

Detailed Itinerary: Manang Rock Climbing Adventure

Duration: 10 Days

Day 1: Departure from Kathmandu to Besisahar

06:30 AM – Departure:

- Start your journey early from Kathmandu Sports Climbing Center. Take a taxi to the bus park and board a bus to Besisahar (approx. 8 hours).

En Route Breaks:

- Enjoy scenic views and make stops for light meals and rest as you travel through the beautiful landscapes of Nepal.

Arrival in Besisahar:

- Check into your guesthouse and unwind after the long journey.
 - Spend the night in Besisahar, gearing up for the adventure ahead.
-

Day 2: Besisahar to Brathang (Apple Farm)

Morning – Breakfast:

- Have breakfast at the guesthouse before the next leg of the journey.

Jeep Ride to Brathang:

- Share a jeep ride with fellow travelers from Besisahar to Brathang (approx. 6 hours), passing through stunning mountain scenery.
- Arrive at Brathang, a serene location nestled at 2920 meters above sea level.

Overnight Stay in Brathang:

- Check into your hotel and take in the mountain views. Rest up for your first climbing session tomorrow.
-

Day 3: Climbing at Riverside Cliff & Apple Crag

Morning Climb – Riverside Cliff:

- Start the day with breakfast, followed by climbing at the Riverside Cliff. This site offers a variety of bolted routes for climbers of different skill levels.

Lunch Break:

- Return to the hotel for a lunch break and rest before tackling the afternoon climb.

Afternoon Climb – Apple Crag:

- After lunch, head to Apple Crag for more climbing. The afternoon winds make it a better time to climb here.
- The routes are newly bolted and mostly unclimbed, offering a fresh and thrilling experience for adventurers.

Evening:

- Relax and enjoy dinner at the hotel.
-

Day 4: Climbing at Riverside & Apple Crag

- Repeat the Day 3 schedule with morning climbs at Riverside Cliff and afternoon climbs at Apple Crag.
 - Challenge yourself with more routes and improve your climbing skills.
-

Day 5: Another Day of Climbing

- Follow the same routine as Day 3 and Day 4, focusing on climbs at Riverside Cliff in the morning and Apple Crag in the afternoon.
-

Day 6: Rest Day or Hike to Upper Pisang

Rest Day:

- If you need a break from climbing, relax at the hotel or explore the local area.

Optional Hike to Upper Pisang:

- For those feeling adventurous, hike to Upper Pisang (approx. 3 hours). From there, enjoy breathtaking views of Annapurna II, Gangapurna, Lamjung Himal, and Tilicho Peak.
- Have lunch at Pisang before returning to the hotel (2-3 hour hike back).

Day 7: Another Full Day of Climbing

- Continue with the climbing schedule, exploring more routes at Riverside Cliff and Apple Crag.

Day 8: Open Climbing Day

- Enjoy another day of climbing. Stay flexible and continue climbing based on your energy and desire. Explore new routes or return to favorites from the previous days.

Day 9: Departure to Bandipur

Morning – Breakfast:

- After breakfast, leave Brathang and make your way back to Besisahar by jeep.
- From Besisahar, take a bus to Dumre and continue onward to Bandipur for an overnight stay.

Arrival in Bandipur:

- Check into your guesthouse and enjoy the peaceful charm of this hilltop town.

Day 10: Sunrise Hike & Return to Kathmandu

Early Morning – Sunrise Hike:

- Rise early for a short hike to witness a spectacular sunrise over the mountains.

Breakfast:

- After the hike, return to the guesthouse for breakfast.

Departure to Kathmandu:

- Head back to Kathmandu by bus, reminiscing about your climbing adventure.
- Arrival in Kathmandu in the afternoon, with drop-off at your preferred location.

Inclusions:

- All transportation from Kathmandu to Besisahar and back.
- Accommodation (8 nights).
- Meals from Day 1 lunch to Day 10 breakfast.
- Climbing gear and experienced guide services.
- Local permits and entry fees.

What to Bring:

- Comfortable climbing clothes.
- Climbing shoes (if you have your own).
- Sunscreen, hat, and sunglasses.
- Personal toiletries and medications.
- Snacks and energy bars for the long climbing sessions.

This 10-day climbing trip offers a balance of adventure, exploration, and relaxation in the stunning rock-climbing sites of Manang. Perfect for adventurers looking to immerse themselves in the beauty of Nepal's high-altitude climbing areas.