# NEPAL

## Himalayas Trek







| ACTIVITY | ACCOMMODATION | CHALLENGE FACTORS | CHALLENGE FACTORS | DURATION: | GRADE |
|---|---|---|---|---|---|
| Trek | Communal | Altitude | Terrain | 10 days | |

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 $CO_2$ 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

Transfer to our hotel in the tourist-friendly Thamel area. We meet again for dinner and a trip briefing, before

sorting our kit out ready for tomorrow!

*(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 – expect plenty of steps – and then it's downhill again (more steps!) You'll be starting to get used to the constant ascending and descending that is trekking in Nepal, as well as the views that inspire you to keep going! We finally arrive at our teahouse at Kutumsang. Night teahouse (2470m).

**Trek approx. 7-9 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**

**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. 6-8 hours**

## Day 8: Sermathang – Kakani – Kathmandu

The last day of our trek, and we savour the views and the friendly villages as we trek (predominantly descending) through meadows and cultivated fields, passing gompas, temples and mani walls, a constant reminder of this fascinating culture. Passing through the village of Kakani, we head toward the Indrawati River. Our vehicles will meet us on the rough track that zig-zags down towards Melamchi Bazar, in the valley, and we'll transfer to more comfortable transport for the drive back to Kathmandu. Night hotel.

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

## Day 9: Kathmandu; City Tour

This morning we enjoy a guided tour of some of the main sights of bustling Kathmandu. Packed with temples and palaces, markets and sadhus, Kathmandu is a labyrinth of experiences - captivating, but a different experience to the peaceful Himalayan villages we've become used to! Highlights include central Durbar Square, infused with a medieval atmosphere, overflowing with stupas and home to the Old Royal Palace, and the incredibly-photogenic Buddhist temple of Bodhnath, swathed in prayer-flags. After our tour, we head back to our hotel, where you're in the perfect position to enjoy the many souvenir-shopping opportunities in the surrounding district of Thamel. In the evening, we gather together for a celebratory meal to mark our many achievements! Night hotel.

*(Lunch not included)*

## Day 10: Fly Kathmandu to London

Free to discover this fascinating city further until it's time to transfer to airport for the flight home. Depending on flight schedules, we occasionally arrive very early the next day.

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

# 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

# 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.

## Trip Doctor

An expedition doctor or medic accompanies the group (dependent on group size.) Their role is to look after the well-being of the whole group and deal with any medical incidents. They help the crew to ensure the trip runs smoothly, and encourage you when things get tough. The total number of crew looking after you will depend on the final size of your group.

## 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 may be less than you would spend on an average night out.

## 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 appropriate communication devices (eg phones, radios), 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.

## Altitude

Altitude adds to the challenge, and affects people differently. Most travellers experience no more than headaches and shortness of breath (typical symptoms of being at altitude, and not usually a concern.)

Acute Mountain Sickness (AMS) or 'altitude sickness' occurs when you ascend to high altitude quickly. The best way to avoid it is to allow time for the body to adjust - our itineraries are designed with this in mind - and to walk at a slow pace (which our leaders will set). We also recommend avoiding alcohol and smoking. Problems usually begin at heights of around 3500m - 4500m.  More severe symptoms are usually quickly remedied by descending to a lower altitude and taking more time to acclimatise.

## Flight Information

Group flights usually 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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## Accommodation

Accommodation is in shared rooms in teahouses (simple but comfortable mountain lodges) when trekking, and hotels or guesthouses when in cities. City accommodation is comfortable with private, twin-share facilities. Tea-houses are generally simple, and are run by individual families. The most common 'best memory' of a trip to Nepal is the warmth and hospitality of the local people and the evenings spent in the teahouses along the route.

The tea houses vary, but please be prepared for rustic conditions, especially if you are only used to nice hotels! Being out of your comfort zone adds to the **challenge** and makes your achievement all the sweeter.

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## Roomshare Arrangements

Our trips are sold on a shared accommodation basis. Some nights are usually twin-share. On some nights we are likely to sleep in more communal rooms such as dormitories, huts, local homestays, etc., depending on the trip, and you may be sharing with a larger number of participants or the whole group; this type of accommodation cannot always be single-sex.
You can tell us if you are travelling with someone else on the trip when you book or within your passenger portal, and we will do all we can to accommodate this request. It is important that each person completes the room share request on their bookings. For customers booking and travelling together, including same-sex couples, a double bed can be requested if available.
If you're not familiar with anyone in the group, rest assured, we always pair you with someone of the same gender (as per the information you provided when booking, or passport markers), and a similar age where possible. We're actively working to improve our system's gender restrictions to be more inclusive, and we've recently made significant strides in this area. If you identify differently from the gender marker on your passport and would like to discuss this before booking, please feel free to reach out to us.

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## Single Supplements

In most standard hotels, we can usually offer a limited number of single rooms. This is upon request, on a first-come, first-served basis, and additional charges apply. In more communal accommodation, single rooms are rarely an option. We do not charge a single supplement if you are a solo traveller in a shared room.

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## Food & Dietary Requirements

The food provided is plentiful, often local in style and freshly-cooked, and will give you plenty of energy. Sometimes we

enjoy a buffet-style lunch-stop, other times we might have packed lunches. On some trips we stop at small local restaurants. Dinners are generally eaten at our accommodation each evening. In some regions there may be less variety than you are used to, and in others fresh meat or produce can be harder to come by. Any meals not included are listed in the itinerary and are generally on travel / free days, giving you the opportunity to explore and try other culinary experiences! There is always something to suit different budgets.

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home – we may be in very rural or remote areas, or among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat we strongly recommend you bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

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### Luggage

Your luggage, food, water and equipment is transported for you from one night-stop to the next. If there is easy road access this is done by vehicle; if not porters, mules or even camels might carry your bags, depending on the terrain.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already. You should also bring a small daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.

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## PREPARING FOR THE CHALLENGE

### Challenge Grading

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Trip grading explained

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## Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

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## Terrain

You will be trekking through valleys and forest, and more barren, rocky slopes above the tree-line. Paths are rough underfoot in places, and may be slippery after rain. There are steep sections, and also series of steps. The terrain is hilly and on the first day you will ascend approximately 1000m – tough for a first day. While the trek reaches elevations over 3000m, this is a relatively low-altitude Himalayan trekking experience and we would not expect altitude to impact much on your efforts.

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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, with plenty of information, and we are always available if you need advice.

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## 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. Please ensure you allow plenty of time to apply for your visa; we will provide you will all necessary information 6 weeks prior to depature to assist with your application.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check the NaTHNaC Travel Health Pro website 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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## 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.

## Travel Insurance

Travel Insurance is compulsory on all of our challenges outside of the UK; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed, or as soon as you're able to purchase some, and at least 8 months prior to travel. Should you need to cancel prior to departure, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

We all hope never to need it, and thankfully most of the time we don't, but on those rare occasions when you do, you want it to cover you as best it can. Whilst it's a fairly boring admin task relating to your trip of a lifetime, it is really important you ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation, so make sure you're happy with the level of cover. There are lots of suppliers out there, with a wide range in levels of cover; generally speaking, you get what you pay for! Get and pay for the right level of cover and then you can go on your adventure not having to worry about the what-if's. For more details click here.

Once your travel insurance is arranged, just remember to let us know the policy number and 24-hr medical emergency phone number provided by your insurers.

## Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by email or post. Your cancellation will be considered effective from the date the notice is received. Registration, administration and amendment fees are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.

## Group Size

Your booking is part of a group challenge, and the tour costs and fundraising targets listed on our website are based on a minimum number of participants which is shown on the challenge Our typical groups run with approximately 15-25 participants; however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run. Occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

**Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.**

## Passenger Portal

We have a Passenger Portal which will give you more details of the challenge itself. It also enables you to see any

outstanding information we need, the countdown to your challenge departure, see your outstanding balance, make payments and update your contact details. You can access this via the following link - Passenger Portal Log in.

# CHALLENGE EXTENSIONS



## CHITWAN NATIONAL PARK

Chitwan National Park lies in Nepal's subtropical Terai lowlands in the south of the country. It was Nepal's first National Park, awarded World Heritage Site status in 1984.

Its dense jungle, marshy wetlands and rippling grasslands are a haven to wildlife such as the one-horned rhino, sloth bear, gharial, leopard, and the creature everyone hopes to catch a glimpse of – the elusive Royal Bengal tiger. We will also keep our eyes open for the many other species of animals and birds which live here, including several species of deer and monkey.

We explore this beautiful and enchanting habitat by jeep and dug-out canoe, and also visit a local community, where the way of life is very different to what we have experienced in the mountains of Nepal.

**Contact the office for pricing and availability.**

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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 Nov 2026, and the challenge is subject to change.