



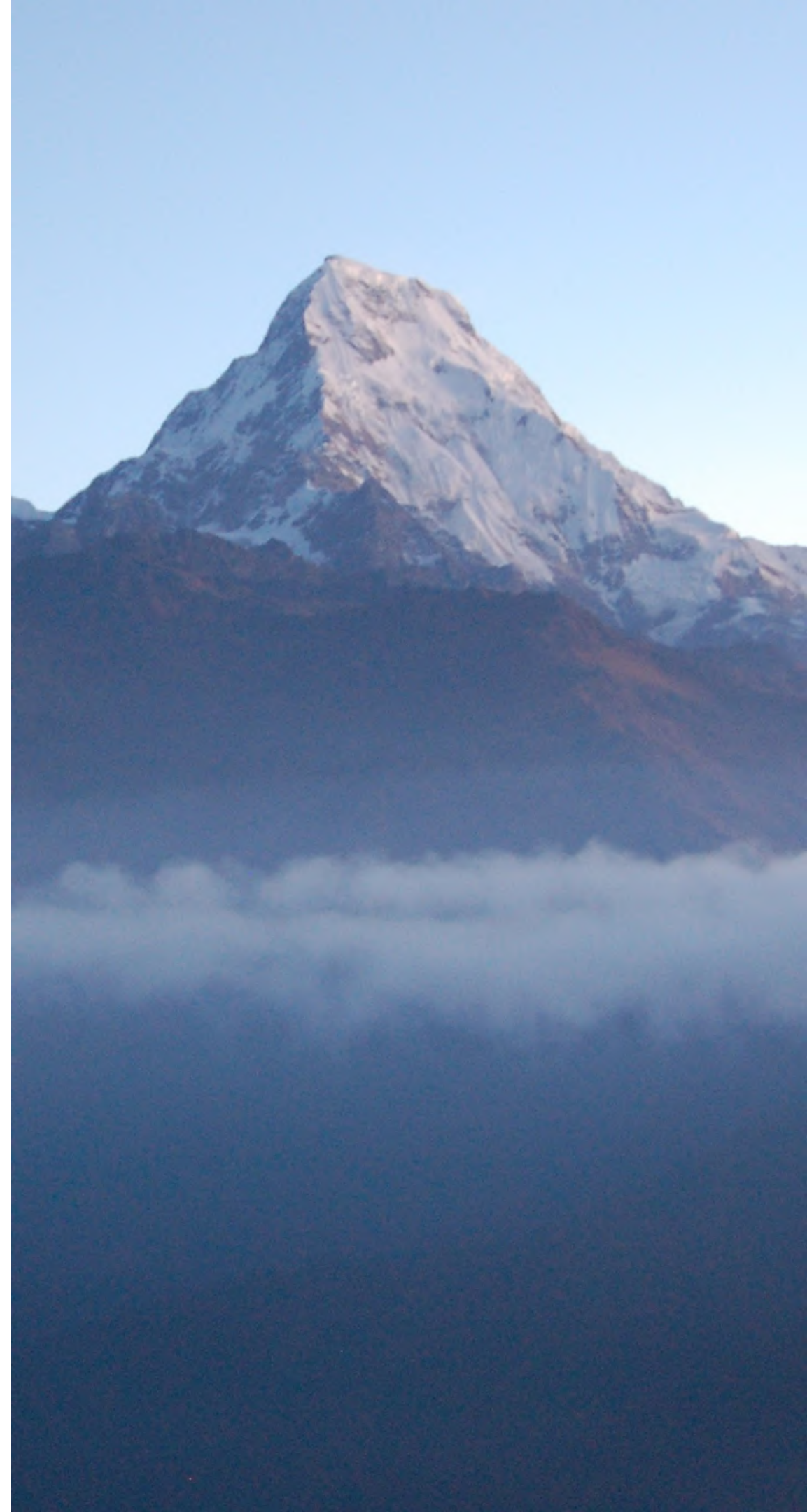
COMMUNITY ACTION TREKS

The Paths Less Trod Treks - 24 March–13 April 2025

Nepal Explorer Trek and Cultural Tour

Doug Scott was an advocate for visitors to Nepal straying off the beaten track and exploring new areas. In the year that is both the 35th Anniversary of Community Action Treks and the 50th Anniversary of the 'Everest The Hard Way' expedition we're inviting you to join us on a special group of treks - 'The Paths Less Trod'

NEPAL





GRADE
GENTLE

MAX ALTITUDE
3193m

TREKKING DAYS
5

TRIP LENGTH
21 days

MIN PEOPLE
4

Nepal Explorer Trek and Cultural Tour

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, with time for seeing some historical sights and the country's wildlife. So, here it is, "The Nepal Explorer and Cultural Tour", a holiday that does just that.

During the holiday you have time in Kathmandu and the Valley, including a trip to the former capital Bhaktapur. 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 visit 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. From here we travel to Lumbini, the birthplace of Buddha, before returning to Kathmandu.

PRICE

GROUP SIZE	4-6	7-9	10 - 12
COST PER PERSON	£1,865.00	£1,845.00	£1,825.00



Tsum Valley and Ganesh Himal Base Camp Itinerary

LODGE TREK

walking times are approximate

Day 1 – Monday 24th March

Arrive Kathmandu, 1400m.

Namaste and welcome to Kathmandu, the colourful capital of Nepal where ornately carved balconies mingle with beautiful shrines and temples. Our adventure begins with a welcome meeting upon arrival at the exit gate of Kathmandu's Tribhuvan International Airport. Look out for Community Action Trek's distinctive snow leopard palm plate. We will be transferred directly to our hotel in Thamel (the tourist quarter of Kathmandu). We will then be free to spend the rest of the day relaxing at the hotel. Alternatively, stroll around the local shops and markets of Thamel and seek out a restaurant for dinner.

Day 2 – Tuesday 25th March

Free day in Kathmandu.

Explore the fascinating city of Kathmandu with its temples and markets or take an optional excursion (can be booked locally through our Nepal office) into the Kathmandu Valley. You will also need to use this day to prepare for your trek: make last-minute purchases of kit / snacks; if you would like to you can buy a local SIM card and have it installed into your mobile phone for the duration of the trek and change currency into Nepalese Rupees. In the early evening, there will be a briefing about the trek; we will meet our trekking guides and be issued with our Restricted Area permits. Dinner with traditional Nepalese food (Thali) and cultural dance will follow at a nearby hotel will follow. This will be an opportunity to meet our team mates and the other trekkers from the Paths Less Trod teams.

Day 3 – Wednesday 26th March

Fly from Kathmandu to Pokhara (30 minute flight).

We take the 30-minute spectacular flight to Pokhara and on arrival book into our hotel where you will have time to relax and prepare for your trek or explore the delights of Pokhara.

Day 4 – Thursday 27th March

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 – Friday 28th March

Hille - 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 – Saturday 29th March

Ghorepani - 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 – Sunday 30th March

Tarapani - 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 – Monday 31st March

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 Naya Pul 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 – Tuesday 1st April

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 – Wednesday 2nd April

Drive to Chitwan National Park (6 hours' drive).

Today, After Breakfast, we drive to Chitwan National Park. We can relax for the remainder of the day in the spacious garden of the resort or spend time exploring the area.

Day 11 – Thursday 3rd April

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 – Friday 4th April

Chitwan National Park.

We enjoy another full day of activities.

Day 13 – Saturday 5th April

Drive from Chitwan National Park to Lumbini (6 hours' drive).

Today we will drive from Chitwan National Park to Lumbini. Lumbini is Lord Gautam Buddha's birthplace. We will then enjoy a tour around Lumbini with our English speaking cultural guide.

Day 14 – Sunday 6th April

Full Day Lumbini Activities.

Today we will visit different monasteries and heritage places at the birthplace of Lord Gautam Buddha. You can visit Mayadevi temple, where Lord Buddha ran away from the palace to meditate.

Day 15 – Monday 7th April

Fly from Lumbini to Kathmandu (25 minute flight)

We fly from Gautam Buddha International Airport, Lumbini to Kathmandu. The rest of the day is free.

Day 16 – Tuesday 8th April

Bhaktapur Sightseeing and Drive to Nagarkot (1.5 hours' drive).

Morning visit to Bhaktapur with an English speaking cultural guide. This one time capital of Nepal is 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. In the afternoon, we take a drive to Nagarkot.

Day 17 – Wednesday 9th April

Full Day Nagarkot.

A mountain village in Nepal, Nagarkot is famous for its sunrise views over the Himalayas. On this tour from Kathmandu, enjoy an early morning panorama over world-renowned peaks, with the rest of the day free to relax or explore the area.

Day 18 – Thursday 10th April

Drive to Patan, Kathmandu (1.5 hours' drive).

Today we enjoy a full day Patan Sightseeing tour with our English Speaking cultural guide. We return to the hotel in the evening.





Day 19 – Friday 11th April

Full Day Sightseeing at Kathmandu Heritages Sites

Today our English speaking cultural guide will take us to a number of different heritage sites including Pashupatinath (Hindu Temple), Bouddhanath & Swayambhunath (Buddhist Stupa and Monastery).

Day 20 – Saturday 12th April

Free in Kathmandu.

Another day to relax and enjoy the many World Heritage Sites in Kathmandu or to do some last-minute shopping. Tonight, there will be a celebratory end of trek dinner with traditional Nepalese food (Thali) at a nearby hotel with cultural dance.

Day 21 – Sunday 13th April

Depart Nepal.

Transfer to Kathmandu airport. We need to check out of our rooms by 12 noon. The hotel reception staff will be happy to store our luggage securely until we are collected approximately 3 hours prior to our international flights.





The price includes on lodge basis:

- Transfers between Kathmandu airport and hotel accommodation.
- Journeys in Nepal (by road and 4WD)
- Accommodation for 6 nights in Kathmandu, 3 nights in Pokhara, 3 nights in Chitwan, 2 nights in Lumbini and 1 night in Nagarkot in rooms on sharing basis (single supplement extra) with shower and WC and inclusive of breakfast, as per itinerary.
- 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.