



COMMUNITY ACTION TREKS

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# Bhairav Kund

A cultural trek to the unspoilt beauty of the holy lake.

NEPAL





**GRADE**  
GENTLE

**MAX ALTITUDE**  
4010m

**TREKKING DAYS**  
7

**TRIP LENGTH**  
10 days

**MIN PEOPLE**  
4

## Bhairav Kund

This trek is designed for trekkers who seek a challenge but within a relatively tight timescale, or for people who want to mix trekking with other adventure activities. This is a trek of contrasts, taking us from the communities and culture of Tamang villages to the unpopulated and less frequently visited holy lake of Bhairav Kund.

The descent from the lake at 4000m is through rhododendron and oak forests to the scenic villages of Tanasthan and Duguna before a well-earned rest at one of the resorts close to the Tibetan border and a visit to the Community Action Nepal supported school for deaf children at Bahrabise.



**TREKKING WINDOW**  
MAR - MAY & OCT - DEC

### PRICE

£1295 per person\* (land only price - see last page)

\*prices subject to change



Bhairav Kund

# Itinerary

CAMPING TREK

walking times are approximate

## Day 1

### Arrive Kathmandu

Namaste! And welcome to Kathmandu, the colourful capital of Nepal where ornately carved balconies mingle with beautiful shrines and temples. Your adventure begins with a welcome meeting on arrival at the exit gate of Kathmandu airport. Our staff will welcome you with CAT's palm plate and take you to your hotel. For the rest of the day you can relax at the hotel or take a short evening walk around local markets on your own.

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## Day 2

### Kathmandu to Manje 1290m (5 hour drive, 3 hours walking).

We leave the hotel in Kathmandu early in the morning to drive to the trail head at Chanaute. A packed lunch is provided on arrival at Chanaute before the walk to Manje. En route we walk through Sun Khola, the site of a village washed away in the monsoon about 15 years ago with the loss of many lives. We make our first night's camp in an idyllic spot close to the river and a stupa.

## Day 3

### Manje to Bolde 1643m (4 hours walking).

Today's walk takes us through the Tamang villages of Goltegaun and Panggarpu and on to Bolde. This is a short day to prepare us for more rigorous challenges ahead. The scenery and views of Jugal Himal (6535m) and Dorje Lapka (6966m) on a clear day are stunning. Be prepared as you pass through the villages to be escorted by interested children – they do not come across many westerners in this area.

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## Day 4

### Bolde to Kyangsing Gompa 2800m (5 hours walking).

Another relatively short day which sees us trek from Bolde through Gompelang and on to Kyangsing, where we will be staying overnight at the Gompa. Although the walk from Bolde to Gompelang is not too challenging, after lunch we drop down to the Salmaghing Khola and back up the other side to Kyangsing. About half an hour's walk out of the village we climb up to the Gompa where we camp overnight.





## Day 5

### **Kyangsing Gompa to Nautale Kharka 3410m (7 hours walking).**

A more strenuous day walking and a climb from the Gompa to Nautale Kharka. From the Gompa we rejoin the trail through the rhododendron forest and work our way up to a meadow – a clearing in the forest – which is close to a water supply. There are several such clearings en route but our chosen camp site is determined by the proximity of water.

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## Day 6

### **Nautale Kharka to Bhairav Kund 4010m (7 hours walking).**

We move up through and leave the rhododendron forest towards Chormu Pati and on to Bhairav Kund. The first part of the day also takes in a burnt area of scrubland after which we move onto the Bhairav Kund Lekh - a ridge with views of the Langtang on a clear day to the West and Tibet to the East. Our efforts are amply rewarded on arrival at Bhairav Kund – a holy lake surrounded by mountains and accompanied by a chorten – all offering a serene and restful place to spend the night. Depending on time of arrival, there should be time to climb the ridge behind the lake to take in fabulous views of the Langtang and Tibet.

## Day 7

### **Bhairav Kund to Pungthali Kharka (5 hours walking).**

We begin our descent early in the morning and take lunch on the ridge walk on the way. Snow Leopard tracks have been seen in this area after the winter months, but actual sightings are rare. There are several stopping off points on this part of the trek which allow for a leisurely lunch and wonderful views all round. We arrive at Pungthali Karkha camping area and this will be our last night under canvas and will be accompanied by the usual last night celebrations with the supporting crew.

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## Day 8

### **Pungthali Kharka - overnight stay in a resort close to the Tibetan border (3 hours walking).**

After breakfast we continue our descent through the forest and the village of Tasithan and on to the picturesque village of Duguna where we plan to take lunch. After leaving Duguna we make for the roadhead where we will be picked up by our transport for the 30-minute drive to a resort close to the Tibetan border. Our stay here – although only for one night – is designed to allow us to refresh ourselves, observe the activities in the resort and relax before our transport takes us back to Kathmandu in the morning.

## Day 9

Return to Kathmandu via Bharabise School for the Deaf (4-5 hour drive).

Our return to Kathmandu by road also takes in a visit to the school for the deaf at Bharabise supported by Community Action Nepal – this is always a heartening experience and we will be assured of a warm welcome. We will return to the hotel in Kathmandu with a short time to again experience some of the delights of the city

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## Day 10

Depart Nepal

Transfer to Kathmandu airport.





#### The price includes (on a camping basis):

- Transfers between Kathmandu airport and hotel accommodation
- Accommodation for 2 nights in Kathmandu in rooms on sharing basis (single supplement extra) with shower and WC and inclusive of breakfast
- All ground transportation as per the itinerary
- Participation in the trek as per itinerary inclusive of full board, camping equipment (not sleeping bags).
- Services of local porters on camping basis (15kg max per person), Sirdar (head guide), assistant guide (depending on group size) and kitchen staff.
- All Nepalese staff' insurance as per Government regulations
- All Trekking permits & National Park Fees

#### Not included:

- International flights
- Nepalese visa - (please refer to our document "Preparing for your trek: Nepal" for latest prices).
- Meals other than breakfast in Kathmandu.
- Travel insurance.
- Tips.
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money).

#### Land only prices

The cost of international flights, particularly those to Nepal, are less predictable than they used to be. Airlines now request full payment upfront. As a result, we will quote you a land-only cost.

#### Options

Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation. Extension packages can also be organised in Nepal, Tibet or Bhutan.

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# Contact us

for more information about any of our treks, please contact us and speak to our professional travel guides using the information below:

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#### 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.