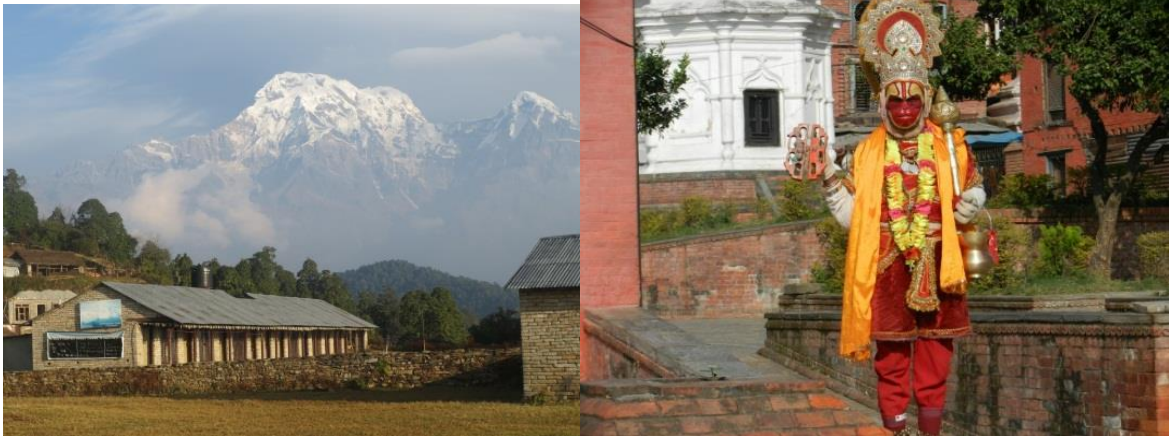


MARDI HIMAL KATHMANDU POKHARA AND CHITWAN



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 and city streets, 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.

On the first few days of the Madi Himal trek we will climb gradually along the ridges that are the foothills of the Annapurnas. . Mardi Himal is the name of the long rising ridge and its summit (5,588m), that forms the south westerly slope of Mt. Machhapuchhre, immediately below its sheer south face. Machhapuchhre, which towers majestically over the Pokhara Valley, is best known as Fishtail Mountain'. We pass through many villages and you 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. There are many different ethnic groups along the trail, but the predominant people in this area are the Gurungs, together with the Magar and Chetry peoples, the Gurungs are famous as soldiers in the British Army, better known as Gurkhas.

On your journey you will afford spectacular views of Dhaulagiri, Annapurna I, II, III, IV, Lamjung Himal and Manaslu.. As we steer away from the tourist trail for several days, you will see how the Nepalese have gone about day to day life for centuries. This trek climbs through forests and above the tree lines to follow the ridge that takes us up to 'High camp'(3,620m), where time is spent acclimatizing while being awestruck by the views. Remember, however, that you are in the Himalaya and that 95 percent of the country is hilly and criss-crossed by numerous trails. There is very little flat land. If you take it slowly and walk at an even pace you should not experience any problems. Annapurna South seems near that you could reach out and touch. Finally, we enter the wilderness territory as we go beyond 4,500 meters, where the great ice fields and blue glaciers of Annapurna Base Camp lie below. Around us, in an arc from east to west, are a dozen or more glistening snow-capped giants, with Annapurna I being the highest of them all, that provide a view that is almost impossible to equal. Conquering this wilderness territory and the incredible proximity of 5 of the highest mountains in the world leaves one feeling they have explored.

Proposed Itinerary

Day 1 Arrive Kathmandu met by your trekking staff and transferred to your hotel situated in the tourist area of Thamel. **(B)**

Day 2 Free Day Kathmandu (B)

Day 3 Transfer by private or tourist bus or vehicle to Pokhara approximately 6 hours. Transfer to your hotel (B)

Day 4 Free day Pokhara for sightseeing (B)

Day 5 Pokhara – Australian Camp (2232 mtrs) This morning you will have free to explore Pokhara. After lunch you will depart the hotel by vehicle to the start of your trek at Phedi. The first 2 hours is a steep climb on a designated trail to the village of Dhampus where you will stay for the night.

Day 6 Australia Camp to Deurali and Forest Camp After breakfast you will then follow a flat trail along the ridge which affords magnificent views of the great giants and on the other side you will see Phewa lake 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. After lunch you will depart Deurali you will begin ascending through forests on an old trail to your **Lodge (5-6 hour walk) (B)**

Day 7 Forest Camp - Low Camp – Laurabina (2950 mtrs) Today you will continue climbing through forests keep a watch out for the Langu Monkey, after lunch at Forest Camp continue on a gradual ascent to your lodge and magnificent views over the Annapurna Ranges and Pokhara. **(4-5 hours) Overnight Lodge**

Day 8 Laurabina – High Camp (3550 mtrs) This morning begins with an gradual ascent then steep climb reaching a beautiful grass ridge affording spectacular views to the north west looking down to Chomrong and the main trail to ABC. The final 45 minutes is another steep climb traversing the last ridge where there is a narrow trail with drops into the north east valley and views to Mardi River and Fishtail Mountain. You will finally reach the High Camp when you see the traditional pray flags and mani stones which donate the top and show the way. Your lodge for the night is situated on a ridge with magnificent view of Fishtail that you feel you could reach out and touch her tails. You will also see other giants such as Mardi Himal, Gangapurna, Annapurna 1, Annapurna Sth Himchuli. **(B) Overnight lodge**

Day 9 High Camp – BC – Low Camp After breakfast if you wish to hike to Base Camp or only to the next ridge overlooking base camp you will depart your lodge at 5am return for late breakfast then descent to High Camp. **(B) Overnight Lodge**

Day 10 Low Camp to Lwang Village Alt. 1,280m After breakfast you will leave Low Camp via a different trail. It is a steep descent for approximately 3 hours to your lunch place. After lunch it is another 3 hours traversing to the village of Lwang and your homestay **(6 hours) Overnight Homestay**

Day 11 Lwang Village Homestay (Rest Day) is a beautiful experience. Lwang is a beautiful scenic hilly village lying in the Kaski district. It is 20-30 km north west face from Pokhara. The village is highly famous for the organic tea gardens. As well as nowadays the place is getting familiar for the Homestay. Lwang is inhabited mainly by Brahmin, Chhetri, Gurung, Blacksmith, Tamang, Newar people. Thus, the visitors will have a great opportunity to experience the culture of people of various races and castes. Visitors are allowed to stay in a small stone roofs houses with clean lanes and surrounding, served with typical Nepali food (dal, rice, curry) and local chicken, alcohol made from local millet, cultural events and shows. Though, Homestay in Lwang can be an extraordinary experience with scene of the Pokhara Valley, tea farm in the surroundings with mountain at backdrop as well as typical mixed cultures and traditions. **(BLD) of local fresh produce.**

Day 12 Lwang Village to Pokhara This morning you will transfer to the outskirts of Pokhara by jeep, your taxi will the transfer you to your hotel arrive around midday. **Afternoon Free (B).**

Day 13 and 14 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 and jungle walking. You will encountere rhino, many species of birds, deer, crocodile and if you are lucky maybe the odd sloth bear and tiger. **(BLD)**

Day 14 – After breakfast depart Chitwan by private vehicle to Kathmandu overnight in Bandipur f you want to break up the long drive from Chitwan to Kathmandu Bandipur has a quiet refuge with traditional culture and calm, where you experience countryside walks, nature and mountain views,.. Transfer to your hotel **(B)**

Day 16. Transfer by private vehicle to Kathmandu Overnight hotel. Day 17 Transfer to the airport for you evening flight to Singapore. Arrive 0600 connect with your flight to Sydney. r Late to the airport for your return journey home.8

Cost including

- Arrival and Departure Arrangement
- 03 Night Hotel in Kathmandu with Breakfast on 3* Category
- 02 Nights Hotel in Pokhara with breakfast 3* Category
- 07 night Lodge trek – no meals
- English Speaking Guide and porter assisted.
- Ground transportation Tourist Bus Kathmandu/Pokhara, private transfer to start and finish of trek.
- Private transfer Pokhara/Chitwan/Kathmandu
- Annapurna conservation permit and Trekking TIMS
- Guide and Porter insurance food and accommodation
- 2 nights Chitwan including all meals and activities

Cost Excludes

- Lunch and Dinner in Kathmandu and in Pokhara
- Meals whilst on trek
- Personal equipment, Insurance, Rescue, Tips to Staffs
- Extra activities than mentioned