



## Trek the Himalayas



**Activity: Trek**   **Grade:**  **(Demanding)**   **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

#### 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**



## DETAILED ITINERARY (cont.)

### 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. 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



## CHALLENGE GRADING

Our trips are graded from Challenging (Grade 1) to Extreme (Grade 5).

This trek is graded **Demanding (2)**. Main challenges lie in the steep, sometimes exposed terrain, with many sections of steps, and some long days.

Many factors influence the Challenge Grading, such as terrain, distances, climate, altitude, living conditions, etc. The grade reflects the overall trip; some sections will feel more challenging than others. Unusual weather conditions also have a significant impact, and not all people are tested by the same aspects.

Our grading levels are intended as a guide, but span a broad spectrum; trips within the same grade will still vary in the level of challenge provided.



## DETAILED ITINERARY (cont.)

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

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

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### Chitwan National Park Extension Available – Adds 4 Extra Days

Discover the jungle and wetlands of Chitwan National Park in Nepal's sub-tropical lowlands, home to a wealth of wildlife including rhino, bear and the elusive Bengal tiger. See website for further information.

