to cause death. As much higher altitude, the oxygen levels less in the air. For example, at an altitude of more than 5000 m, there is 50% less oxygen than at sea level. Therefore, our bodies need many days to adapt to an environment with less oxygen. During this trip, a separate day is provided for acclimatization. Visiting Everest base camp and Kalapathar will also help you get used to the altitude before heading out to Pisang Peak Climb.

### **Physical condition and experience requirements**

The Pisang Peak is not technical, but you still need excellent resistance to reach it. Previous knowledge of climbing is not required. However, some experience of using climbing equipment is always an asset. There will also be pre-ascent training at Pisang Peak Base Camp participants. The practice focuses mainly on the use of climbing equipment such as ropes, ice axes, belts, and crampons.

On the summit day, you have to hike 10-12 hours. Therefore, we recommend you prepare yourself by jogging or walking daily for about three months before you travel. Understand that when choosing the Pisang Peak trip, consider hiking many days at high altitude and in remote areas. For your Pisang Peak climbs to be successful, you need to have a lot of willpower, the ability to tolerate adverse weather conditions, and adequate fitness and endurance. Participants with existing diseases such as heart, lung, and blood diseases must consult their doctor before starting their trip. Also, let us know your conditions at the time of booking.

### **Travel insurance**

Travel insurance for every itinerary of our company is a prerequisite for booking a vacation. You must have at least emergency and repatriation insurance, which must include the cost of mountain rescue. Please read the general terms and conditions of your insurers carefully. In particular, you should make sure that the following is covered: 1) Activity (i.e., tourism, trekking or mountaineering) 2) Maximum altitude that can be reached on the trek 3) Helicopter evacuation in an emergency. You should understand that you are ultimately responsible for all

costs associated with removal and return procedures and that it is your responsibility to bear the costs of evacuations or medical treatment. You should be fully aware of the effects of organizing your travel insurance and understand the limitations and exclusions of your policy. Please note that in certain circumstances, our company guide may initiate helicopter rescue in medical emergencies without first asking your insurance company for approval.