

NEPAL

Trek the Himalayas

Duration: 11 days / 10 nights

Trip Grade: Moderate

Dates:

8 Mar – 18 Mar 2014

18 Oct – 28 Oct 2014

7 Mar – 17 Mar 2015

17 Oct – 27 Oct 2015



This magnificent trip, with the ultimate combination of spectacular scenery and fascinating culture, takes place in the Himalayan Annapurnas, home to some of the highest peaks in the world. As we trek among them, we feel dwarfed by the sheer size and proximity of their snow-clad peaks.

Our challenge takes us from the frenetic, fascinating city of Kathmandu north to Pokhara and the start of our trek. We pass through thick rhododendron forest and mountainside villages, perched up above picturesque rice terraces, providing a real glimpse of local life.

We continue up out of the tree line over 3000m, where awe-inspiring views of the great peaks and glaciers of the Himalayas await us, including the famous 'fish-tail' mountain of Machupucchare. This will be a tough challenge, but one where our efforts reward you with some of the most magnificent mountain panoramas in the world!



ITINERARY

Day 1: Depart London for Kathmandu

Day 2: Arrive Kathmandu

Transfer to hotel for briefing and dinner.

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.

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 down into the Sardi Khola valley to our first suspension bridge, then head across 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 on a steep path 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.



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 Machupucchare. 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.



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.

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.



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.

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: Free Day Kathmandu

Free to explore and soak up the atmosphere of Kathmandu in its multitude of eateries and roof top terraces and fit in any last minute shopping. It's a very good opportunity to take advantage of the multitude of shops and fine Nepalese souvenirs to be purchased. (Lunch and Dinner not included)

Day 11: Return to UK

PRACTICAL INFORMATION

Flight Information

Group flights leave from London Heathrow or Gatwick 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). We are most likely to fly with Jet Airways. However, we don't always fly with the same airline so this is a guideline only. 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.

Connecting Flights

If you book flights to Heathrow or Gatwick, it is your responsibility to allow plenty of time to connect to the group flight and to cope with any flight schedule changes. Please be aware that the best deals allow little flexibility if you need to change them. We regret that we are unable to book connecting flights for you.

Transit Stops

When booking group flights we endeavour to find the best flights that match our itinerary. There are often no direct flights to our destination, so do be prepared for transit stops: bring a good book or chat to your fellow trekkers! Airlines that do offer direct flights rarely offer competitive rates for groups. Please remember that the main purpose of our trips is to raise money for charity!

Flying Separately

If you prefer to book your own flights please ask us for a land-only cost. You will be responsible for making your own arrangements for meeting the rest of the group, though we can advise you. We need to know if you do not require our group flight as early as possible - please complete the form you'll have been sent by your charity, or request one from us.



Accommodation

Accommodation is on a twin-share basis and comprises of 5 nights camping & 3 nights in 2-3* hotels in Kathmandu and Pokhara. The hotels are comfortable with ensuite facilities and hot water. Please do not expect hotels to be the same as a tourist hotel in the UK – they may be better in some ways and more basic in others!

Food

All food is included except for three meals at the beginning and end of the trip. The food is great, will provide you with plenty of energy, and there is plenty of it.

Terrain

The terrain is very varied as the route passes through valleys, forest and bare mountain slopes above the tree line; paths on the whole are good but are very steep in places and with many steps to both walk up and down. Terrain can be slippery in wet conditions. You should have a good level of fitness to enjoy the trek to the utmost. Although we do not trek higher than 2850m, some people may find they experience shortness of breath due to the altitude.

Trekking Distances

Because of the varied terrain and lack of accurate maps, it's impossible to give accurate daily distances. It's also much more useful when training to think about the hours you need to walk for, and the terrain involved, rather than the actual distance!

Payment Options:

	2014	2015
Fundraising:		
Registration Fee	£229	£299
	+	+
Fundraising Target	£3100	£3200
Self Payment:		
Registration Fee	£229	£229
	+	+
Trip Cost	£1350	£1400
	+	+
Fundraising Target	Raise as much as you can!	Raise as much as you can!

Email office@asti.org.uk for more information

Sign up at:

<http://www.acidviolence.org/index.php/how-you-can-help/fundraising-events#himalayas>

