



Technical Mountaineering Course-TMC-Winter

Duration: 20 Days

Location: Tsorku peak-5780m/18600ft) Langtang Region

Itinerary/Activities

Day-1: Arriving Kathmandu and overnight in Hotel

Day-2: Kathmandu city visiting/prepare for trip/Equipment check/Orientation program with Guide/Equipment's Hire or buying if you need it.

Day-3: Drive to Sybrubesi (1550m./5100ft): 145 km/7 hours

After morning breakfast we drive out along the north- western hills of Kathmandu. Enjoy the Himalayan views and mountainous lifestyle through the terraced fields and rustic villages. Take lunch at the Trishuli Bazar before continuing further to Dhunche. From Dhunche we descent down to syabrubesi (B,L,D)

Mountain Navigation (Map Reading class), evening taking environment, how do back packing,

Day-4: Trek to Lama Hotel (2380m/7830ft): 6 hours

This is our first day of trekking today. Follow the langtang khola (River). Pass through the dense forest. Cross several suspension bridges. We also pass by a tea houses. The trail goes up and down but it's not that challenging. And in evening we can talk about High Altitude sickness/Awareness also. (B, L, D)

Mountain Navigation (Map Reading class)/Knot & rope

Day-5: Trek to Langtang Village (3430m/11253ft): 6/7 hours

After Taking morning tea and Breakfast, we embark our second day of the journey. Our trail continues along dense forests. After making a steady climb up through the valley, we leave the trees line behind us. Enjoy the marvelous views of Langtang Lirung. Pass by water mill. Prayer wheels, chortens, with sacred Munds of rocks with inscriptions carve on them. (B, L, D)

Mountain Navigation (Map Reading class)/ Knot & rope/Camp management and set up

Day-6: Trek to Kyanjin gomba (3850m/12550ft): 3-4 hours

After Taking morning tea and Breakfast, we get out of the village and pass on through yak pastures. Also pass the largest mani wall in Nepal, made from stone with prayers written on them. The prayers written on the mani wall is supposed to be blown away by the wind. Cross several of the wooden bridges. Since, we are really getting into the high altitudes; you might start feeling the thin air. Gomba Kyanjin Gomba is surrounded by the Himalayas all around. You can take a walk around kyanjin gomba enjoying the views-glaciers, Icefalls, birds and Yaks with Yaks cheese making place include surrounding Mountains like Yubra, Langshisa Ri, Nayakhang, Kanchhengbu peak and etc. (B, L, D)



Mountain Navigation (Map Reading class)/ Knot & rope

Day-7: Hike to Kyanjin Ri, it's take about 3-5 hours (for Acclimatize) (B, L, D)

After lunch training about Active Rappelling/knot & rope

Day-8: Trek to Tsorku Peak lower Base Camp (4500m/15088ft): 6/7 hours (Tonight in Tent)

Practical Navigation class during hike

Day-9: Trek to Higher Base Camp (4870m/15970ft.) same time Scrambling with Alpine Boots in Rocky section and basic walking technique with pack bag/Ice Axe/trekking pole on snow terrain . (Tonight in Tent)

Near Base Camp After lunch Crevasse Rescue training/ Glacier Travel Technique (and whenever will have time at Glacier will practice again Glacier activities)

Day-10: Hike to Tsorku Peak Glacier for Training: Cramponing Technique (Flat footing, traversing, front pointing, Using ICE Axe, self-Arrest technique, Introducing about climbing gears) and back to the Camp. (Tonight in Tent)

Day-11: Hike to Tsorku Peak Glacier for Training: Tope rope Ice climbing, Safety/Belay, ICE/Snow Anchorage Technique, Using ICE Axe or Tools. And back to the Camp. (Tonight in Tent)

Day-12: Hike to Tsorku Peak Glacier for Training: Fixed line Fixing Demonstration/Description about Fixed line, how to moving on Fixed line practice on different terrain, some Rescue Technique also.

Around Base Camp snow & Avalanche class like: how to search Victims into the Avalanche zone, using Avalanche searching device (ARVA, Probe, shovel), team building, risk about Avalanche, how to test snow condition by shovel,

Summit Strategy/ preparation for Summit

Day-13: Tsorku Peak Ascend day

Day-14: Extra day for Summit/Whether Ice Climbing

Day- 15: Trek back to Kyanjin Gomba

Day-16: Water Fall Ice Climbing

Day-17: Trek to Lama Hotel

Day-18: Trek to Syabrubesi

Day-19: Drive to Kathamndu (in Hotel)

Day-20: Back to Home (International Flight)



Included

- All Airport/hotel Transfers
- 3 nights in Hotel in Kathmandu (double or triple searing basis style)
- All accommodation and meals during the trek (double searing basis style of room and in Tents also)
- Bus for Kathmandu to Syabrubesi and Kathmandu
- IFMGA/UIAGM Mountain Guide, Porters/Mule to carry luggage including their wages, insurance, equipment, food and lodging.
- All necessary paper work and permits (National park fee, peak permit)
- Gamo Bag or Oxygen with mask regulator for emergency survive during High Altitude sickness
- Group Equipment's like: Fixed Rope (Static Rope), Main Rope (Dynamic), Snow Bars, some Ice Screw, Rock Pitons, Avalanche trans receiver (Arva)
- Medical kit
- Tents/dining tents/toilet tents on Base camp

Not Include

- Nepal Visa Fee
- Any meals items in Kathmandu valley
- Extra night Accommodation in Kathmandu
- Travel and Rescue insurance
- Personal expenses (Phone calls. Laundry, Bar Bills Battery Recharge, Extra Porters, Bottle of water, shower Etc.
- Tips for Guides and Porters