

## Himalayas Trek



### ACTIVITY

Trek

### ACCOMMODATION

Communal

### CHALLENGE FACTORS

Terrain

### DURATION:

10 days

### GRADE



This wonderful trek offers the ultimate combination of fascinating culture, great trails and the spectacular scenery of the Himalayas!

We walk through thick rhododendron forest and continue up out of the tree line, where awe-inspiring views of the great peaks and glaciers of the Himalayas await us. On the way, we take in waterfalls, dense forest and hospitable mountainside villages, providing an authentic glimpse into local life.

This is a challenging trek in mountainous terrain, but we remain at relatively low altitudes (by Nepalese standards anyway!) while being rewarded with some of the most magnificent mountain panoramas in the world! Starting only an hour's drive from Kathmandu, this trip packs in the trekking, without long hours of travelling. With time to explore Kathmandu and the old-world charm of Bakhtapur, this is a challenge not to be missed!

This trip generates around **140 kg of CO<sub>2</sub> per person**. Because of our commitment to responsible travel, **we offset 100% of these emissions**, including flights booked with us.

## DETAILED ITINERARY

### Day 1: Depart London for Kathmandu

### Day 2: Arrive Kathmandu; City Tour

Transfer to hotel to freshen up. Time permitting, we enjoy an afternoon city tour by rickshaw and on foot, via

bustling backstreets, bazaars and chowks to colourful Durbar Square and the royal palace. This is a wonderful introduction to the ancient heritage and modern chaos that is Kathmandu. Back at the hotel, we have a trip briefing and dinner. Night hotel.

*(Lunch not included if not in-flight)*

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### **Day 3: Kathmandu – Sundarijal; Trek to Chisopani**

An early start sees us driving to Sundarijal, an hour northeast of Kathmandu, where our trek begins. Today we'll ascend almost 1000m, so it's straight into the challenge, but we take it steady and enjoy marvelling at our surroundings! Sundarijal means *beautiful water*, and this region supplies much of the water to the Kathmandu Valley; we'll see numerous streams and waterfalls as we hike. Stone steps and forest trails take us up into Shivapuri National Park, and we cross the small village of Mulkharka. Continuing uphill, we trek through rhododendron and oak forests to the top of the ridge. After some time to enjoy the magnificent mountain views, we take the trail downhill to Chisopani. After a rest, you can explore this authentic village. Night teahouse (2300m).

**Drive approx. 1 hour; Trek approx. 4-5 hours**

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### **Day 4: Trek Chisopani – Kutumsang**

After an energising breakfast, we ease out any aching muscles on an initially downhill trail, before an undulating stony path takes us over fields and meadows, with fabulous views. At the hamlet of Gul Bhanjyang, we tackle the long trek up to another pass, and then it's downhill again – on legs that are starting to get used to the constant ascending and descending that is trekking in Nepal! – to our teahouse at Kutumsang. Night teahouse (2470m).

**Trek approx. 7-8 hours**

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### **Day 5: Kutumsang – Thadepati**

Probably the most challenging day for many! A long trail takes us gradually uphill through pine, fir and rhododendron forests, passing an impressive 25m-high waterfall en-route. We pass through several small settlements, enjoying the small glimpses they give us into local life high up here in the Himalayas, and finally come to Thadepati Pass, our highest point at 3690m, above the tree-line. After some time to soak up the views of snow-capped mountains that are our well-earned reward, we descend to Thadepati, below the pass, where we spend the night. Night teahouse (3650m).

**Trek approx. 6-8 hours**

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### **Day 6: Thadepati – Malamchi Gaon**

An easier day after yesterday's big challenge! We head back into pine forests on a predominantly-downhill trail which sees us crossing suspension bridges over the mountain rivers gushing below us. Melamchi is a friendly Sherpa village surrounded by beautiful forests, and we have plenty of time on this short trekking day to explore the village and its monasteries. Night teahouse (2530m).

**Trek approx. 3-4 hours**

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**Day 7: Malamchi Gaon – Sermathang** Setting off downhill towards Melamchi River, we cross the river and enjoy a rare flat section, a welcome treat! After walking through forest and crossing several streams, we climb again to the beautiful Sherpa village of Tarkeghyang, and then it's more downhill through forest before yet another uphill stretch as we contour through the foothills. A final descent brings us to Sermathang, where we discover more of the famous Sherpa culture and hospitality. Night teahouse (2590m).

**Trek approx. 6-7 hours**

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### Day 8: Sermathang – Kakani – Bhaktapur

The last day of our trek, and we savour the views and the friendly villages as we descend gradually through meadows and cultivated fields, passing gompas, temples and mani walls, a constant reminder of this fascinating culture. We finally come to the village of Kakani, the end of our Himalaya trekking. From here, we drive to Bhaktapur, an ancient town in the Kathmandu Valley. Night hotel.

**Trek approx. 3 hours; Drive approx. 3 hours**

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### Day 9: Bhaktapur – Kathmandu

We enjoy a morning tour of this medieval town, which is a very different experience to Kathmandu, and the Himalayan villages we've become used to. Wonderfully-preserved, Bhaktapur still oozes old-world charm in its temples and squares, with crafts and customs going back centuries. After lunch, we drive to Kathmandu and back to our hotel, where you are free to explore the surrounding district of Thamel and enjoy the many souvenir-shopping opportunities! In the evening, we gather together for a celebratory meal to mark our many achievements! Night hotel.

*(Lunch not included)*

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### Day 10: Fly Kathmandu to London

Transfer to airport for the flight home.

*(Lunch not included if not in-flight)*

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## WHAT'S INCLUDED

- Return flights from London to Kathmandu
- All known airline taxes
- Transport and transfers as part of the itinerary
- All accommodation in hotel (twinshare) and teahouses
- All meals except where specified
- Discover Adventure crew (number dependent on group size)
- Local guides, porters, cooks and drivers
- Local support and back-up equipment

- Trekking permit and any other sites included in the itinerary
- **We offset 100% of the carbon emissions from your trip, including flights booked with us**

## WHAT'S EXCLUDED

- Nepal entry visa
- Travel insurance
- Any meals specified 'not included' in the itinerary
- Personal spending money, souvenirs, drinks and tips for the local guides/support crew
- Fees for any optional sites, attractions and activities
- Any applicable surcharges as per Terms and Conditions

## GRADE | ORANGE

All our trips are designed to provide a challenge. 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 are also taken into account. Some sections will feel more challenging than others, but the grade reflects the overall trip. Unusual weather conditions can also have a significant impact.

The Accommodation icon indicates the living conditions while trekking/cycling. While there are usually several factors that present a challenge, the Challenge icon indicates the trip's most challenging element, for most people.

[Trip grading explained](#)



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 23 Apr 2026, and the challenge is subject to change.