

Bhairav Kunda Trekking

Url: <https://www.glorioushimalaya.com/trip/bhairav-kunda-trekking/>

Duration

13

Max. Altitude

4,240m

Difficulty

Moderate

Group Size

2+ pax

Per Person Cost

USD 1350

Transport

Bus, Jeep, Car

Meals

Breakfast, Lunch & Dinner

Accommodation

Hotel and Camping

Starts At

Kathmandu

Ends At

Kathmandu

Highlights

- Visit the Hindu and Buddhist sacred holy Bhairav Kunda Lake.
- Adventurous camping trek to the untouched area of the Langtang region.
- Picturesque views of Himalayan panorama ranges
- Explore the livelihood of locals and their lifestyle.
- Enjoy a natural hot spring at Tatopani to relax your tired muscles.

Overview

Bhairav Kunda Trekking is a recently established [trekking](#) area where visitors may explore the 4,240-meter-high lake in the Sindhupalchok district. It is situated in one of the most beautiful regions nearby Kathmandu, close to the Tibetan border. Every year, at the full moon in the Hindu month of “Bhadra” (August), hundreds of pilgrims travel to this area. With clear lakes and breathtaking scenery, this trip will lead you to the holiest pilgrimage sites that are best conserved.

The name “Bhairav” is derived from Sanskrit, the world’s oldest language, and it refers to Lord Shiva’s

“destructive” aspect in Hinduism. The spectacular Tibetan Himalayan range is just a few of the mountains that may be seen throughout this walk in addition to the divine voyage. Your trip will be made more enjoyable by the sight of the Rolwaling range, Dorje Lakpa (6,966m), Madiya (6,257m), Phurbi Ghhyachu (6,637m), and Jagal Himal. Additionally, you may get up-close views of many Tibetan plateaus and Glaciers. Similarly, you’ll see that the way of life of wandering nomads hasn’t altered much throughout the years.

Itinerary

Day 01: Arrival in Kathmandu (1400m)

After your arrival at Tribhuvan International Airport in medieval and modernized Kathmandu, you will be warmly greeted by our office representative and transferred to the hotel. After check-in and some refreshments, our senior Sherpa guide will come to meet you and give you a brief orientation about Bhairav Kunda Trek. You can then go for a stroll down the street to get familiar with the neighborhood, have supper and go to bed. This is your first overnight in the valley of temples and cows, probably the most in the world. Stay the night at a hotel with breakfast.

Day 02: Kathmandu sightseeing tour and preparation for the trek

The capital city of Nepal, Kathmandu, being the historical and cultural heart of the country, is a popular destination for tourists, trekkers and other types of adventure seekers. The city is a marvelous amalgamation of Hinduism, Tibetan Buddhism, and Western cultures and influences. Patan and Bhaktapur are its two major neighboring cities. These two cities, like Kathmandu, have a rich historical, cultural and religious legacy which is reflected in the many temples, monuments, and artifacts that they contain. You will be taken on a half-day guided tour of Kathmandu and Bhaktapur cities. In Kathmandu, you will be visiting Pashupatinath, the most famous and revered Hindu shrine in the country; Boudhanath, the largest Buddhist stupa in Nepal, Soyambhunath, which contains both Buddhist and Hindu shrines and stands as testimony to the religious harmony that exists in the country; and the 15th-century 55-window palace in Bhaktapur. An orientation session for the trek, which commences the following day, will be organized in the evening. Stay the night at hotel inclusive breakfast.

Day 03: Drive to Jalbire (1,000m) - 5 hrs drive by bus

After having breakfast we will head towards Jalbire. It is about a 5-hour scenic drive from Kathmandu to Jalbire. Jalbire is the place for scenic views for the mountains. Jalbire is rich in Newari culture and home to the Hindu temple of god Bishnu which lies on the banks of the Balephi River. This is where we set up our tents for the night with all meals inclusive.

Day 04: Trek from Jalbire to Chanaute (1,345m) - 4/5 hrs trek

Early morning after breakfast our trek will start. We walk through a waterfall and some small Tamang

villages to reach Chanaute. It takes around 4 hours. Chanaute is a small village where people belonging to the Chhetri and Brahmin communities live. Overnight in tented camps with all meals inclusive.

Day 05: Trek from Chanaute to Khani Gaun (2,010m) - 5/6 hrs trek

After breakfast, our next trek will be to Khani Gaun. Chanaute-Khanai Gaon is about 5-6 hours walk. The walk is a little more challenging and steep. We have to follow uphill steps. But we can have a great hike throughout the way as we can see spectacular villages and streams. Khani Gaun is a Newar village and it is believed that during the war between Gorkha and Bhaktapur, natives of Bhaktapur came here to save their lives. Overnight in tented camp inclusive B. L. D. (Breakfast / Lunch / Dinner).

Day 06: Khani village exploration day

Today after breakfast, we visit Khani village and meet the local folks and explore around. Overnight in tented camps inclusive full board meals.

Day 07: Trek from Forest Camp to Pati (3,765m) - 5/6 hrs trek

The trek today is tougher as you have to climb upwards for around 4 hours. But the enchanting views of pine and rhododendron forest will be there to make your walk pleasurable. After four hours of ascending we reach Pati and we can relax in the rest houses built at Pati for pilgrimages. You will enjoy views of splendid mountains. Stay overnight in tented camps inclusive bed and breakfast.

Day 08: Trek from Pati to Bhairav Kunda (4,250m) - 3/4 hrs trek

Our next destination is Bhairav Kunda which is about 3 hours walking from Pati. First, a 1-hour walk goes uphill following further about 2 and a half hours. Bhairav Kund is a religious valued place. Many people from different parts of Nepal visit this place to take a holy bath mainly during June/July. The pilgrims also do worshipping to the Bhairav (the destructive form of Lord Shiva) in the temple found nearby the lake. Stay overnight in tented camps inclusive BLD

Day 09: Climb Bhairav Kunda Top (4500m) and then trek to Sherpa Gaun (2,500m) - 6/7 hrs trek

We have to start our trek a little early so that we can have exciting views of sunrise from Bhairav Kunda top - 4500 meters. We can also get lovely views of glimmering mountain ranges namely Langtang, Jugal Himal, Rolwaling and the Tibetan Range. Furthermore, the typical village situated at 2500m, Sherpa Gaun is about 6 hours walking from the top. Stay overnight in tented camp inclusive full board meals.

Day 10: Trek from Sherpa Gaun to Larcha (1,500m) and visit Hot spring

(Kodari Tato Pani) - 4/5 hrs trek

This is our final day hike; we leave for Larcha after having our breakfast. Our journey goes through the back of Bhote Khosi. We can reach Larcha in about 4-5 hours. After reaching Larcha, we can have a hot spring bath and then walk for a further 30 minutes; here we can have a hot spring bath and chill out after the grueling hike. We return to Larcha from the hot spring. Overnight camping at Larcha with all meals.

Day 11: Drive Back to Kathmandu (1400m) - 6 hrs drive

After completing our route and walking for so long, we finally return back to Kathmandu. It is about 6 hours scenic drive back to Kathmandu and we then transfer to our hotel for refreshment and rest. Stay overnight at your hotel and we also enjoy a farewell dinner and breakfast.

Day 12: Departure Day

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. At Glorious Adventure, meeting you has been a great honor and we pray for your Safe journey home and will reflect on the wonderful times we spent together. Bon Voyage!!! We hope to see you again someday...

Trip Includes

- All airport pick-ups and drop-offs by private vehicles.
- 3 nights of 3-star standard hotel accommodation in Kathmandu inclusive breakfast.
- 9 nights of twin sharing tented accommodation while on the trek.
- 1-day Kathmandu sightseeing tour guided by a city tour guide with private transport.
- All the required surface transportations as per the itinerary.
- An experienced and government certified local guide for the trek.
- Supporting porters to carry your luggage during the trek.
- Full board meals while on the trek. (breakfast, lunch & dinner).
- All the camping gears such as sleeping/toilet/ dining tents and kitchen utensils for the trek.
- All essential trekking permits and official paperwork for the trek.
- First aid medical kit for the trek.
- Water protection duffel bag and sleeping bag to use for the trek.
- Trip achievement certificate after the successful trip completion.
- Nepalese cuisine farewell dinner at a typical local restaurant with a cultural dance show in Kathmandu.
- Pre-meeting in Kathmandu before the trek.

Trip Exclude

- International airfare and Nepal entry visa.
- Lunch and dinner in Kathmandu hotel except for farewell dinner.
- Any kind of personal expenses such as alcoholic beverages, mineral bottled water, cold drinks while on the trek.
- Your travel insurance.
- Tips to the trekking crews (guide and porters).

Checklist

Trekking Gear Checklist

Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

Sleeping

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

Toiletries

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

Extras/Luxuries

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

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