Sailung Trek

Duration: 15 Days | Location: Everest Region, Nepal



Trip at a glance

Category: Everest Region

Location: Everest Region, Nepal

Duration: 15 Days

Difficulty: 4/10

Trip Style: Sailung Trek

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 3000 m

Group: Min-1, Max 20

Summary

Sailung Trek offer you a complete picture of rural lifestyle, terraced landscapes. glimpses of of Everest, Gauri Shankar, Dorje Lakpa, Langtang range etc.

Overview

Trip Introduction

Sailung Trek is situated along the border of Ramechhap and Dolakha districts Nepal. Sailung has three villages namely Pasiban, Tek Sing and Solambu. The trek will offer you a complete picture of rural lifestyle with farming, terraced landscapes and local tradition. Along the trail you will be able to get glimpses of magnificent views of Everest, Gauri Shankar, Dorje Lakpa, Langtang range, Ganesh Himal, Manaslu is mesmerizing. The highest point of this trek is the Sailung Peak. Located at an altitude of 3146 m. Will can turn anther Trek like Everest View Trek.

This trek is undoubtedly one of the easiest and short treks in the Himalayas. The major attractions of the trek include the culture and history of Tamang (Murmi) and Sherpa people of the Himalayas, typical Nepali villages, panorama of the beautiful Himalayas and natural biodiversity. Most of the region lies in Dolakha itself. After climbing up a certain altitude, only thing we can see is the hillocks all around and also the mountains surrounding the landscape. Poon Hill Trek

Sailung can be a beautiful destination for anyone looking for few days off residing around Kathmandu. This place is very near from Kathmandu specially. Whenever one talks about Dolakha, Kalinchowk and Jiri are the places most discussed about. I came to know that very few people knew about Sailung. This place can be reached through a motorable road that leads the way up from Mude, Dolakha. The best way to complete this trip in short but excellent way would be to travel from Mude to Dhunge. After spending a night at Dhunge, next day you can hike up to the Sailung hills to see the golden sunrise. You might check this link for another different trip Royal Siklesh trek 12 days.

View photo on the trip page

Day by day itinerary

Trip Itinerary

Day 01 : Arrival to Kathmandu and Transfer to hotel

Day 02 : Valley Sightseeing

Day 03 : Kathmandu-Mude (6 hour drive)-Deurali (45 minute walk then camp)

Day 04 : Deurali-Kalopani (7 hour-camp)

Day 05 : Kalopani-Dhoromba(6 hour-camp)

Day 06 : Dhoromba-Rest Day

Day 07 : Dhoromba-Dhongme (7 Hour-camp)

Day 08 : Dhongme-Dahu (4 Hour-camp)

Day 09 : Dahu-Thuloparsel (5 Hour-camp)

Day 10 : Thuloparsel-Rest day

Day 11 : Thuloparsel-Methinkot (5 Hour-camp)

Day 12 : Methinkot-Namobuddha (4 Hour-camp)

Day 13 : Namobuddha-Panauti-Kathmandu

Day 14 : Sightseeing around Kathmandu

Day 15 : Departure to the next destination

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

- nternational Airport Pick up and drop off by our private vehicle
- Kathmandu hotel room on bed and breakfast (B) basis

- Fluent English speaking license holder sightseeing tour guide and his fee
- Sightseeing entrance fee
- National Park entry permits fee
- Trekkers Information Management System (TIMS) permit fee.
- Accommodation and 3 meals a day while on the trek in Lodge (Tea House)
- Fully escorted trek with English speaking license holder local Sherpa trekking Guide & each 2 persons 1 Porter provided
- All program according to itineraries on full board.
- Wages, equipment, insurance and other facilities to staffs
- All land transfer as per above itinerary by our private vehicle

Exclusions

- Nepal entry visa fee per person US$ 40 only.
- Kathmandu Hotel Lunch and Dinner (L, D)
- Travel insurance and medical evacuation in case of emergency
- Personal spending money and all bar bill, i.e. Soft/hard drinks, tips etc.

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first

choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.

- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trip Details:

Total Duration: 15 Days.

Group Size: Min-1, Max 20.

Trekking Region: Everest Region.

Trip Type Name: Sailung Trek.

Highest Altitude of the trek: 3000 m.

Highest Point: Sailung Trekg (3000 m)

Grade: Medium.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

Sailung Trek – 10 Days

Sailung – 10 Days – 10 DaysTrek is situated along the border of Ramecchap and Dolakha districts. Sailung has three villages namely Pasiban, Tek Sing and Solambu.

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The trek will offer you a complete picture of rural lifestyle with farming, terraced landscapes and local tradition. Along the trail you will be able to get glimpses of magnificent views of Everest, Gauri Shankar, Dorje Lakpa, Langtang range, Ganesh Himal, Manaslu is mesmerizing. You will also enjoy visiting 600-year old Buddhist monasteries and passing through forests of rhododendron, oak and pine that are habitats of rare animals like barking deer. The highest point of this trek is the Sailung Peak. Located at an altitude of 3146m, it is a revered sited by Buddhist communities.

Departure

Departure

Review

Trip gallery

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Plan your journey with our team

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