Sailung Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**8 Days**
DIFFICULTY	**Basic**
MAX ALTITUDE	**3146m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,390 per person**

Trip overview

The Sailung Trek is a short and culturally enriching Himalayan journey located in eastern Nepal, offering one of the best panoramic hilltop views of the Himalayas without requiring high-altitude trekking. Known as the “Land of a Hundred Hills,” Sailung is a peaceful destination ideal for beginners, cultural travelers, and those seeking a quiet escape close to Kathmandu.

The highlight of the trek is Sailung Hill (around 3,146 m), which provides a spectacular 360-degree view of Himalayan ranges including Gauri Shankar, Langtang Himal, Rolwaling Himal, and even distant views of Everest region peaks on clear days. The sunrise and sunset views from Sailung are especially famous for their golden light over rolling hills and snow-capped mountains.

This trek is perfect for short holidays, spiritual journeys, and cultural exploration in a peaceful natural setting.

Geography and Landscape

The Sailung Trek is located in the Dolakha and Ramechhap districts of eastern Nepal, within a mid-hill region that connects several Himalayan ranges. The area lies between the Langtang, Rolwaling, and Everest regions, making it a natural viewpoint for multiple mountain systems.

The journey typically begins with a drive from Kathmandu to Charikot or nearby trailheads, followed by trekking through rolling green hills, terraced farmlands, and traditional villages. The lower sections are rich in agriculture, forests, and small settlements that reflect rural Nepali life.

As the trail ascends toward Sailung Hill, the landscape opens into wide grassy ridges, open meadows, and sacred hilltops decorated with prayer flags and small shrines. Unlike high-altitude treks, Sailung remains relatively gentle in elevation, making it accessible and comfortable.

The hilltop itself is a spiritual and natural highlight, offering uninterrupted panoramic views of the Himalayas. The surrounding landscape is peaceful and less commercialized, with a strong sense of natural simplicity and openness.

Sailung is also known for its seasonal flower blooms, birdwatching opportunities, and serene walking trails that pass through forested ridges and traditional grazing lands.

Climate and Best Time to Trek

The best seasons for the Sailung Trek are spring (March–May) and autumn (September–November). These months offer clear skies, stable weather, and the best mountain visibility.

Spring brings lush greenery, blooming rhododendrons, and pleasant temperatures, making the hills especially vibrant and colorful. Autumn provides crisp air, dry trails, and some of the clearest Himalayan views after the monsoon season.

Winter (December–February) is cold but still possible, especially for short treks, though early mornings can be foggy and chilly. The monsoon season (June–August) brings heavy rainfall, mist, and reduced visibility, making it less ideal for mountain views.

Overall, autumn is considered the best time for clear panoramic visibility and comfortable trekking conditions.

People and Culture

The Sailung region is home to a diverse mix of ethnic communities, including Tamang, Sherpa, Newar, and Brahmin-Chhetri groups. The cultural diversity of the area adds richness to the trekking experience.

The region is spiritually significant for both Hindu and Buddhist communities. Sailung Hill is considered a sacred site, with temples, stupas, and prayer flags scattered across the ridges. Local legends and religious beliefs are deeply connected to the landscape.

Villages along the trail reflect traditional rural life in Nepal, with stone houses, terraced farming, and strong community bonds. Festivals, rituals, and seasonal farming activities are an important part of daily life.

The Sailung Trek offers a unique combination of spiritual atmosphere, cultural diversity, and Himalayan scenery, making it one of the most peaceful and accessible trekking experiences in Nepal.

Highlights

- Visit Sailung for panoramic Himalayan views.
- Trek through beautiful hills, forests, and villages.
- Experience Tamang and Sherpa culture.
- Enjoy peaceful, less-crowded trails near Kathmandu.
- Great short trek with sunrise and mountain scenery.

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Arrive at Tribhuvan International Airport in Kathmandu, where you will be welcomed and transferred to your hotel. After check-in, you can rest or explore the vibrant Thamel area depending on your arrival time. This bustling tourist hub is filled with trekking shops, cafés, and cultural shops.

The rest of the day is for relaxation and preparation for your upcoming journey to the hills of Sailung.

Day 2 : Trek Preparation and Briefing in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Today is dedicated to final preparations for the trek. Your guide will brief you about the route, safety instructions, and what to expect in the coming days. Any necessary permits are arranged, and gear is checked or rented if needed.

You can also explore Kathmandu's cultural highlights such as Durbar Square or nearby heritage sites if time allows. Overnight stay in Kathmandu.

Day 3 : Drive from Kathmandu to Mude Bazaar (2,100m)

Altitude: 2,100m

Walk: 5–6 hours (drive) · Stay: Tea House · Visit: Gaurisankar Region · Meals: Breakfast Lunch Dinner

Early morning departure from Kathmandu begins your journey toward Sailung. The drive follows the Arniko Highway, passing through scenic hills, rivers, and rural settlements. The landscape gradually shifts from urban valleys to peaceful countryside.

Mude Bazaar is a lively hill town and the gateway to the Sailung region. Upon arrival, you can explore the local market and interact with locals before settling into a lodge for the night.

Day 4 : Trek from Mude to Khola Kharka / Dhunge (2,300m)

Altitude: 2,300m

Walk: 4–5 hours · Stay: Tea House · Visit: Gaurisankar Region · Meals: Breakfast Lunch Dinner

The trekking adventure officially begins. The trail passes through peaceful forests of rhododendron and oak, with occasional open clearings offering mountain glimpses. You may encounter grazing livestock and small rural settlements along the way.

Khola Kharka or Dhunge provides a quiet resting place surrounded by nature, where you will stay overnight in simple teahouse accommodation.

Day 5 : Trek to Thulo Sailung (3,146m)

Altitude: 3,146m

Walk: 3–4 hours · Stay: Tea House · Visit: Gaurisankar Region · Meals: Breakfast Lunch Dinner

Today you ascend to the sacred Sailung ridge, one of the most scenic highlights of the trek. The trail climbs gradually through alpine hills, becoming more open as you gain height.

From Thulo Sailung, enjoy a breathtaking 360-degree Himalayan panorama, including views of Everest, Langtang, Gaurishankar, and Dhaulagiri ranges on clear days. The ridge is sacred to both Hindu and Buddhist traditions, marked by chortens, prayer flags, and the shrine of Sailung Mahadev.

Day 6 : Explore Sailung Ridge -> Descend to Surke / Chaichap (2,200m)

Altitude: 1,800–2,200m (approx.)

Walk: 4–5 hours · Stay: Tea House · Visit: Gaurisankar Region · Meals: Breakfast Lunch Dinner

Wake early to witness a stunning sunrise over the Himalayas. After breakfast, explore the spiritual Sailung ridge, believed to be a sacred land protected by local deities.

Later, begin your descent through rhododendron forests and scenic ridges toward Surke or Chaichap villages. These settlements are home to Sherpa and Tamang communities, offering warm hospitality

and cultural experiences including traditional food and local lifestyle.

Day 7 : Trek to Doramba -> Drive to Kathmandu (1,400m)

Altitude: 1,600–1,400m

Walk: 5–6 hours (trek + drive) · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Today's trail leads through beautiful hillside villages toward Doramba, a culturally rich Tamang settlement known for its traditions, crafts, and agriculture. The walk is peaceful with gentle descents and scenic views of surrounding hills.

From Doramba or nearby road access, you take a jeep back to Kathmandu. Arrive in the capital by evening and transfer to your hotel.

Day 8 : Departure from Kathmandu

Stay: Tea House · Visit: Nepal · Meals: Breakfast

Final day in Nepal. Depending on your flight schedule, you will be transferred to the airport for your onward journey. If time permits, enjoy last-minute shopping or a relaxed morning in Kathmandu.

Your Sailung trek concludes with unforgettable memories of Himalayan views, spiritual landscapes, and cultural encounters.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 25°C / night 9°C
- Day 2 · Trek Preparation and Briefing in Kathmandu · 1,400 m · day 25°C / night 9°C
- Day 3 · Drive from Kathmandu to Mude Bazaar · 2,100 m · day 21°C / night 4°C
- Day 4 · Trek from Mude to Khola Kharka / Dhunge · 2,300 m · day 20°C / night 3°C
- Day 5 · Trek to Thulo Sailung · 3,146 m · day 16°C / night -3°C
- Day 6 · Explore Sailung Ridge -> Descend to Surke / Chaichap · 1,800 m · day 23°C / night 6°C
- Day 7 · Trek to Doramba -> Drive to Kathmandu · 1,600 m · day 24°C / night 7°C

What's included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.
- Domestic flight included for access to the trekking starting & ending point.

2. Accommodation & Meals

- 3 Night 3-star hotel in Kathmandu with bed & breakfast basis.
- Breakfast, lunch & dinner with tea & coffee during the trekking Period.

3. Permits

- Gaurishankar Conservation Area Project (GCAP) permits.Local Government Entry Permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipment's & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Dates & prices

- 02 Mar 2027 – 09 Mar 2027 · USD 1,390 · Available
- 16 Mar 2027 – 23 Mar 2027 · USD 1,390 · Available
- 06 Apr 2027 – 13 Apr 2027 · USD 1,390 · Available
- 20 Apr 2027 – 27 Apr 2027 · USD 1,390 · Available
- 04 May 2027 – 11 May 2027 · USD 1,390 · Available

Best time to visit

Best months: February–April and October–November. The Kathmandu Valley can be visited all year. October–November and March–April are pleasant and clear; December–February are sunny with cold mornings, and the monsoon brings afternoon showers but green, uncrowded heritage sites.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is mainly provided in basic teahouses, homestays, and community lodges along the trekking route.

Villages such as Dhunge, Deurali, and Sailung Danda offer simple lodging facilities with twin-sharing rooms and basic bedding.

Facilities are modest but comfortable, with strong local hospitality from Tamang and Sherpa communities.

Meals

A full-board meal system (Breakfast, Lunch, and Dinner) is provided throughout the trek.

Meals are freshly prepared in local lodges and homestays.

Typical menu options include:

- Traditional Dal Bhat set meals
- Rice, lentils, vegetables, and pickles
- Noodles, pasta, and soups
- Eggs, potatoes, and seasonal greens
- Tibetan bread, porridge, and pancakes
- Tea, coffee, and local herbal drinks

Food is simple, organic, and locally sourced.

Difficulty & Physical Requirements

The Sailung Trek is classified as easy to moderate, making it suitable for beginners, families, and cultural trekkers.

Daily walking generally ranges from 3 to 6 hours, with gentle ascents and well-defined trails through hills and forests.

No technical skills or high-altitude experience are required.

Permits

Required permits include:

- TIMS Card (Trekkers' Information Management System)
- Local municipality entry permit (depending on route section)

All permits are easily arranged through trekking agencies or local operators.

Best Season

- Spring (March–May): Rhododendron blooms and clear mountain views
- Autumn (September–November): Best visibility and stable weather
- Winter (December–February): Cold but excellent sunrise views
- Monsoon (June–August): Green landscapes but cloudy conditions

Transportation & Access

The trek is easily accessible from Kathmandu via road transport.

Common access points include drives to Charikot or Bhojpur Border Area depending on the itinerary, followed by short hikes into Sailung Danda.

The region is ideal for short trekking and weekend cultural trips from Kathmandu.

Safety & Acclimatization

Sailung reaches moderate elevations (around 3,200–3,300 meters) and does not pose significant altitude risk.

Key safety considerations include:

- Sudden weather changes in open hill areas
- Cold temperatures during mornings and nights
- Proper hydration and sun protection
- Basic trail awareness in forest sections

The trek is generally very safe and suitable for all age groups.

Travel Insurance

Although not high-risk, travel insurance is recommended and should include:

- Medical coverage during trekking
- Emergency evacuation (if required)
- Trip cancellation and accident coverage

Additional information

Guide & Porter Services

A guide is optional but recommended for cultural insight and easier navigation through village trails.

Porters are generally not required due to the short and easy nature of the trek.

Local guides can also provide detailed interpretation of cultural and spiritual sites.

Cultural & Natural Highlights

The Sailung Trek offers a peaceful blend of nature and spirituality:

- Stunning 360-degree Himalayan views from Sailung Hill
- Sacred site for Hindu and Buddhist pilgrims
- Wide alpine meadows and rolling hills (“hundred hills” landscape)
- Sunrise and sunset views over Everest and Langtang ranges
- Tamang and Sherpa cultural villages
- Prayer flags, chortens, and monasteries
- Rich biodiversity and peaceful environment
- Ideal photography and short escape destination

Essential Equipment

Recommended trekking gear includes:

- Comfortable trekking shoes
- Light layered clothing
- Warm jacket for mornings and evenings
- Windproof jacket
- Hat, sunglasses, and sunscreen
- Small daypack
- Water bottle and basic personal items
- Light rain protection (seasonal)

Communication & Connectivity

Mobile network coverage is generally available in most sections of the trail, though signal strength may vary in higher ridges.

Wi-Fi is available in some homestays, but connectivity is not a major concern due to proximity to Kathmandu.

Why Choose the Sailung Trek?

The Sailung Trek is perfect for those seeking a short, scenic, and culturally rich Himalayan experience:

- Easy access from Kathmandu
- Stunning panoramic Himalayan views
- Ideal beginner-friendly trekking route
- Sacred Hindu and Buddhist pilgrimage site
- Peaceful and less crowded environment
- Beautiful sunrise and sunset viewpoints
- Rich Tamang and Sherpa culture
- Perfect for weekend or short holidays
- No high-altitude trekking risks
- Excellent photography and nature experience

The Sailung Trek offers a refreshing escape into nature and spirituality, making it one of Nepal’s most accessible yet rewarding short trekking destinations.

Frequently asked questions

How difficult is the Sailung Trek?

The Sailung Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Sailung Trek?

For the Kathmandu Valley & mid-hills region the best months are February–April and October–November. The Kathmandu Valley can be visited all year. October–November and March–April are pleasant and clear; December–February are sunny with cold mornings, and the monsoon brings afternoon showers but green, uncrowded heritage sites.

What permits do I need for the Sailung Trek?

You need entry tickets for the heritage sites you visit. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Sailung Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Sailung Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Sailung Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip's highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Sailung Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/sailung-trek/

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