



Lo Manthang Damodar Kunda Trek



Introduction

MUSTANG DAMODAR KUND Lake Trek is another famous trekking destination in Upper Mustang which is famous for both Buddhist and Hindu religion followers. Situated in the rain shadow of north of Annapurna range of High Himalayas. Situated on an elevation of 4890 meters, the Damodar Kunda is a cold and windy place. April to September would be the best time to explore this forbidden kingdom. Every year on the full moon of August, the festival takes place. Hundreds of Hindu and Buddhist devotees gather here. Mainly Hindus from India dominate the trail. Most of them also prefer a charter helicopter from Pokhara or Kathmandu. We also organize fixed departure trips for Damodar Kunda Trek, every month of August. Offers superb panoramic views of the whole Annapurna range, lush valleys, beautiful landscape, Tibetan monasteries. The views are great from some viewpoints a bit higher than the lakes, just a short climb up some of the hills. The Tibetan plateau and Damodar Himal (6706m) with 65 peaks in this Himalayan range to the north and the Annapurna Himalayan massive to the south. Damodar Kunda has its own history in the column of Barah Puran; Lord Krishna has said that who pays a visit to this Kunda (Lake) and takes a deep-bath, they will be freed from all their sins. It is also mentioned in Puran that Two sons of Kubers (God of Wealth) were suffering from their wrong doing & sin, which they did in their previous birth but Lord Krishna suggested them to take bath in Damodar Kunda and immediately after taking bath in this Kunda they were released from all their sins.

Damodar Himal, mountain range in Nepal Himalayas, in MUSTANG district. Includes Muktinath Himal (6,706m), Bhrikuti Peak (6,364m). There are 65 peaks in this Himal range. MARSYANGDI River takes origin from this range.

Facts

- Altitude: 5200m<
- Duration: 20 days
- Grade: Medium Hard
- Group: 2 - 15
- Country: Nepal
- Best Season: March - June / September-November
- Start/Ends: Kathmandu (Capital of Nepal)
- Accommodation: Hotel in Kathmandu on BB plan / Mountain lodge (tea house) in Trekking.
- Transportation: Domestic airplane and tourist vehicles
- Meals Includes: Breakfast and welcome or farewell dinner in Kathmandu / Full board in Trekking (Breakfast, Lunch & Dinner).

Highlights

- Explore the Himalayan Kingdom.
- Interesting and picturesque places.
- Buddhist Monastery, Chorten and Mani walls.
- Tibetan life-style in refugee camps and the mystic Landscape.
- Snow capped Himalayan peaks.
- The famous Damodar Kunda, possible to festival observe if trip on full moon of August.
- Ancient and isolated villages.
- Mixed culture and purely Tibetan cultural.
- The pilgrimage site of Muktinath.
- Lake valley of Pokhara.

Itinerary

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- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu
 - **Day 2** : Kathmandu: Sightseeing and Trek Preparation. Meal includes: Breakfast
 - **Day 3** : Kathmandu (1300m) to Pokhara [900m] by bus, 6 hrs or by fly, 30 min. Meal includes: Breakfast/Lunch/Dinner
 - **Day 4** : Fly Pokhara to Jomsom [2720m], then trek to Kagbeni (2800m), 3-4 hrs. Meal includes: Breakfast/Lunch/Dinner
 - **Day 5** : Kagbeni to Chele [3030m] 5-6 Hrs. Meal includes: Breakfast/Lunch/Dinner
 - **Day 6** : Chele to Syangboche [3475m] 5-6 Hrs. Meal includes: Breakfast/Lunch/Dinner
 - **Day 7** : Syangboche to Ghaymi [3540m] 5-6 Hrs. Meal includes: Breakfast/Lunch/Dinner
 - **Day 8** : Ghaymi to Charang [3500m] 4-5 Hrs. Meal includes: Breakfast/Lunch/Dinner
 - **Day 9** : Charang to Lo Manthang [3700m] 5-6 Hrs. Meal includes: Breakfast/Lunch/Dinner
 - **Day 10** : Exploration Day Lo Manthang [3700m]. Meal includes: Breakfast/Lunch/Dinner
 - **Day 11** : Yara to Ghuma Thanti [4800m] 6-7 Hrs. Meal includes: Breakfast/Lunch/Dinner
 - **Day 12** : Ghuma Thanti to Damodar Kunda [4890m] 6-7 Hrs. Meal includes: Breakfast/Lunch/Dinner
 - **Day 13** : Damodar Kunda Exploration [4890m]. Meal includes: Breakfast/Lunch/Dinner
 - **Day 14** : Damodar Kunda to Ghuma Thanti [4800m] 5-6 Hrs. Meal includes: Breakfast/Lunch/Dinner
 - **Day 15** : Ghuma Thanti to Yara [3900m] 6-7 Hrs. Meal includes: Breakfast/Lunch/Dinner
 - **Day 16** : Yara to Tange [3240m] 6-7 Hrs. Meal includes: Breakfast/Lunch/Dinner
 - **Day 17** : Tange to Tetang [3040m] 5-6 Hrs. Meal includes: Breakfast/Lunch/Dinner
 - **Day 18** : Tetang to Muktinath [3700m] 5-6 Hrs. Meal includes: Breakfast/Lunch/Dinner
 - **Day 19** : Muktinath to Jomsom [2700m/8856ft] 5-6 Hrs. Meal includes: Breakfast/Lunch/Dinner
 - **Day 20** : Fly to Pokhara. Meal includes: Breakfast
 - **Day 21** : Drive or fly back to Kathmandu. Meal includes: Breakfast/Lunch/Dinner
 - **Day 22** : Transfer to Airport Meal Includes: Breakfast

Note: The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on info@xtremeclimbers.com for further details.

Cost Includes

Full Board Service Includes

- Airport -Hotel-Airport transfer by private vehicle
- Twin sharing 3*** accommodation with breakfast in Kathmandu
- Twin Sharing 3*** accommodation with breakfast in Pokhara
- VE-25 North Face tented accommodation during camping (Two clients get one two men tent)
- Our own cooked meals during the trek (three time a day Veg /Non veg) in Camping
- Thuraya SAT Phone (Emergency use only)
- Radio Walki Talki
- A cap entry permit and applicable trekking permits
- Staff (cook, helper, Guide and other supporter porters/donkeys
- Entire necessary Kitchen, Dining, Toilet Tent's and guide Sherpa tent
- Drinks in campsite (Hot Chocolate, Special Coffee and Tea)
- Government license holder highly experienced trekking guide
- Special Trekking Permit US\$ 500 per person for 10 days
- Guide Air tickets and airport taxes for Pokhara – Jomsom - Pokhara
- Way Expenses to bring food, kitchenware, equipments to Jomsom and back
- Kathmandu/Pokhara/Kathmandu Flight or land transportation by Tourist bus. [As per required]
- Pokhara to Jomsom and Pokhara to Jomsom flight tickets for clients and Guide
- Two days sightseeing tour with English-speaking tour guide
- Sightseeing entry fees during the sightseeing
- All local government taxes and our service charge

Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

Why we don't include cost in our website

NOTE: To provide you service in reasonable manner we attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require

5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in _____ or login to _____ for any information about your selected package.

Cost Excludes

Full Board Service Excludes

- Travel insurance.
- International air fare to and from Nepal.
- Nepal Tourist Visa fees.
- Items and expenses of personal nature.
- Any meals in Kathmandu and Pokhara other than breakfast.
- Any kind of alcoholic drinks, cold drinks, snacks, laundry, phone call, internet.
- Personal Trekking Equipments.
- Emergency Evacuation (Helicopter Rescue).
- Any costs which arise due to change of the itinerary, because of landslides, domestic flight delays, political disturbance, and strikes etc.
- Any other costs that is not mentioned in the itinerary are not included.
- Horse renting and additional porter.
- Tips for guide, porters, driver.

