



PEACE NEPAL TREKS

... guiding you through your journey of a lifetime.

Bhairab Kunda Trek

OVERVIEW

This trek gets its name from the famous Bhairab Kunda Lake. The Sanskrit word Bhairav Kunda when translated into English, simply means 'Holy Lake'. This lake lies north of Kathmandu, near the Nepal-Tibet border. Our trek starts in Jalbire where we arrive on a five-hour bus ride from Kathmandu. From here we trek across remote villages and a beautiful landscape, enjoying every minute of our journey.

Along the trail superb views of the Dorje Lakpa, Madiya and Phurbi Ghhyachu peaks make our trip less tiring. The trail lies very close to the Tibetan border and we can see the influence of Tibetan culture even in the Nepalese side.

ITINERARY

- Day 1

Arrival at the Tribhuvan International Airport and transfer to the hotel.

- Day 2

Drive from Kathmandu to Jalbire (1000m). Overnight in Jalbire.

- Day 3

Trek from Jalbire to Chanaute (1350m). Overnight in Chanaute.

▪ Day 4

Trek from Chanaute to Khani Gaon (2000m). Overnight in Khani Gaon.

▪ Day 5

Rest day in Khani Gaon. Overnight in Khani Gaon.

▪ Day 6

Trek from Khani Gaon to Forest Camp (3150m). Overnight in Forest Camp.

▪ Day 7

Trek from Forest Camp to Patti (3760m). Overnight in Patti.

▪ Day 8

Trek from Patti to Bhairab Kunda (4250m). Overnight in Bhairab Kunda.

▪ Day 9

Trek from Bhairab Kunda to Sherpa Gaon (2500m). Overnight in Sherpa Gaon.

▪ Day 10

Trek from Sherpa Gaon to Larcha (1500m). Overnight in Larcha.

▪ Day 11

Drive back to Kathmandu from Larcha. Overnight in Kathmandu.

▪ Day 12

Transfer to the International Airport and departure to

your destination.

Note: Above holiday itinerary can be customized as our guest specific requirements and can make shorter and longer. We design your holidays accordingly.

INCLUDES

- Return transfers from International and Domestic airport to your hotel.
- One night stay at the Hotel in Kathmandu.
- all government taxes and Bhairab Kunda entry fees.
- TIMS CARD (Trekking Management System).
- required number of experienced English speaking guides and support staff (we pay for their daily wages, insurances, trekking equipments, food and accommodation).
- Tent accommodation during the trek on camping services.
- necessary ground transportation depends on your services requested via tourist bus or private transport.
- Light for a night by Battery or “generator” as a group size.
- Trekking poles, sleeping bag (if necessary we provide).
- Trekking maps.
- Rubbish care to clean up the environment.
- PNT official services charge and government taxes.

Medical support: emergency first aid kit carried by the support staff

Camping equipments: We always provide every guest holiday trek with high qualities equipments: good qualities tent, Gas stove for food prepare, toilets tent and papers, kitchen tent with necessary utensils, Dining tent (for eating), table and chairs as a group, hand clean up towel and soap with tap water, Ice axe and sable.

Accommodation and meals: During camping treks an expert cook accompanies us and serves the best local dishes with different items on our plates. Both food and accommodation during camping treks are our responsibilities. We serve three meals on camping treks.

Breakfast Verities: Tea, coffee, hot chocolate, milk, boil water/different kinds Tibetan bread, toast, omelet fried or scrambled, boil egg, porridge, musli, cornflake, chapatti, jam, honey, pinner butter, rice pudding, pani cake, butter, salami, sinoman role.

Lunch: Juice, tea (black/lemon/coffee), boil water/ sandwich, potato cheaps, different items bread, vegetable, macaroni, chaumin, fried/boil potatoes, plan chapatti, backbeans.

Dinner: Different items Soup, popcorn, prawan, cookies, papad/ local Nepali verities food (Daal/rice/vegetables/meat/pickle), pizza (vegetable/mushroom/chicken), burger, pasta, chicken meat, can meat, veg/non veg momo, spagity, noodles, tuna fish, sasit, spring role.

Desert: tea, coffee, milk, chocolate, boil water, cake, pie, seasonal fruits, tin fruit, mango, apple, banana.

Water: we serve with boil water drink along the trek either you can make tea or coffee for day trip. It should be better to bring good quality water bottle for trek.

EXCLUDES

- All meals in Kathmandu city.
- Tips to guides and support staff.
- Additional costs in case of emergency (You must have adequate travel insurance to cover any kind of emergencies).
- Internal flight tickets.
- Additional medication for altitude sickness

(Acetazolamide etc).

- Personal expenses and any other unforeseen expenses.
- Personal trekking equipments.

Travel Insurances: –

Travel Insurances are compulsory for clients trekking or climbing with us. The insurance should cover you in case of emergencies like accidents, altitude sickness and ambulance and helicopter rescue charges if required. Please carry a copy of your insurance papers while travelling in Nepal and do send us a copy as well. This will help us in making all the necessary arrangements in case of any sort of emergencies.

SEASONS

Nepal has four climatic seasons

- Spring : March – May
- Summer: June – August
- Autumn: September – November
- Winter: December – February

While there are no seasonal constraints on traveling to Nepal, different regions are best visited in different seasons. Enquire about any trekking region and we will tell you about the best season to visit that area.

EQUIPMENTS

Check-list of personal equipment:

- Good standard trekking boots
- Camping shoes/thongs

- Socks-polypropylene
- Down Jacket
- Fleece
- T-shirts
- Trekking trousers
- Shorts (both casual and for treks)
- Swim wear
- Sun Hat
- Woollen Hat
- Nylon Windbreaker
- Gloves
- Gaters
- Strong Rucksack
- Sleeping Bag
- Water Bottle
- Torch/headlamp (with spare batteries)
- Toiletries/soap
- Toilet paper
- Sun block
- Travel Towel
- Wet-wipes
- Medication (cough medicine, throat soothers, water purification tablets)
- Sunglasses
- Binoculars
- Camera & lenses
- Memory cards
- GPS Tracking Units may be helpful
- Altimeter
- Compass
- Book/music player/pack of cards
- Padlock
- A plastic bag for waste
- Energy/snack bars

The following equipment are required during the Climbing period: –

(Warm Down Jackets, Sleeping Bags, Warm Trousers, Koflach Shoes, Trekking Shoes and Sandals, Perfectly fitting Crampons, Gaiters, Ice Axe, Jumar, Ice Screw, Rock, Picton, Snow Bar, 2 locking Carabiners, Gloves, Sun Glasses, Head Light, Helmet, Rope, Stove, Harness, Figure -8, Gore – Tax Jacket with hood).