

Churen Himal Base Camp Trek - 16 Days

URL: <https://nepalalternativetreks.com/trip/churen-himal-base-camp-trek/>

16 Days Churen Himal Base Camp Trek Quick Information

Weather

-5°C to 17°C

Duration

16 Days

Difficulty

Moderate

Accommodation

Tented Camp

Meals Included

Breakfast, Lunch, Dinner

Transportation

Tourist bus/ Private Jeep

Daily Activity

Hiking

Religion

Buddhist, Hindu

Ethnic People

Magar, Chhantyal and Chhetri

Region of Nepal

Annapurna Region

Max Altitude

4010m./13233ft.

Per Person Cost

USD 1850

Best Season

Sept, Oct, Nove, March, April
& May

Geographic Terrain

Village, Hills, Mountains,
Forest, Terrace, Rivers

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$1,850.00
Group Of 5 - 8	USD \$1,830.00
Group Of 9 - 12	USD \$1,810.00
Group Of 13 - 18	USD \$1,790.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

16 Days Churen Himal Base Camp Trek Overview

Churen Himal Base Camp Trekking offers you the unique experience of Nepal's simple way of life thanks to its preserved culture and way of life. In addition, the breathtaking views of Dhaulagiri, Annapurna region, Churen Himal (7371m), Gurja Himal, and many others entice hikers to complete this trek.

North of the Beni and Dhorpatan Hunting Reserve, in the western Dhaulagiri Range, is the peak known as Churen Himal. Churen Himal consists of three summits: Churen North, Churen Central, and Churen West, all standing at an impressive 7371 meters. Many rivers and swift glacier streams are along the Churen Himal Trek route. While on this trip, you can see a variety of Flora and Fauna.

You will pass through some ethnic villages while walking, including Gurja Village, Lumsang Village, and Dharapani Village. These are the undiscovered riches of this area, all of these communities. As a result, when traveling through these picturesque towns, one may appreciate the lively cultures and ways of life of numerous ethnic communities, like the Gurung, Magar, Chhetri, and others. The warmth of the residents and these small rural communities will enhance the trekking experience.

Highlights Of Churen Himal Base Camp Trekking

- Witness the majestic views of Mt. Dhaulagiri, Mt. Annapurna, Gurja Himal, Churen Himal, and many other mountains of the Annapurna region.
- Hike in the off-the-beaten paths of the Annapurna region.
- Experience and enjoy the Magar people's warm hospitality and unique culture.
- Try out the local delicacies like Gundruk, Dhindo, Tibetan Bread, etc.
- Encounter several wild animals like deer, monkeys, and leopards.
- Reach to the foot of the Churen Himal.
- Visit the Dhorpatan Hunting Reserve.

Weather

Temperature Overview

The comfort of your trek depends on the weather conditions—the more stable the weather, the better and more comfortable the journey. Here, the temperature in the Annapurna region varies with the seasons. So, the temperature variations while you trek the Churen Himal Base Camp in all four seasons are described below. This will give you an idea of which season to pick while you trek in the Himalayas.

Winter (December to February): Winter is the coldest season in the Annapurna region. The temperatures range from -15°C to -5°C. January and February are the coldest months, with temperatures ranging from -5°C to 5°C and -4°C to 6°C, respectively. This region receives heavy snowfall during winter, making it challenging to trek.

Spring (March to May): This region warms up during spring. In March, temperatures range from -2°C to 8°C. April sees temperatures between 1°C and 11°C. By May, they rise from 4°C to 14°C. The season goes from chilly to mild, making it a popular time for trekking.

Summer (June to August): Summer is the warmest period in this region. In June, temperatures range from 7°C to 16°C. July is even warmer, with temperatures from 8°C to 17°C. In August, temperatures slightly dip but remain warm, ranging from 8°C to 17°C.

Autumn (September to November): This region offers perfect temperatures. In September, temperatures range from 6°C to 15°C. October sees a drop to 3°C to 12°C. November continues to cool, with temperatures from -1°C to 8°C. This is the best time for trekking and enjoying mountain views.

January
-5°C to 5°C

February
-4°C to 6°C

March
-2°C to 8°C

April
1°C to 11°C

May
4°C to 14°C

June
7°C to 16°C

July
8°C to 17°C

August
8°C to 17°C

September
6°C to 15°C

October
3°C to 12°C

November
-1°C to 8°C

December
-4°C to 6°C

Difficulty

Churen Himal Base Camp Trek Difficulty

The Churen Himal Base Camp Trek is rated as a moderately complex trek. Hiking up in the Himalayas is never an easy task. It will present several challenges while you trek toward the Base Camp of Churen Himal. You will reach an altitude of around 4200 meters while you hike this route. Altitude sickness is a common concern for trekkers trekking above 2500 meters from sea level. This route has several steep ascents and descents, which might be challenging.

Hiking for almost three weeks can make you feel monotonous. Focusing on your stamina rather than your sprinting skills would be best. Despite being a suitable trek for beginners, you must be physically and mentally fit to complete this trek. Your food and accommodation options will be limited, and you will live in a small Tea house with basic amenities. This will be another difficulty for you.

Moreover, the weather in the Himalayas cannot be predicted. It changes in no time and might rain or receive rainfall. This unpredictability in weather makes it challenging to trek in this region. It would be best if you acclimated to the weather conditions so your body adapts to this climate. Hiking for a more extended period requires strong mental resilience, so everyone needs to be prepared mentally for a few weeks before this trek.

16 Days Churen Himal Base Camp Trek Itinerary

Day 1: Drive to Pokhara from Kathmandu

After breakfast, We will head toward Pokhara by tourist bus. Following the winding roads through the Prithvi Highway, we leave the Kathmandu valley. We drive along the fierce Trishuli River. You will see rafters on the dashing rivers from the window pane and peek at some mountains. Once you arrive at Pokhara, you can see a more precise view of the spectacular mountains like Mt. Machhapuchhre or Fishtail Mountain (6993m) and Annapurna (8091m). After some relaxation time at the hotel, you can explore the lakeside area. Overnight stay at a hotel in Pokhara.

Destination:

200km./06 hours drive

Accommodation

Hotel Kausi

Altitude:

(850m./2805ft.)

Meals

Breakfast

Day 2: Drive to Darbang Village

After breakfast at the hotel, you will drive to Darbang Village. This drive takes around 5-6 hours and offers beautiful countryside views. You will set up a campsite and stay overnight in Darbang Village.

Destination:

160km./06 hours road journey

Accommodation

Camping in Darbang

Altitude:

(1,100m./3630ft.)

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Takam Village

Today, you will start your trek from Darbang Village to Takam Village. The trekking trail goes through lush forests and small villages. You will reach Takam Village by evening and stay overnight in a camp.

Destination:

16km./06 hours walk

Accommodation

Camping in Takam

Altitude:

(1,672m./5517ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Lumsang Village

Today's trek will take you from Takam Village to Lumsang Village. The trail goes through beautiful landscapes and offers stunning views of the Himalayan mountains. You will stay overnight in Lumsang Village.

Destination:

14km./05 hours walk

Accommodation

Camping in Lumsang

Altitude:

(1,670m./5511ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to Gurjaghat

On this day, you will trek to Gurjaghat. The trekking trail goes through dense forests and scenic landscapes. You will stay overnight in Gujarat.

Destination:

12km./04 hours walk

Accommodation

Camping in Gurjaghat

Altitude:

(2335m./7705ft.)

Meals

Breakfast, Lunch, Dinner

Day 6: Trek to Rupachaur Kharka

Today's trek will take you to Rupachaur Kharka. The trekking trail goes through alpine meadows and beautiful landscapes. You will stay overnight in a tented camp in Rupachaur Kharka.

Destination:

14km./05 hours walk

Accommodation

Camping in Rupachaur Kharka

Altitude:

(2500m./8250ft.)

Meals

Breakfast, Lunch, Dinner

Day 7: Trek to Gurja Khani Village

Today, you will trek to Gurja Khani Village. The trail goes through lush forests and small villages. You will stay overnight at a campsite in Gurja Khani Village.

Destination:

13km./04 hours walk

Accommodation

Camping in Gurja Khani

Altitude:

(2665m./8794ft.)

Meals

Breakfast, Lunch, Dinner

Day 8: Trek to Darsinge Kharka

On this day, you will trek to Darsinge Kharka. The trail goes through beautiful landscapes and offers stunning views of the Himalayan mountains. You will stay overnight in a tented camp in Darsinge Kharka.

Destination:

14km./05 hours walk

Accommodation

Camping at Darsinge Kharka

Altitude:

(2945m./9718ft.)

Meals

Breakfast, Lunch, Dinner

Day 9: Trek to Bundzunge Kharka -exploration around

Today's trek will take you to Bundzunge Kharka. You will explore the area around the campsite and enjoy

the stunning views of the Himalayan mountains. You will stay overnight in a tented camp in Bundzunge Kharka.

Destination:	Accommodation	Altitude:
10km./04 hours round trip walk	Camping at Bundzunge Kharka	(2995m./9883ft.)

Meals

Breakfast, Lunch, Dinner

Day 10: Trek to Churen Himal Base Camp-Explore

On this day, you will trek to the Churen Himal Base Camp. The trail goes through rocky terrain and offers beautiful views of the Himalayan mountains. You will stay overnight in a tented camp at the base camp and explore the area around.

Destination:	Accommodation	Altitude:
10km/03 hours walk	Camping at Base Camp	(4010m./13233ft.)

Meals

Breakfast, Lunch, Dinner

Day 11: Trek to Gurja Khani Village

After exploring the base camp, you will trek back to Gurja Khani Village. You will stay overnight in a tented camp in Gurja Khani Village.

Destination:	Accommodation	Altitude:
12km./04 hours walk	Tented camp at Gurjakhani	(2665m./8794ft.)

Meals

Breakfast, Lunch, Dinner

Day 12: Trek to Lumsang village.

Today, you will trek back to Lumsang Village. The trail goes through beautiful landscapes and small villages. You will stay overnight in a Tented camp in Lumsang Village

Destination:	Accommodation	Altitude:
14km./05 hours walk	Tented camp at Lumsang village.	(1670m./5511ft.)

Meals

Breakfast, Lunch, Dinner

Day 13: Trek to Takam Village

You will trek back to Takam Village. The trekking trail goes through lush forests and scenic landscapes.

You will stay overnight in a tented camp in Takam Village.

Destination:	Accommodation	Altitude:
13km./05 hours walk	Tented Camp in Takam Village	(1672m./5517ft.)

Meals

Breakfast, Lunch, Dinner

Day 14: Trek to Darbang Village.

Today, you will trek back to Darbang Village. The trekking trail goes through small villages and beautiful landscapes. You will stay overnight in a Tented Camp in Darbang Village.

Destination:	Accommodation	Altitude:
14km./05 hours walk	Tented camp in Darbang Village	(1100m./3630ft.)

Meals

Breakfast, Lunch, Dinner

Day 15: Drive back to Pokhara and transfer to the Hotel.

On the trek's final day, you will drive back to Pokhara from Darbang Village. After reaching Pokhara, you will check in at a hotel and relax for the day.

Destination:	Accommodation	Altitude:
160km./06 hours drive to Pokhara	Hotel Kausi	(850m./2805ft.)

Meals

Breakfast, Lunch

Day 16: Drive to Kathmandu

After breakfast, you bid goodbye to the precious Mt. Fishtail and Mt. Annapurna. You will catch a tourist bus and head towards Kathmandu. Watching the scenic beauty along the Prithvi Highway, you will reach your hotel in Thamel, Kathmandu, after 6 hours on the road. Enjoy the completion of the trek as you treat yourself at one of the most excellent restaurants. Overnight in Kathmandu self.

Destination:	Altitude:	Meals
200km./06 hours drive to Kathmandu	(1295m./4273ft.)	Breakfast

What's Included

- Pick Up at Tribhuwan International Airport and Transfer to Hotel in Kathmandu .
- Hotel Accommodation (Twin share) in Pokhara with breakfast.
- Lodge/Tented Camp (Twin share) accommodation during the trekking.
- All camping and kitchen utensils.
- All meals (Breakfast, Lunch, Dinner) during trek with tea/coffee/hot water.
- One experienced, well trained, fluent English speaking, friendly, specialized in Everest region and government authorized trekking guide, a cook
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide and staff's food, accommodation, salary, insurance and transportation etc.
- Overland transportation as per mentioned in itinerary.
- A trekking map, duffel bags, first aid kit box, Oxygen saturation check up everyday, water purification, company T-shirt and trekking completion certificate .
- All necessary permits and documents.
- Assistance for emergency rescue evacuation.
- All kind of service charges and government tax .
- Public Liability Insurance.

What's Not included

- Hotel accommodation and Meals in Kathmandu.
- Hard and soft table drinks such as tea/coffee, coke, fanta, mineral water, beer, hot shower, hot water, laundry, phone bill etc.
- International flight ticket.
- Nepal Tourist Visa Fee.
- Personal Travel insurance.
- Tips for guide and staff .(Highly suggested).

Additional Trip Information

Best Season for Churen Himal Trek

Like every other trekking trial in Nepal, Spring and August are the best periods for this trek. These two seasons offer the ideal conditions for hiking in this region. Spring is one of the best times to trek in Nepal. The skies get clear, allowing you to witness the breathtaking views of the Annapurna region. Nepal's national flower, the Rhododendron, blooms during the months of Spring, making the trails look colorful. The weather is stable during spring, making it safe to trek.

Autumn offers similar conditions as of Spring. The clear blue skies and moderate temperature make it a perfect time to trek in Nepal. You can witness the clear views of the mountains. This season is also the festive season in Nepal. You can also experience festivals like Dashain, Tihar, Chaat, etc., while trekking during this season. It's when nature puts on its finest display before winter's arrival, making it a favorite season for many trekkers.

Winter and Summer are not the ideal seasons for trekking in this region. It rains heavily during summer, making it challenging to hike. Likewise, winter months receive heavy rainfall, making it challenging to trek. You can still trek during these seasons, but you need to know the weather conditions.

Food and Accommodation For Churen Himal Base Camp Trekking

You will be trekking to one of the most remote parts of Nepal. Your options for food and accommodation will be limited. Your accommodation will be in a simple Tea House or camp on the way. The locals often run these Tea Houses. They provide you with basic amenities during your stay. You can have a Hot shower, but they will charge you a few extra dollars. You might stay in camps depending on the place you're in. We will provide you with a good-quality blanket and a comfortable sleeping bag during your camp stay.

Daal Bhaat will be your staple meal during this Churen Himal Base Camp Trek. You will be provided with three meals per day. You will be provided with high-calorie foods during the trek. Your breakfast options include Tibetan Bread, Cornflakes, Boiled egg, Black Tea, Black Coffee, Toast, Thukpa, etc. Your options for Lunch and Dinner are almost similar. Your choices include Daal Bhaat, Roti, Potato Wedges, Noodles, Pasta, Dhindo, etc.

Required permits For Churen Himal Base Camp Trekking

The permits for the Churen Himal Base Camp trek are the same as those for the Annapurna Base Camp Trek. You will need two permits to reach the foot of Churen Himal. Trekkers Information Management System(TIMs) Card and the Annapurna Conservation Area Permit are the two permits required for this trek.

Trekkers Information Management System (TIMs) Card is mandatory for Nepal trekking, except for the Khumbu region. This TIMs card holds all the data about you and your trek itinerary. This will help the government locate you in case of any emergencies. The cost of a TIMs card is NPR 2000. You can get it from a Nepal Tourism Board Office or any registered Trekking agencies in Nepal.

Annapurna Conservation Area Permit is a permit that allows you to trek in the Annapurna region. This permit amount will contribute to preserving and promoting wild habitats in that area. The price for this national park permit is NPR 3000 for foreigners and NPR 1000 for visitors from the SAARC nations.

Frequently Asked Questions

What is the highest elevation reached during the Churen Himal Base Camp Trekking?

The highest elevation reached during the Churen Himal Base Camp Trekking is 4,010 meters at the Churen Himal Base Camp. This trek takes you through diverse landscapes and challenging terrains, providing stunning views and a rewarding experience for those undertaking it.

What kind of permits do I need to go on the Churen Himal Base Camp Trekking?

To go on the Churen Himal Base Camp Trekking, you will need a TIMS (Trekking Information Management System) permit and an Annapurna Conservation Area Permit (ACAP). These permits help ensure the safety of trekkers and contribute to the conservation of the region. Make sure to obtain them before starting your trek.

Is hiring a guide and porter necessary for the trek?

Yes, hiring a guide is mandatory for the Churen Himal Base Camp Trekking in Nepal to ensure safety and compliance with local regulations. While a porter is not compulsory, having one can significantly ease the burden of carrying heavy loads, allowing you to enjoy the trek more comfortably.

What kind of physical fitness is required for the Churen Himal Base Camp Trekking?

The Churen Himal Base Camp Trekking is a moderately challenging trek that requires a good level of physical fitness. Trekkers should be prepared for rough terrain and steep ascents. It is recommended to engage in basic physical exercise and training, such as cardiovascular workouts and strength training, prior to the trek. This preparation will help ensure a more enjoyable and successful trekking experience.

What kind of equipment do I need to bring for the trek?

You will need to bring appropriate trekking gear like hiking boots, trekking poles, warm clothing, rain gear, a backpack, a sleeping bag, and a headlamp. It is recommended to carry a first aid kit and water purification tablets as well.

Is it safe to go on the Churen Himal Base Camp Trekking?

It is generally safe to go on the Churen Himal Base Camp Trekking. However, trekkers should be aware of altitude sickness and take necessary precautions to avoid it. It is recommended to consult a doctor before going on the trek and follow the advice of your guide.

Is it possible to combine the Churen Himal Trek with other treks in the region?

You can combine the Churen Himal Trek with other treks in the Dhaulagiri region, such as the Dhaulagiri Circuit trek. This combination offers trekkers the opportunity to experience the stunning landscapes and diverse cultures of the Dhaulagiri and Annapurna regions.

How long should we hike on a Churen Himal Trek?

The Churen Himal Trek, covering a total distance of approximately 156 kilometers round trip from Darbang to the base camp and back, typically requires about 14 to 16 days to complete. This allows for a steady pace, acclimatization, and enjoyment of the scenic surroundings along the route.

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun.*** Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable.*** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.

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