



Earthbound Expeditions

The Royal Trek

8 days, from US\$845 per person

Duration

8 days

Grade

Easy

Max altitude

1,730 m

Start and end

Kathmandu

On the trail

4 to 6 hours a day

Best season

Oct to Apr

Accommodation

Lodges and homestays

Meals

All meals on the trek

Group size

Up to 10

Getting there

Via Pokhara

Contact us

Phone

+977 9851017772

WhatsApp

+9779851017772

Email

earthboundnpl@gmail.com

Website

enepaltrekking.com

Office

G.P.O. Box 5801, Thamel, Kathmandu, Nepal

The Royal Trek Overview

Four warm days at low altitude on a ridge east of Pokhara, through Gurung and Brahmin villages and terraced fields, with the Annapurnas and Manaslu in view from breakfast to dusk.

Trek overview

Four days on a ridge east of Pokhara, staying in three villages, never higher than 1,730 m. You start at the Bijayapur stream, climb once onto the ridge and then follow it north-east through Kalikasthan, Syaklung and Chisapani, before descending to Rupa and Begnas lakes at the end. The Annapurnas and Manaslu are visible to the north for most of the day, and you walk almost entirely between farmers' terraces.

Who this trip is for

Travellers who want to see the Himalaya without two weeks of trekking, high altitude or crowds. It suits first-time trekkers, walkers in their seventies, families with children aged eight or nine, and anyone with one week rather than three. It is also a worthwhile trek for experienced trekkers who want to see daily life in the middle hills.

The origin of the name

The Prince of Wales made an official visit to Nepal in 1980, visited the Gurkha regiment of which he was colonel-in-chief, and spent three days walking these ridges with a party usually reported at around ninety people. Some sources date the visit to 1981, and accounts differ. The main reasons to walk the trek are the villages and the terraces.

Changes since then

Dirt roads now reach most of the villages on this ridge, and on two or three short sections the trail follows the road. We use footpaths wherever they still exist. The roads have not changed the views or the terraces, and you will still meet more schoolchildren than trekkers.

Itinerary

Day	Route	Hours	Distance	Altitude
1	Arrive Kathmandu	–	–	1,400 m
2	Kathmandu to Pokhara, by air or road	–	–	822 m
3	Drive to Bijayapur, walk to Kalikasthan	4–5 hrs	9 km	1,370 m
4	Kalikasthan to Syaklung	5–6 hrs	13 km	1,730 m
5	Syaklung to Chisapani	5–6 hrs	12 km	1,550 m
6	Chisapani to Begnas Lake, drive to Pokhara	4–5 hrs	11 km	650 m
7	Pokhara to Kathmandu	–	–	1,400 m
8	Fly home	–	–	1,400 m

Day 1

Arrive in Kathmandu

We meet you at the airport and drive you to your hotel. If you arrive early, there is time to walk around the old streets near Thamel. In the evening we meet to go through the route, check your equipment and answer any questions.

Altitude: 1,400 m On foot: None, arrival day Night: Hotel, Kathmandu Meals: Dinner

Day 2

Fly from Kathmandu to Pokhara

A twenty-five-minute flight west, or a seven-hour drive along the Trishuli river if you prefer to see the countryside. Pokhara lies at 822 m beside Phewa Lake, with the Annapurnas rising close above it. The afternoon is free, and we collect your permit while you rest.

Altitude: 822 m On foot: None, flight day Night: Hotel, Pokhara Meals: Breakfast, Lunch, Dinner

Day 3

Drive to Bijayapur and trek to Kalikasthan

A twenty-minute drive to the Bijayapur stream on the eastern edge of town, followed by the only sustained climb of the trek, up through rice terraces and buffalo sheds onto the ridge. Kalikasthan is a small group of Brahmin houses around a Kali temple, and from above the village the Annapurna range is visible at dusk.

Altitude: 1,370 m On foot: 4–5 hrs Night: Village lodge, Kalikasthan Meals: Breakfast, Lunch, Dinner

Day 4

Trek from Kalikasthan to Syaklung

Today you follow a long, gentle ridge with terraces on both sides and Annapurna II, Lamjung Himal and Manaslu to the north. You pass through the Gurung villages of Thulakot and Mati Thana, stopping for tea when it is offered. Syaklung, at 1,730 m, is the highest overnight stop of the trek.

Altitude: 1,730 m On foot: 5–6 hrs Night: Homestay, Syaklung Meals: Breakfast, Lunch, Dinner

Day 5

Trek from Syaklung to Chisapani

We descend from the ridge through oak and pine forest, then climb gradually onto the next ridge. Chisapani means 'cold water'; about forty villages in Nepal share the name, and here it refers to the spring below the houses. The view north from the shoulder above the village is the finest of the trek.

Altitude: 1,550 m On foot: 5–6 hrs Night: Homestay, Chisapani Meals: Breakfast, Lunch, Dinner

Day 6

Trek from Chisapani to Begnas Lake

The last morning is downhill all the way, a descent of nine hundred metres through terraces to the lakes. You pass Rupa Lake first, which is quiet and rich in birdlife, then cross the low saddle between the two lakes and descend to Begnas at 650 m. You cross by boat, have lunch by the water and take a thirty-minute drive back to Pokhara.

Altitude: 650 m On foot: 4–5 hrs Night: Hotel, Pokhara Meals: Breakfast, Lunch, Dinner

Day 7

Return to Kathmandu

A twenty-five-minute flight or a seven-hour drive back, depending on what you booked. If you fly, ask for a window seat on the right-hand side to see the range from Annapurna to Ganesh Himal. The evening is free in Kathmandu, and we can have dinner together if you wish.

Altitude: 1,400 m On foot: None, flight day Night: Hotel, Kathmandu Meals: Breakfast, Dinner

Day 8

Departure

We take you to the airport three hours before your flight. If your flight is late in the day, there is time to visit the carved courtyards of Patan or the bookshops of Thamel, and we can store your bags at our office until you need them.

Altitude: 1,400 m On foot: None, departure day Night: Departure day Meals: Breakfast

What's included

- Airport transfers and ground transport
- Licensed English-speaking guide
- Accommodation throughout the trip
- All permits and conservation area fees
- Meals as per the itinerary

Not included

- International flights
- Travel and rescue insurance
- Personal trekking gear
- Tips and personal expenses
- Nepal entry visa (on arrival)

Packing list

Pack light for this trek

There is no altitude, no snow and no flight baggage limit, and every village has mains power and road access. Most people carry their own daypack for the four days and leave the rest of their luggage at the hotel in Pokhara, where we store it free of charge. If you would like a porter, the cost is \$20 to \$25 a day, shared between two trekkers. We provide the duffel and, from November to February, a sleeping bag. Bring boots that are already broken in.

Headwear and eyewear

- Sun hat with a brim. The ridge has very little shade
- Sunglasses, category 2 or 3
- A warm hat, for evenings from November to February only
- Sun cream, SPF 30 or higher, and lip balm
- Head torch, for village paths after dark

Clothing

- Two or three light base layers, merino or synthetic
- One fleece, and a light insulated jacket if you travel in December or January
- A light waterproof jacket. Afternoon showers can occur even in the dry season

- Two pairs of trekking trousers, or one pair and a pair of shorts
- Modest clothing to change into in the villages, covering shoulders and knees

Footwear and hands

- Trekking boots or sturdy trail shoes, already broken in
- Three pairs of walking socks
- Sandals or trainers for the evenings
- Light gloves, December to February only
- Trekking poles, which help on the long descent to Begnas

Bags

- A 30 to 35 litre daypack, which is all most people need on this trek
- A duffel for the porter if you hire one. We provide it
- One or two dry bags for your camera and documents

Sleeping

- Sleeping bag rated to 0°C, which we provide, for November to February
- A silk or cotton liner, which is sufficient on its own from March to October
- Earplugs, as village roosters crow early

Health

- Blister plasters and tape, the most useful items to bring on this trek
- Rehydration salts and painkillers
- Insect repellent, for the lake area in September and October
- Hand sanitiser
- A water bottle or bladder of at least two litres. No purification is needed, as the water is boiled

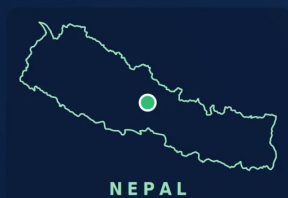
Documents and money

- Passport valid for six months, plus a photocopy
- Two passport photographs for the permit
- Travel insurance certificate
- \$100 to \$150 in small notes, changed into rupees, which is more than you will need

Route map

The Royal Trek

8 days | Highest point 1,730 m | Easy



Start: Kathmandu to Pokhara

End: Pokhara to Kathmandu

- Main trekking route
- ✈ Flight
- 🧑 Trek starts
- 5 Overnight on day
- 📍 Highest points

Altitude by day

Optional extras

This short trek leaves you with spare days, and Pokhara is a good place to spend them.

Paragliding from Sarangkot

\$110, 1 morning

A thirty-minute flight from the hill above Pokhara, with the Annapurnas ahead and Phewa Lake below. A very popular activity in Pokhara.

Sarangkot sunrise

\$45, 1 morning

An early jeep ride to watch the first light on Dhaulagiri, Annapurna and Machhapuchhre, returning for breakfast. It fits well on the day you arrive in Pokhara.

Chitwan, three days

from \$360, +3 days

A five-hour drive south to the lowland jungle to look for rhinos, crocodiles and possibly a tiger. It is easy to add, as Pokhara is already partway there.

Camping instead of homestays

\$195, same 8 days

Cook, kitchen, dining and toilet tents and a camp crew for the three nights on the ridge. This is how the trek was originally walked, and it lets you camp at the viewpoints rather than in the villages.

An extra night at Begnas

\$70, +1 day

Stay by the lake at the end rather than driving straight back to Pokhara, with a boat trip, a swim and a quiet evening.

Guided tour of the Kathmandu Valley

\$95, 1 day

Bhaktapur, Patan and Boudhanath with a guide who can explain the carvings. A good use of day 7 if you fly back from Pokhara in the morning.

Single room throughout

\$120

A room of your own for all four nights in the cities. On the ridge, a private room depends on which house is open, so we cannot guarantee one.

Photos, videos and reviews of this trip: enepaltrekking.com/royal-trek