

# Jyamrung Trekking

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

**Duration**

7

**Max. Altitude**

1,700m

**Difficulty**

Easy

**Group Size**

1+ pax

**Transport**

Private and Local vehicles

**Meals**

Breakfast, Lunch, Dinner

**Starts At**

Kathmandu

**Ends At**

Kathmandu

**Accommodation**

Hotel and Local Homestay

## Highlights

- Scenic view of Ganesh, Manaslu and Annapurna Range Mountains.
- Explore Local people life style
- Beautiful hamlets
- Adventurous hike towards Ganesh Himal region.

## Overview

During Jyamrung Trekking, you see the lush green landscape, hilly landscape, and mountainous region. Also, it not only shows the diffusion of culture but also the diversity of culture. This trek exemplifies that it is not only rich in this but also full of abundance in showing Mountain View that is as white as snow and that seems to touch the blue sky. Manaslu, Annapurna Ranges, and Ganesh Himal and other peaks are full of power, and their massive structure displays a panoramic satisfying view, which is impressive, breath-taking, and grand. The distant village may not be touristy, but its view is beautiful and fascinating and is remarkably impressive in the eyes of a trekker.

Jyamrung Trekking is also a camping trekking through the villages of Gurung, Magar, Newar, Chhetri, Brahmin and Dalit and moves forward to take you to the supernatural, paranormal, and oracular power of Shaman, which is completely different from the traditional and general world that we live in.

The trekking trail also passes through the land, devoted to the orange orchard, which is a green dense massive forest with pop-out yellow pleasant colors. It is more than pleasant to wander in such an orchard because whatever your eyes see here is the sign of rich nature.

As you ascend from the foothill to the hilltop, you will see different ranges of mountains which are simply different from one another because somewhere you see them as the massif of a mountain, somewhere you see them as upland and the area where you stand in the area of hills, which is small and which is big. There are also hilltop villages and for a city dweller like you, this Jyamrung trekking is an excellent opportunity to know the lifestyle of the villagers. Their lifestyles and your lifestyle do not coincide even accidentally.

## **Itinerary**

### **Day 01: Arrival Kathmandu 1335Mtrs.AM/PM. and transfer to Hotel**

Arrive at any time, we will pick you up from Tribhuvan International Airport and take you to the hotel. Your included activities consist of refreshments, introduction to your guide, as well as an introduction on Jyamrung Trekking. Overnight at hotel inclusive of breakfast.

### **Day 02: Kathmandu Valley sightseeing**

After breakfast, our city guide will take you to the monuments and places that come under the category of the UNESCO World Heritage Sites of Kathmandu. You will visit Kathmandu Durbar Square, where you might see "Kumari", the living goddess. Another highlight is Pashupatinath temple, one of the biggest and popular Hindu temples of Nepal and thousands of devotees visit this temple everyday. You might see cremation taking place on the bank of the Bagmati River. From here, you move towards Bouddhanath stupa, one of the largest Buddhist stupas in the world where you see more than 50 Tibetan Gompas or monasteries. Back to the HOTEL FOR overnight with bed and breakfast.

### **Day 03: Drive to Nigalpani Danda via Dhading Bensi (4 hrs.)**

After having breakfast, you head off from the City of Temples to Nigal Pani Danda via Dhading along the Prithivi Highway. This highway links these two places and it is asphalted and is also parallel to the Trishuli River. The highway passes through middle hills, valleys, terraced fields, and gorges. It is also one of the busiest highways in Nepal. From Dhading, you can see Ganesh Himal, as well as Manaslu Mountain. Similarly, Nigalpani Danda offers a beautiful view of mountains, and it is perched on a hill top, and it has a school. From here, you can see a nice view of village. Overnight at hotel inclusive of all meals.

## **Day 04: Trek to Lamasthan (5 hrs.)**

After having breakfast, you trek from Nigalpani Danda to Lamasthan. On the way, you come across pine forest and pass through small hamlets of Gurung, Magar, Chettri, Brahmin, and Dalits. Overnight at hotel inclusive of all meals.

## **Day 05: Explore Day**

After having breakfast, you will visit the interesting places of Lamasthan. Here, you will also have an opportunity to see the rare activities of Shaman. Overnight at hotel inclusive of all meals.

## **Day 06: Half Day trek and drive back to Kathmandu**

Today is the last day of the trip, and for the first one and half hour, you climb up the hill. This hill top gives you a nice view of nature. From the top, you can also see the mountains. From here, the trail leads to Dhading Beshi through the pine trees and villages. And then take a drive back to Kathmandu. Overnight at hotel inclusive of breakfast.

## **Day 07: Transfer to airport for Departure**

Our airport representative will pick you up from the hotel and take you to the airport in a private car. You will reach the airport before 3 hours of your departure time.

## **Trip Includes**

- Airport picks up and drops as per itinerary
- All Ground Transportation Fare
- An English speaking trekking guide and supporting porters.
- Full board meals during the trek. (Breakfast, Lunch and Dinner).
- Tented camp accommodation during the trek.
- Tourist category hotel accommodation in Kathmandu city inclusive bed and breakfast.
- All the essential permits and official paper work.
- Farewell dinner in Kathmandu after trip completion

## **Trip Exclude**

- International airfare
- Nepal visa which obtained at the airport on arrival {bring 4 copies passport size picture too}
- Alcoholic beverages , bottle mineral water, soft drinks and snack foods

- Extra cost on natural disaster which is beyond our control.

## Contact Us, Head Office

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