



## Genesis Research Trust Trek The Himalayas



Duration: **10 days**

This magnificent trek, with the ultimate combination of spectacular scenery and fascinating culture, takes us to the Himalayan Annapurnas – home of some of the highest peaks in the world.

We walk through thick rhododendron forest and pass mountainside villages perched up above picturesque rice terraces, providing a real glimpse into local life. We continue up out of the tree line, where awe-inspiring views of the great peaks and glaciers of the Himalayas await us, including the famous ‘fish-tail’ mountain of Machupucchare.

This is a challenging trek in mountainous terrain, but we remain at relatively low altitudes while being rewarded with some of the most magnificent mountain panoramas in the world!

### DETAILED ITINERARY

#### Day 1: Depart London for Kathmandu

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## Day 2: Arrive Kathmandu

Transfer to hotel for trip briefing and dinner. Night hotel.

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## Day 3: Kathmandu – Pokhara – Chyanglung

An early start sees us heading back to the airport for our spectacular morning flight to Pokhara. On arrival at the small runway, we load the buses and head out for the start of our trek at Kharjung in the Sardi Khola valley (1350m). Today's walk is a relatively gentle introduction on a good trail, acclimatising us to the trek ahead. Steep steps take us through woodland, winding around the hillsides and passing local settlements and cultivated plots of land. We arrive at our campsite at the small village of Chyanglung.

Night camp (1450m).

**Trek approx. 3 hours**

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## Day 4: Chyanglung – Ghaleghaon

After a civilised tea brought to the tents, we emerge ready for a full day of trekking! Heading out of camp we descend back into the Sardi Khola valley to our first suspension bridge, then cross farmland on a steady, gradual climb. We follow a clear path in the trees up to a ridge where we look down into the Sardi Valley and across to tonight's camp. We arrive at the small village of Ghaleghaon, and continue up steeply to our campsite, with fantastic views of the Annapurna Range. Time permitting, we can continue over the brow of the hill on a good track to a wide stream, where we can paddle before continuing on a steep hillside wooded with rhododendrons, with great views down to our camp. We return the same way.

Night camp (1750m).

**Trek approx. 6-7 hours**

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## Day 5: Ghaleghaon – Tara Top

The early morning mountain views from our tents inspires us for the tough day ahead, which takes us higher through alpine meadows and rhododendron forests. The ascent starts as we leave camp, and we walk on steep stone steps which wind upwards along the wooded ridge. Trekking eastwards, the path levels out a little, but then takes us steeply up to the grassy wooded knoll of Tara Top (Starlight Top) where we are rewarded with a 360° view of most of the Annapurna Massif, including the monolithic hulk of Lamjung Himal and the famous fishtail peak of Machupuchhare. The Himalayan foothills of central Nepal drop away before us towards the Ganges and the Indian plains. We camp here, enjoying – in clear skies – a sunset like no other.

Night camp (2800m).

**Trek approx. 6-8 hours**

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## Day 6: Tara Top – Sikles – Parju

Our day starts with the sight of the sun rising over the peaks, illuminating the spectacular views surrounding us. We head off along a trail that roughly follows the 2500m contour, taking us through shady rhododendron forest with overhanging mosses and lichens. Wild orchids hang from branches above us. We trek up to the mountain village of Sikles (2000m), famous for its fighting men, the Gurkhas, which come from this region. The village gives us a wonderful glimpse into life here in the mountains. Our path then takes us to the picturesque Gurung village of Parju, set before a backdrop of snowy peaks. We camp at the edge of the village in a large open area.

Night camp (2030m).

**Trek approx. 5-7 hours**

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## Day 7: Parju – Tanting

Our destination today is the small village of Tanting, taking us back to the lower pastures. We start the day with a tough, long descent along a steep track that drops into the valley on steps and passes through forest – we lose almost 700m in altitude and it can be hard on the legs! We cross the river on a suspension bridge and come to terraced fields, where we stop for lunch at a lovely spot with great views of the mountains. If the weather is clear we can enjoy breathtaking views of Annapurna II with its huge icefall and glacier marking the origin of the Mardi Khola. The afternoon sees us gently ascending through more fields and contouring the side of the mountain over grassy paths and more steps. We cross a bridge to the village of Tanting and come to our camp just outside the village.

Night camp (1600m).

**Trek approx 5-7 hours**

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## Day 8: Tanting – Pokhara

The last part of our trek takes us steeply down out of the village, losing 300m in a short space of time. We then descend more gradually through fields, with an occasional steep section thrown into the mix! We continue down a rutted track, passing several tea-houses and crossing small streams. There are amazing views back to the mountains. We reach the end of the trail by late morning where we are greeted by an early lunch and vehicles ready to transfer us back to Pokhara for a well-deserved shower and a night in a hotel. Tonight we can mark our achievements with a celebration meal and a cold beer!

Night hotel.

**Trek approx. 3-4 hours; Drive approx. 1.5 hours**

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## Day 9: Pokhara – Kathmandu

We leave Pokhara, taking the short, scenic flight back to Kathmandu. Here you are free to enjoy some of the sights, sounds and smells of this incredible city, visiting areas like the central Durbar Square, packed with stupas and palaces. If you have time you can visit the atmospheric Buddhist temples of Boudhanath and Swayambunath (also known as the 'Monkey-Temple') and the riverside Hindu temple complex of Pashupatinath. In the evening you

can haggle for your souvenirs at the many shops and markets.

Night hotel.

*(Dinner not included)*

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## Day 10: Fly Kathmandu to London

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### WHAT'S INCLUDED

- Scheduled return flights to London
- All accommodation (generally twin share)
- Meals as detailed in Itinerary
- Discover Adventure leader
- Full vehicle support, local guides, cooks, drivers etc
- Route information

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### WHAT'S EXCLUDED

- Meals as detailed in itinerary
- Alcoholic drinks
- Sleeping bag and sleeping mat
- Personal travel insurance (to cover personal injury, cancellation/curtailment, lost items etc)
- Fuel supplement levied by airline at approx. £200
- Visa

## GRADE | ORANGE

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **ORANGE** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors; trip duration, accommodation and living conditions (see icon) are also taken into account.

[Trip grading explained](#)

# CHALLENGE INFORMATION

## DETAILED INFORMATION

### Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first aid. You are in very safe hands with a Discover Adventure leader. Usually leaders are based in the UK or other English-speaking countries and lead for us regularly throughout the year in many different countries. In some instances, trips are led by in-country guides with a wealth of knowledge about the region; they have been trained by us to provide the level of support expected on a Discover Adventure trip.

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### Local Support Crew

Our local support crew is made up of local guides, assisted by drivers, porters, cooks and other support staff, depending on the type of trip. Local guides know the area well, and are a great source of knowledge about local customs and lifestyles. Not all support crew will speak English well, but are very friendly and approachable. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely.

Your leader will arrange a collection of tips for the local support crew at the end of your trek, and you will be provided with a guideline amount in advance. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something! All our local crew are paid wages, but bear in mind that the average wage in many countries we travel to is far below what you would spend on a normal night out.

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### Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

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### Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice).

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### Flight Information

Group flights leave from London Heathrow or Gatwick on scheduled airlines and are booked through Discover Adventure Ltd under ATOL licence 5636. By travelling with Discover Adventure you are protected by the Civil Aviation Authority

(CAA).

Your journey may involve a transit en route, details of route and flight times will be confirmed several months before departure. We do not always use the same airline for each destination; if you wish to know the probable carrier and flight times, please call for details. You will usually receive confirmed flight details several months before departure. Our itineraries are always based on current flight schedules and are therefore subject to change by the airline. If you prefer to book your own flights please ask us for a land-only cost.

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## PREPARING FOR THE CHALLENGE

### Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be sure. To find out if you need a visa you can check your requirements using our partner, Visa Machine, website [here](#); please ensure you allow plenty of time.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check [Fit For Travel](#) for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

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### Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

If you are still to buy some kit don't forget that Cotswold Outdoor, Snow and Rock, Cycle Surgery and Runners Need offer all Discover Adventure participants **15% off** any purchases you make with them. Please ask us for the code if you do not have this already.

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### Travel Insurance

Travel Insurance is compulsory on our challenges; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed. Should you need to cancel on medical grounds, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

You should also ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation.

You can obtain a quote with Insure to Travel from our website [here](#), or you may choose to take out your own travel insurance, just remember to let us know the policy number and emergency phone number!

For more information about travel insurance, please click [here](#).

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## Cultural Differences

For most people, the main attraction of travelling to a different country is to see new sights and enjoy new experiences. Sometimes those new experiences can make life harder or more inconvenient than you may like, such as toilet hygiene or different food, or simply a different attitude to solving problems. This is all part of the challenge you are signing up for! We are very privileged to live in a country with a high standard of living, and travelling exposes us to different challenges – all of which help broaden our horizons. We can guarantee that coming face-to-face with experiences outside your normal 'comfort zone' will help you bond with your fellow participants and provide you with plenty of things to laugh about! A sense of humour and sense of adventure are two of the most important things to bring with you!

## BUY YOUR KITBAG

Only £42 - designed to deal with the rigours of your challenge.

Easier for accessing gear than a rucksack (especially when camping) this is probably the most cost-effective way to take your luggage on a Discover Adventure challenge!



Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 20 Jan 2021, and the challenge is subject to change.