

HIMALAYAN EXPERIENCE

Experience the wonder at the top of the world

[Culture and adventure 2 in 1]

23 September: Day 01 Arrive Kathmandu

Arrive Kathmandu. Upon arrival meet our representative at the airport and drive to **Hotel**.



[Meal code: B=Breakfast, L=Lunch and D=Dinner]

Kathmandu stands at 1350 metres and the valley is surrounded by hills at an altitude of around 2400 metres. There are three important cities in the valley, the most significant being Kathmandu itself. Patan is the most Buddhist of the three and is across the Bagmati River to the south of Kathmandu, but so close as to be almost an extension of the capital. Bhaktapur, also known as Bhadgaon, is the most "medieval" and is situated in the eastern part of the valley.

24 September: Day 02: Kathmandu B

Sightseeing of Kathmandu valley in the morning and free in the afternoon for shopping.

Patan: The ancient city of Patan faces Kathmandu on the southern bank of the River Bagmati. It's a colorful place rich in Newari architecture, with Hindu temples and Buddhist monuments nestled harmoniously together in the narrow, winding streets and unexpected squares.

Patan Durbar Square: Exquisitely carved palaces, temples and shrines dominate the square, which is ruled by the ancient Royal Palace. Nestling in one corner is the triple-roofed octagonal tower of the 17th Century, Teleju Bhawani Temple.

Krishan Mandir: The first of its kind to be built, this 17th Century temple is the only one in Nepal comprised of entirely stone-carved shrines.

Kathmandu Durbar Square: Kathmandu's most impressive sight, Durbar Square is a colorful blend of temples and palaces. It is also home to Kathmandu's Kumari, or 'living goddess', a young girl believed to be a reincarnation of the goddess Durga.

25 September: Day 03 Kathmandu - Pokhara - Hile BD

6:00 AM drive Pokhara. You arrive around mid-afternoon. We stop for afternoon tea/lunch.

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 and finishing point for our trek. We will stop at a restaurant in Pokhara for lunch. After lunch in Pokhara, you will drive

an hour to New Bridge then walk through the lush, green Modi River valley, past waterfalls with plunging pools. The level path takes you along the left bank of the Modi Khola, whose headwaters are the Annapurna Sanctuary. You will soon reach Ekuwar, where you can stop for tea at the local bhattis. Once you cross the suspension bridge over the Modi Khola you will be in Birethanti (1140m). The trail follows the north bank of the Bhurungdi Khola. The trail climbs steadily up the side of the valley to Hille at 1495m. We will stop here overnight.

26 September: Day 04: Hile - Ulleri-Ghorepani DLB

From Hille we ascend the steep staircase to the Magar village of Ulleri (2070m), where you will be rewarded with breathtaking views of the valley below and the peaks of Annapurna South and Hiunchuli. From here, a gentle climb through pasture and cultivated fields. As the trail climbs higher, you will walk up beside the cascading river through a cool oak and rhododendron forest to Ghorepani (2840m).

27 September: Day 05: Ghorepani - Tadapani/Chiule DLB

A short, early-morning climb to the Deurali pass for a spectacular panorama of Dhaulagiri and the Annapurnas, and all the way south to the plains of India. From here the trail descends steeply through dense, moss-covered forest rich with birdlife to Tadapani (2540m) for a beautiful sunset view of Annapurna South and Machhapuchhare.



28 September: Day 06: Tadapani/Chiule - Sinuwa DLB

The trail drops down from Tadapani, through lush rhododendron forest. From Ghandrung there are good views of the upper Modi valley. The route starts the long ascent high above the west bank of the Modi Khola, and continues up to the village of Chhomrung (2040m). Towering above the village is the mighty peak of Annapurna south, with the Fishtail facing it across the valley. Further an hour climb, you will reach to Sinuwa (2340m) for overnight.

29 September: Day 07: Sinuwa -Deuralil DLB

We walk through the forest to Kuldi Ghar before the route goes steeply down a bank of rock and then levels out, running through riverside bamboo thickets along the base of the gorge. Then the track winds steeply up through deep bamboo and rhododendron forest to the village of Doban and continues to Himalaya Hotel (2680m) and on to Hinko cave. The accommodation will be in Deurali (3200m) for overnight.

30 September: Day 08: Machhapuchhre Base Camp (MBC) DLB

The track remains on the west bank of the Modi, now flowing through a more open valley that eventually emerges into the sanctuary. Straight ahead is the high lateral moraine of the South Annapurna glacier, and the Modi follows a deep cliff to the right. This is

the site of Machhapuchhre Base Camp (3480m) from which can be seen a spectacular panorama of mountains. We have short day today for acclimatization reason.

01 October: Day 09: Annapurna South Base Camp Visit & Bamboo Lodge DLB

The route begins on a broad, grassy path before climbing over the lateral moraine and down to the beautiful valley. We soon reach the British Expedition Annapurna South Face Base Camp (4234m) The best views are probably obtained from the crest of the moraine, which we follow until it is cut through by the glacier flowing down from Himal Chuli to the north. After lunch we return to Machhapuchhre Base Camp. We then descend and follow the same route to a pleasant spot at bamboo Lodge.

02 October: Day 10: Bamboo Lodge - Jhinudanda - Modi Khola DLB

We follow the same route to Chomrong. Once we have passed Khuldighar then, the trail continues through rhododendron and bamboo fields. From Chomrong the trail descending very steeply to the Jhinu hot spring, where you can bathe in natural hot springs. Stay overnight at guesthouse.

03 October: Day 11: Jhinudanda - Modi Khola DLB

The trail passes the small village of Khuldi Bikas before continuing through rhododendron and bamboo fields to the Alpine-style village of Chhomrung. Stony steps climb steeply to Kabre Chautara and soon after we turn off for Landrung, leaving the Ghandrung path dropping away towards the river.

04 October: Day 12: Modi Khola - Pokhara

An easy walk through the river valley to the Naya Pul where we meet the road and drive back to Pokhara. Stay overnight at hotel.



Sadly this is the last day of your trek. The remainder of the day is yours to explore the many shops and bazaars and eating-houses of Pokhara. It will seem like a teeming metropolis after the serenity of the hills. You're last night in Pokhara is a great opportunity to throw a party for the sherpas and porters. If we have time today, we do sightseeing tour of :



David Falls: This is a breathtaking view of David Fall in Chorrepatan. Chorrepatan is famous for this water fall and a cave just two minutes walk away. The water flowing in this fall comes from Fewa Lake and reaches maximum velocity during the rainy seasons of Summer (June, July, August) including Chamere Gufa [A limestone cave] and Mahendra Pul [Seti River Gorge]. If you arrive

late then we do sightseeing next morning.

Customers with Jungle Safari Upgrade, go to Upgrades section below.

05 October: Day 13: Pokhara- Kathmandu B

After breakfast drive to Kathmandu. Free day and relax. Over stay night at Hotel.

06 October: Day 14: Departure B

After breakfast, we will drive you to the airport to catch your onward flight to your next destination.

Note: If you are interested in booking for March/April trip, there is slight different in an itinerary, however it is similar to this one. Alternative itinerary can be provided on request for March/April trip.

Trip Grade: Moderate to fairly challenging

This is a long trek that goes right into high mountain country and the Annapurna South Base Camp (4130m). Physically quite tiring, it involves approx 6-8 hours trekking along rocky ridges. No previous experience is required; you should be moderately fit, used to some regular exercise and enjoy walking in the high altitude conditions.

Itinerary changes

The itineraries for each trip should be taken as a guideline only. Depending on the prevailing situation, you can modify it to some extent after consulting with your guide. However, the date of trek completion should always coincide with the original itinerary. You should keep in mind that this is an adventure trip into the remotest region, where many unforeseen events may contribute to the need for a change in itinerary. In such cases, your guide or we will suggest the best alternative similar to your original.

Jungle Safari Upgrade - Tour of Chitwan:

5 October: Day 1: To Royal Chitwan National Park BLD

After breakfast drive to Chitwan national Park by tourist bus. You will be staying at a resort for 2 nights for our 2 nights / 3 days activities.

Nepal's most famous National Park is large and covers a diverse array of terrain. The Chitwan valley is characterized by tropical to subtropical forest. 70% of park vegetation is predominantly Sal (*Shorea robusta*) forest, moist deciduous flora of the Terai region.



The remaining vegetation types include grassland (20%), riverine forest (7%) and Sal with Chirpine (*Pinus roxburghii*) (3%), the latter occurring at the top of the Churia range. The riverine forests mainly consists of khair, sissoo and simal (*Bombax malabricum*).

The simal has spiny bark when young and develops a buttress at the bottom as it ages. The grasslands form a diverse and complex ecosystem with over 50 species. The *Sacchrum* species, often-called elephant-grass can reach 8 metres in height. The shorter grasses such as *Imperata* are useful for thatch rooves.

This tropical zone is Nepal's richest area for wildlife including gaurs, buffaloes, tigers, leopards, rhinoceros, swamp deer and hot deer found in the valley grasslands, as well as two species of crocodile and the Gangetic dolphin inhabiting the rivers. The principle birds are the peacock, jungle fowl and black partridge, while migratory duck and geese swarm on the ponds, lakes and big rivers of the Terai. Terai forests are full of jasmine, minosa, accecia reeds and bamboo. The pipal (*Ficus religiosa*) and the banyan (*Ficus bengalensis*) have significant meaning to the villages.

6 October: Day 2: Safari Activities BLD

A Typical two-night/three day jungle safari consists of the following activities. Camp manager may change the programs according to the season and weather.

Elephant ride: the best and safest way to view wild animals is from the top of an elephant. Usually a number of elephants enter the jungle together.

Boat ride: There are crocodiles in the Jungle Rivers. Riding in a canoe allows you to see them from up close as they are sunning on the sandbanks. You will see a lot of water birds too.

Jeep ride: (Optional) Driving around the jungle in a jeep is another good way to observe the flora and fauna, especially for those not fond of riding elephants.

Jungle walk: Walking in the forest puts you in the thick of things. Please note that it can be dangerous.

Bird Watching: With the vast array of birdlife in the park, a bird watching tour can be a real highlight, even if you are no great enthusiast.

Village tour: The Tharus are the indigenous people of the Terai plains. You can visit their villages by ox-cart or on foot to observe their lifestyles.

Cultural Program: At the end of the day, you will be entertained by a traditional Tharu dance around a campfire. Extremely enriching experience full of color and skills unique to the local people.

7 October: Day 3 Royal Chitwan National Park - Kathmandu B

An early morning walk gives us the opportunity to do some more bird watching, then it is time for breakfast and our departure to Kathmandu by tourist bus. O/N stay at hotel.

8 October: Departure B

After breakfast, we will drive you to the airport to catch your onward flight to your next destination.

Two extra night Upgrade in Kathmandu:

21 September: Day 1 Arrive Kathmandu

Arrive Kathmandu. Upon arrival meet our representative at the airport and drive to the Hotel. **Stay overnight in Kathmandu**

22 September: Day 2 Hang around in Kathmandu B

Free to hang around in Kathmandu. Acclimatize yourself with the local climate. If you wish to participate in any other activities e.g. Mountain flights, ask us.

23 September: Day 3 Hang around in Kathmandu B

Free to hang around in Kathmandu. Acclimatize yourself with the local climate. If you wish to participate in any other activities e.g. Mountain flights, ask us.

24 September: Day 4 Please see the top of the itinerary.

Others

Trip Extension: It is recommended to extend your trip to Chitwan and two extra days in Kathmandu so you can enjoy the opportunity to see ancient sites of Kathmandu, Patan and Bhaktapur.

We also organise Tibet and Bhutan tours at very reasonable prices on request.

Mt Everest flight: We will organize Mt. Everest flight for \$ 175.00

Flights and Insurance: We offer competitive flight and insurance cost.