



# Frank Water's HIMALAYAN TREK FOR SAFE WATER 22nd September to 2<sup>nd</sup> October 2026

*Delivered in partnership with VEDA, local trekking experts*

Join us for a unique, once in a life time experience, guiding you through the stunning Kumaon Region of Uttarakhand in the India Himalayas.

Visit communities, now thriving, through your support of Frank Water. Hear their stories firsthand, over a warm cup of chai, learn about how life was before their springs were restored. Trek, with the community through the village and wider watershed to see their sacred natural springs and the nature based solutions that have transformed their lives.

Then, after a journey further into the Himalayas, undertake the epic trek to the legendary Pindari Glacier. Lying in the Nanda Devi Sanctuary, it is the source of the Pindar River. Along the route, you will catch arresting views of Himalayan peaks like Maiktoli (6,803 m) and Panwali Dwar (6,683 m). You will pass through Rhododendron forests, lush meadows, green valleys, and cascading rivers to the Pindari Glacier summit (the 'zero point' at an astounding altitude of 3,660 m), where you are welcomed with spellbinding views of Nanda Devi peak. A truly beautiful trek that will leave you speechless!



*Images' Source- Frank Water*



## Frank Water's work in Almora

In the mid-Himalayan landscape surrounding Almora, Frank Water has been at the forefront of revitalizing drying springs through community-led springshed development. Here we identify critical springs, protect and replenish their catchment areas, install monitoring systems, and establish women-led water user groups that ensure the long-term management and sustainability of these vital water sources. The impact of this work is far-reaching as this work reduces the daily water collection burden on women and girls, improves water quality, strengthens local water decision-making, and enhances climate resilience in villages that depend heavily on springs for both domestic and agricultural use.

## What you'll see in Almora

### Community and Water:

You will visit villages where Frank Water has been actively working in recent years. Take a walk through the village spring systems, beginning from the forested recharge zones, all the way to the natural springs that support daily life. Follow the journey of water through the landscape, and observe spring recharge trenches, dug pits, plantation areas, and discharge measurement points which are key features that local communities use to monitor and manage their water sources. These are dynamic, living landscapes where the process of water security is being built one step at a time.

### People & Daily Life:

You'll witness firsthand how improved water access transforms daily life. Women who once had to walk for hours before dawn to fetch water now have easier access, allowing them more time for farming, childcare, education, and community leadership. You may meet women actively involved in water user groups, where they monitor rainfall, measure spring discharge, and collaborate with local councils and government officials to advocate for long-term water protection. There will be opportunities to enjoy a cup of chai and engage in meaningful conversations with the families you meet, sharing stories and experiences. Set against the backdrop of terraced fields, oak and rhododendron forests, and panoramic Himalayan views, these visits offer a unique, grounded understanding of how locally-led climate adaptation, livelihoods, and dignity are intricately connected to water.



# ITINERARY



Frank Water's Himalayan Trek for Safe Water is planned as a 10-day journey in Uttarakhand, with arrival and departure from Pantnagar Airport or Kathogodam rail head. After settling in, the first two days will be spent exploring Frank Water's work and meeting communities who have benefited from their work in and around Almora, where participants will undertake an acclimatization walk and local orientation in the mid-Himalayan landscape.

After acclimatisation, the group will proceed further into the Himalayas, for the Pindari Glacier trek, which includes a scenic drive to Khati village followed by a gradual trek along the river through dense forests to Dwali and onward to Phurkia, the last base camp. A highlight of the trek is a day hike from Phurkia to Pindari Glacier Zero Point and back. The return follows the same route downhill to Khati, with road transfer thereafter. The trekking phase spans 6 nights, with one day kept as a buffer or rest day.

**Day 1 (22<sup>nd</sup> September):** Early morning flights into Delhi. Transfer will leave at approximately 7am driving through the plains to Kathogodam, before starting the climb up into the mountains, arriving into Almora early evening. Stay in homestays.

**Day 2 (23<sup>rd</sup> September):** Settle into homestay accommodation. Relax and acclimatise.







Day 3 & Day 4 (24th and 25th): Acclimatisation treks to include visits to at least two communities who have been impacted through Frank Water's work. Includes: trek to the heart of the village, chai and conversations with the community, trek up to the recharge zones, following the flow of water to the natural springs, and back to the heart of the village. Stay in guesthouse accommodation in Almora.

Day 5 (26th): Drive From Almora To Khati Village | Enjoy The Beauty Of Kumaon

- Altitude: 2200 m/ 7300 ft.
- Distance: 76 km approx. | Duration: 3 to 4 hours
- Stay in camps/tents (twin sharing).

Day 6 (27th): Trek From Khati To Dwali | Walk By The Beautiful Pindar River

- Altitude: 2,600 m/ 8,600 ft.
- Trek Distance: 13 km Duration: 7-8 hr.
- Altitude Gain: 400 m/ 1,300 ft.
- Water Source: Multiple water sources on the trek.
- Cross 6 landslide zones.
- Stay in camps/tents (twin-sharing).

Day 7 (28th): Trek From Dwali To Phurkia | Cross Spiderwalls And Frozen Streams

- Altitude: 3,200 m/ 10,500 ft | Distance: 5 km | Duration: 3 hr.
- Altitude Gain: 600 m/ 1,900 ft.
- Cross two frozen streams.
- Peak Views: Nanda Khat (6545 m), Nanda Devi East (7,434 m).
- Stay in camps/tents (twin-sharing).

Day 8 (29th): Trek From Phurkia To Zero Point And Back To Phurkia | Summit Day

- Altitude: 3,700 m/ 12,100 ft.
- Distance: 16 km | Duration: 6 to 7 hrs.







- Trek through the inner realms of Pindar Valley.
- Peak views: Nanda Khat (6545 m), Nanda Kot (6,861 m), Mt. Bauljuri (5,922 m), and Changuch Peak (6,322 m).
- Stay in camps/tents (twin-sharing).

#### Day 9 (30th): Trek From Phurkia To Khati Via Dwali | Begin Descending

- Altitude: 2,200 m/ 7,300 ft.
- Trek Distance: 18 km | Duration: 7 to 8 hr.
- Altitude Loss: 1,000 m/ 3,200 ft.
- Stay in tents or guesthouse (twin-sharing).

#### Day 10 (1st October): Drive From Khati To Nainital | Say Goodbye To The Mountains

- Altitude: 2,050 m/ 6,750 ft.
- Trek Distance: 4 km | Duration: 1 hr
- Drive Distance: 160 km approx. | Duration: 6 hours
- Stay in Nainital guesthouse
- Visits to Nainital's famous lake and temples

#### Day 11 (2nd): Transfer to Delhi airport

- Drive Distance: 300 km approx. | Duration: 7 hours





# PRACTICALITIES

Personal gear will be carried by the participants, which includes a sleeping bag, a mattress, rain and winter gear, and personal medicine. Hiking and camping kit like mattresses and waterproofs can be hired from Veda at an additional cost.

Recommended Fitness Criteria:

Jogging - 5 km of distance for 33 minutes without stress

Walking - 10 km of distance in 75 minutes without stress

Cycling - 15 km of distance in 45 minutes without stress

Ability to carry a 10-12 kg backpack.

Veda are a very knowledgeable locally based organisation with experienced trek guides who know the trails and local culture.

All guest houses, homestays and tents will be clean, simple and in good condition. All tents, for during the main trek will be shared by two people, but single supplement is available on request.

Onward travel to visit Rishikesh and the Ganges or the Jim Corbett National Park (for example) is possible and we recommend friend of Frank Water, Sophie Hartman and 'Holidays in Rural India' for any travel arrangements.

If, for any reason the trek needs to be postponed, it will be rescheduled to March/April 2027. In this scenario, your deposit will be returned if you are unable to do the new dates.



*Images' Source- Frank Water*





## RESERVE YOUR PLACE

### RESERVE YOUR PLACE NOW!

£300 non refundable deposit will reserve you a place on this extraordinary trek in the stunning Himalayas. This amount is deductible from the cost of trek.

Cost of trek (from 22nd - 2nd): £1,200 per person (minus the £300 deposit) payable 1<sup>st</sup> June 2026 (Includes: Delhi to Delhi transport, all accommodation based on twin sharing, three meals a day, water, local trek and community visit, Pindari Glacier trek, and local travel insurance, Frank Water t-shirt).

*Note: Single supplement available on request.*

Suggested Fundraising target: £2,500 per person - our team will support you!

International flights are to be booked at your own convenience and cost. Transfer from Delhi Airport will be arranged, leaving at approximately 7am on 22<sup>nd</sup> September.

Other items not included in the core cost:

- Personal tourist visa
- Personal travel insurance
- Any vaccinations required
- Any kind of personal expenses
- Any extra costs incurred due to extension/change of the itinerary due to natural calamities, roadblocks, vehicle breakdown, etc.



*Images' Source- Frank Water*





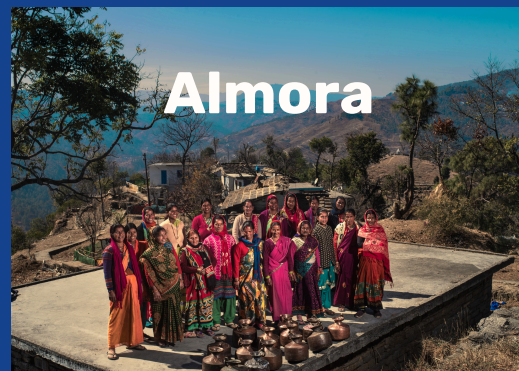
*Images' Source- Wikimedia Commons*

This journey isn't just about reaching a summit, it's about understanding the landscapes and communities that sustain life here.

As you walk these trails, you'll move through forests, villages, and water sources that shape everyday life, and witness the deep relationship between land, water, and people.

This trek is an invitation to slow down, to listen, to observe, and to experience places not just for their beauty, but for the people's stories and resilience they hold. Let this experience open up the space for reflection, connection, and a renewed sense of what it means to travel thoughtfully.

If you're drawn to journeys rooted in respect for nature, sustainability, and human connection, we'd love to walk this path with you.



*Images' Source- Frank Water*