



WATERAID TREK THE HIMALAYAS

NEPAL • TREK • ORANGE 1

ABOUT THE CHALLENGE

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!

WATERAID TREK THE HIMALAYAS • 10 DAYS

Day 1: Depart London for Kathmandu

Day 2: Arrive Kathmandu

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

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

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

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 degree view of most of the Annapurna Massif, including the monolithic hulk of Lamjung Himal and the famous fishtail peak of Machupuchare. 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

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

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

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

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)

Day 10: Fly Kathmandu to London

CHALLENGE INFORMATION

DETAILED INFORMATION

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.

Accommodation

We camp in two-man tents; these are usually expedition-style (ie sleeping room only). Camps are usually simple, in remote locations with great views! We have communal dining areas (usually with tables and chairs/stools) and toilet tents, and the local crew look after us very well. We stay in hotels (of a 2-3* standard or equivalent) at the start and end of the trip; standards may vary between different hotels, but they are generally clean and comfortable with good facilities.

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.

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.

PREPARING FOR THE CHALLENGE

Clothing

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.

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](#).

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.

TREK TRAINING WEEKEND

£170 Special Offer - Only when you book at the same time as registering for your main challenge

Discover Adventure Trek Training Weekends take place in Snowdonia National Park, Wales. This training weekend is designed to put you through your paces to enable you to gauge fitness levels and gain advice from our experienced leaders.

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](#)



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 16 Jul 2019, and the challenge is subject to change.