



## TERGAR CHARITY NEPAL

Yongey Mingyur Rinpoche's Non-Profit Organization to  
Educate, Empower & Equip Remote Himalayan Communities for Sustainable Change & Social Well-being.

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### TREK ITINERARY

DAY	DATE	ITINERARY
Day 1	October 22 <sup>nd</sup>	<i>Welcome Program</i>
Day 2	October 23 <sup>rd</sup>	<i>Preparation Day</i>
Day 3	October 24 <sup>th</sup>	<i>Drive to Pokhara</i>
Day 4	October 25 <sup>th</sup>	<i>Fly to Jomsom (2,700m/ 8,858ft.)</i>
Day 5	October 26 <sup>th</sup>	<i>Trek to Chuksang (2,050m/ 10,006ft.)</i>
Day 6	October 27 <sup>th</sup>	<i>Trek to Samar (3,620m/ 11,875ft.)</i>
Day 7	October 28 <sup>th</sup>	<i>Trek to Shyangbochen (3,800m/ 12,540ft.)</i>
Day 8	October 29 <sup>th</sup>	<i>Trek to Drakmar (3,810m/ 12,500ft.)</i>
Day 9	October 30 <sup>th</sup>	<i>Trek to Lo-Manthang (3,840m/ 12,598ft.)</i>
Day 10	October 31 <sup>st</sup>	<i>Explore Lo-Manthang with Day Trips</i>
Day 11	November 1 <sup>st</sup>	<i>Day hike to Chhoser (3,950m/ 12,960ft.)</i>
Day 12	November 2 <sup>nd</sup>	<i>Trek to Charang (3,560m/ 11,677ft.)</i>
Day 13	November 3 <sup>rd</sup>	<i>Trek to Ghami (3,520m/ 11,548ft.)</i>
Day 14	November 4 <sup>th</sup>	<i>Trek to Drive to Muktinath (3,800m/ 12,467ft.)</i>
Day 15	November 5 <sup>th</sup>	<i>Trek to Jomsom (2,700m/ 8,858ft.)</i>
Day 16	November 6 <sup>th</sup>	<i>Fly to Pokhara</i>
Day 17	November 7 <sup>th</sup>	<i>Drive back to Kathmandu</i>
Day 18	November 8 <sup>th</sup>	<i>Farewell</i>

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### MEDITATION JOURNEY TO UPPER MUSTANG

*“A Fundraiser for Tergar Charity Nepal’s Educational Projects in Manaslu Region”*