

# The Hidden lake and Glacier trek

## 3 Star Hotel Package

**1800**<sup>USD</sup>  
per person

\*Including healthy meals

## 5 Star Hotel Package

**2100**<sup>USD</sup>  
per person

\*Including healthy meals

**Trip Style:** Cultural Tour+Trek



**Trip Difficulty:** Moderate+2

‘**The Hidden Lake and Glacier Trek**’ takes us halfway between Heaven and Earth, where our familiar sounds of bagpipes are the merry chirpy tunes of the birds at home in dense foliage forests, conversations are frozen to whispers, and the footsteps of fellow trekkers are uncommon...down here in the great mountains of the Annapurna region, we will find the ‘**God of the Glens**’...and there is no better way to explore nature than on foot...raw and rugged – this is adventure...redefined

This trek is a thriller that takes us into the soul of the Annapurna zone, but any and everything has its price, and in this venture, the price is more than the money we pay for this wonder trip, the exclusive price here are the physical demands that takes us high up into Himalayan wilderness above the timberline, and this is where the true beauty of the Himalayas are – its bliss! Our mountain journey begins from the lake city of Pokhara as we head down to Nayapul – our trek start point, and then we hit the trails through fertile paddy fields and as we gain some elevation we begin to see terraced hillsides with wheat and barley plantations blowing in the wind. Most of these lively villages are inhabited by the ethnic Gurung and Magar hill folks who greet us with welcoming smiles of warmth as we pass by. We’ve planned our itinerary well enough so you could hike the paths at a pace that’s comfortable to your body; giving us enough time to interact with the local folks and observe their interesting cultures, most of us will be amazed to note that these mountain folks live lifestyles that go back centuries in time and nothing has changed with the ancient practices they follow. We soon leave habitated zones to walk through rhododendron and oak forest, home to some of the most exotic birds in the world, the flowers hereabouts are simply lovely to behold as we gain above the tree-lines to reach Kopra Danda, where the wilderness is pure as we stare in disbelief at the massive peaks of Annapurna with Dhaulagiri to the west and the Kaligandaki river valley spread out below, the world’s deepest gorge. We then go above 4000m where the landscapes and wilderness are stunning, this is an area where nobody goes except the local shepherds with their cattle in the monsoon months; we also view the sacred hidden lake which is a masterpiece of nature to behold.

The breathtaking sights of Annapurna I at 8091m and Dhaulagiri at 8167m are some of the highest peaks in the region and the world. However, the main target of our trip is the stark wilderness near Annapurna south at 7237m, this is virgin territory, unexplored and rarely visited, if by few, this area is raw, rugged and strikingly beautiful – the crux of our odyssey that makes up ‘**The Hidden Lake and Glacier Trek**’, for anyone seeking to discover the unknown from the known.

DURATION: 17 days

## ITINERARY

### Day 01: : Arrival in Kathmandu and transfer to hotel

If it’s a clear day when you are flying into Kathmandu, then your tour begins right from the skies itself. The sights from the windows of our jet shows us glimmering snow-capped mountain peaks spread out down below us, giving us the first thrills of our just begun vacation, sparking off a whole reaction of unforgettable experiences that stay with us for some time to come. As soon as your plane hits the tarmac of Tribhuvan International Airport, **Mountain Sherpa Trekking and Expeditions** office representative and driver will be on standby to meet and

greet you at the airport and escort you to your hotel. The rep will help you check into your designated hotel, and after going to our rooms and refreshing ourselves we will be briefed about our daily activities. The rest of your time is free to move around the neighborhood and get familiar with your surroundings. In the evening we will meet our senior trek guide who will brief the group about details related to our trek. Your first overnight in the ancient city of temples, probably the most in the world. Breakfast

### **Day 02:: Full Day sightseeing of Kathmandu city- fly to Pokhara**

After a good night's sleep and enjoying a hearty b/fast, we proceed for our tour of Basantapur Durbar Square. Recorded by UNESCO as a cultural World Heritage site, Kathmandu Durbar Square is a bunch of medieval temples, palaces, courtyards and streets that date back to the 12th and 18th centuries. within this square we will find Hanumandhoka Palace Museum, Taleju Temple, Kumari Ghar (House of the Living Goddess), Kasthamandap and other temples and buildings as old as the city itself; from here we head for a tour of the famous Boudhanath Stupa {said to be the largest in the world) and a major centre of Tibetan culture in Kathmandu. The stupa is designed to be like a giant mandala (a representation of the Buddhist cosmos).

We next drive down to Swayambhunath {**popularly known as Monkey Temple**} “Swayambhu” means “**self-created**” and refers to the myth that the hill sprung up suddenly from a great lake that once covered Kathmandu Valley. Our next destination is Pashupatinath Temple. This temple is dedicated to Hindu deity Lord Shiva and is said to be the most holy Hindu shrine in Nepal. Hereabouts we see a cremation ritual of Hindus at ‘Aryaghat’, the cremation area of the temple. This cremation site is used for the once royal family of Nepal and also for the simple Nepalese people who live within the country.

We then wrap up our Heritage tour with a trip to Patan which is one of the three medieval cities in Kathmandu and a destination for connoisseurs of great arts. We take a tour of the Patan Durbar Square - a UNESCO World Heritage Site. Located in the square is the Patan Museum (originally a Malla palace), Krishna Mandir- a stone temple of Lord Krishna with its 21 spires and art that displays scenes from the Mahabharata and Ramayana epics, this includes the Royal Bath or 'Tushahity' and the nearby Hindu and Buddhist temples. We return back to our hotel, refresh, and head down to the airport for our short flight to the city of lakes - Pokhara. Breakfast

### **Day 03:: Drive to Nayapul (1080m) & Trek to Ghandruk (1940) - approx 5/6 hrs**

We begin our trekking holiday from Pokhara to Nayapul (1050m) which is a 01 hour drive, from Nayapul; our trek begins as the trail ascends slightly through forests to Ghandruk, a bustling village of the ethnic Gurung community who has their own dialect, culture, dress and traditions. Ghandruk is also home to many Gurkha soldiers. It is a well known destination for trekkers as it is known for its beautiful mountain views and also because it's just a stone's throw from Pokhara and Kathmandu. The afternoon is ours to visit the Annapurna Conservation Office, museums and explore the interesting village. Overnight in our tented camps – B. L. D

### **Day 04:: Trek to Tadapani (2590m) - Approx. 3/4 hrs**

We first descend further along the trail showcasing rich rhododendron forests, splendidly cascading sparkling mountain streams and other magical vistas of nature that surprise us. After continuously climbing for 3 hours, we step on the territory of Tadapani at an altitude of 2590m. Tadapani offers the most awesome mountain views of the overpowering peaks of Annapurna South. We then crash out for the night in our tented camps – **B. L. D**

### **Day 05:: Trek to Bayeli Kharka (2900m), approx 6 hrs**

We move of the main trail that leads to Ghorepani and follow a seldom used trail – that first starts through a thick rhododendron forest - leading to water outlets for buffalo pastures. The climb is steady and we will soon emerge above the tree line to wonderful views of the Annapurna range. we will haul up for lunch by a small stream and then continue to climb gradually through open land to reach a small pass, where the trail descends through rhododendron forest to an open clearing known as Bayeli Kharka, where there's a lodge. From the lodge there are lovely views of Dhaulagiri Himal. Overnight in our tented camps – **B. L. D**

**Day 06: : Trek to Khopra Ridge (3870m) – 3-4 hrs**

After a warm hearty breakfast, we set out on a steady climb above the tree line through alpine meadows and pastures to reach Khopra. On nearing the Khopra Ridge; we see the tip of Annapurna South. Upon reaching Khopra we go for a brief hike down Khopra Ridge to a viewpoint overlooking Kali Gandaki river far below in this deep valley. From Khopra we also approve of the stunning mountain panorama including Mt. Dhaulagiri, Nilgiri and Annapurna South. Overnight in Khopra ridge in our camps – **B. L. D**

**Day 07: : Trek to Kaire Khola (4200m), approx 4 hrs**

To assist our acclimatisation efforts, we will remain at Kaire Khola for another day and night. During the day we will take packed lunches and follow a pretty comfy trail up a stone staircase to a lake known as Pautarko Kaire. This lake is the site of the Badau Purnima Festival, held once a year in August and September. Villagers from the surrounding area congregate here to pray to Lord Shiva, bathe in the icy-cold waters of the lake and make animal sacrifices. Though it's pretty close to the camp, the walk to this glacial lake will be tiring due to the higher elevations. Ascending the hill behind the lake is also advised as it allows for superb views of Annapurna I. In the afternoon we will revert back to the same route to get back to the camp. **B. L. D**

**Day 08: : Acclimatization day at Kaire Khola (4200m)**

We haul up here to rest our bodies without remaining idle. We can explore the area and do our own things; this can include some washing or reading our favorite novels. We also explore the hill behind the lake and revel in the beautiful landscapes that surround us. **B. L. D**

**Day 09:: Trek to Celli Kharkha (3850m), approx 5 hrs**

From the campsite we will hike into a zone only frequented by local shepherds. Besides our own groups, experience tells us that no other trekkers will have visited this region. The climb out of Tiboche Basin looks virtually impossible from the camp; however, a well-defined trail, marked by stone cairns and prayer flags, winds its way unbelievably to the top, where a regal panorama will greet us. This high altitude plateau affords beautiful views of the fishtail peak of Machhapuchhare and Annapurna South. From the saddle we will negotiate across the hillside to camp near a small stream and stone huts at Celli Kharka. We bunk out in our tented camps at Celli – **B. L. D**

**Day 10: : Trek to Hidden Lake (4250m), approx 5 hrs**

Today will be a unique part of our trek, as we reach an infrequently visited lake set among sharp, rocky spires. The scenery is truly overwhelming and is known only to a few shepherds and hunters.

During our study of this area, it took many days to locate the exact position of this hidden lake. Some villagers knew of the area, but had never visited it and this led to many conflicting stories as to where we should look for it. We will camp a short distance from the lake itself and take pleasure in a full day exploring this far-flung place where we will shockingly find some of the most splendid scenery in all of Nepal. It's unbelievable! **B. L. D**

**Day 11:: Trek to Annapurna South Base Camp (3400m), approx 5 hrs**

As we hike the Annapurna circuit trail for 2 hours, we descend a small ridge branching out from the mountain pass to mountainside with widespread green terraced fields displaying serene meadows and lush abundant farming land. As we reach Annapurna South Base Camp, we begin to eyewitness awe-inspiring pictorial landscapes, grandiose panoramic views of snow-capped mountainous peaks and varied Himalayan cultural settings tucked beneath the southern slopes of the Annapurna massif. From the lake we will slowly hike up to a small pass that leads to a steep descent past Annapurna South Base Camp. The scene is just awesome, with dipping glaciers and large moraine walls. We will set up camp at Annapurna South Base Camp and may even meet a climbing expedition, as our arrival may bump into the climbing season. We will enjoy a complete extra day of exploration at Base Camp,

where we'll have a chance to head up to the main glacier of this fantastic peak. This dazzling display of sweet nature is something we'll never forget. After this wonderful experience, we head down to our **tented camps – B. L. D**

**Day 12:: Excursion around Annapurna South Base Camp (3400m), approx 5 hrs**

**Day 13:: Trek to Chhomrong (2100m), approx 7/8 hrs**

From Annapurna SBC, we hike along the mountain path of stone steps, pass through a pretty hamlet, cross a suspension bridge and then we walk through dense forest of bamboo. Finding ourselves in complete isolation amidst the serenity of nature can be quite an experience. Our trek does not stop here. After trekking for a while, we approach teahouses at Jhinu where we can relax and enjoy a drink or snacks. We then resume our trek to the north, descending Daaulu and after having walked for five hours, we soon find ourselves at Chhomrong. From Chhomrong we can get gripping views of Machhapuchhare. There are many chalet-style wooden lodges at Chhomrong where we can get accommodation and food but we set up our camps instead and enjoy our own home cooked food - B. L. D

**Day 14:: Trek to Shyauli (1220m), approx 7 hrs**

Today morning after breakfast, we'll drop down to Modi Khola Valley and to the hot springs at Jhinudanda. The revert route then goes by the river past a small bunch of lodges at New Bridge before a very pretty trail takes you to Kalchane and on to an airy suspension bridge that leads steeply up to the village of Ghandruk. We will haul up for lunch and in the afternoon continue to follow the river to Kilyu, where we will rejoin the main trail for the short walk to our lodge at Shyauli Bazaar. We'll crash out for the night amidst the fields of rice and wheat and chill out with perhaps a few beers, celebrating the conclusion of our superb off-the-track venture. B. L. D

**Day 15:: Trek to Nayapul and Drive to Pokhara (850m), approx 4 hrs**

Today we wrap up our trek at Nayapul followed by a short drive back to Pokhara. After reaching Pokhara, we check into our hotel, refresh with some drinks and snack, maybe even have a bath; if we wish so, we can also do some boating on the tranquil Fewa Lake. We then will have a relaxing afternoon where we can simply chill out with some cold beers and reflect on a wonderful outdoor trip we just returned from. Overnight at the hotel – **Breakfast**

**Day 16:: Transfer to Airport & Flight Back to Kathmandu, Transfer to Hotel**

After b/fast, we hang around for some time before our flight, and in this spare time we can do some shopping. We then get into our vehicle and head down to the airport for our flight to Kathmandu. On touching Kathmandu, our day is free to do our own things. For suggestions, you can do some valley shopping, or enjoy a thrilling scenic Everest mountain flight, or even mountain biking, there are a whole lot of other activities if you feel like it. In the evening we will have a farewell dinner in a traditional Nepalese restaurant with a cultural performance by the local belles. (Your guide(s) and an office staff will accompany you.) Overnight at your hotel – **Breakfast**

**Day 17:: Drive to the Airport to head back to that lovely place we call 'home'**

After b/fast, our rep and office vehicle will be on standby at our hotel to transfer us to the airport for our connecting flight home. Serving you was a wonderful joy and pleasure, we at **Mountain Sherpa Trekking** will cherish the bonds of our relationship created over the time you spent with us and we thank you for choosing us as your travel partner and for visiting this amazing country Nepal. This thrilling adventure in the amazing Annapurna region will give you lifetime memories of a vacation worth its weight in gold. Ciao friends! Till we meet again. **Breakfast**