



NEPAL CULTURAL WILDLIFE TRIP AND ANNAPURNA TREK

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 Buddhists spinning prayer wheels. 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 mainly 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 where you will be met by our friendly Nepalese representative who will transfer you to your comfortable 3-star hotel in Kathmandu.

After spending 2 nights in Kathmandu, you will depart by flight to Badripur. During your stay at Chitwan National Park you will see yet another side of Nepal. The 2 days here are spent on trips into the jungle on an elephant's back, jungle walks, and bird and rhino watching, and canoe trip on the Rapti River where you will be sure to see the Magar crocodiles. Then you will travel by tourist bus for a 5- hour drive 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 those who wish to trek in the spectacular Annapurna Range. You will spend 2 nights days in Pokhara taking in the awe inspiring Annapurna Mountain range, being the back drop to this city.

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.

PROPOSED DAY TO DAY ITINERARY

Day 1 Arrive Kathmandu. Met and transferred your 3-star hotel situated in Thamel which is the heart of the tourist area of Kathmandu **(B)**

Day 2 Kathmandu – Free day for you to discover the delights of Kathmandu. We can arrange a guided sightseeing trip if required (B)

Day 3-4 Kathmandu - Chitwan Wildlife Park After breakfast depart the hotel to the airport for a short 30-minute flight to Baratapur. Met and transferred to your hotel in Chitwan arriving at your resort in time for lunch. Afternoon activities will be organized by the hotel. The following day you will enjoy a full day of activities, elephant riding, visit to the elephant breeding centre, canoe ride down the Rapti River, and short jungle walk. During your stay you will be accompanied by a naturalist. **(Standard Room including, airport transfers, all meals, and activities) Hotel (BLD)**

Day 5 Chitwan – Pokhara This morning you will wish to rest or enjoy an early morning jungle walk. At approximately 930am you will depart by private vehicle for your 4-hour journey to Pokhara **Overnight hotel (B)**

Day 6 Pokhara Free day

Today is you free day and take a boat ride on the beautiful Phewa Lake, everything is in walking distance from your hotel. **(B)**

Day 7 Pokhara –Naya Pul –Tikedunga - (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 leri by late afternoon **(BLD) (Lodge) 12 December**

Day 8 Tikedunga to Ulleri – After breakfast we will depart our lodge on a trail that 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 for lunch the afternoon is free to relax. **(BLD)**

Day 9 Ulleri to Ghorepani (2850 mtrs) (3 hours)

Still, we ascent but only for the next 3 – 4 hrs before reaching the village of Gorepani means "Horse Water". 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: 10 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 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)**
O/N

Day 11 Tadapani – Jinwa Hot Springs Approx 5 hours In the afternoon take a short hike to bath in the hot springs. **Overnight Lodge (BLD)**

Day 12 Jinwa – Landruk- Tolka Today you will descent about 2-/-2 hours to the Modi Khola where you will 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. Lunch at Landruk before hiking along the ridge to Tolka. **Overnight Lodge. (BLD)**

Day 13 Tolka — Dhampus - Pokhara 2-1/2 hours

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 you descend steeply through the forest for

approximately 1-1/2 hours.to Phedi and sadly the end of your trek. From Phedi it is approximately 1 hour by bus to Pokhara and your hotel for the night **(B)**

Day 14 Pokhara – Kathmandu After breakfast depart to the airport you're your flight to Kathmandu Overnight Hotel (B)

Day 15 – Transfer to the airport for your flight home it **(B)**

Cost:

AUD 4800 twin share.

Trip Inclusions

*3 internal flight * airport transfers, *private transport *bus transfers, *3 Nights Pokhara 3 star including b'fast * 3 nights 3 star hotel Kathmandu, *2 nights Chitwan 4 star hotel including all meals, transfers and activities * Experienced English Speaking Naturalist *7 day fully supported trek with meals * All trekking and park permits.. Comprehensive Trip Notes* Guide and porters wages meals and insurance

Not Included

Meals not stated allow, Gratuities, *Soft and Hard Drinks



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