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## TREKKING AND WILDLIFE ADVENTURE OF NEPAL

EX [KATHMANDU October 23 2024

Without a doubt this country is a potpourri of culture and diversity. It boasts as having the highest mountain in the world Mt Everest mixed with unique wildlife and exotic culture. Discover yourself amidst this strange world of mystical beliefs and incredible history. Every aspect of life is tainted with spiritual reasons. From morning prayers to the universal deities, walking Sadhus on village trails, to Buddhists spinning prayer wheels while sitting in front of their stores. You will have many opportunities to witness this aspect of life, and to share with people your own ideas about it. The art and craft of Nepal are basically based on the religious themes taken from Buddhism and Hinduism. Nepalese art has been influenced and promoted since the earliest recorded times by the Newars. In Nepal, ethnical cultural groups are diverse and many of them have their own languages and customs. The country's capital Kathmandu and largest city simultaneously reeks of history and the wear and tear of increasing modernity. The tightly packed historical centre, with its squares and temples, continues to preserve a world light years away from shantytowns, expensive hotels, restaurants and shops on the city's outskirts. Kathmandu's core is Durbar Square, with the Vishnumati River to the west and Ratna Park to the east, The Bagmati River forms the southern boundary, whilst Thamel, the popular tourist hangout sprawls to the north. This would have to be one of the most exciting cities in the world today.

Our adventure begins when we arrive at Kathmandu's Tribhuvan airport and transfer to the domestic airport for a spectacular 30-minute flight to Pokhara. Pokhara is a beautiful town set on the banks of the Phewa Lake. It is smaller and much less hectic than Kathmandu and is the perfect starting point for our trip. Whilst in Pokhara we will stay at the delightful Hotel Stupa run by Mrs Raj Kumari and her family. Upon arrival we will be free to relax in the hotel after our long journey, or explore this friendly easy-going town and take in the many shops and bazaars. The following morning a tour will be arranged for us to visit the Tibetan Refugee Camp and Devi Falls.

No other area in Nepal has such a splendid variety of natural beauties as the Annapurna region. It is a rare combination of long arrays of snow-capped peaks, crystal lakes, and turbulent rivers with deep gorges, Tibetan monasteries, and picturesque villages, inhabited by simple and friendly ethnic people.

On this trip we will pass through many villages where we will have ample time to take photographs and chat with the local people. Language is not a big problem as many of the local people speak English. If not, our Guide will be happy to translate for us. There are many different ethnic groups along the trail, but the predominant people in this area are the Gurung. Together with the Magar and Chetrie people, the Gurung are famous as soldiers in the British Army, better known as Gurkhas. You will experience diverse terrain from glacial valleys to sub-tropical valleys with banana trees and rice paddies to high ridges clad in thick rhododendron forest .

## DAY TO DAY ITINERARY

**Day 1 Ex Singapore/Kathmandu 0930** arrive Kathmandu 2230. Met and transferred to your hotel.in **Bhaktapur** This morning we will transfer to the airport for our 30 minute flight to Kathmandu. On arrival we will transfer to our hotel in Bhaktapur situated approximately 1 hours' drive from the airport.. **BHAKTAPUR:** Bhaktapur meaning the City of Devotees, this place is the home of medieval art and architecture. Lying 14km/9 miles east of Kathmandu City, this place was founded in the 9century and is shaped like a conch shell. The city is at the height of 5,600ft above sea level. In Bhaktapur you will visit the Durbar Square with its array of temples overlooked by the Palace of 55 Windows built by King Bhupatindra Malla, The Nyatapola Temple. This temple also built by King Bhupatindra Malla, is the best example of the Pagoda style and stands on five terraces on each of which stands a pair of figures, two famous strong men, two elephants, two lions, two griffins and two goddesses. Overnight Hotel **(B)**

**Day 2 Pokhara** After breakfast you will enjoy a morning sightseeing in Bhaktapur before taking an afternoon flight to Pokhara. Transfer to your hotel **(B)**

**Day 3. Pokhara** This morning our guide will take us on a boat trip across the lake, and an easy hike 1 hour to the Buddhist Peace Temple. We will return to our hotel via the Tibetan Refugee Camp. The remainder of the day is yours to enjoy at leisure or prepare for our trek departure the following day **(B) (Lodge)**

**Day 4 Pokhara -Naya Pul -Tikedunga - Ulleri (2050)** Today we have a very earlier departure by car to the town of Naya Pul and the start of our trek. From Naya Pul the trail is quite flat as we follow the south bank of the river. After several hours we will pass through sub-tropical valley forests, the trail in some places is carved along the side of the cliff. After lunch we cross the Modi Khola River via a suspension bridge to the village of Tikendhunga (4hr walk) where we will have lunch. After lunch the trail is frequently used by pony caravans the trail is very difficult because it is quite steep at times -with many steps almost stairs of rock, but as you get used to the trail and learn to climb slowly and regulate your breathing, the hike becomes easier. Every 20 minutes or so, there is a stone ledge built for porters to rest their loads, and you will be grateful to take advantage and rest often. We should reach the lodge Ulleri by late afternoon **(BLD) (Lodge)**

**Day 5 Ulleri - Gorepani (2850 mtrs) (2-/12)**

Still we ascent but only for the next 2-3 hrs before reaching the village of Ghorepani which means "Horse Water" by lunchtime. This village is an important campsite for traders before becoming a trekker's stop. There are two parts to this town - one in a saddle and the other a few hundred feet lower. This is a fascinating place with small shops and stalls selling local craft. Now that we are higher it will begin to get much cooler especially in the evenings. **(BLD)**

**Day: 6 Ghorepani - Poon Hill - Tadapani (3200mtrs) (8 Hrs)**

Up before the sun to climb the steep trail to Poon Hill (3200mtrs). Here you will be rewarded for your efforts with spectacular views of Machhapuchre, Dhaulagiri, Nilgiri, and the Annapurnas. After taking many photos and having that much needed steaming hot cup of coffee, tea or hot chocolate, we return to Gorepani for breakfast. After breakfast we head east from Ghorepani and climb a nearby ridge with views to match Poon Hill's. Descend through beautiful rhododendron forest, passing spectacular waterfalls along the way. As we descend to Tadapani meaning "away water" the trail at times can be quite slippery so watch your step. Keep an our for monkeys or lamur on the trail Tadapani has lovely views of Machhapuchhre and Annanpurna South **(BLD)**

**Day 7: Tadapani - Ghandruk – Landruk (2012 mtrs)** Today we have an easy day descending to the village of Ghandruk. This village is one of the largest Gurung villages in Nepal, with more than 700 households. Almost every family has one of its members in the Gurkha army, and much of the village's prosperity comes from the money they send home. With its superb views of Machhapuchhre, Annapurna South and Hinchulu. After lunch in Ghandruk we will descent about 2-/1-2 hours to the Modi Khola where we cross another suspension bridge, and join the trail that leads to Annapurna Base Camp. It is a steep 2-hour climb to the village of Landruk, another large Gurkha settlement and our lodge for the night. **(BLD)**

**Day 8 Landruk – Potana** We leave Landruk and contour south through several tributary valleys to reach Tolka. Here we will stop for a rest before continuing on and crossing the tributary to the left bank to climb out of the valley to Bhichok and our lunch spot. After lunch it is only another 1 hour walk to our night's accommodation at Potana here we will be rewarded with fabulous views of Machhapuchhre. **(BLD) (Lodge)**

**Day 9 Potana – Dhampus - Pokhara**

This morning we follow the ridge on a relatively flat trail, there are more magnificent view of the great giants. As you get closer to Dhampus and see Pokhara in the for ground you will be impressed with the uncut forests so close to Pokhara. The people of Dhampus have traditionally protected this forest, and government programs are only now realizing that this traditional, social forestry should be encouraged. Leaving Dhampus we descend steeply through the forest for approximately 1-1/2 hours.to Phedi and sadly the end of our trek. From Phedi it is approximately 1 hour by bus to Pokhara and our hotel for the night **(BL) December 8<sup>th</sup> Hotel**

**Day 10-11 Pokhara – Chitwan**

After breakfast we will depart by private vehicle for a 4 drive to Chitwan.. On arrival we will be transferred to our wildlife resort. The next 2 days will be full of adventure, either riding on the back of an elephant, jeep safari, canoeing or jungle walking. We will see rhino, many species of birds, deer, crocodiles and if you are lucky maybe the odd sloth bear and tiger. **(BLD)**

## **INFORMATION ON ROYAL CHITWAN NATIONAL PARK**

Royal Chitwan National Park where you will see yet another side of Nepal. The 3 days here are spent on trips into the jungle on an elephant's back, swimming, jungle walks, and bird watching and if the river is up, even a canoe trip on the Rapti River to look at crocodiles. Or, if you prefer, you can stay at the lodge and just relax. The food is excellent - a combination of western and traditional Nepali. The friendliness and knowledge of the staff will be a highlight of your stay here.

Situated in the Rapti Valley, Chitwan National Park is approximately 80 miles southwest of Kathmandu by road. The region in which the park is situated is known as the Terai, a flat and highly cultivated plain that constitutes the entire southern quarter of the country. Extremely hot in the Summer while mild and cool in winter, this region produces most of the country's food. Early this century, the Terai was a rarely visited jungle expanse with very few inhabitants, the only visitors being members of the Nepalese upper class on hunting trips.

During the 1950's malaria was eradicated, and the population began to expand rapidly. Loggers and farmers in search of new fields slowly cleared the jungle. Conservationists soon realised that if action were not taken it wouldn't be long before all the animals of the Terai would be extinct. In 1962 King Mahendra designated Chitwan as a rhinoceros preserve. In 1973 it was finally gazetted in parliament as the first national park in Nepal.

Today there are only about a thousand one horned rhinos left in the world, and over 300 of these are in the Chitwan National Park. Fewer than 2000 tigers remain in the sub-continent, more than 40 live in Chitwan. There are many other animals as: the fish-eating gharial crocodiles, buffaloes, sloth bear, hog deer and wild peacocks. For a more in-depth study of all the animals in the park you should read *The Heart of the Jungle* by KK Gurung. Remember that although there are many animals to be seen in Chitwan, it is not a zoo. Nor is it similar to the vast open plains of southern Africa. It is a small compact jungle park where you must go out and find the animals; it is possible that you may not see anything at all. If you rise early in the morning and go on a jungle walk or elephant ride with the park guides, you are very likely to spot some wildlife. It should also be noted that there are over 400 species of birds living in the park, and if you are interested in bird watching there will be plenty of opportunities.

**Day 12 Chitwan - Kathmandu - Before breakfast you will have the opportunity to take an early morning jungle hike After breakfast transfer to the airport for your flight to Kathmandu. Transfer to the hotel and your afternoon will be free to explore Thamel the tourist district of Kathmandu. Evening farewell dinner, (BD)**

**Day 13 Kathmandu Today you have a free day to sightsee before transferring to the airport for your evening departure. (B)**

**COST: \$3250 per person twin share**

### **Trip Inclusions**

\*2 internal flights \*6 day fully escorted lodge trek incl. all meals \*private transport Pokhara/Chitwan  
\*3 Nights Pokhara 3-1/2 star including b'fast \*1 Night Bhaktapur including b'fast \*1 nights Thamel  
including b'fast \*Sightseeing Bhaktapurh \*Private transport to Airport/Bhaktapur/Thamel \*2 nights  
Chitwan including all meals, transfers and activities \* Experienced English Speaking Nepalese Guide  
\*Arrival and departure transfers \*Trekking permit and National Park Fees \* meals stated

### **Not Included**

\*International Airfare \*Optional Flight Over Everest US\$160 \*Meals not stated \*Gratitude's for hotel  
staff and Chitwan and your Nepalese guide who will be with you for the full trip \* Entry into Bhaktapur  
and Pasapatinath \*Airport taxes, Entry into sights.



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