

Chulu West Peak Climbing

The Chulu Mountain is a traveler's favorite. It is a rock massif that lies in front of the spectacular Annapurna Himal chain. Among these rock massifs, the Chulu West stands higher when compared to Chulu East and Chulu Central. The view from the top of the Chulu West summit is known for its spectacular view that covers the Annapurna I, II, III, IV and the Gangapurna. In fact, the beauty that you can experience in this trip is remarkable.

The first ascent to the Chulu West was undertaken by a Japanese Expedition in the year 1952. The Base Camp of the Chulu West Peak lies in a small valley to the north of the Manang that is off the main trail that leads to the Thorong La Pass. The trip to the Chulu Mountain starts from Chamje and continues slowly towards the Manang Valley. The Manang Valley is of the highest valleys of the world and is situated at an altitude of more than 3500 m above the sea level. Travelers will get a one-day rest for exploring the Manang Valley and for proper acclimatization. The route to the Chulu Mountain Base Camp starts from the Manang valley and heads towards the North, ultimately leading to the base camp. Before the ascent to the peak, a total of three days is set aside before one heads towards the Thorong-La and flies out from Jomsom. Do not forget to visit the Kali Gandaki Valley – the deepest gorge in the world.

The Chulu West Peak climbing is the best for both the experienced and the amateur climber. Though East is said to be technically very straightforward and has a steep slope summit, the Chulu West comparatively has a tougher slope that requires the traveler to slog before one can reach the summit. The total time that is required for a traveler to reach the summit is approximately 2 nights and is only appropriate for the one who can acclimatize with the change of environment. The final climb to the summit will seem to become long and gradual since the snow becomes softer.

You may check out the entire website to learn more about the other package options for every trip to the mighty Himalayas. Ensure that you are following the updated information only.

Duration: 18 days

Price: \$2350

Rating: 4 Star

Group Size: 01-12 PEOPLE

Grade: Strenuous

Destination: Nepal

Activity: Peak Climbing

Region: Annapurna Region

Equipment Lists:

- Snow Goggles
- Warm hat (Either wool or synthetic)
- Liner Gloves (wool or Synthetic)
- Over Gloves (Gore-Tex)
- Long underwear (Lightweight or mid weight tops and bottoms made of synthetic material)

- Warm insulating Upper and Lower body Layers (fleece)
- Gore Tex Suit
- Heavy Socks
- Climbing boots (Plastic boots/leather boots with Water proof or snow seal)
- Snow gaiters
- Crampons
- Ice Axe
- Jumar
- Figure 8(Descender)
- Harness
- 02 Lock Carabinars (Similar size)
- 02 Snap Carabinars(Non Locking)
- 6 mm Rope (Prussic slings and safety ropes)
- Pocket Knife

The gears we can rent from Kathmandu are as following...

- Climbing boots (Plastic boots)
- Crampons
- Ice Axe
- Jumar
- Figure 8(Descender)
- Harness
- 02 Lock Carabinars and 02 Snap Carabinars(Non Locking)
- 6 mm Rope (Prussic slings and safety ropes)

Other Informations:

Nepal Entry Visa

Foreigners who intend to visit Nepal must hold valid Passport(6 months) or any travel documents equivalent to passport issued by the government for visiting a foreign country. You can obtain the Nepal visa up on arrival at Tribhuwan international airport, Kathmandu. Also you can apply the Nepal visa online now. The application for the tourist visa has to be filled and submitted through this link of Nepal Immigration,<http://www.online.nepalimmigration.gov.np/tourist-visa>. Please bring the printed copy and show them at the immigration in Kathmandu with the visa fees and 2 copies of passport sized photos. US\$ 25 or equivalent foreign currency for 15 days multiple entry visa, US\$ 40 or equivalent foreign currency for 30 days multiple entry visa. We suggest you to take cash in hand. If you haven't applied online visa then visa form will be provided during your flight to Nepal.

Note: Free Visa for Chinese citizens including HKSAR Passport holders.

Trekking Season

The two most pleasant seasons for trekking in Nepal are spring and autumn. The spring season is considered to be March to May. During the spring months flowers are in bloom in the forests so it can be quite beautiful though it can also be bit cloudy, especially in the afternoon. Autumn season is considered September through November. In autumn season you will get the best mountain views, with clear skies usually all day long. The fall season is slightly cooler with average temperatures. December is also generally

the driest month of the year. Trekking in Nepal is possible at any time of the year. It is worth remembering that we will get 75 percent of annual rainfall from the mid June through the August. This period is considered as the monsoon season. Winter in Nepal is considered December through February. These months are the coldest in temperatures depending on where you are. At higher altitudes in the Himalayas temperatures will drop below freezing and it can be extremely cold at night.

A typical day of trekking

The trekking day begins early at around 6.30AM in the morning with a cup of wake up tea. Before breakfast, pack your duffel bag which is carried by porters by keeping some essential things in your daypack. After breakfast, we are usually starting the good morning walk. After 3-4 hrs walking, we stop for lunch. Allowing about 1 - 2 hours for lunch break then we continue the walk to the destination where we stay overnight. We reach the teahouse/ camp by afternoon, as the afternoon walk is generally shorter than the morning. Check in the room and having afternoon tea, side trips or other activities are generally organized. You can spend the afternoon as you wish then meet for the dinner around 7PM and sleep.

Geography of Nepal

Nepal covers the land area of 147,181 sqkm, stretching 800km from east to west and 90 to 230km from north to south. Nepal is land-locked between China (including the Chinese autonomous region of Tibet) and India. Nepal has three geographic regions; the mountainous Himalayan belt (including 8 of the 14 highest mountain peaks in the world), the hill region and the plains region. Nepal contains the greatest altitude variation on earth, from the lowland Terai, at almost sea-level to Mount Everest at 8848 metres. Nepal is divided into five development regions and seventy-five districts. Where as high Himalayas occupy 16% of the total land area of Nepal with elevation ranging from 4,000m to above 8,848m. This region accommodates the eight of the highest peaks in the world; Mt. Everest (8848m), Kanchanjunga (8586m), Lhotse (8516m), Cho Oyu (8201m), Dhaulagiri (8167m), Mt. Makalu (8463m), Manaslu (8163m) and Annapurna I (8091m).

Currency in Nepal

Nepali Rupee notes come in Rupees 5, 10, 20, 50, 100, 500, 1000 denominations. Coins come in Rs. 1, 2 and 5 denominations. Foreign currencies must be exchanged only through banks or authorized money exchangers. Banks are usually open from 09.30 am to 3.00 pm Sundays through Thursdays and from 10.00 am to 1.00 pm on Fridays. Saturdays are closed.

Credit Cards

All major cards are accepted for tourist services. There is usually a 4% mark-up on top of the price.

Climate change

Nepal is one of the most vulnerable countries in South Asia to climate change, yet it has limited capacity to address impacts of climate change or to take advantage of the opportunities. It has a highly variable climate and fragile ecosystems. The Himalayan glaciers are retreating faster than any other major body of ice. With climate change, climate variability, a driver of poverty in a country where 60% of the population is reliant on agriculture, will only increase. The monsoon rains are already more intense, but of shorter duration, and are arriving later, which has a devastating impact on the rice fields. The Greater Himalaya region is the water tower of Asia. Nepal sits at a strategic point, in the headwaters of the Ganges basin. 500 million people live in this basin, which is one of the most flood prone in the world. Currently Nepals Himalayan Rivers supply 70% of the dry season water in the Ganges and 30% of the peak flood waters. Nepals potential for hydropower is 100 times its existing energy use. Current development of rivers are sub-optimal, focusing solely on hydro rather than also storing water in the summer to use for irrigation during the rest of the year

and reduce flooding.

Clothing in Nepal

From April to the end of September, it is warm in Kathmandu. In Nepal clothing for travelling purpose should be comfortable and light weight. You can also wear longer shorts provided that it is weather-friendly. In the months of October to the end of March, days are usually warm and evenings are cool. Put on your summer clothes during the day time but in the evening and night it is advisable to carry a light jacket. Winter season starts from December to February. One must be equipped with sufficient winter wears like down jackets, sweaters, trousers etc to stay protected from the cold. In accordance to Nepali weather you can have your clothes well-packed in your luggage or you can also purchase clothes of your choice and needs from the clothing stores in Kathmandu.

Health issues/Altitude sickness

Those in good health should have no difficulty traveling to Nepal. But people with health conditions including asthma, diabetes, high blood pressure, epilepsy and cardiac problems should seek a doctor's approval before planning a trip to Nepal. Trekking and Climbing in Nepal involves high altitude and can be strenuous. Simple headache, fever, loss of appetite or stomach disorders can happen before the acclimatization. Altitude sickness, if not treated when symptoms first appear, can lead to death. Often known as AMS or Acute Mountain Sickness, it can ruin a Treks and Climblings and should be treated very seriously. The Himalayan Mountains begin where other mountain ranges end. As altitude increases, specially above 3,000 metres, the air becomes thinner, creating certain difficulties for the human body. Youth, strength and fitness make no difference here. The only prevention is to give ones body time to adjust to high altitude. Those who go too high too fast are liable to be victims of Acute Mountain Sickness. To minimize its threat, we recommend following these advice:

01. Drink adequate fluids. At 4,300 metres for example, the body requires 3 to 4 litres of liquid a day. At low altitudes try to drink at least 1 litre a day.
02. Accept the fact that you cannot go very high if your time is short.
03. Learn to recognize the symptoms of AMS: headache, nausea, loss of appetite, sleeplessness, fluid retention and/or swelling of the body. The cure is to climb no higher until the symptoms have disappeared.
04. Do not expect everyone in your group to acclimatize at the same rate. If you experience such discomforts, tell the accompanying travel High Solu facilitators immediately.
05. For the sake of safety, if the trek leader deems it necessary to ask a participant who is suffering from AMS to descend, he will have the authority to do so even though it may go against the will of that participant.

People and Religions of Nepal

Nepalese people are mainly divided into two distinct groups, the Indo-Aryans and the Mangoloids. Since 2008AD, Nepal has been declared a secular country. The Hindu Temples and Buddhist Shrines are scattered all over the Kingdom. Nepal is the birthplace of Lord Buddha, Herald of Peace, The Light of Asia. Hindus, Buddhists, Muslims and Christians live together in harmony. And other nature worshippers, too, exist here. Ethnic diversity and custom of Nepal make Nepal the most fascinating tourist destination in the world. Official statistics indicates that Nepali population of around 35 millions includes more than 90 ethnic groups speaking 100 different languages and dialects.

History of Nepal

Nepal has witnessed many rulers and dynasties play contributing roles in moulding Nepal to present day's Modern Nepal. Kirantis ruled Nepal from 9th century B.C. to 1st century A.D. Later Lichchavis took over Kiranti from 3rd to 13th century and then were

followed by Thakuri belonging to Malla dynasty. Then Shah Dynasty held the reign. Prithvi Narayan Shah is solely responsible for today's modern day Nepal for he is the one who united different kingdoms into one single nation in 1769. In 1846, the Kot massacre led by Junga Bahadur Rana backseated the power of monarchy and made Rana regime more powerful. In 1950 Tribhuvan with the support from India restored monarchy. A coalition government comprising the Nepali congress party and the Ranas was thereafter installed with the promise of free elections in 1952. In 1960, Mahendra, son of Tribhuvan tactically established Panchayat system, meaning 'five councils system', by engineering a coup, declaring a new constitution, imprisoning all the leaders of the then government and enforcing a ban on all political activities. People's movement of 1990 opened up a new chapter for a decade of democracy in Nepal which led to multiparty democracy with constitutional monarchy. Democracy came with heavy price leading to incompetent political leaders, political conflicts, Maoist insurgency, corruptions and downfall in national economy. Royal family massacre in 2001 left whole world in complete shock. Gynendra was crowned Nepal's king after his brother, Birendra's assassination. With the advent of 2006 all major political parties committed to reform their past mistakes and Maoist rebels came together with the support from Nepali people and jointly went on several days strikes to restore democracy. Finally, Gynendra handed over the political power to Nepali people and democracy was once again restored in Nepal. Then Maoists has been the biggest political party of Nepal 2008 election. Nepal recently (September 2015) declared the new constitution for the country.

Shopping in Nepal

In the major cities of Nepal, like Kathmandu, Patan, Bhaktapur, Pokhara, you will find well resourced shopping malls. From clothes, shoes, accessories, sports wear, electronic goods, cosmetics, food and decoration items to kitchen wares you can purchase any goods. In Nepal shopping of both local and imported goods are possible. Most shops and clothing stores have fixed price tagged along their goods. But in case of small shops, you can bargain the prices for purchasing goods. While shopping in Nepal it is advisable to carry Nepali currency in cash as most of the shops only accept cash. In Kathmandu, Thamel, Newroad and DurbarMarg are the most popular Shopping centers.

Foods in Nepal

Kathmandu is a paradise for food lovers. Besides Nepali food Nepal restaurants here serve varieties of hygienic delicacies from Indian, Chinese, Tibetan, Japanese, Italian, Australian, Russian, Korean, Mexican, Thai etc to continental at remarkably reasonable price. If you desire to lead a Nepali lifestyle during your stay in Nepal, then there are also some restaurants serving pure Nepali cuisine (Dal Bhat) which comprises of steamed rice, lentil soup and varieties of vegetable/ non vegetable curries. Thamel, the tourist hub of Kathmandu, is well known for many excellent restaurants, cafés and pubs. Pokhara also have numerous restaurants that serve every kind of delicacies complementing your taste. The foods in the mountains (trekking routes) also fresh, hygienic and delicious.

Travel Insurance

Travel insurance is not included in the trip price. It is essential that you take out comprehensive travel insurance prior to your trek. Your travel insurance must provide cover against personal accident, medical expenses, emergency evacuation (including helicopter rescue) and personal liability. We also recommend that it cover trip cancellation and loss of luggage and personal effects.

Hotels in Nepal

Nepal offers a wide range of accommodation, from 5 star luxury hotels to budget-priced guest houses. Top hotel in Nepal gives you the high quality services. Whatever your requirements are, Nepal hotels can meet them all. Best Nepal Trekking P(LTD), is always recommend the best Hotels in Nepal for your holidays.

Itinerary:

Day 01: Arrival in Kathmandu:

Arrival at Kathmandu. Meet our company representative and transfer to the hotel (Free afternoon)

Day 02: Kathmandu to Besi Sahar(820m)

Kathmandu to Besi Sahar(820m) by private vehicles.

Day 03: Besisahar to chame (2700m)

Drive by jeep and overnight at lodge in chame.

Day 04: Chame to Pisang (3185m) 5 hour walk

Walking by the side of river through pine forests about 2 hours cross the suspension bridge and climb up to Dikurpokhari; stop for lunch. The Manang Valley getting wider (a wide U shaped valley) and the path is flat to Pisang.

Day 05: Pisang to Manang (3540m) 5 hour walk

After walking one and half hour through trails and broad forested valley floor we reach at Humde village a small airstrip and a village of about 100 houses. Crossing the wooden bridge over Marsyangdi river, continue to Braga village; Tibetan style picturesque Braga village at the foot of the hill, stop here for lunch and visit the very old monastery. Walk another hour to reach Manang.

Day 06: Rest day

Rest Day in Manang for acclimatization: A necessary day to rest for acclimatization. Explore Manang, the village of about 500 flat roofed houses. Short hike up to the Prakyang Monastery below the cliff or hike up to Gangapurna Glacier Lake. Annapurna II, Annapurna III, Tilicho peak, Gangapurna and Chulu East to the north can be well viewed from here.

Day 07: Manang to Leddar (4000m) 5 hour walk

Pass through Manang and climb to the next village Tenki Manang. The trail gradually climbs up to Gunsang with few teahouses. Then trail goes in level crossing a suspension bridge and close view of the Chulu peak on the northern side. Continue walk to Yak Kharka where we stop for Lunch. Then walk about 45 minutes to Leddar and Stay overnight.

Day 08: Trek to Chulu west Base Camp(4900M)

Trek to Chulu West Base camp and overnight at tent.

Day 09: Climb to High camp(5530M)

Climb to High camp & overnight at tent.

Day 10: Summit Chulu west (6419)

Summit Chulu west and trek to Base Camp.

Day 11: Reserve day for climbing

Reserve day for climbing if weather and other problem.

Day 12: Basecamp/Leddar to Thorong Phedi (4540m)

Base camp/Leddar to Thorong Phedi (4540m): Today we descend to Leddar then climb into quiet distinct alpine areas. Crossing the Jarsang Khola we climb to a small grassy valley and level trail passing a landslide area. Overnight at Thorong Phedi. Approx. 3 hrs walk. If you feel okay and no problem of walking maybe we can continue to Thorong High Camp (4900m) another 2 hours walk from Phedi.

Day 13: Thorong Phedi to Muktinath (3780m) 8 hour

This is the day when you will cross the most difficult part of this route. There is possibility of strong wind at the pass so we start to climb very early in the morning passing the moraines slowly reach the top of Thorong Pass(5416m) and enjoy some absolutely stunning high Himalayan scenery both side of the valley. There is hanging Prayer flags at the pass and also a small teashop for hot tea or Coffee. Soon as we reach the pass we descend to the western valley enjoying the view of the Mukut Himal and Mustang Himal to the west. We descend more than 1600m and reach at Muktinath village.

Day 14: Muktinath to Jomsom (2680m) 5 hour

In the morning we can visit the monasteries at the Muktinath. Muktinath is one of the most important Pilgrimages sight for both Hindu and Buddhist and monasteries from two denominations exists peacefully side by side. Miraculously a fire burns in water, rock and soil under the monastery which is staffed by nuns. After breakfast proceed to down hill with a view of dramatic landscape and the Snowy peaks.

Day 15: Jomsom to Pokhara (884m)

Early morning fly back to Pokhara which takes 20 minutes through the dramatic ravine of Kaligandaki valley. The walls of two world's highest mountains; The Annapurna and the Dhaulagiri, are sheer for 5000m above the valley floor. Overnight in Pokhara.

Day 16: Fly back to Kathmandu

Fly back to Kathmandu by regularly scheduled flight and transfer to Hotel in Kathmandu.

Day 17: Departure back to Home.

Drive to the International airport & departure back to Home.

Cost Include:

- Airport transfers to/from by private vehicles.
- Deluxe accommodation 3 nights(Twin Sharing Basis) in Kathmandu & pokhara with breakfast and including all govt. taxes on 3 star hotel.
- Transportation Kathmandu to Besisahar by private vehicles and Besisahar to Chame by jeep.
- full board meals and all drinks(Tea/coffee/Chocolate) during the Trekking & climbing period.
- Annapurna conservation area permit fee.
- Service of Guide, Climbing Sherpa and porters during the trek and also their wages, foods, insurance.
- All necessary trekking equipments(Sleeping tents, Hard and soft Mattress, dining tent, Sherpa tents, cooking/eating utensils.
- Transportation cost for the staffs.
- Chulu west peak climbing permit fee.
- Climbing Sherpas equipment charges.
- All necessary equipment for climbing such as ropes, Snow bars, Epi gas, Ice screws etc.
- Garbage deposit fee(our company will deposit).
- Jomsom to Pokhara & pokhara to kathmandu by regularly scheduled or Chartered flight, airport taxes and surcharges.
- Agency service charges and government applicable fees.

Cost exclude:

- All meals (lunch/Dinner) during staying in Kathmandu & Pokhara.
- Air travels to and from Nepal.
- Visa fee US\$ 40.00 per person.
- All personal expenses, travel insurance, rescue charge in emergency.
- Extra cost due to flight cancellation/road conditions.
- Purchases of bottled water while on the trek, gifts and alcohols.
- All personal clothing and climbing equipments including sleeping bag.
- Tips for trek and climbing staffs.