



TREKKING AND WILDLIFE ADVENTURE OF NEPAL

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.

Your 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 Arrive Kathmandu. Met and transferred to the domestic airport for our 30mn flight to Pokhara. Arrive Pokhara and transfer to our hotel the afternoon will be free to relax and explore. Pokhara sits on banks of Phewa Lake surrounded by the magnificent Annapurna Ranges with the awesome Machhapuchhre (Fishtail Mountain) as its backdrop. Pokhara is part of a once vibrant trade route extending between India and Tibet. It is also the starting point of all treks in the Annapurna ranges. **Overnight hotel Pokhara (B)**

Day 2 Pokhara This morning our guide will take us on a boat trip across the lake, and an easy hike **3 hour** to the Buddhist Peace Temple returning via the Tibetan Refugee Camp, Devis Falls and the Himalayan Climbing Museum. The remainder of the day is ours to enjoy at leisure or prepare for our trek departure the following day **Overnight hotel Pokhara (B)**

Day 4 Pokhara -Naya Pul –Tikedunga - Ulleri (5 hours) (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 by late afternoon **(BLD)**

Day 5 Ulleri - Gorepani (2850 mtrs) (3 hours)

Still we ascent but only for the next 2-3 hrs before reaching the village of Gorepani 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) (7- 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 Machhapuchhre, 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 (3 hours) 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.

Day 8 Ghandruk – Pokhara - Chitwan After breakfast you will descend about 2-1/2 hours to the Modi Khola where your jeep will be waiting to take you to Pokhara. After lunch you will then travel by private vehicle to Chitwan. On arrival we will be transferred to our wildlife resort **(BLD)**

INFORMATION ON ROYAL CHITWAN NATIONAL PARK

Royal Chitwan National Park where you will see yet another side of Nepal. The 2 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. Please inform the Lodge Manager if you wish to do any different or independent activities. 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 amore 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 like 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. Just ask the Lodge guides all transport, meals and activities are included in your stay.

Day 9 Chitwan - Kathmandu - This morning we will transfer to the airport for our 30 minute flight to Kathmandu. **Overnight Hotel (B)**

Day 10 Kathmandu - Free Day Kathmandu. Or we can arrange for a ½ day tour visiting Bhaktapur Pasapatinath - the holiest place for the Hindu people. On the bank of the sacred Bagmati River, the temple of Lord Shiva Pashupatinath is famous for its architecture with its two-tiered golden roof and silver doors. We will then arrive in Thamel and our hotel which is situated in the heart of the tourist district. **Overnight Hotel in Kathmandu**

Day 11 Transfer to the airport for your onward journey

Inclusions

5-day fully escorted Annapurna lodge trek, including all meals, 2 nights Chitwan National park including all activities and meals, All Pick up and Drop Service, 2 nights hotel in Kathmandu with breakfast – 3 Star, 2 nights Pokhara 3 star. All required transportation: Domestic flights (Ktm – Pokhara and Bharatpur – Ktm), Private Vehicle Pokhara – Chitwan), Private Transport Pokhara – Trekking Start Point and Trekking End Point – Pokhara, Professional and Highly Experienced English Speak Trekking Guide, 1 Porter for 2 Pax with max load of 25 Kg, including their food, accommodation and insurance, Trek Permit: ACAP and TIMS Card, Comprehensive Medical Kit, T-shirt, Duffel Bag and Trek Map with Company Logo, 13% VAT and 10% Service Charge, Welcome and Farewell Dinner. Priced based on minimum of 4 passengers. Dates of Travel October 2019 – May 2020

Not Included

Meals not stated *Gratitudes for hotel staff and Chitwan and your Nepalese guide and porter who will be accompanying you on the trek.



