

TWO WEEKS IN NEPAL

Trip Details

Price

\$ 1200usd (twin share)

Trip length

- 12 days, 11 nights
- Trip starts and finishes in Kathmandu, Nepal.

Meeting point

Kathmandu, Nepal

Departure point

Kathmandu, Nepal

Group size

Maximum 12

Participation requirements

- You're open-minded and open-hearted
- You try to embrace the little things
- You understand that even in the best vehicles, the air-con sometimes breaks
- You don't mind that even in the best restaurants, the service is sometimes a little slow.
- You acknowledge that all of the above is just part of the adventure, and you choose to be gracious.

Fitness

Level 5 or Strenuous Plus

You should be physically fit for this trip. You may need pre-trip training in preparation for multiple hours of activities over many of the days. Some days will include trekking over **steep mountainous terrain** and includes overnight stays in high altitudes.

Included

- 6 breakfasts, 2 Lunches, 2 dinners
- Accommodation in local country hotels, guesthouses and trekking lodges/teahouses
- Wilderness first aid qualified guide

- Driver, guide & luggage transport
- 2 x domestic flight(ktm –pkr and chitwan –ktm)
- Acap & tims permits
- Chitwan national park fee.
- Transportations.

Not included

- International flights
- Travel insurance (compulsory)
- Any visas required
- Late check-out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included lunches and dinners
- Tips to guide and porters
- Personal expenditure
- Hiking equipment
- Pre or post-trip accommodation

Trip's Summary

With inspiring cultural experiences and days spent trekking in the Himalayas, this expedition will give you a unique insight into the diverse lives of Nepalese. Meet a range of community trailblazers, from chefs at a social enterprise to campaigning to end menstruation discrimination to your all mountain guides and porter's crew. Listen to personal stories shared by locals and spend time reconnecting with nature at run village homestay on the fringes of Chitwan National Park, which is helping to conserve wildlife in the area. Connect with Buddhist nuns as you get an inside look at an all-community nunnery challenging patriarchal traditions. Listen, connect and be inspired on this 12-day adventure.

Why you'll love this trip?

- Explore The Kathmandu city
- Nepali cooking classes
- Connects to Newari cultures
- Explore the Pokhara city
- 25 mountains peaks from poonhill trek and to indroduced pun culture
- Gurung cultural show at ghandruk village
- Chitwan wild life jungle sufferi
- Tharu cultural show.many more..

ITINERARY

DAY 1 : KATHMANDU

Namaste! Welcome to Nepal. Your adventure begins with a welcome meeting at 5pm in Kathmandu, the colourful capital of Nepal. This place is a fascinating blend of traditional architecture and symbols of the 20th century. Its rich artistic and cultural heritage is evident where ornately carved balconies mingle with beautiful shrines and temples. If you arrive early, why not check out Durbar Square with its temples, markets and busy atmosphere. It is also worth the climb to visit the Swayambhunath – the 'monkey temple'. Explore the network of street markets and alley bazaars and Pashupatinath. For those with a few extra days in Kathmandu, the neighbouring towns of Patan and Bhaktapur are also well worth a visit.

Accommodation

- Hotel (1 night)
- Meals

There are no meals included on this day.

DAY 2 : KATHMANDU/ SEVEN WOMEN

No visit to Nepal's capital would be complete without getting a look-in at its happily-tangled mix of religions. Step out into the incense-filled streets of Kathmandu with your guide to two of the most sacred religious sites in all of Nepal. Here you'll witness the country's unique blend of Hindu and Buddhist religions.

We've also snuck a cooking class into your schedule today. But not just any-old cooking class! Today, you'll be taken on a Nepalese food journey at Seven Women – an organisation created to support, through education, marginalised women in Nepal. It's equal parts learning and fun, so you'll chuckle your way through the class with your teacher and sit down together to share the spoils at the end.

Later, enjoy some free time to explore Kathmandu. There's an endless labyrinth of tea houses, quirky shops, and alleyways to explore! Trekking touts may call out to you but you'll be happy to know that we've done the hard work of planning your incredible hike into the Himalaya. Soon you'll be trading Kathmandu's chaos for peaceful mountain vistas.

Accommodation

- Hotel (1 night)
- Meals
- Breakfast

DAY 3 : POKHARA

Late morning we head to the Kathmandu airport and fly west to Pokhara. The 25-minute flight offers views of the Himalaya range to the north (on a clear day). Be sure to have

your camera ready to snap the glory of the surrounding Himalayan peaks in the morning light. Pokhara is set in a beautiful valley overlooked by the Annapurnas and the fishtail-shaped Machhapuchhare, one of the most distinctive of the Himalayan peaks. Arriving in Pokhara take a short orientation walk before heading to a Tibetan Refugee Camp ,Devil's fall,gupteshwori cave,stupa...

Accommodation

- Hotel (1 night)

Meals

- Breakfast.

Included activities

- Devil's Fall,gupteshwori cave -Pokhara
- Pokhara - Tibetan Refuge Camp
- Yes Helping –Hand

DAY 4 : NAYAPUL (1070m) – ULLERI (1990m)

Transfer by private vehicle to Birethanti, where you'll meet your all-female hiking crew of assistant guides and porters. In the afternoon, they'll lead you into a world of friendly villagers, terraced fields, alpine meadows and rhododendron forest set before a backdrop of snow-clad peaks. You can expect the first part of this trek to be relatively flat and easy-going, however, after you reach Tikhedhunga, be prepared to get your blood pumping by climbing hundreds of stone steps to Ulleri. Don't worry, you'll have beautiful views of the villages, forests and mountains to keep you distracted while on the journey.

Accommodation

- Guesthouse (1 night)

Meals

- Breakfast

Special information

Your trekking distance today will be approximately 9 km or 5/ hours. Your travel time today will be approximately 5 hours.

DAY 5 : GHOREPANI (2860m)

Ghorepani sits at a cool 2860 m above sea level, so you can expect to get your heart rate pumping on today's exciting uphill climb. You'll pass traditional homes and tea houses along a path that winds up and down hills before rewarding you with views of Annapurna South halfway along the trek. Meander through thicker wooded areas filled with towering bamboo plants and blooming trees. Then, venture beyond Banthanti (2300 m) through a moss-coated jungle before reaching Nangathanti (2520 m) where you'll continue your journey to Ghorepani and enjoy some well-deserved rest in the evening.

Accommodation

- Teahouse (1 night)

Meals

There are no meals included on this day.

Special information

Your trekking distance today will be approximately 8 km or 4/ 5 hours.

DAY 6 : POONHILL (3210m) – TADAPANI (2630m)

Sunrise enthusiasts rejoice – today, you'll rise early for a pre-dawn hike up Poon Hill to enjoy the sunrise over Dhaulagiri and the Annapurna Range. You'll then head back and tuck into breakfast at your tea house accommodation before lacing up your boots for today's trek to Tadapani. Expect more magnificent views to frame your walking trail today as you continue north along the ridgeline with the Annapurna Ranges stretching along the east and west. You'll follow a forested ridge that serves up views of the ranges in both directions. Descend along a muddy slope before reaching a small settlement and beautiful forested gorge. From here, head toward the mountain village of Tadapani where you'll get a chance to relax, wander the local township and put your feet up for the evening.

Accommodation

- Teahouse (1 night)

Meals

There are no meals included on this day.

Special information

Your trekking distance today will be approximately 10 km or 7/8 hours.

DAY 7 : GHANDRUK VILLAGE (1940m)

Wake up with relief, knowing that today's trail is shorter and easier than you've become accustomed to over the last few days. You'll take in the sunrise from Tadapani and then hike to Ghandruk village. The route from Tadapani to Ghandruk is tranquil and bursting with colourful wildflowers in spring. After reaching Ghandruk, you'll explore this fascinating mountain village, take in the mesmerizing views and get acquainted with the ethnic Gurung culture here.

Accommodation

- Teahouse (1 night)

Meals

There are no meals included on this day.

Included activities

- Ghandruk Village Tour
- Ghandruk Gurung Cultural Experiences

Special information

Your trekking distance today will be approximately 6.5 km or 5/6 hours.

DAY 8 : GHANDRUK – SYAULIBAZAR (1220m) - POKHARA

After a leisurely breakfast this morning, embark on a short trek down to Shyauli bazaar, where you'll be transferred to Pokhara by a private vehicle.

Take a boat ride across Phewa Lake to visit Tal Barahi temple in the lake's centre. After lunch, visit International Mountain Museum.

This evening is all yours to relax and admire the lakeside scenery.

Accommodation

- Guesthouse (1 night)

Meals

- There are no meals included on the day.

Included activities

- Pokhara - Phewa Tal Lake boat trip
- Pokhara - International Mountain Museum

Special information

Your trekking distance today will be approximately 6 km or 4 hours.

DAY 9 : CHITWAN NATIONAL PARK

After breakfast, head to Chitwan National Park – considered one of Asia's best national parks –You'll have time to relax, swim or indulge in spa treatment before visiting Tharu Village, where you'll learn about the lifestyles of the Tharu women and observe a traditional cooking demonstration before sharing dinner together.

Accommodation

- Jungle Resort (1 night) Or similars

Meals

- Breakfast.Lunch,Dinner

Included activities

- Chitwan NP - Tharu village visit
- Cultural show

Special information

Your travel time today will be approximately 4/5 hours.

DAY 10 : CHITWAN NATIONAL PARK

Undulating through Chitwan National Park is the Rapti River – a slow moving stream that is perfect for a leisurely float. Today we've arranged a ride for you in a dugout canoe, typically only reserved for locals. You'll glide downriver with your guide who knows these dense jungles and the innate patterns of the resident animals like the back of his hand. Keep an eye out on the Rapti's sandy banks where animals often congregate for a drink.

Tigers and elephants and rhinos, oh my! While many dream of taking an African safari, the Nepali version is unlike any other. From boat to 4x4 Jeep, spend the next few hours with an ethical safari guide, investigating the forests and alluvial grasslands. There's a chance of seeing a one-horned rhinoceros. Or better yet – an elusive Bengal tiger!

Accommodation

- Jungle Resort (1 night)/similar

Meals

- Breakfast
- Lunch
- Dinner

Included activities

- Chitwan NP - Jeep safari

DAY 11 : KATHMANDU

As a final nod to nature, you'll spend your last morning in the countryside, bird-spotting in the forest. Even if you've never tried birding before, your specialist guide will help you along. And if you're lucky you might catch a glimpse of a Kashmir Flycatcher – this pipsqueak-of-a-bird is only found in this National Park.

Then it's a quick, 30-minute flight back to the capital in the afternoon. After checking into the hotel, there'll be time enough to pack your belongings and flitter around for any last minute treasures. And tonight's farewell dinner is a special one – hosted by your guide at one of their favorite haunts. This isn't goodbye, it's that we'll meet again soon!

Meals

- Breakfast, Dinner

DAY 12 : DEPARTURE

It's time to bid a sorrowful namaste to your newfound friends and the gorgeous country of Nepal as you pack up and head to the airport. No doubt, beautiful images of her powdered peaks and fluttering prayer flags will be seared into your memories forever.

Meals

- Breakfast