

Waterfall Trekking

Url: <https://www.glorioushimalaya.com/trip/waterfall-trekking-26-days/>

Duration

26

Max. Altitude

5,416m

Difficulty

Moderate

Group Size

Min 2 people

Transport

Bus, Car, Van

Meals

Breakfast in Kathmandu and Pokhara only

Accommodation

Hotel and Local Lodges

Starts At

Kathmandu

Ends At

Kathmandu

Highlights

- A beautiful view of a waterfall on the trail.
- Thorong La Pass - 5416m. One of the highest pass in the world.
- Ancient Marpha village with apple garden
- Tilicho Lake - Highest lake in Nepal

Overview

One of the most thrilling activities that one can look forward to during their journey is 'dancing waterfalls' trekking. Nepal is the second richest country in water resources and it will be a great opportunity to spend your holidays on a trek like this. Waterfall trekking follows the route of the famous Thorung La pass trek which is also known as the '[Annapurna Circuit Trek](#)'. Moreover, you will enjoy hot springs at Tatopani and Chame. This path is almost off-the-beaten-path until Manang but there are classic roads further ahead...

On the way to Himalayan trekking in Nepal, you will pass through pristine Lakes and elegant

snowcapped mountains. We have gone through various Lakes like Rara in Jumla, Phoksundo in Dolpa, and Tilicho in the Annapurna region. Likewise, Tilicho Lake is the highest glacier in Nepal. Annapurna trek is one of the most loved trekking trails of the world after it was opened for trekkers in 1980. The beauty of these waterfalls is breathtaking, all the hard work while trekking becomes worthwhile once you reach these dancing waterfalls in different places. Another most exciting sight trip as a day climbing starts from either Manang or Braga. We highly recommended you follow the path from Braga as it is less energy while you enjoy true waterfalls trekking. The path takes you to the north hill where white Chortens welcome you at the top. The main attraction of this place is Ice Lake where the elevation is 4600m and the main spot is of passionate emotions for all trekkers.

Ice Lake trip offers you shiny mountains such as the Manaslu Mountains, Annapurna II, Annapurna IV, Annapurna III, Tilicho, and Pisang peak. It gives spiritual peace that the world needs while you visit Ice Lake. Thus, you can enjoy this lovely route with waterfalls, Tilicho Lake, and hot springs, too. Tilicho Lake is situated at an altitude of 4,919m and is regarded as the highest physically place lake in Nepal.

*Check out our fixed itinerary of waterfall trekking which is designed according to trekker's requirements or send us an **email** if you need something shorter. If this program is too lengthy for you, then please let us know your needs, we will plan an itinerary that suits your timeframes & your needs.*

Itinerary

Day 01: Arrival in Kathmandu - (1400m)

You will be warmly welcomed at the airport by our office representative and then you will transfer to the hotel. Our staff will give a brief explanation about the program. This day you can stay within the hotel or enjoy the night at Thamel, Kingsway especially famous for clubs and bars.

Day 02: Kathmandu sightseeing tour

This day, you will visit many cultural heritages, which includes some of the famous world's heritages like Pashupatinath, Swyambhunath, Kathmandu Durbar Square, Bouddhanath stupa and many more. You can do the shopping for various Nepalese cultural stuff in this day. And Back to hotel for overnight.

Day 03: Drive to Besishahar (760m) and trek to Bhulbhule (840m) - 3 hrs Trek

After breakfast we take a drive for 7 hours to Beshishar observing the natural beauty and peoples lifestyle along Prithivi highway. And after we reached Beshishahar, start our trek to Bhulbhule for 3 hours and overnight at a lodge.

Day 04: Trek to Ghermu/Syange waterfall (1100m) - 5 hrs Trek

This day, after our breakfast, we move ahead towards Bahundanda about 2 hours, our walking through the paddy, muddy fields observing beautiful mountains, hills and awesome waterfall at Syange. Then we will stay a night at Ghermu.

Day 05: Trek to Tal (1700m) - 5 hrs Trek

This Day, we will walk about two hours then we will reach Jagat and after reaching Jagat we continue our journey through the off-road and the bank of Marshyandi river observing beautiful waterfalls. And then we will reach a beautiful valley Tal. Overnight at the local lodge.

Day 06: Trek to Danaqueue (2300m) - 5 hrs trek

Today, we move past off-road through the barely rice, vegetable field, bamboo, and pine forests and then reach to Dharapani. Dharapani is the big village of Manang district and it is the main junction of peoples who comes from Manaslu round trek. Again the trail goes with spectacular and beautiful landscape following the Marsyandi River and after 1 and a half hours, we will reach to Danaqueue. From here we can see the scenic view of Mt. Manaslu. Overnight at lodge.

Day 07: Trek to Chame (2670m) - 5 hrs Trek

After our breakfast, we start our trek with ascend trail along the mile track through fir forest, higher peaks, and maple trees. We will have awesome views of Manaslu, Lamjung Himal, and Annapurna II. Then we will reach Chame, the district headquarter of Manang where we can enjoy HOT SPRING. Overnight at the local lodge.

Day 08: Trek to Pisang (3200m) - 6 hrs Trek

Today also we have to climb along mile track observing beautiful scenery. After reaching Pisang, we will visit Pisang's monastery and view massive mountains. Overnight at Lodge in Pisang.

Day 09: Trek to Manang (3540m) - 6 hrs Trek

We walk through the valley floor via Hungde observing the field of gearing Yak and a wide variety of crops, spectacular views of Annapurna II, III-IV, Gangapurna. Then we have to reach the Jharsang river and walk through a pine forest to reach Kausar village, a Gurung village. We can see the small monastery, Chortens, Mani walls, and prayer flags. Overnight at Lodge.

Day 10: Manang, acclimatization day

Today, it's up to you. Just visit around Manang or hike to ice lake. Ice lake offers you a gleaming

mountain view. It is located above 4700m north from Manang & Braga. It takes approximately 6 hours. Take your packed lunch with you and enough drinking water. We suggest follow up the trail via Bhraga & return directly to Manang. Because via Bhraga trail brings you partly flat & steep too but from direct to ice lake from Manang is continue steep & narrow trails. Back to lodge for overnight.

Day 11: Trek to Chauri Kharka (4070m) - 4 hrs Trek

This day we are going to leave Manang village, the trails lead you left-hand side where a signal is available. While on the trail, you can see the beautiful Tilicho valley. There is one suspension bridge, which we have to cross the bridge. The river comes from Thorong valley and it is called Jharsang River. We move ahead then we will reach an ancient village of Manang district called Khangsar. Still, we have to go ahead through There Gomba nearby Khangsar. Then after we need to walk little gorge and steep ascend to reach Chauri Kharka. Overnight at lodge.

Day 12: Trek to Tilicho Base Camp (4140m) - 3 hrs Trek

This day, two different types of trail lead us. We need to ask regarding trails to local people who walking around or lodge owner. If we take lower trails, sometimes falling down the rocks. We have been keeping on massif mountain views continuously. Some people can be done this day up to Tilicho lake & then come back to Tilicho Base camp. But the Glorious Himalaya team does not like to do this mistake because of the Altitude problem. Overnight at the local lodge.

Day 13: Trek to Tilicho lake and back to base camp (4920m) - 7 hrs Trek

Today, we are going to visit Tilicho Lake and returned to Base Camp for overnight. So, we have to pack our lunch with enough water. It is not sure to find lodges/tea shop on the trail. This full-day we will hike for Tilicho Lake. So, this day will be lifetime memorable day of your life. We can see the beautiful Tilicho lake and sometimes we can be seen mountain Thahar, dear, and other wild animals.

Day 14: Trek to Ledder (4200m) - 8 hrs Trek

Today, better to start the early morning as usual than before & carry some cookies, We follow same the trail back and bypass above the Khansari with stunning views. Then we walk down with following the Jharsang Khola after crossing this Khola we will be joined to the high trail of Thorong pass. If you feel tired then you can stop at Yak Kharka. Overnight at the lodge.

Day 15: Trek to High Camp (4850m) - 4 hrs Trek

The trail continues through Throng Phedi along the bank of Jarsang river, where we may see herd of mountain sheep. Then we will reach to Phedi and overnight at Lodge.

Day 16: Trek to Muktinath (3800m) - 8 hrs Trek

We have to move ascend and descend hills to reach Muktinath. On the way we can see the beautiful scenery of Gangapurna, Annapurna, Thorang peak and Khatung Kang peak. Then we will reach Muktinath temple, a famous holy place for Hindu, Buddhist and many Tibetan peoples. Overnight at lodge.

Day 17: Muktinath to Marpha (2670m) - 8 hrs Trek

We will move through a trail of Kagbeni or Lupra to reach Jomsom. This day we will trek along Kali Gandaki River to reach Jomsom. Jomsom is a strong windy and a little cold valley but you like the beautiful wet hills and the view of Tilicho Mountain as well. From Jomsom, we have to move one hour more to reach Marpha. Marpha is a large and ancient Thakali community village; however, it still retains the typical architectural features of narrow alleyways, flat roofs, & whitewashed buildings. Overnight at the local lodge.

Day 18: Trek to Ghasa (2010) - 7 hrs Trek

After breakfast, we move ahead to Ghasa through the exciting village of Khobang with a narrow trail. We will have lunch at Larjung or continues one and a half hours more to Kokhethanti. After a few hours trek, we reach at Kalapani from where we can see the views of Annapurna and Fang peaks. And after a little ascend and descend trek from Lete, we will reach to Ghasa. Overnight at the local lodge.

Day 19: Trek to Tatopani (hot spring) (1190m) - 6 hrs Trek

This day, the trail goes down to the Kali Gandaki gorge. Kali Gandaki is the deepest gorge in the world which is situated between the Annapurna (8091m) and Dhaulagiri (8167m) peaks. And then, the trail begins gently down to the Rupchechhara waterfall. Rupchechhara is the beautiful waterfall of Nepal, where you can take a picture of the waterfall and move ahead to Tatopani. Tato means 'hot' and ani is 'water', a name earned courtesy of the hot springs by the river. Tatopani is one of the popular shorter trek spots out of Pokhara. Overnight at the lodge.

Day 20: Trek to Shikha (1935m) - 5 hrs Trek

After breakfast, we follow the Kali Gandaki trail about 10 minutes crossing a suspension bridge & next in a few minutes again old suspension bridge encounters with us. As the trail drops up through Durbin Danda, the hills are extensively terraced. Shikha is a large village with shops and hotels, from there the trail ascends gently to Ghara at 1705m. The trail makes an ascend steeply to Shikha and overnight at the lodge.

Day 21: Trek to Ghorepani (2750m) - 5 hrs Trek

The trails continue to ascend to Ghorepani via Chitre. The day brings you through greenery scenic

terraces & villages, Rhododendron forest as well. March April will be colorful with blooming rhododendron. This flower is the National flower of Nepal. The last 10 minutes lead you the trail with steeply ascending through roots of Rhododendron then reach you Ghorepani. It's a huge settlement with hotels & lodges as well as shops. Overnight at lodge.

Day 22: Trek to Tadapani (2590m) - 6 hrs Trek

This morning, we will get up early and hike to Poon Hill 3210m. From here you will see a superb view of the sunrise and a panoramic view of the Himalaya, including Mt. Dhaulagiri, Annapurna South, Fishtail, and others. After visiting Poonhill, we will come back to Ghorepani, have breakfast, and continue walking to Tadapani. Overnight at the lodge.

Day 23: Trek to Ghandruk/ Seuli Bazaar (1950m) - 4 hrs Trek

The Ghandruk trail descends steeply through forests to the village of Ghandruk 1950m where we will arrive around noon. We will enjoy the views of waterfalls, landscapes, Annapurna South, Himchuli, Fishtail and many more so have the afternoon to visit the Annapurna conservation office and museum. You can also move to descend to Seauli Bazar for 2 hours more. And overnight at the lodge.

Day 24: Trek to Nayapul and drive to Pokhara (850m) - 4 hrs Trek

This day, mostly we walk down where trail set up by stone stairs. It is the natural beauty scenery of the rice field with villages along the trail. The last two hours trail follows the Modi River. At Birethati, we meet a junction for Ghorepani before crossing the bridge. There is a check post for your permit & TIMS card. Thus, the trail continues for half an hour more to reach Nayapul where we take a car or jeep then drive to Pokhara, approximately one & half hours along with the scenic scenery via Kande, Naudanda. Around the Naudanda, you can see Pokhara valley with beautiful Fewa Lake. Overnight at the hotel inclusive breakfast.

Day 25: Drive back to Kathmandu (1400m) - 7 hrs drive

After breakfast, we take a drive to Kathmandu from Pokhara to Kathmandu. Transfer to your hotel. Farewell dinner in the evening with the cultural dance show.

Day 26: Back to your home country

Today is your departure day, we will drop you to the International airport to catch your flight back to your home and pray for your Safe journey.

Trip Includes

- All airport and hotel transfers by private vehicles.
- One day Kathmandu sightseeing tour guided by a city tour guide with private transport.
- 3-nights of 3-star standard hotel accommodation in Kathmandu inclusive breakfast.
- 21-nights of twin sharing local lodge accommodation during the trek.
- 1-night hotel accommodations in Pokhara inclusive breakfast.
- An experienced and government license holder guide for the trek.
- Supporting porters to carry your belongings while on the trek. (1 porter for 2 guests)
- All the essential ground transfers by bus, jeep, and car.
- Rain protection duffel and sleeping bags to use for the trek.
- All the necessary trekking permits and paperwork for the trek.
- First aid medicine with Oximeter to check your pulse and oxygen level for the trek.
- All the government taxes and company service charge
- Trip achievement certificate after trip completion.
- Nepalese cuisine farewell dinner at a typical local restaurant in Kathmandu.

Trip Exclude

- International airfares and Nepal entry visa.
- Alcoholic beverages, mineral bottled water, use of WIFI, hot shower and charging, etc during the trek
- Tips to the trekking guide and porters.
- Your travel insurance.
- Entrance fees for Kathmandu sightseeing.
- Meals during the trek.

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)

Contact Us, Head Office

Address:

P.O. Box No. 8349
Thamel, Kathmandu
Nepal

Mobile: [+977-9843760242](tel:+977-9843760242) (Viber, Hotline)

WhatsApp: [+977-9813637616](tel:+977-9813637616)

Email: info@glorionshimalaya.com