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# THE SIKLIS TREK

## NEPAL

### MARCH 2011

Charity reg: 1108298

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**Grade:** Moderate / Fairly Strenuous  
**Duration:** 10 days land-only  
**Trekking Days:** 6  
**Maximum Altitude:** 3500m

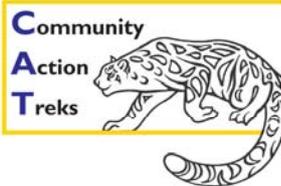
This bespoke Thames Hospicecare Trek has been organised with Community Action Treks (CAT) who specialise in trekking and climbing in the Himalaya and other mountain regions.

# Thames Hospicecare

working with

## COMMUNITY ACTION TREKS LTD

Registered in England No. 4402182  
Directors: Doug Scott CBE Jeff Frew and Martin West



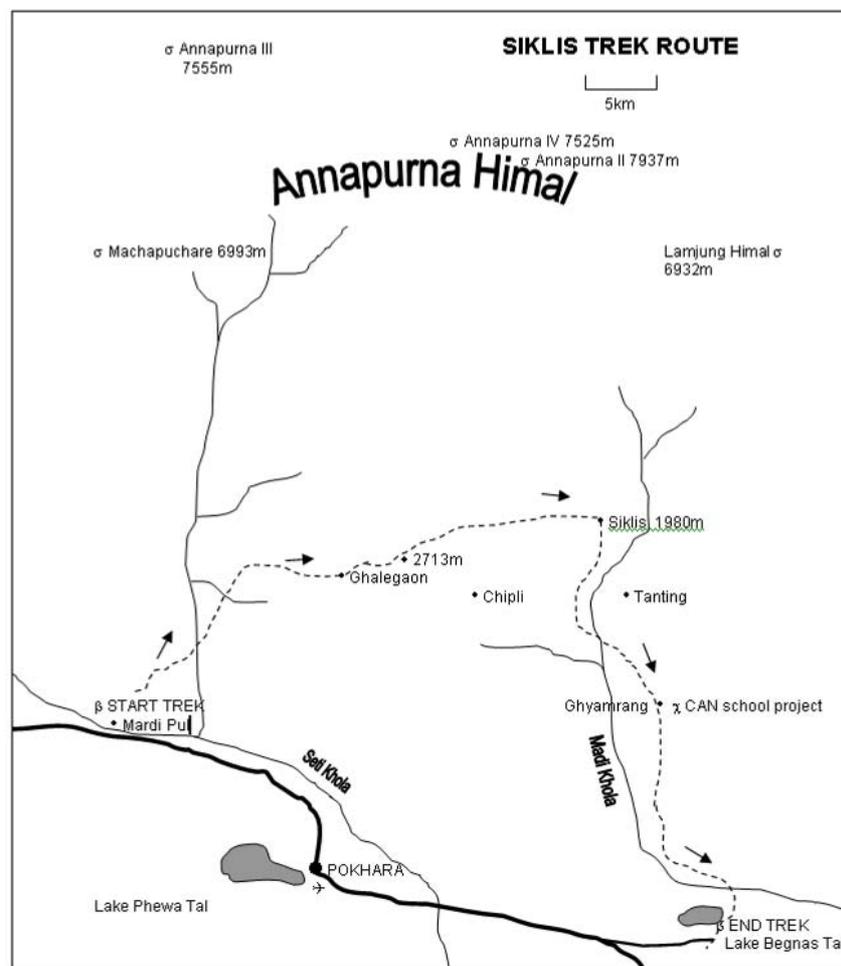
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Siklis is one of a number of villages scattered among the foothills and valleys of the ranges that lie south of the Annapurnas. These mighty snow-capped peaks, rising to over 7000 metres, are many people's dream of the Himalaya and dominate the skyline of our trek along the ridges and valleys of the region. Our roughly circular route also takes us among the farms and villages of the Gurungs, a people of Tibetan origins, who practised an intriguing shamanistic religion and are quite unused to seeing foreigners. Contact can be very rewarding and at the village of Gyamrang, where Community Action Nepal support a school, health post and income generating activities, the local women's group may sing and dance for us.

We follow quiet forest trails, alive with bird song and a blaze of colour in spring, when the rhododendrons are in bloom. They give way to the cultivated fields of the villagers, where crops of maize, wheat, rice and millet are grown. Climbing to the ridges of open pasture, we enjoy uninterrupted views of 7939m Annapurna II and 7525 Annapurna IV, as well as the fish-tail peak of Machhapuchhare, considered one of Nepal's most beautiful mountains.

The trek is graded moderate to fairly strenuous although at a low altitude throughout, however some days are quite long.

At the end of the trek, we spend a day in the pretty lakeside town of Pokhara, before flying back to Kathmandu, where we have a further day to shop and explore. For those who prefer, there is an optional extension to visit Chitwan National Park, one of Asia's premier wildlife sanctuaries.

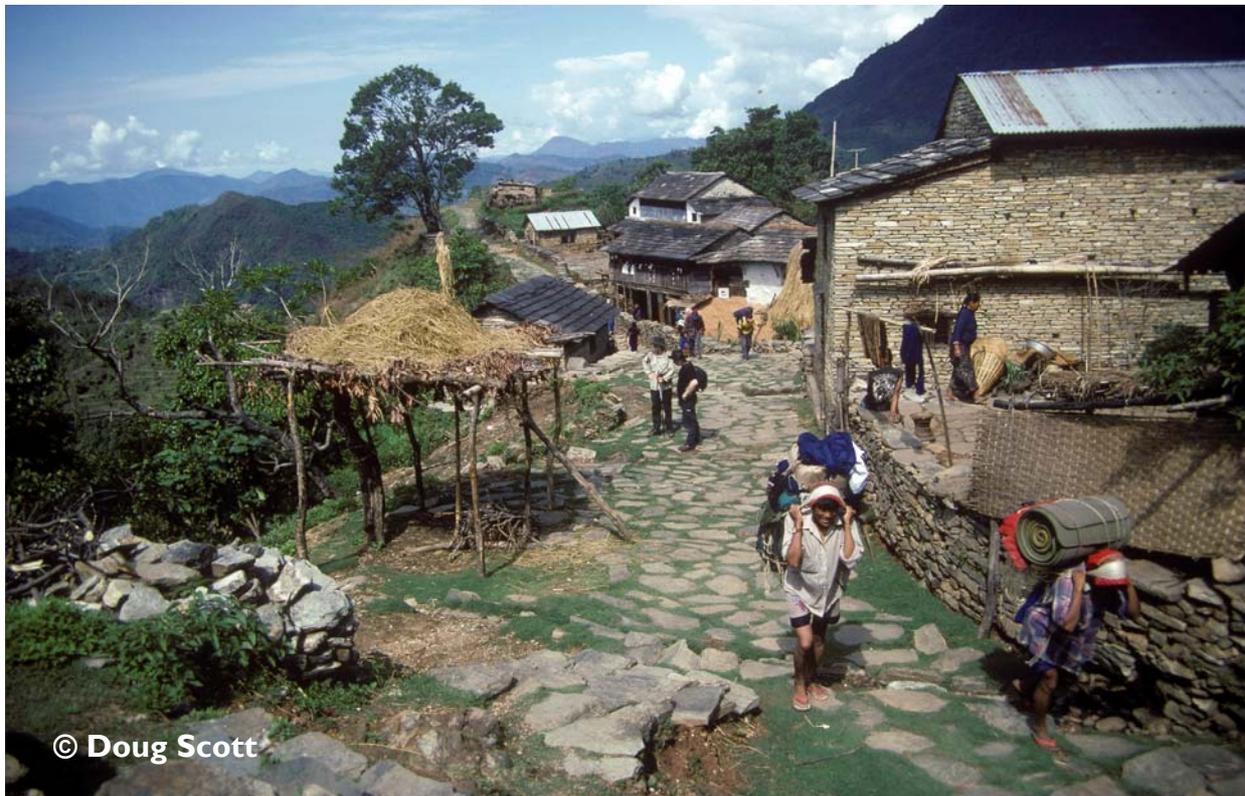


## OUTLINE ITINERARY

### Walking and journey times are approximate

- Day 1: Arrive Kathmandu:** transfer to hotel. A full trek briefing is given then the rest of the day is free to explore Kathmandu.
- Day 2: Fly to Pokhara:** We take an early morning flight to Pokhara, It is then a short drive to the start of the trek at Mardi Pul. We meet with the trek team and porters and set off to the village of Ghachok where we will have a leisurely lunch. Afterwards, we head towards Diphrang Bridge and cross the Seti Khola to camp on the east side of the river. There are hot springs here where you can bathe should you wish.. There is also an abundance of bird and plant life in the valley and we should be there in time to have the chance to explore. (3-4 hours walking)
- Day 3: Trek to Galegaon:** Today we trek south along the banks of the Seti Khola, taking in the beautiful scenery. After lunch we head up towards the ridge that separates the Madi and Seti Khola rivers and camp at the village of Ghalegaon. From here we have magnificent views of the Annapurna mountain range, including the fish-tail peak of Machhapuchhare. (5-6 hours walking)
- Day 4: Trekking to Siklis.** Sunrise can be particularly memorable from the campsite, so be sure to be up early to catch the pink glow on the summit of Machhapuchhare. This is a tough day, starting with a climb up to the forested ridge where we will find a suitable lunch spot, somewhere in the region of Nyalulak Kharka. From here we follow the ridge through the rhododendrons, which bloom in spring, lending a wonderful splash of colour to the landscape, finally descending steeply through meadows to make camp just above the village of Siklis. Like many villages in the region, the inhabitants of Siklis are Gurungs, a people of distant Tibeto-Burman origin who live from sheep herding and cultivation of crops of millet, wheat, rice and maize. Many ex-Gurkhas live in the village and enjoy meeting trekkers. From the village there are excellent sunrise and sunset views of Annapurna II (7937m), Annapurna IV (7525m) and Lamjung. (8-9 hours walking)
- Day 5: Trek to Gyangrang:** Today we head down towards the Modi Khola, passing through terraces of millet and paddy, to lunch by the banks of the river. After our rest we make our way along the river for a couple of hours and cross the permanent bridge to head up through light forest to our camp at Gyangrang (1300m). Here we pitch our tents by the school, which Community Action Nepal is supporting. In the evening the local women's group may entertain us with singing and dancing. (7-9 hours walking).
- Day 6: Trek to Bhagowatitar:** Leaving the village we start a gradual ascent towards the ridge top town of Yanjakot whose Gurung inhabitants have served with the Gurkhas. After the town we head towards our lunch stop at the village of Gairakharka. This is not a well-travelled route and the people we may encounter in the numerous villages scattered on the valley slopes above the river are unusually friendly. This is rural Nepal at its best and most industrious. After lunch we begin a gruelling 500m descent down stone steps to the Modi Khola and our campsite which is located over the robust suspension bridge at Bhagowatitar (700m). (7-8 hours walking)
- Day 7: Trek to Begnas Tal, drive to Pokhara:** our final day trekking, we ascend gently to our last real viewpoint of the mountains. From here we descend many hundreds of stone steps, winding our way through paddy fields and villages to Khanaswaanra, and views of the beautiful lake Begnas Tal. It is now only a short and pleasant walk down to the lake where we must say goodbye to our porters. It is a short drive to Pokhara where we check in to the hotel and enjoy a long-awaited shower. (3-4 hours walking)
- Day 8: Pokhara:** free to explore the relaxed city of Pokhara.
- Day 9: Fly to Kathmandu:** we take the 25 minute flight to Kathmandu and transfer to our hotel.
- Day 10: Depart Nepal**

**Important Note: Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.**

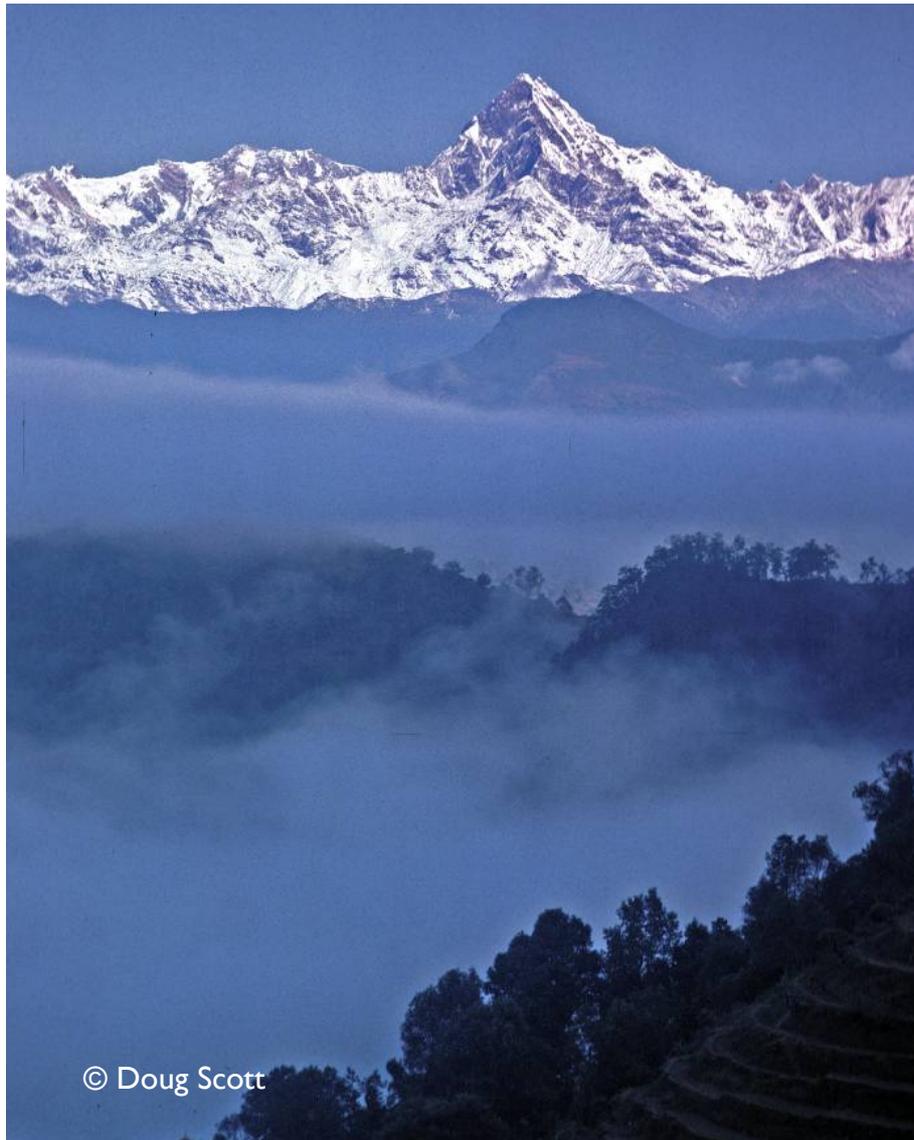


### **The Price Includes:**

- Journeys (by air) between Kathmandu and Pokhara
- Transfers between Kathmandu Airport and hotel accommodation
- Accommodation for 2 nights in Kathmandu and 2 nights in Pokhara in rooms with ensuite facilities and inclusive of breakfast. Price assumes 2 sharing bedrooms and tents
- Participation in the trek as per itinerary inclusive of full board, camping equipment (not sleeping bags), services of porters (15 kg load per participant); Sirdar (head guide) and kitchen staff; trekking permit

### **Not Included:**

- International flights
- Airport taxes (approximately £20 from Kathmandu payable in rupees at Kathmandu)
- Nepalese visa
- Meals in Kathmandu and Pokhara other than breakfast
- Travel Insurance
- Tips
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money)



**Options:**

**Extra nights are available if you want to extend your stay in Kathmandu at £35 for a double room.**

**Optional visit to Chitwan National Park**

**At the end of your trek, C.A.T can arrange for you to visit Chitwan National Park. Please contact their office for costs. Price will include accommodation, full board, wildlife excursions and transportation from Pokhara.**

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#### COSTS

LAND COST	£ 825
FLIGHT COST	£ 950
FUNDRAISING FOR THc	£1,000

**Please note:**

Flight costs are subject to change until the time of ticketing.

Prices are based on a minimum of 10 participants

#### PAYMENT PLAN

A non refundable deposit of £300 is due at time of booking.

Standing order arrangements can be put in place with Thames Hospicecare for the balance to be taken over a period of 12 months (+/-) depending on time of booking. Please advise at time of booking.

Alternatively the balance must be received by Thames Hospicecare by December 2010.