



COMMUNITY ACTION TREKS

Nepal Explorer

Spend time exploring everything Nepal has to offer.



NEPAL





GRADE
GENTLE

MAX ALTITUDE
3193m

TREKKING DAYS
5

TRIP LENGTH
14

MIN PEOPLE
4

Nepal Explorer

Over the years we've become aware that not everyone who visits Nepal wants to trek the whole time. We've often been asked to put together a holiday that combines easy trekking and rafting, with time for seeing some historical sights and the country's wildlife. So, here it is, "The Nepal Explorer", a two-week holiday that does just that.

During the holiday you have time in Kathmandu and the Valley, including a trip to the former capital Bhaktapur, and a wonderful scenic flight to see Everest and other Himalayan giants from the air. Then, travelling by road to Pokhara, you'll have a day to explore this delightful town on the shores of Phewa Lake before setting off on a five-day trek. The trek is graded easy, but you do need to enjoy walking and be comfortable with some up and downhill sections. The trek takes you through the farmlands, forests and villages of the Himalayan foothills and, if the weather is clear, you should enjoy dramatic views of the distant snow-capped peaks.

At the end of the trek, you'll have a half day of white-water rafting before the visit to Chitwan National Park, where two nights are spent at a comfortable lodge. Chitwan is one of Asia's great wildlife sanctuaries and a last stronghold for the endangered one-horned Indian rhinoceros and Bengal tiger.



TREKKING WINDOW

MAR - MAY & OCT - DEC

PRICE

£1665 per person* (land only price - see last page)

*prices are subject to change



Nepal Explorer

Itinerary

LODGE TREK

walking times are approximate

Day 1

Arrive Kathmandu

Namaste! And welcome to Kathmandu, the colourful capital of Nepal where ornately carved balconies mingle with beautiful shrines and temples. Your adventure begins with a welcome meeting on arrival at the exit gate of Kathmandu airport. Our staff will welcome you with CAT's palm plate and take you to your hotel. For the rest of the day, you can relax at the hotel or take a short evening walk around the local markets on your own.

Day 2

Everest view flight and Kathmandu tour.

This morning, we will go on the early morning Everest view mountain flight before spending half a day sightseeing in Kathmandu. The evening is free to explore Kathmandu further, and to shop in the tourist area of Thamel.

Day 3

Kathmandu - Pokhara (7-8 hour drive).

A fascinating overland journey through the heart of Nepal to our restful group hotel in the ever-popular Lakeside area of Pokhara.

Day 4

Drive to Birethanti, trek to Hille 1475m (2.5 hours walking).

It is a short drive to the start of our trek at Birethanti. We meet our trekking crew and start trekking up the Bhurungdi Khola valley, where the trail gently climbs to Hille.

Day 5

Hille to Ghorepani 2750m (4.5 hours walking).

Beyond Hille the trail steepens until reaching Ulleri, where we are rewarded with views of Annapurna South & Hiunchuli. It is good to do this climb before the heat of the day. From Ulleri the trail climbs less steeply, passing through pastures and cultivated fields before reaching rhododendron forests and the blue roofs of Ghorepani. If the clouds are obliging, we will be rewarded with fantastic views from this vantage point.





Day 6

Ghorepani to Tarapani 2590m via Poon Hill 3193m (3.5-4.5 hours walking).

We rise early for our trek to Poon Hill. This is one of the most famous places to watch the sun rise across the magnificent Himalayan panorama from Dhaulagiri, across the Annapurna range to Manaslu. About 50 peaks will line up for your camera. After returning to Ghorepani for breakfast we set off on the short climb to Deorali. After this, the path undulates to our lodge at Tarapani.

Day 7

Tarapani to Ghandrung 1950m (3 - 4 hours walking).

A shorter day today as we trek to the Gurung village of Ghandrung. The village is beautifully set against the peaks of Annapurna South, Machhapuchhare and Huinchuli (6441m). We will have lunch and stay at Ghandrung. In the afternoon you are free to visit the village, including the Annapurna Conservation Area Project Office and Gurung Museum.

Day 8

Ghandrung to trailhead at Naya Pul, drive to Pokhara. (5.5 hours walking, 2 hour drive).

Leaving Ghandrung we descend toward the valley, arriving at Shaule Bhatti for lunch. After lunch we follow the slowly descending trail to Birethani and continue further down to NayaPul where we end our trek and drive back to Pokhara. In Pokhara we can look forward to a couple of nights in our group hotel.

Day 9

Free day in Pokhara.

Today is a day to enjoy our achievements, and to relax in the delightful town of Pokhara. Take a boat out onto the lake to see the views of Machhapuchhare (Fish Tail Mountain) towering above Pokhara reflected in the lake, relax in one of the many restful lakeside bars or shop for souvenirs in Lakeside's relaxed main street.

Day 10

Rafting and drive to Chitwan National Park (8-9 hour day).

After breakfast, we travel by road to Mugling for the start of our rafting programme on the mighty Trisuli River. We spend 3-4 hours rafting with a packed lunch along the way. This section of the river offers fairly gentle rafting, and a great introduction to an exhilarating sport. From the place where we land, we drive to Chitwan National Park in the late afternoon. We can relax for the remainder of the day in the spacious garden of the resort.

Day 11

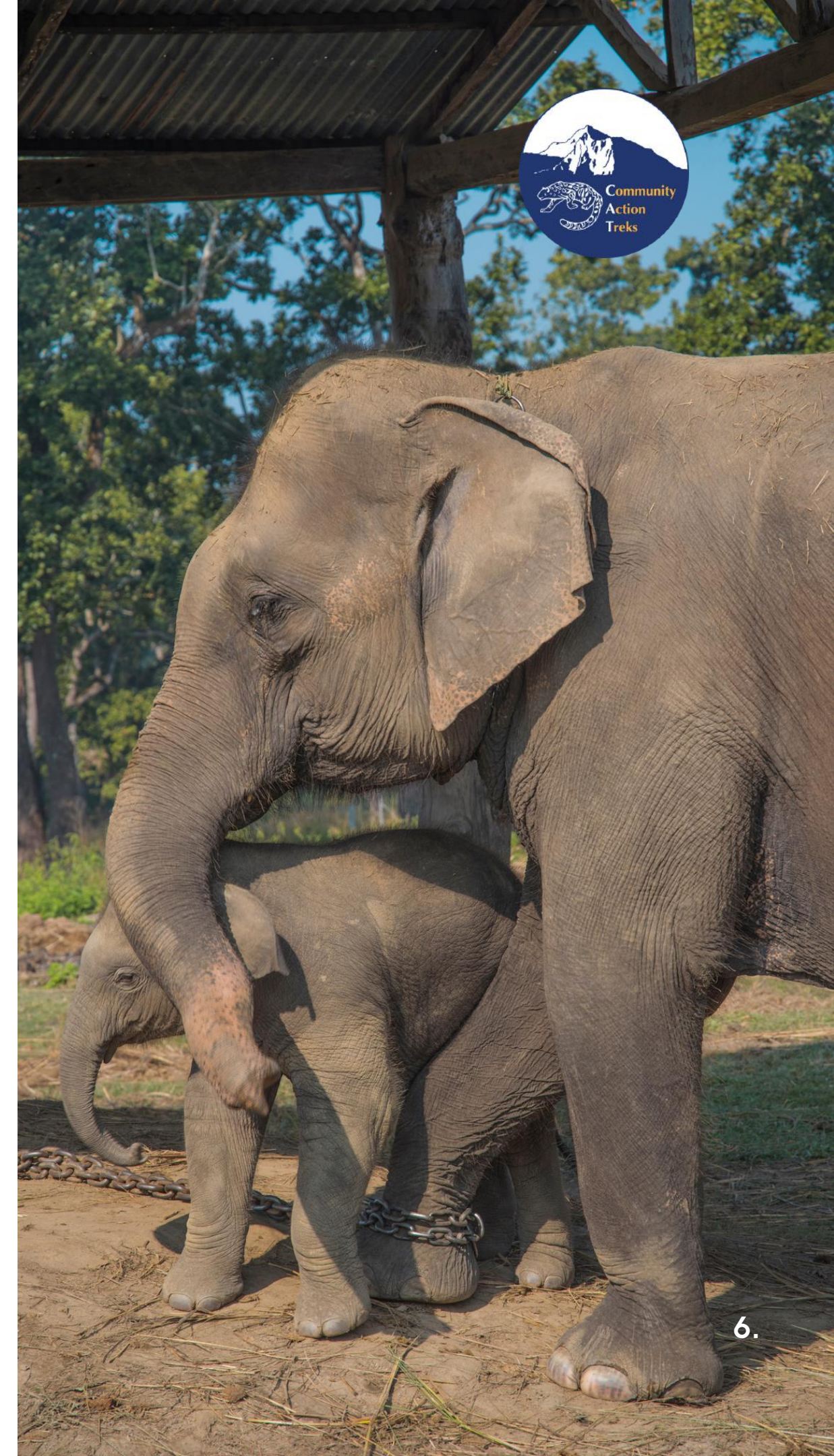
Chitwan National Park.

We have a full day in Chitwan National Park, Nepal's best known wildlife reserve, searching for species such as tigers, rhinos, deer, monkeys and the many birds the park is famed for. Our activity programme will typically include some of the following activities: elephant back safari, jeep safari, canoe safari, jungle walk, visit the Gharial project and an ethnic Tharu village. A highlight for many is the chance to see the elephants bathing in the river (this will not be possible if there are young elephants in the herd). In the evening we return to the lodge, where dinner will be served.

Day 12

Chitwan to Kathmandu (5 hour drive).

After breakfast and morning safari activities, we drive back to Kathmandu. The rest of the day is free.





Day 13

Bhaktapur

Morning visit to Bhaktapur, one time capital of Nepal, now a World Heritage Site. This wonderful city of narrow brick-paved streets, ancient temples and palaces, intricate stonework and woodcarvings still retains its timeless flavour - where life continues much as it has for centuries. The afternoon is free to explore Kathmandu and do some last-minute shopping.

Day 14

Depart Nepal.

Transfer to Kathmandu airport.



The price includes on lodge basis:

- Transfers between Kathmandu airport and hotel accommodation
- Journeys (by air and road) between Kathmandu, Pokhara and Chitwan National Park, including departure taxes for internal flights, where applicable.
- Accommodation for 4 nights in Kathmandu, 3 nights in Pokhara and 2 nights in Chitwan National Park in rooms on sharing basis (single supplement extra) with shower and WC and inclusive of breakfast, as per itinerary
- Half day white water rafting.
- Three meals a day (open Lodge menus) and accommodation (sharing basis) during the trek.
- Participation in the trek as per itinerary inclusive of full board.
- Services of local porters (15 kg load per participant), Sirdar (head guide) and assistant guide (depending on group size)
- All Nepalese staff insurance as per Government regulations
- All trekking permits.

Not included:

- International flights
- Nepalese visa - (please refer to our document "Preparing for your trek: Nepal" for latest prices).
- Meals other than breakfast in Kathmandu.
- Travel insurance.
- Tips.
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money).

Land only prices

The cost of international flights, particularly those to Nepal, are less predictable than they used to be. Airlines now request full payment upfront. As a result, we will quote you a land-only cost.

Options

Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation. Extension packages can also be organised in Nepal, Tibet or Bhutan.

Please refer to our Himalayan extensions guide for more details. Extensions should be arranged prior to booking international flights.

Contact us

for more information about any of our treks, please contact us and speak to our professional travel guides using the information below:

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Important Note

Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.