

Chulu East Peak Climbing – Into the High Annapurna

Overview:

Chulu East (6,584 m / 21,601 ft) is a prominent Himalayan peak in Nepal's Annapurna region, rising above the Manang Valley along the classic Annapurna Circuit. Surrounded by rugged ridgelines, glaciers, and high alpine terrain, the peak offers a demanding combination of high-altitude trekking and technical climbing. Its location above the Manang Valley provides a gradual approach through the Annapurna Circuit before the route moves into the more remote and challenging terrain of the Chulu range.

The expedition follows the Marshyangdi Valley through traditional mountain villages, terraced hillsides, forests, and changing alpine landscapes before reaching the higher settlements of Chame, Pisang, and Manang. As the altitude increases, the landscape becomes drier and more open, with the green lower valleys gradually giving way to rocky slopes, high pastures, and barren mountain terrain. This gradual progression provides valuable time for acclimatization before entering the climbing section of the expedition.

From the Manang region, the route moves toward the Chulu East climbing area, where the terrain becomes increasingly rugged and exposed. The ascent involves rocky moraine, snow slopes, glacier travel, and steeper alpine sections leading toward the higher camps. Crampons, ice axes, rope techniques, and fixed ropes may be required depending on the route and mountain conditions. Good physical fitness, previous high-altitude experience, proper acclimatization, and basic mountaineering skills are important for a safe and successful climb.

The summit day is the most demanding stage of the expedition, beginning early from High Camp and continuing over snow and alpine terrain toward the 6,584-metre summit of Chulu East. From the higher slopes and summit, the views extend across the Annapurna Himal, with Annapurna II, Annapurna III, Annapurna IV, Gangapurna, Chulu West, and other surrounding peaks visible across the mountain horizon. After the summit attempt, the team descends through the climbing route and returns to the main Annapurna Circuit.

The journey then continues toward Thorong La (5,416 m / 17,769 ft), where the crossing provides another challenging high-altitude section. From the pass, the trail descends to Muktinath (3,800 m / 12,467 ft) and continues through the dry landscapes of Mustang toward Jomsom. The contrast between the greener lower valleys, the high alpine terrain around Chulu East, and the arid landscapes beyond Thorong La gives the journey a varied character from beginning to end.

Combining a genuine 6,000-metre peak climb with the classic Annapurna Circuit and the crossing of Thorong La, the journey is best suited to experienced trekkers who are prepared for long days at altitude and the additional demands of snow, ice, and technical alpine terrain.

Quick facts:

Cost: USD per Person

Destinations: Besisahar / Chame / Pisang / Chulu Base Camp / Summit / Manang / Thorong La Pass / Muktinath

Duration: 18 Days

Trek starting point: Chame

Trek ending point: Jomsom

Grade: Challenging

Transportation: tourist coach / local jeep / private vehicle

Accommodation: tea house, camp and tourist standard hotel in Kathmandu

Max altitude: 6,584 m

Activities: High-altitude trekking and Climbing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Backpack (No luggage or hand carry)
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

□ **Day 1: Arrive at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.

Overnight at the hotel.

□ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you for a detailed trip briefing covering the itinerary, route conditions, safety procedures, altitude considerations, and important preparations for the journey ahead. For peak climbing expeditions, the climbing guide will also check the required mountaineering equipment and provide guidance on any necessary gear adjustments before departure.

During the briefing, we will complete the required trekking and climbing formalities, including necessary permits and documentation. Afterward, we will explore some of Kathmandu Valley's cultural highlights, including UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple.

The rest of the day is free for final preparations, including organizing trekking equipment, purchasing any last-minute essentials, and making final arrangements before heading into the Himalaya. Overnight at the hotel.

□ **Day 3: Drive from Kathmandu to Besisahar (760 m): 175 km | 5 – 7 hours**

The drive from Kathmandu to Besisahar begins with an early departure from the bustling valley, gradually transitioning from urban sprawl to rolling green hills and terraced farmland. As the city fades behind, the journey settles into a scenic rhythm along the Prithvi Highway, one of the country's most important routes.

Following the highway westward, the road traces the banks of the Trishuli River, where rushing waters and steep gorges create a dramatic backdrop. Small towns and roadside settlements punctuate the journey, offering glimpses into everyday life in Nepal's mid-hills. Near Mugling, the route diverges north, and the drive continues along the Marshyangdi River, with the landscape becoming quieter and more rural.

After approximately 5 – 7 hours of driving, covering around 175 km (109 miles) depending on road conditions and traffic, we arrive at Besisahar a vibrant gateway to the Annapurna Circuit. The rest of the day is free to relax and prepare for the journey ahead.

Overnight at a guesthouse in Besisahar.

▮ **Day 4: Drive from Besisahar to Chame (2,650m) : Walking Distance: 65 -70 km | 5 – 7 hours**

Leaving Besisahar, we begin our drive toward Chame, gradually entering a narrower and more dramatic valley. As we follow the course of the Marshyangdi River, we pass through lush hills that slowly transition into steeper cliffs and pine-covered slopes.

As we climb higher, we pass small settlements such as Dharapani, where the landscape begins to feel more alpine and remote. Waterfalls spill beside the road, and the track becomes rougher, carved into the mountainside with sweeping views of the valley below.

As we approach Chame, we are welcomed by glimpses of snow-capped peaks, including Lamjung Himal, rising above the valley. After approximately 5 – 7 hours of driving, covering around 65 – 70 km, we arrive at Chame, a quiet mountain town surrounded by high ridges.

Overnight at a guesthouse in Chame.

▮ **Day 5: Trek from Chame to Pisang (3,300 m): Walking distance : 13 – 15 km | 5 – 6 hours**

Departing from Chame, the trail enters a serene alpine landscape, following the course of the Marshyangdi River as we move through dense pine forests and scattered settlements. The sound of the river continues below, guiding the rhythm of the journey along the valley.

As we progress further, the forest gradually thins and the valley begins to open. We are greeted with dramatic views of Annapurna II rising sharply above the landscape. The route includes suspension bridges and rocky sections, with the terrain becoming more rugged and expansive.

As we near Pisang, the valley widens into a broad high-altitude basin surrounded by towering peaks and open skies. After approximately 5 – 6 hours of trekking, covering around 13 – 15 km (8 – 9 miles), arrival at Pisang offers a peaceful mountain setting with sweeping Himalayan views.

Overnight at a guesthouse in Pisang.

▮ **Day 6: Trek from Pisang to Yak Kharkha (4,050 m): Walking distance: 10 – 12 km | 4 – 5 hours**

We will begin the trek from Pisang (3,200 m / 10,499 ft), leaving behind the lower village to enter a wide, open alpine valley. The trail climbs steadily above the forest line, where the scenery opens dramatically to reveal sweeping views of the Marsyangdi Valley and the distant, snow-covered peaks of the Annapurna range.

Continuing along a gradual but persistent ascent, the route passes through dry high-altitude terrain with juniper shrubs, scattered stone shelters, and traditional yak grazing grounds. The atmosphere becomes noticeably cooler and thinner, reflecting the steady gain in elevation as the landscape turns increasingly rugged and remote.

Approaching Yak Kharka (4,050 m / 13,287 ft), the valley expands into broad alpine pastures where yaks roam freely, surrounded by stark ridgelines and towering Himalayan peaks. After approximately 4–5 hours of trekking, covering around 10–12 km (6–7.5 miles), arrival at Yak Kharka offers a peaceful high-altitude stop ideal for rest and acclimatization.

Overnight at a guesthouse in Yak Kharka.

▣ **Day 7: Trek to Chulu East Base Camp (5,200 m): Walking distance: 8 – 10 km | 6 – 7 hours**

Departing from Yak Kharka (4,050 m / 13,287 ft), the trail leaves the main Annapurna route and gradually turns into a more remote and less-travelled alpine path. The landscape quickly becomes open and rugged, with wide grazing fields, scattered boulders, and dry high-altitude terrain stretching beneath towering Himalayan ridges.

The ascent continues steadily through isolated yak pastures and windswept slopes, where the silence of the mountains becomes more pronounced. As the elevation increases, views expand dramatically, revealing deep valleys below and snow-draped peaks rising across the horizon. The air grows noticeably thinner, reflecting the commitment of the climb toward higher alpine ground.

Approaching Chulu East Base Camp (approximately 5,200 m / 17,060 ft), the terrain becomes stark and glacial, surrounded by moraine fields and dramatic mountain walls dominated by the Chulu range. After approximately 6–7 hours of trekking, covering around 8–10 km (5–6 miles) depending on route conditions, arrival at Chulu East Base Camp offers a raw and isolated high-altitude setting ideal for expedition preparation.

Overnight at tented camp / basic shelter at Chulu East Base Camp

▣ **Day 8: Climbing Preparation at the Chulu Base Camp**

At Chulu East Base Camp (approximately 5,200 m / 17,060 ft), the focus shifts entirely to climbing preparation in a stark high-altitude environment surrounded by glaciers and towering Himalayan walls of the Chulu range.

The day begins with equipment organization and final gear checks, ensuring ropes, harnesses, crampons, ice axes, helmets, and technical clothing are properly fitted and in working condition. Weather conditions and route strategy are reviewed carefully, with attention to acclimatization status and safety protocols for the ascent ahead.

A short training session on nearby snow and mixed terrain helps reinforce essential climbing techniques such as rope handling, crampon use, and movement on icy slopes. The environment is cold and exposed, offering a realistic preview of conditions higher on the mountain.

Throughout the day, rest periods are prioritized to support acclimatization at extreme altitude, with warm meals and hydration maintained to prepare the body for the summit push.

Overnight at tented camp / base camp shelter at Chulu East Base Camp.

▮ **Day 9: Base Camp to High Camp (5,600 m):**

We leave Chulu East Base Camp (approximately 5,200 m) after breakfast and begin the gradual ascent toward High Camp at around 5,600 m. The route moves into increasingly rugged alpine terrain, with rocky moraine, snow-covered slopes, and glaciated sections becoming more prominent as we gain elevation. The climb is relatively short compared with the summit day, but the altitude makes steady pacing and careful movement essential.

As we climb higher, the landscape becomes more exposed and the views across the Chulu range, Annapurna II, Annapurna III, Gangapurna, and the surrounding Himalayan peaks become increasingly expansive. Depending on the route and conditions, sections of snow and ice may require the use of crampons and other climbing equipment. The exact route and camp location can vary according to snow, weather, and mountain conditions.

After approximately 3–4 hours of climbing, we reach High Camp at around 5,600 m, where the team settles in and prepares for the early-morning summit attempt. The remainder of the day is kept relaxed, with time for rest, hydration, and a final check of climbing equipment. Overnight at tented High Camp.

▮ **Day 10: Summit Push: High Camp to Summit (6,584 m) and return to the High Camp: Walking distance: 5 – 7 km | 8 – 10 hours**

The summit push from Chulu East High Camp (5,600 m / 18,372 ft) begins in the stillness of pre-dawn darkness, when the mountain feels completely silent and the air is at its coldest. After final preparations and a focused start, the ascent begins under headlamps, stepping into the steep slopes leading toward the upper ridge.

As we climb, the terrain quickly changes from frozen ground to mixed snow and rock, becoming increasingly technical with every section. Fixed ropes assist progress across exposed ridgelines and icy traverses, where movement must remain steady and precise. The scale of the Himalaya gradually reveals itself, with distant peaks emerging as daylight slowly breaks across the horizon.

Approaching the upper ridge of Chulu East (6,584 m / 21,601 ft), the route narrows and exposure increases, leading into the final demanding push toward the summit. From the top, a vast panorama of the Annapurna range unfolds, with towering peaks rising above clouds in every direction.

After a short moment at the summit, the descent begins carefully along the same technical route, retracing the climb back to High Camp over icy and exposed terrain.

The full summit push and return to High Camp takes approximately 8–10 hours, depending on conditions and pace. Overnight at tented camp / base camp shelter at Chulu East Base Camp.

▮ **Day 11: Trek to Manang (3,540 m): Walking distance: 18 – 20 km | 7 – 8 hours**

Departing from Chulu East High Camp (5,600 m / 18,372 ft), the descent begins through a stark alpine environment where the route initially follows steep, rocky terrain before gradually easing into more defined mountain trails. The high ridges slowly recede into the distance as elevation is steadily lost.

As we descend further, the landscape transitions from glacial slopes into wide yak pastures and open valleys. The air becomes thicker and warmer, and the barren high-altitude terrain gives way to scattered vegetation and signs of seasonal settlement along the valley corridor.

The route continues directly toward Manang (3,540 m / 11,614 ft), following the Marshyangdi valley with expansive views of surrounding peaks and dramatic cliffs framing the descent.

After approximately 7 – 8 hours of trekking, covering around 18 – 20 km (11 – 12 miles), arrival in Manang marks the completion of the descent from high camp. Overnight at a guesthouse in Manang.

▮ **Day 12: Trek from Manang to Yak Kharka (4,050m): Walking distance: 10 – 12 km | 4 – 5 hours**

We will begin the trek from Manang (3,540 m / 11,614 ft), gradually ascending out of the main valley settlement into the open alpine terrain of the upper Marshyangdi region. The trail climbs steadily through dry hillsides and scattered stone dwellings, where the village atmosphere slowly fades into a quieter mountain environment.

As the ascent continues, the landscape opens into vast Himalayan scenery, with snow-capped peaks and rugged ridgelines dominating the horizon. The air becomes noticeably thinner as elevation is gained, and the surroundings feel increasingly remote and expansive.

The route passes through traditional yak grazing areas and winds across barren high-altitude slopes before reaching Yak Kharka (4,050 m / 13,287 ft), set in a wide alpine basin beneath towering mountains.

After approximately 4 – 5 hours of trekking, covering around 10 – 12 km (6 – 7.5 miles), arrival at Yak Kharka offers a peaceful high-mountain stop surrounded by dramatic Himalayan landscapes. Overnight at a guesthouse in Yak Kharka.

▮ **Day 13: Trek from Yak Kharka to Thorong Phedi (4,525 m): Walking distance: 7 – 8 km | 3 – 4 hours**

Setting out from Yak Kharka (4,050 m / 13,287 ft), the trail continues into a more rugged and exposed section of the upper Annapurna Circuit. A steady ascent leads across open alpine slopes and glacial-fed valleys, where the landscape becomes increasingly barren and dramatic. As we progress, the route crosses landslide-prone stretches and narrow cliffside paths, revealing deep valleys below and snow-covered peaks ahead. The environment feels raw and windswept, reflecting the higher altitude approach toward Thorong La.

Passing through Letdar (4,200 m / 13,780 ft), the trail continues with a gradual but steady climb toward the final staging point.

After approximately 3 – 4 hours of trekking, covering around 7 – 8 km (4 – 5 miles), arrival at Thorong Phedi (4,525 m / 14,846 ft) marks the final preparation point before the high pass crossing. Overnight at a guesthouse in Thorong Phedi.

▮ **Day 14: Trek to Muktinath (3,800 m) Via Thorong La Pass (5,416m):**
Walking distance: 15 – 17 km | 7 – 9 hours

The summit day begins in the early hours from Thorong Phedi (4,525 m / 14,846 ft) or sometimes from High Camp, as we step into the cold darkness with headlamps guiding the way. The climb toward Thorong La Pass (5,416 m / 17,769 ft) is long and demanding, rising steadily over steep switchbacks and loose, rocky terrain where every step is affected by thin air and altitude.

As we ascend, the landscape becomes stark and glacial, with vast Himalayan ridges stretching endlessly in every direction. Prayer flags near the pass signal the highest point of the journey, where a sweeping panorama of the Annapurna and Dhaulagiri ranges opens up, marking a powerful moment of achievement at one of the world's highest trekking passes.

After a short break at the summit of Thorong La, the descent begins toward the Mustang region. The trail drops steeply at first, then gradually eases as we move into drier, wind-swept valleys shaped by the trans-Himalayan landscape. The air becomes warmer and thicker, and the scenery shifts dramatically from alpine snow to arid desert hills.

Continuing down toward Muktinath (3,800 m / 12,467 ft), the route passes through rocky terrain and scattered settlements before reaching the sacred temple complex surrounded by mountain views and spiritual atmosphere. After approximately 7 – 9 hours of trekking, covering around 15 – 17 km (9 – 10.5 miles), arrival at Muktinath marks the completion of the Thorong La crossing.

Overnight at a guesthouse in Muktinath.

▮ **Day 15: Trek from Muktinath to Jomsom (4,730m): Walking Distance: 18 – 20 km | 5 – 6 hours**

We will begin our descent from Muktinath (3,800 m / 12,467 ft), leaving behind the sacred temple complex and the high-altitude serenity of the Thorong La region. The morning carries a sense of completion as the trail turns downward into the vast, dry landscapes of Mustang.

The route gradually descends through wind-swept hills and traditional settlements, where stone-built villages and scattered chortens reflect the deep cultural character of the region. As we move lower, the terrain becomes increasingly arid, with dramatic views opening across the Kali Gandaki Valley, framed by the towering peaks of the Annapurna and Dhaulagiri ranges.

We continue the steady descent along the valley corridor toward Jomsom (2,720 m / 8,923 ft), where the landscape broadens into a windswept basin beside the Kali Gandaki River. The air grows warmer and denser as altitude drops, marking a clear transition from high alpine terrain to the trans-Himalayan valley. After approximately 5 – 6 hours of trekking, covering around 18 – 20 km (11 – 12.5 miles), arrival in Jomsom brings the journey into the heart of Mustang's main trading town.

Overnight stay at a guesthouse in Jomsom.

▣ **Day 16: Drive from Jomsom to Pokhara (822m): 160 – 170km | 8 – 10 hours**

Setting off from Jomsom (2,720 m / 8,923 ft), the drive follows the dramatic corridor of the Kali Gandaki Valley, where the road runs between towering cliffs and the rushing waters of the Kali Gandaki River. The early stretch is rugged and exposed, reflecting the raw trans-Himalayan landscape of Mustang.

As the journey continues south, the scenery gradually transforms. The dry, wind-swept hills begin to soften into greener slopes, terraced farmland, and scattered hillside villages. The road winds through narrow gorges and open river valleys, offering shifting views of waterfalls and distant Himalayan peaks.

Passing through towns such as Beni, the route reconnects with more developed road networks as the landscape transitions fully into the lower hill region. After approximately 8 – 10 hours of driving, covering around 160 – 170 km (100 – 105 miles) depending on road and weather conditions, arrival at Pokhara brings the journey back to the calm lakeside atmosphere of the city. Overnight at a hotel in Pokhara.

▣ **Day 17: Drive from Pokhara to Kathmandu: 200 – 210 km | 6 – 8 hours**

The drive begins in Pokhara, gradually moving away from the tranquil lakeside setting and joining the Prithvi Highway. The road soon winds into the mid-hills, where terraced fields, scattered villages, and forested slopes define the landscape.

Much of the journey follows the course of the Trishuli River, with deep gorges, suspension bridges, and fast-flowing water shaping a constantly shifting backdrop. The route alternates between quiet rural stretches and increasingly busy roadside towns.

As the Kathmandu Valley approaches, the terrain gradually flattens and traffic becomes heavier, signaling the transition back into the urban environment. After approximately 6 – 8 hours of driving, covering around 200 – 210 km (125 – 130 miles) depending on road and traffic conditions, arrival at Kathmandu marks the end of the overland journey. Overnight at a hotel in Kathmandu.

▣ **Day 18: Departure day:**

Today marks the final day of the Himalayan journey after completing the expedition through the high mountains, remote valleys, and high passes of Nepal. After days spent in alpine wilderness and Himalayan landscapes, this day offers a calm transition back to everyday life.

The morning is spent in Kathmandu (1,400 m / 4,593 ft), with time to rest at the hotel or enjoy a final breakfast in the city. After the stillness of the mountains, Kathmandu feels both familiar and distant.

Later, a transfer is arranged to Tribhuvan International Airport for the onward flight. The drive takes approximately 30–45 minutes, depending on traffic conditions.

As the journey comes to an end, departure from Nepal carries lasting memories of the Himalayas, where every trail, pass, and peak has shaped the experience.

Alternative: YOU CAN ALSO TAKE A DOMESTIC FLIGHT FROM JOMSOM TO POKHARA AND POKHARA TO KATHMANDU. THE DURATION OF THE FLIGHT IS ABOUT 30 MINUTES. ONE-WAY FLIGHT COSTS AROUND 125 USD PER PERSON. WE CAN MAKE A FLIGHT RESERVATION FOR YOU. PLEASE LET US KNOW.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu and Pokhara (twin sharing basis) with breakfast
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / camp)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced, licensed English-speaking trekking / Climbing guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance coverage for Guide, Porter and Climbing Guide
- ☒ Royalty Fee and Climbing Permit for Chulu East
- ☒ Garbage Deposit Fee
- ☒ Annapurna Conservation Area Permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Personal interest items or gears
- ☒ Summit Bonus for Climbing Sherpa Guide
- ☒ Tips to guide / driver / porter
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.