

## **Jyamrung Trek**

There are numerous “community” and “cultural” treks available in Nepal to you. Then how this trek is different is a valid question. Indeed, Mountain Delights trek does not operate a community trek for you but since its establishment has been supporting local communities in the areas we take our trekkers. We design this trek itinerary to provide you in-depth experience of the community in the rural and off route. Thus, the program is special.

If you have a question in mind “what it would be to live like a Nepali in the remote village?” join us for this Jyamrung Trek. During **Jyamrung trek** you will stay in a local house – helping local people with their everyday chores. This could be working in the fields; cooking for the family; looking after the animals; helping in the local school; enjoying and participating in a nightly musical concert and so on. Whatever your host is doing you will also have the opportunity to participate.

The village we take you is remote and not often visited by tourists. It therefore provides a unique opportunity of cross-cultural communication and understanding. For every dollar spent in the village, Mountain Delights donates an equal amount to the local community fund. This community fund is managed by the community to provide various resources as they see urgent e.g. education facilities, health requirements, roads, improved water, etc.

We, through community treks aim to offer a sustainable economic future for the villages and its community and provide you with a unique opportunity to be their guest.

Our Objective is to promote Tourism with social cause by using porters and staff from the villages you visit. We make sure that local people are benefiting from the trekking. Our company makes sure that our staffs are well cared for through insurance, good salary, and other benefits.

In this Jyamrung trek you trek to ‘The Ganesh Himal’ which is named after the elephant-headed God of Good Fortune - Ganesha. This region offers untouched natural splendor, wild and friendly inhabitations and amazing range of peaks including Ganesh I, Ganesh II, Ganesh III, Ganesh IV, Mount Manaslu, Tibet range, Langtang, and Annapurna stand out like crystal that is the "**Great Himalayan Chain**" forming the skyline.

### Itinerary in Details:

#### **Day 01: Arrival in Kathmandu (1,300 m/ 4265 ft):**

Arrival in Kathmandu. Meet with our friendly representative at the arrival terminal of only International airport. And, then you will be transferred to your hotel.

You check-in at your Hotel and then after short rest you can go to explore market area of Thamel – where you can eat your supper, change money, buy some stuffs from supermarket, or buy trekking gears – if you need to do.

Later we take you to our office for the trip briefing.

Overnight at your hotel.

*Delay of any kind will postpone the events for next day according to feasibility.*

## **Day 02: Kathmandu Sightseeing - 4 hrs tour.**

You start the day with delicious breakfast served at your Hotel. The sightseeing involves tour of two religious and cultural sites of Pashupatinath temple and Boudhanath stupa.

**Pashupatinath Temple:** It is one of the most celebrated Hindu temples in South-Asia. The temple is devoted to Lord Shiva. This place is a UNESCO world cultural heritage site. The Bagmati river flowing besides the temple is religiously and spiritually significant for Hindus where cremation of dead body takes place. Pashupatinath temple holds the most of prominence during Shivaratri – Shiva’s birthday and thousands of pilgrims gather in the night to celebrate the day.

**Boudhanath Stupa:** It is one of the biggest Stupas in terms of size and height in Nepal and located in east of Kathmandu in the ancient trade route between India-Nepal and Tibet. The site is peaceful and culturally filled with intermixed influence of Tibetan and Sherpa roots. Stupa built in the trading route between Kathmandu and Tibet has four pairs of eyes directed towards all four directions. It is believed to be influenced by Mahayana Buddhist philosophy. After short tour of city we return to hotel and prepare for the trek. Overnight will be spent at hotel.

## **Day 03: Kathmandu – Satdobato (1,500 m/ 4921 ft) – 7 hrs drive:**

After you enjoy delicious breakfast at the Hotel, you drive quite long for the day. It is long yet enjoyable drive in the mountain landscape with beautiful farming terraced field, river bed, brief view of the Himalayan peaks and rural lifestyle. From Trishuli Bazar – a famous trade town in the trade route of India Tibet in ancient period – we cross the Trishiuli river bridge and drive rough road to reach Satdobato, your night stay place. It is well established village with high school, and a health post and people of mixed culture live here. **Overnight in the camp.**

## **Day 04: Trek Satdobato to Bhalche (1,950 m/ 6397 ft) – 5 hrs walk:**

We serve your breakfast in the morning prepared by our expert crew. Then you start the first walking day with gradual uphill walk. You then walk steep to reach the small village of Kisping where you stop for lunch. This small town has people of mixed culture as well with a Hindu temple across the river, and Buddhist Monastery nearby.

After Lunch, you continue uphill gradually to Bhalche village where we set up camp for your night stay.

Today’s walk is an impressive one through farm terraces, dotted Tamang villages, and beautiful waterfall.

Our campsite is beautiful spot with open and wide ground surrounded by Buddhist prayer flags and village view on the other side. **Overnight in Camp.**

## **Day 05: Trek Bhalche to Salme Village (1,800 m/ 5905 ft) – 4 hrs walk:**

This is not that long day after breakfast. You first climb down to the small river and start to climb uphill to reach the village named Salme – your second night’s campsite. It is very natural in the mid-hill mountain that you descend to the river and climb again after crossing it, sometime

steep and sometime gradual. Salme village is comprised of largely Tamangs – ethnic indigenous living in the circumference of Kathmandu valley – with few houses of Dalit community – a historically marginalized people of so-called lower caste hierarchy of Hindu practice. **Overnight in camp.**

**Day 06: Trek Salme village – Meghang (2,200 m/ 7217 ft) via Salme top (2,800 m/ 9186 ft) – 5 hrs walk:**

After breakfast you start steep uphill to the Salme top where you enjoy the lunch here with beautiful view. From here the most impressive view of the mighty Himalayan peaks can be seen. This is probably the hardest day of the whole trek.

After lunch, you still walk a gradual up then a long way down to small stream from where you climb up to Meghang – a small town populated by farmers with a majestic view of the Himalayan peaks. **Overnight stay in camp.**

**Day 07: Trek Meghang – Sally or Katunje (1,800 m/ 5905 ft) – 6 hrs walk:**

A short and gradual climb to the edge opens up with a beautiful view of the Himalayas. You walk down to Chautara village for lunch and a mostly gradual walk to Sally or Katunje village. You walk past various beautiful small villages, terraced farming field, diverse cultural groups, local shopping centers and beautiful landscape overall. **Overnight stay in camp.**

**Day 08: Trek Sally or Katunje – Jyamrung (Sharabensi) (9,00 m/ 2952 ft) – 5 hrs walk:**

After breakfast in your camp, start walking down to Simle – place where you enjoy your lunch for today. From Simle after lunch you trek further down to lower Jyamrung. Again the day is impressive with villages, farms, view of river, green hills. Here you can choose to stay overnight either in local lodge/with family or in the tented camp. **Overnight in camp.**

**Day 09: Jyamrung (Sharabensi) Exploration Day:**

You explore, experience, and enjoy the family you are living with, and the surrounding village. You can participate in various activities here such as teaching at our school project, helping in health project in the village or similar. Here we show you our community projects such as school, micro-hydropower, eco-friendly toilet, health center etc. You can go for fishing or swimming in the fresh water river as well. And we show you all the social project we have done for the locals. **Overnight in the house accommodation.**

**Day 10: Jyamrung (Sharabensi) walk to Sukaura – Back to Kathmandu – ¾ hr walk and 6 hrs drive:**

We cross the river by hanging bridge and take private 4WD jeep to Kathmandu. Half part of the road to Dhading Bensi – district headquarter of previous administrative division which is changed now into municipality – is bumpy and from here it is black topped and comfortable.

You join the Kathmandu –Pokhara highway from Malekhu. Arrive Kathmandu and mingle yourself in the city life again. **Overnight in a hotel.**

### **Day 11: Cultural Tour of Kathmandu City / 4 hrs:**

After breakfast at your Hotel, we take you to the mysterious Kathmandu city tour. This historical, cultural and spiritual city unveils the social and historical mysteries to visitors. You will walk through the narrow lanes of the ancient Kathmandu – the center of power – that includes markets of Ason, Glass beads market at Indrachowk, oldest supermarket at New Road, Kilagal, and Hidden Stupas inside the family courtyard.

Visit of Kathmandu Durbar Square – the administrative quarter of Malla Kings (fourteenth to eighteenth century), and Shah Kings who ruled Nepal from 1768 until 2008. The most unique experience in the square is the visit to the temple of the living goddess “Kumari”.

After the tour, return back to your Hotel. If you are staying in Thamel, you can hang around this bustling tourist market and enjoy shopping. **Overnight in Hotel.**

### **Day 12: Departure Day:**

As per your flight schedule, you will be transferred to the international airport of Kathmandu three hours prior to the flight time and your tour ends here.

### **Cost Includes:**

- ✓ Airport Pick up and Drop with friendly representative
- ✓ 3 star standard hotels with breakfast in Kathmandu (Nepal’s 3 star hotel can be bit different than other international standard)
- ✓ Tea house (Lodge) accommodation during the trekking in twin sharing basis
- ✓ All meals (Breakfast, Lunch & Dinner) during the trekking
- ✓ Tea Coffee (3 times a day)
- ✓ A professional trekking guide, Porter (Helper) and assistant guide above 5 pax.
- ✓ All food, drinks, Lodge, salary, Insurance, medical equipment, all transport for Trekking Staff.
- ✓ Private transfer (Kathmandu – Satadobato| Sukaura – Kathmandu)
- ✓ Kathmandu Cultural and Historical sightseeing with a Tour guide, Private transportation, and entrance fee.
- ✓ Down Jacket, a sleeping bag, Fleece liner, and a duffel bag.
- ✓ All government taxes

### **Cost Excludes:**

- ✓ Any bar bills (alcoholic drinks, mineral water, or cold drinks), cigarettes, client's personal insurance, and any kind of unforeseen expenses
- ✓ Lunch and Dinner in Kathmandu
- ✓ Tips for Guide, Porter, and Driver (tips not mandatory but highly expected.)
- ✓ Travel insurance that should cover emergency evacuation in case of need
- ✓ Anything that is not mentioned in Inclusion

## **What to bring**

This list outlines the required things to bring during the trekking tours. There are various selections and brands that you can choose as per your interest. All required trekking equipments can be bought or even hired easily at a reasonable price in Kathmandu. The quantity of your gears/equipments for shorter treks can be lesser, and you may wish to travel light.

### ***General***

1. Four seasons Sleeping bag (Optional/we can provide one if you need it but is to be returned after the trek)
2. Duffel or Rucksack bag & suitcase (Optional/we can provide one if you need it but is to be returned after the trek)
3. Daypack
4. Down Jacket (Optional/we can provide if you need one but is to be returned after the trek)

### ***Upper Body - Head / Ears / Eyes***

1. Sun hat
2. Warm wool or synthetic hat that cover your ears.
3. Goggles or sunglasses for sunbeam, dust and wind
4. Headlamp
5. Some people like ear-muffs; These are optional; a good hat, balaclava, and hooded jacket should really be sufficient, but this is a personal choice for some people (optional).
6. A neck warmer is another piece of gear for extra warmth if you feel you will need it (optional).

### ***Hand***

1. Gloves( not too warm and not light )

### ***Core Body***

1. T-shirts
2. Shirts
3. Fleece jacket or pullover.
4. Fleece Wind-Stopper jacket (optional).
5. Waterproof (preferably breathable fabric) shell jacket.
6. Women sports bras, Synthetic, no cotton!

### ***Lower Body – Legs- Feet***

1. Nylon hiking shorts - Quick drying type, not cotton!
2. Underwear, stay away from cotton (4).
3. Lightweight long underwear - capilene or other synthetic.
4. Soft shell pants - synthetic, full zip from top and bottom preferable.
5. Trekking pants, preferably that zip on/off at the knees so they double as shorts..
6. Cotton pants (loose jeans/khakis).
7. All clothing should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.
9. Two pairs heavy weight socks to be worn over liner socks preferable for cold season.
10. Two pairs light weight socks, a good option for the lower / warmer parts of the trail.
11. light to medium weight water proof hiking/trekking boots.
12. A pair of light trekking shoes or sneakers. Good for around the camp/lodges and in Kathmandu.
13. A pair sandals (Optional).

### ***Medicines and First Aid Kits***

(Please note our guide will also carry the first aid kit bag during the trek. However we still recommend you to bring your personal first aid kit as well)

1. Extra Strength Excedrin for altitude related headaches.
2. Ibuprofen for general aches and pains.
3. Immodium or Pepto bismol capsules for upset stomach or diarrhea.
4. Diamox (commonly prescribed as Acetazolamide) 125 or 250mg tablets for altitude sickness. Please discuss with us before starting to take this medicine.
5. One small personal sized first-aid kit with blister treatments such as mole skin, band-aids, some waterproof tape, anti-infection ointments, etc. Your guides will have more extensive medical gear, but you should have the basics for general use.

### ***Miscellaneous***

1. Passport and extra passport photos (4 copies).

2. Airline ticket (Please make a copy and leave on at our office in KTM just in case if you need to change the date of your).
3. Durable wallet / pouch for travel documents, money & passport.
4. Lip balm. At least SPF 20, 2 sticks. A string taped to the stick is helpful, to hang around your neck and some are now being sold with a cord already attached. Handy as it avoids you from having to stop and look for it.
5. Sunscreen. SPF 40 is recommended and should be relatively new since it loses its' effectiveness over time.
6. Pocket knife or small Swiss Army type.
7. Water purification Iodine tablets or Polar-pure crystals.
8. Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.
9. Two bandanas.

### ***Optional***

1. One pair adjustable trekking poles. Although these are listed as optional, these can be of great assistance to people who may think of themselves and generally clumsy or with bad knees, ankles, etc, especially when going downhill
2. Favorite snack foods
3. Paperback books, cards, mp3 player (there are a couple of stops where you could recharge. Avoid players with moving hardware as it may not function. Remember, keep these items light weight
4. Binoculars
5. One light weight point & shoot camera or 1 large SLR. Digital cameras are ok, but you must keep the batteries warm when not in use
6. Hydration bladder with drinking tube and tube insulator
7. A pee bottle for men and pee funnel for woman, some swear by them to avoid that chilly late night trip
8. One small stainless steel thermos

***All garments should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.***