

THE SINGALILA RIDGE TREK – Kanchenjunga & Visit to THE KRISHNAMURTI CENTRE, VARANASI

Saturday 7th November – Saturday 21st November 2026

14 nights/15 days Group size: min 7 pax Min age: 18

Discover a journey that unites outer adventure with inner reflection.

Beginning in the misty hills of Darjeeling, explore the charm of its tea gardens and Himalayan heritage before setting out on a five-day trek along the Singalila Ridge, where the world's highest peaks—Everest, Lhotse, Makalu, and Kanchenjunga—grace the skyline.

Walking through forests, villages and mountain trails, you'll be accompanied by a facilitator from the K Study Centre, guiding daily Dialogues in the light of the teachings of J. Krishnamurti. The journey culminates in Varanasi, one of India's most sacred cities, with time for reflection and study at the Centre at Rajghat, overlooking the great River Ganges.

A rare opportunity to experience the majesty of the Himalayas and the depth of Krishnamurti's teachings—a journey of landscape, learning, and transformation.

DARJEELING and the SINGALILA TREK

Darjeeling is located in Northwest Bengal, in the Himalayan foothills. Famous for its world-renowned tea, colonial era-charm and the UNESCO World Heritage Darjeeling Himalayan Railway (Toy Train). A blend of Nepali, Tibetan, Bhutanese and Bengali influences, all reflected in its food, festivals and traditions. Highlights are the panoramic views of Kanchenjunga (the world's third highest mountain), the Batasia Loop, the Ghoom Monastery and the Himalayan Mountaineering Institute.



The SINGALILA Ridge is a north-south mountain ridge running along the India- Nepal border in the Eastern Himalayas, running through West Bengal (Darjeeling district) and Sikkim. Two of West Bengal's highest peaks lie on this ridge: Sandakphu (3,636m) and Phalut (3600m). The ridge is enclosed in Singalila National Park which protects diverse Himalayan forests, wildlife and flora. In clear weather along the ridge, you can see high peaks such as Lhotse, Makalu, Kanchenjunga and Everest.

THE KRISHNAMURTI CENTRE, VARANASI

The Rajghat Education Centre (REC) is based on the vision of J. Krishnamurti and inspired by the statements he made about his teachings. It was established in 1928 by Krishnamurti, overlooking the confluence of the rivers Varuna and Ganga, on the outskirts of the pilgrimage city of Varanasi.



The Centre consists of The Rajghat Besant School, Vasanta College for Women, Krishnamurti Study Centre and Rural units that are engaged in community services.

“This is a place of learning and austere living with inward discipline, and work, without guru, without leader, and without a system of meditation or working;
a place for all serious people who have left behind them their nationality, their sectarian beliefs and all the other things that divide human beings.”

CLICK TO READ MORE: <https://www.rajghatbesantschool.org>

The Unit for Women Empowerment (UWE) has been working to empower rural women for the past three decades. It was established in 1994 as an initiative to provide training to women from the neighbouring villages of Rajghat. Over time, the unit flourished by offering new livelihood opportunities. Women come to learn new skills, stitch various items, and earn an income which they use to support their families, pursue education and meet personal needs.

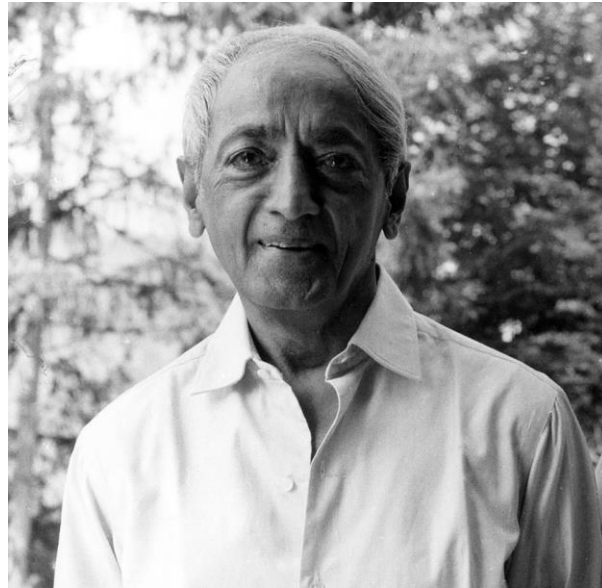


“It is a story of unwavering commitment to communities, women and their empowerment.”

The UWE is a Krishnamurti Foundation of India initiative and is part of the rural centre in Sarai Mohana village. The centre includes Sanjivan hospital, a dairy farm, and the Achyut Patwardhan School, all dedicated to serving the rural community.

“The UWE is an effort to transform the lives of women from underprivileged social backgrounds, fostering financial autonomy and decision-making power among women in their lives.”

J. Krishnamurti (1895-1986) is widely regarded as one of the greatest thinkers and religious teachers of all time. He spoke throughout the world to large audiences and to individuals, including writers, scientists, philosophers and educators, about the need for a radical change in mankind.



Krishnamurti was concerned with all humanity and stated repeatedly that he held no nationality or belief and belonged to no particular group or culture. In the latter part of his life, he travelled mainly between the schools he had founded in India, Britain and the United States, which educate for the total understanding of man and the art of living. He stressed that only this profound understanding can create a new generation that will live in peace.

A facilitator from the Krishnamurti Study Centre in Varanasi will join our group in Bagdogra on day 2 of our itinerary. He will lead Dialogues and Reflection sessions on Krishnamurti's teachings daily throughout our trek until we arrive in Varanasi on Day 11. There we will have further Dialogue sessions at the Centre until our departure.



OUR TRIP AT A GLANCE

14 nights/ 15 days Trek Altitude maximum: 11,929ft (3,636m)
Distance: 75kms over 5 days Group size: min 7 pax Min age: 18

Day 1 :	Overnight flight to Delhi International Airport	
Day 2:	Arrive Delhi early morning, flight to Bagdogra. Drive to Darjeeling	HOTEL
Day 3:	Free day in Darjeeling	HOTEL
Day 4:	Leave Darjeeling for Ghoom by toy train, drive to Rimbik to start the trek. Trek 2km to Manedara (2,450m)	TENT
Day 5:	9km trek through the forest and villages to Gurdum (2,400m)	TENT
Day 6:	14km trek to Chandu to our ridge top at Sandakhphu (3,636m), then down to our camp at Chandu overnight (3,570m)	TENT
Day 7:	13km trek along the Singalila Ridge to Sabargam (3,536m)	TENT
Day 8:	23km trek to end of Singalila Ridge at Phalut, to Samaden (2,480m)	TENT
Day 9:	14km trek to Rimbik, onward drive to Darjeeling.	HOTEL
DAY 10:	Drive to New Jalpaiguri and overnight train to Varanasi	TRAIN
DAY 11:	Arrive Varanasi morning. Transfer to Krishnamurti Centre	CENTRE
DAY 12:	Krishnamurti Centre	CENTRE
DAY 13:	Krishnamurti Centre	CENTRE
DAY 14:	Flight to Delhi, overnight in Delhi	HOTEL
DAY 15:	International flight departure from Delhi or onward journey in India	

DETAILED ITINERARY

DAY 1: SATURDAY 7th NOVEMBER

Depart London for Delhi International Airport, overnight flight.

DAY 2: SUNDAY 8th NOVEMBER **JOINING DAY**

Arrive Delhi early morning, flight to Bagdogra and drive to Darjeeling. The drive to Darjeeling will take us about 3hrs (70 Kms). Today, Darjeeling is a bustling town but the Mall still retains Victorian charm, evening walk around the Mall and enjoy the Diwali celebrations at this time of the year!

Accommodation: Hotel Meals included: None

Day 3: MONDAY 9th NOVEMBER

Free day in Darjeeling, visiting the Himalayan Mountaineering Institute. There are interesting displays and photographs from some of the early Everest climbs.

Overnight: Hotel Meals included: Breakfast

DAY 4: TUESDAY 10th NOVEMBER

Ride the toy train; drive to Rimbik and trek to Manedara - 8,040ft (2,450m)

After breakfast, we have a 40-minute ride on the toy train to Ghoom (subject to running). The train chugs out of Darjeeling, stopping to take on water and to allow passengers to photograph the Batasia Loop. At Ghoom, we meet our cars and drive for around four hours to Rimbik, the trailhead of our trek at 7,500ft (2,286m). We have a 45-minute gentle uphill walk through magnificent rhododendron forests (a blaze of reds in spring) to our camp at Manedara, where we spend our first night under canvas. As we approach the village, we have stunning views of Kabru Dome and Kabru South peaks.

Accommodation: TENTS Dinner included

Distance covered: 2km Ascent: 591 ft (180m) Activity hours: 45 minutes

DAY 5: WEDNESDAY 11TH NOVEMBER

Trek through forest and villages to Gurdum - 7,875ft (2,400m)

Today we start our trek with an easy trail passing small houses and fields. It is about two hours' gradual walk through beautiful forest to Shepi village. We then descend to the Gurdum Khola river, which we cross by bridge and after a steep one-hour climb to Gurdum village, we arrive at our camp for the evening.

Accommodation: TENTS Breakfast, Lunch & Dinner

Distance covered: 6mi (9km) Ascent: 1,444ft (440m) Descent: 1,247ft (380m)

Walking: 3-4 Hours

DAY 6: THURSDAY 12TH NOVEMBER

Trek through forest ascending through Sandakhphu to Chandu- 11,715ft (3,570m)

It's a fairly tough but rewarding day as we finish our ascent to the Singalila Ridge. The trail climbs steeply in places until we emerge at a forest clearing. From here, it undulates through rhododendron forest to the ridgetop at Sandakhphu (11,929ft/3,636m), the highest point of our trek. On a clear day, the climb is well worth the effort as we are rewarded with a magnificent Himalayan panorama. The views from here are truly amazing – the towering slopes of Kanchenjunga lie ahead and Everest, Lhotse and Makalu come into view in the distance. After lunch at Sandakhphu, it is a gradual walk on a rough jeep track to our camp at Chandu.

Accommodation: TENTS Breakfast, Lunch & dinner

Distance covered: 9mi (14km) Ascent: 4,888ft (1,490m) Descent: 919ft (280m)

Walking: 7-8 Hours

Day 7: FRIDAY 13TH NOVEMBER

Trekking along the Singalila Ridge to Sabargam - sleeping altitude: 11,601ft (3,536m)

We are now on the Singalila Ridge, the border between Nepal and India, which means at times we are walking in each country. This is a great day for views. The trail undulates, following the ridge through chestnut, oak and silver fir trees with commanding panoramic views of the Himalaya all day. Dwarf rhododendrons and primulas colour the landscape in spring. Tonight, we have a spectacular wild camp at Sabargam. The views from here are sublime and we hope to see a magnificent sunset and sunrise over Kanchenjunga, Everest, Lhotse and Makalu and a whole host of other Himalayan peaks.

Accommodation: TENTS Breakfast, Lunch & Dinner

Distance covered: 8mi (13km) Ascent: 1,280ft (390m) Descent: 1,115ft (340m)

Walking: 4-5 Hours

DAY 8: SATURDAY 14TH NOVEMBER

Trek to the end of the Singalila Ridge at Phalut then descend to Samaden -8,135ft (2,480m)

We enjoy a full day of trekking along an undulating trail to the end of the ridge at Phalut, where we descend to Samaden. On a clear day, we get breathtaking views of Kanchenjunga as we continue along the ridge. The Everest range is further away but Kanchenjunga rears up over us. Phalut is at 11,810ft (3,600m) and just behind the lodge there is a viewpoint where Himalayan giants surround us. The trail down to Samaden is glorious and takes us through forests of oak, conifers, pine and rhododendrons, an explosion of colour in spring. We camp tonight in Samaden, a small settlement with excellent views.

Accommodation: TENTS Breakfast, Lunch & Dinner

Distance covered: 14mi (23km) Ascent: 1,988ft (606m). Descent: 4,659ft (1,420m)

Walking: 7-8 Hrs

DAY 9: SUNDAY 15TH NOVEMBER

Trek through small settlements to Rimbik & Drive to Darjeeling

Our final trek winds through a collection of small settlements (inhabited by Rais, Sherpas and Tamangs) to Ramman, where terraced fields and villages dot the landscape. We descend along a jeep track to Sri Khola for lunch, after which we cross a suspension bridge and continue for another 2hr 30min along a road, passing through more villages to Rimbik, a large Sherpa village among the forest landscapes of Singalila National Park. Here we meet our transport and drive to Darjeeling.

Accommodation: HOTEL Distance covered: 9mi (14km) Ascent: 2,395ft (730m); Descent: 3,871ft (1,180m);

Walking: 4 Hrs

Drive: 60 Kms / 3 Hrs Overnight in Hotel / Meals included: Breakfast & Lunch

DAY 10: MONDAY 16TH NOVEMBER

Drive to New Jalpaiguri & overnight train to Varanasi.

Morning free in Darjeeling and afternoon drive to New Jalpaiguri to board the overnight train for Varanasi, a 700km journey, AC (2A) ticket. Dep. 2035

Overnight in train Meals included: Breakfast

DAY 11: TUESDAY 17th NOVEMBER

Arrive Varanasi 0945, transfer to The Krishnamurti Centre VARANASI

Accommodation: Twin-bedded accommodation

Meals included: Breakfast on board the train. Lunch & Dinner at the Study Centre

DAY 12: WEDNESDAY 18th NOVEMBER

Krishnamurti Study Centre

Twin-bedded accommodation

Meals included: Breakfast, Lunch and Dinner

DAY 13: THURSDAY 19th NOVEMBER

Krishnamurti Study Centre

Twin-bedded accommodation

Meals included: Breakfast, Lunch and Dinner

DAY 14: FRIDAY 20th NOVEMBER

We leave the Centre and take a flight back to Delhi from Varanasi. The rest of the day is at leisure or sightseeing tours can be arranged in Delhi (paid for locally in Delhi).

Accommodation: Hotel

Meals included: Breakfast

DAY 15: SATURDAY 21st NOVEMBER

After breakfast, depart Delhi (Checkout Hotel 1200 Hrs)

COST: £1890 per person based on twin sharing and 2-man tent

£290 single supplement (excludes single compartment in sleeper train)

A donation directly to the Krishnamurti Foundation's Unit for Women's Empowerment (UWE) is included in the tour price.

PRICE INCLUDES:

- English speaking tour leader throughout
- English speaking local expert trek Guide
- English speaking Krishnamurti Varanasi Study Centre facilitator from Day 2 in Bagdogra until departure from Varanasi

- 3-star hotel accommodation in Darjeeling 3 nights, including Breakfast
- 3-star hotel accommodation in Delhi one night, including Breakfast
- Full-service camping - Breakfast, Lunch & Dinner, 5 nights
- Krishnamurti Study Centre 3 nights, inc Breakfast, Lunch & Dinner
- Overnight train to Varanasi (2nd AC Sleeper) Breakfast included
- All tents during trek, including ponies to carry heavy luggage and all camp and cooking equipment
- Toy train ticket from Darjeeling (subject to operation)
- All transfers and sightseeing by private cars/mini bus
- Domestic flights: Delhi – Bagdogra on Day 2, Varanasi – Delhi on Day 14
- All applicable local taxes

PRICE EXCLUDES:

- International flights to Delhi
- Indian Visa
- Personal travel insurance (including trekking to altitude of 3636m)
- Extra meals in Darjeeling (as detailed in the itinerary)
- Local tips for drivers/hotel staff/guide/Krishnamurti facilitator and trek support team
- Sleeping bags (3/4 season) and personal trekking gear – see Kit List below
- Personal expenses such as laundry, mini-bar charges, table drinks etc
- Optional sightseeing tours in Delhi on final day

ADDITIONAL INFORMATION

How to book

This trip will be in association with High Places, a Uk based travel agency affiliated with the ground agent in Delhi www.highplaces.co.uk All deposits and payments will be processed through them and financially protected.

High Places holds an ATOL certification for flight-only operations and an ABTOT certification covering non-flight packages starting in Delhi. This will give you security and peace of mind.

A booking form will be sent to you when you would like to secure a place with a non-refundable deposit payment of £250. The balance will be due 56 days in advance of the departure date.

Getting There

The trip starts and ends in Delhi.

On the Joining Day, DAY 2 - Sunday 8th November, the connection flight to Dogbagra will be within a few hours of your arrival into Delhi International Airport.

If you decide to arrive before Sunday 8th November, we can assist with arranging accommodation in Delhi and transfers to and from the airport. Please just let us know.

Accommodation

Darjeeling, a 3 star hotel, for three nights, on Bed and Breakfast basis. We usually use Hotel Sinclairs.

Delhi, for one night in a 3 star hotel, on bed and breakfast. We usually use the Regent Grand Hotel.

Five nights are spent camping. The trek is on a full-service camping basis, meaning our camp staff put up and dismantle the tents, cook, and do the camp chores. You need only carry your backpack for the day. We stay in two-person tents, which have enough room inside for your kitbags. Single-occupancy tents are smaller to avoid too much empty space, which loses warmth. Sleeping mats and sleeping bags are not provided. See Kit List below.

Ponies will carry the loads and pony men will load and unload the ponies.

There will also be a dining tent with table and folding chairs and at least one toilet tent (usually two) for use during the evenings. Please note, the toilets are based on “wild camping” principles – a hole in the ground with excess dirt used to cover waste (no flushing here). There is no running water available while camping; however, we always camp close to a water source and the camp staff provide bowls of warm water to wash with. Personal hygiene is of paramount importance and washing your hands with soap and water after using the toilet and before meals, additional use of hand sanitiser is also highly recommended.

All accommodation is on a twin share basis. If you would like a single room in the hotels, your own tent and at the Study Centre, there is a single supplement of £290.

The sleeper train from New Jaipalguri (NJP) to Varanasi provides a bed in an air-conditioned, open plan coach with berths arranged in four berth bays. Each bay has a privacy curtain, and bedding (sheets and pillow) is provided. The berths convert into seats during the day. Breakfast is provided before arriving in Varanasi.

Trek difficulty rating (moderate to challenging)

If you have any queries about the difficulty of the trip please do not hesitate to contact us.

There are five days of fully supported point-to-point walking. Previous experience of hill walking is required, this is a good introduction to high altitude trekking (an average altitude of 2,957m (9,701ft). Please prepare your fitness schedule to be able to walk comfortably over consecutive days. The walking hours stated within the itinerary are given as approximates only and vary depending on the group's pace. They include normal rest stops and a lunch break.

Vaccinations: India

You require a yellow fever vaccination certificate if arriving from a country with risk of yellow fever transmission. Proof of polio vaccination may also be required by some visitors.

Please confirm all requirements and recommendations with your doctor or travel clinic.

You may also want to consider vaccinations for tetanus, hepatitis A, typhoid, cholera, hepatitis B, Japanese encephalitis, rabies and tuberculosis. The risk of malaria is slight, but you may wish to consult your doctor or travel clinic for further advice.

Additionally, dengue, a viral disease spread by mosquitoes, is a known risk in India. There is currently no vaccine or prophylaxis available, so we strongly recommend you take the usual precautions to avoid mosquito bites.

In regions over approximately 6,560ft (2,000m), there is little risk of mosquito-borne diseases. For trips above 9,840ft (3,000m), there is a risk of being affected by acute mountain sickness. Our itineraries are designed to enable everyone to acclimatise to these altitudes, but you should be aware that it is still possible for you to be affected.

For more information the website of the National Travel Network and Centre has very good information. www.travelhealthpro.org.uk

Climate

November weather in Delhi will be warm with highs of approx 28 degrees Celsius. Darjeeling will be cooler but still pleasant with temperatures min 11 degrees Celsius to approx 20 degrees Celsius. Weather on the trek will vary with the altitude but is comfortable for walking through the day but will turn a lot colder at night, to low sub zero temperatures. So it is essential to have a warm 3 or 4 season sleeping bag. See suggested Kit List below.

Although the departure is timed to coincide with normally good clear weather throughout November, mountain weather can be unpredictable so you should be prepared and equipped for all weather beyond the norm. The Singalila Ridge is an exposed area and can have strong winds and rainfall cannot be ruled out at any time of year. Waterproofs and warm clothes need to be carried.

Eating & Drinking

Darjeeling offers a delightful blend of Nepali, Tibetan, and Bengali flavours. Visitors can enjoy local favourites like momos (steamed dumplings), thukpa (noodle soup), and Nepali thali platters. Regional specialities include aloo tama (potato and bamboo shoot curry), sel roti (sweet rice bread), and churpee (traditional yak cheese). And, of course, no visit is complete without tasting the world-renowned Darjeeling tea, celebrated for its delicate aroma and muscatel flavour. Allow about £20/£25 per day for lunch and dinner, where it is not included. You can eat out very cheaply in India, but if you go to the more expensive restaurants most of the time, you will spend more than the suggested amount. Tea and soft drinks are very cheap.

While camping, we have our own cook and kitchen assistants to prepare all meals. The trek team will bring a hot drink (tea & coffee) to your tent each morning. When you reach camp in the afternoon, tea/coffee/hot chocolate and cake/biscuits are served. At breakfast, dinner and in the afternoons, there is a choice of hot drinks. Breakfast typically includes cereal, toast and jam, eggs and porridge. Lunch on trek is usually served as a picnic en route. Daily snacks (juice carton & chocolate snack) are provided each morning to carry with you. Lunch and dinner typically include soup to start, followed by a variety of hot dishes (both local and Western) such as potatoes, vegetables, curry, pasta, rice, dahl and paneer (cottage cheese). At dinner, a dessert such as tinned fruit and custard, fritters or cake is also served.

Specific dietary requirements can be catered for – please advise in advance.

Drinking water

On trek, the cook and his team will collect water from the mountain streams and boil it for you, filling your water bottles every morning and evening. You may need to collect water during the day so purification tablets or other methods of water purification (steripen/water filters/uv disinfection) are highly recommended. Please bring reusable bottles – 2 x 1 litre bottles.

Travel Insurance

We recommend you buy travel insurance as soon as you book. Please check it covers you to the maximum altitude the trip goes to (3636m). We recommend you carry a copy (paper or on your phone) of the policy and make sure you have the 24hr medical emergency telephone numbers. Your leader will need to check your insurance details.

Visa

You will need an Indian visa.

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You can apply within 30 days of travel for (30 days visa) AND 120 days prior for (365 days visa)

You will need to ensure you have a valid passport to travel to India and the best way to apply is using the official Indian Government website link here

[https:// indianvisaonline.gov.in/evisa/tvoa.html](https://indianvisaonline.gov.in/evisa/tvoa.html)

Money and Tipping

The currency in India is the Indian Rupee (INR). You can change money in Delhi and Darjeeling. There are ATM machines in Delhi and in Darjeeling, but please note that often they do not work. We advise you to bring at least half the money you will need in cash (if not all). You will need money for lunches and dinners (as per the itinerary), and incidentals such as drinks and snacks plus tipping. We suggest that you allow £120 for tipping for the whole trip. Your leader will advise on tipping. All tipping is of course at your discretion.

What do I need to bring?

You will need one piece of luggage which should be a soft and sturdy duffel bag which weighs a maximum of 15kg for the ponies to carry throughout the trek.

You will carry your own daypack on trek with waterproofs, water, snacks etc – a 30/40 - litre daypack is suggested for this trip.

On the domestic flights there is a baggage limit restriction of 15kg for hold baggage and an additional 7kg for cabin baggage. All electrical devices and power banks need to be carried in hand cabin luggage.

Essential Equipment List

- Travel insurance policy (including the details of the 24 hour medical emergency telephone number)
- Daypack 30 to 40 litres
- Sleeping bag (4 season) and sleeping bag liner
- Sleeping mattress/Therm-a- Rest
- Hiking boots or walking shoes - worn in and waterproof
- Sandals/trainers
- Several pairs of walking socks
- Trekking trousers and shorts/skirt
- Long-sleeved base layers (merino wool is great)
- Leggings
- Shirts or T-shirts
- Warm layers or thermals for evenings
- Warm mid layer(fleece)
- Waterproof jacket and trousers
- Warm jacket (at least 3 season)
- Sunhat, sunglasses and sunscreen & lip salve with sun protection
- Gloves
- Warm hat
- Headtorch and spare batteries
- Refillable Water bottles 1 litre (x 2)
- Water purification - tablets/liquid/steri-pen device
- Washbag and toiletries
- Antibacterial handwash
- Travel towel (campsites are always by a source of water/river)
- Small Personal First Aid Kit
- Power bank, plug adaptor, chargers
- Toilet paper for the trek
- Hand washing gel
- Dry bags/plastic bags to line your day back pack and clothing in kitbag
- Snacks
- Optional : walking poles, gaiters



