



COMMUNITY ACTION TREKS

Ghunsa & Thubten Choling Gompa

An area of exceptional scenic beauty

NEPAL





GRADE
GENTLE

MAX ALTITUDE
3600m

TREKKING DAYS
5

TRIP LENGTH
9 days

MIN PEOPLE
4

Ghunsa & Thubten Choling Gompa

This is a unique trek beginning in the lower Everest region, an area of exceptional scenic beauty. It then takes us through villages untouched by tourism to cross the Everest trail and visit Thubten Choling Gompa (monastery) with its 150 monks. Exiled by Chinese repression, these monks now worship in their beautifully painted monastery building.]

The trek will also include visits to several other Buddhist monasteries, a visit to a school and health post funded by Community Action Nepal, and an opportunity for those with the energy to trek to a height of 13,604 ft on the Konglemu Danda (ridge) to experience spectacular views of surrounding mountains including Everest.

To enjoy the trek fully you need to be fit and walk regularly. Previous trekking experience is obviously an asset but is not essential. Time is spent at high altitude which may affect your performance, though rest days are built into the trek to help you acclimatise. If you have any doubts as to your suitability for the trek, please telephone us for advice.



TREKKING WINDOW
MAR - MAY & OCT - DEC

PRICE

£1470 per person* (land only price - see last page)

*prices subject to change



Ghunsa & Thubten Choling Gompa

Itinerary

CAMPING TREK

walking times are approximate

Day 1

Arrive Kathmandu

Namaste! And welcome to Kathmandu, the colourful capital of Nepal where ornately carved balconies mingle with beautiful shrines and temples. Your adventure begins with a welcome meeting on arrival at the exit gate of Kathmandu airport. Our staff will welcome you with CAT's palm plate and take you to your hotel. For the rest of the day you can relax at the hotel or take a short evening walk around the local markets on your own.

Day 2

Fly to Phaphlu, Trek to Ghunsa 2300m (5-6 hours walking)

We transfer to the airport for the early morning flight to Phaphlu 2470m. Phaphlu is midway between Kathmandu and Everest, and from the flight there are outstanding views of Gaurisankar and Menlungste. Our trekking day starts with a one hour walk to the Buddhist Monastery at Salleri. This is a new and finely painted Monastery, funded by Sir Edmund Hillary's Himalayan Trust. A 4-5 hour trek south then takes us down the Solu Khola valley through Sherpa farms (Bhitta Kharka village) towards the village of Ghunsa where we stay overnight and will undoubtedly experience a great welcome from the villagers. This area is home to the first school and health post that CAN funded.

Day 3

Ghunsa school visit, trek to Phaphlu 2470m (4-5 hours walking)

We start the day with a chance to look around the school built by CAN and to meet the teachers and pupils. This will give us a unique insight into this remote Nepali community. After lunch the path from Ghunsa contours around the side of the valley through Tamang settlements. We climb gently before descending through Sherpa farmlands and then steeply down to Solu Khola. After crossing a suspension bridge there is a steep climb back to Phaphlu – completing the bottom loop of the figure of eight outlined by our trek.





Day 4

Phaphlu to Ringmo 2720m, Monastery visit (5-6 hours walking)

A wonderful day trekking in Sherpa country through forests, fields and beautiful Alpine landscapes. We take a late lunch at our camping place at Ringmo. After lunch, those who wish to can trek to the large Buddhist Monastery just over Tragshindo La (pass) 3071m (2 hours extra walking).

Day 5

Ringmo to Thubten Choling Gompa 2920m (5-6 hours walking)

After breakfast we descend for about half an hour to the river. Shortly after crossing the bridge, we turn right at the large tea house, leaving the main Everest trail and climb up through the forest for about two hours to Yak Kharka. We take lunch on the shoulder of Konglemu Danda (ridge) 3400m from where there are stunning views of Everest and the surrounding peaks. From here, those that are fit have the chance to trek up the ridge to 3600m (3 hours extra).

The rest of the group continue over and down the other side of the ridge by a pleasant trail leading through open pasture and then forest, calling in at the Thubten Choling Gompa (monastery) just before our camp by the river. This monastery is vast, with many small stone-built cottages clinging to the hillside where the monks and nuns live. It may be possible to see the Buddhist community chanting from their texts and to listen to the sounds of trumpets, drums and singing.

Day 6

Trek to Phaphlu 2470m (4-5 hours walking)

After breakfast we descend for about an hour to Junbesi 2680m with its stupa and small gompa. The trail then leads us through sherpa villages to our lunch stop after crossing the Beni Khola. After lunch we walk along the riverside before climbing upwards for approximately an hour back to Phaphlu where we celebrate the end of our trek.

Those with the energy can, after lunch, take a side trip up to Chiwang Gompa (monastery) high on the hill above Phaphlu. (2 and a half hours extra).

Day 7

Fly to Kathmandu

Today we fly back to Kathmandu where we are met and transferred to our hotel. The rest of the day is free to shower and rest after our trek and to explore the wonderful city of Kathmandu. Just walking the narrow streets and market squares is a wonderful experience of colour, noise and bustling activity.

Day 8

Free day in Kathmandu

There is time today to shop for crafts or explore the city. Kathmandu is a great place to buy presents! Half day or full day sight-seeing trips can also be arranged to Patan or Bhaktapur, the other two historical cities in the Kathmandu Valley through our Kathmandu Office.

Day 9

Depart Nepal

Transfer to Kathmandu airport.





The price includes (on a camping basis):

- Transfers between Kathmandu airport and hotel accommodation.
- Journeys by air between Kathmandu and Paphlu, including departure taxes for internal flights, where applicable.
- Accommodation for 3 nights in Kathmandu in rooms on sharing basis (single supplement extra) with shower and WC and inclusive of breakfast, as per itinerary.
- Participation in the trek as per itinerary inclusive of full board, camping equipment (not sleeping bags).
- Services of local porters on camping basis (15 kg load per participant), Sirdar (head guide) and assistant guide (depending on group size) and kitchen staff.
- All Nepalese staff insurance as per Government regulations.
- All trekking permits.

Not included:

- International flights
- Nepalese visa - (please refer to our document "Preparing for your trek: Nepal" for latest prices).
- Meals other than breakfast in Kathmandu.
- Travel insurance.
- Tips.
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money).

Land only prices

The cost of international flights, particularly those to Nepal, are less predictable than they used to be. Airlines now request full payment upfront. As a result, we will quote you a land-only cost.

Options

Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation. Extension packages can also be organised in Nepal, Tibet or Bhutan.

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Contact us

for more information about any of our treks, please contact us and speak to our professional travel guides using the information below:

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Important Note

Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.