Sailung Trek

Itinerary & costs · 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**

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

Ready to book or have a question?

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

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