



TEAHOUSE TREK & WILDLIFE ADVENTURE IN NEPAL

14 DAYS COMMENCING 2ND APRIL 2012 FROM KATHMANDU

DETAILED ITINERARY

Enjoy trekking in the spectacular mountain scenery through charming villages.

The adventure will give you a taste of the Annapurnas with 6 days of trekking through amazing scenery with panoramic mountain views while winding through forests and villages of different ethnic groups. Enjoy the sunrise view over the mountains from Poon Hill. Indulge in a day of yoga and meditation in beautiful Pokhara.

Spend 3 days in the Chitwan National Park where you will search for the one-horned rhino on elephant back through the jungle. Tigers, leopards, bears and deer are among the wildlife residing in the Chitwan National Park.



DAY 1 - 2nd April

KATHMANDU

Arrival at Kathmandu Airport where you will be met on arrival and taken to your hotel. After you have had a chance to freshen up you will be introduced to Kathmandu. The shopping district of Thamel offers some great bargains and a large range of clothing and interesting artifacts where you can test your bargaining skills with the storekeepers. This evening there will be an orientation with our local guide over dinner. Dinner will be at your own cost this evening.

DAY 2 - 3rd April

KATHMANDU

Today you will enjoy a sightseeing tour with a visit to the temple of Pashupatinath. It is a Hindu temple, dedicated to a manifestation of Shiva called Pashupati (Lord of Animals). It attracts thousands of pilgrims each year and has become well known far beyond the Kathmandu Valley. The temple is barred to non-Hindus, but a good view of the temple compound's inner courtyard can be had from Shleshmantak hill on the opposite (eastern) bank of the Bagmati river.



You will also visit the Boudhanath Stupa which is the largest stupa in Nepal. It is also the center of Tibetan culture in Kathmandu and rich in Buddhist symbolism and sacred importance. The stupa is located in the town of Boudha on the eastern outskirts of Kathmandu.

You will then have the rest of the day free to explore Kathmandu.

Meals: Breakfast

DAY 3 - 4th April

POKHARA TO AUSTRALIA CAMP

This morning you will board a small aircraft and fly to Pokhara. From here you will be transferred to your hotel. Pokhara is a beautiful town situated on the lake with a magnificent backdrop of mountain views. This afternoon you will commence your trek through the beautiful Annapurna region with a short 2 hour trek to Australian Camp (1990 metres). This area is named Australian Camp as it was the first place where Australians camped in the Annapurna region. From here you will enjoy inspiring views of the huge snowy face of Annapurna South and the sacred peak of Machapuchare.

2 hours walking (1990 metres)

Meals: Breakfast, Dinner

DAY 4 - 5th April

TREK TO LANDRUK

After a beautiful mountain sunrise you will be walking through terraced fields and rhododendron forest along well worn paths, through beautiful scenery and traditional Hindu villages where we are assured of a warm welcome. You will be immersed into the culture of the Annapurna region and its people.

5 hours walking (1640 metres)

Meals: Breakfast, Lunch, Dinner

DAY 5 - 6th April

TREK TO GHANDRUK

Today's destination of Ghandruk, the second largest Gurung village in Nepal will provide you with more of an insight into the traditional lifestyle of the villagers. You will descend the valley floor through terraced fields and cross a steel suspension bridge to commence the ascent to the village. You will enjoy magnificent beauty of the Himalaya and observe the glaciers flowing to the river below. This area is a photographers delight.

4 hours of walking (1740 metres)

Meals: Breakfast, Lunch, Dinner



DAY 6 - 7th April

TREK TO TADAPANI

The walking will be another day of ascent through forests, past waterfalls and stunning views of Annapurna II (7937m), Annapurna III (7555m), Annapurna IV (7525m), Annapurna South (7237m), Machhapuchhare (6993m) and Lamjung Himal (6931m) along the way. Our lodge at Tadapani is the perfect setting for sunset and sunrise views.

4 to 5 hours walking (2,450 metres)

DAY 7 - 8th April

TREK TO GHOREPANI

We will follow the path to Ghorepani. This village consists of the Magar tribe. This tribes men are mostly in the army and are often away from the village. Ghorepani used to be an ancient trade route to Tibet. The mounains you see from here are the Nilgiris and the Annapurnas.

6 hours of walking (2,775 metres)

Meals: Breakfast, Lunch, Dinner

DAY 8 - 9th April

POON HILL

Today will be an early rise and walk up Poon Hill in time for the magnificent sunrise. Here you will experience panaramic views of the mountains where you can see the Dhaulagiris which is one of the 8000mts peak, the Nilgiris, Annapurnas and the picturesque fluted peak of Machhapuchhare (Fish Tail Peak) dominating the skyline.

This trek in the Annapurna foothills to the view point on Poon Hill offers all the best of trekking in Nepal. You will have amazing views of Annapurna south and Himchuli.

Today is the longest day of walking as we descent down to Hile.

6 to 7 hours walking (3,190 metres)

Meals: Breakfast, Lunch, Dinner

DAY 9 - 10th April

TREK TO NAYAPUL

Today we begin our journey, from Hile offering easy walking all down hill to Nayapul, we then drive to Pokhara. 3 to 4 hours walking.

Meals: Breakfast, Lunch

DAY 10 - 11th April

POKHARA

Today there is time to rest and recover after your days of glorious mountain trekking. The day will be dedicated to rest, a yoga class or simply to enjoy the sights and friendliness of Pokhara. The beauty of Pokhara and the past days will stay with you forever. Surrounded by beautiful snow-caped mountains, with a magnificent lake of crystal-clear pure Himalayan water.

Meals: Breakfast



DAY 11 - 12th April

CHITWAN NATIONAL PARK

Today you take a morning drive from Pokhara to Chitwan National Park arriving at the jungle lodge around lunchtime. Chitwan was the hunting preserve for the Kings of Nepal until 1974 when 360 square miles was decreed a national park and all hunting was banned. The park is home to the world's largest population of the one-horned rhinoceros, an endangered species. There will be an afternoon game viewing on elephant-back searching for rhinos, deer, bears, and the elusive Royal Bengal tiger.

Meals: Breakfast, Lunch, Dinner



DAY 12 - 13th April

CHITWAN NATIONAL PARK

With an early morning game viewing on elephant back, you will have the best opportunity of seeing the one-horned rhinoceros and many other animals that reside in Chitwan National Park. In the afternoon you can enjoy a river trip in local dug-out canoes or a jungle walk while searching for the many bird species along the river banks.

Meals: Breakfast, Lunch, Dinner

DAY 13 - 14th April

CHITWAN TO KATHMANDU

After breakfast and a morning jungle walk, you will fly back to Kathmandu today. There will be time to explore the local market area and do some shopping for gifts and souvenirs. This evening we will have a farewell dinner with our local guides.

Meals: Breakfast

DAY 13 - 15th April

KATHMANDU

Today you will be transported to the airport for your flight back home. Say farewell to Nepal and take many wonderful memories with you of your adventures.

Meals: Breakfast



INCLUDED WITH THIS TRIP

- Access to country specific pre-departure information;
- An English speaking guide
- Porters and equipment during trek (including blankets and/or sleeping bags)
- Park entrance fees
- Fuel plus other activities as detailed in itinerary
- Operation of the above itinerary, with the following inclusions...

ACCOMMODATION

4 nights Teahouses.
1 night camping
6 nights hotels
2 nights jungle lodge

MEALS

As detailed in the itinerary

TRANSPORT

minibus/4WD vehicle, walking, boat, elephant

NOT INCLUDED WITH THIS TRIP

- Visa fees - each member of the group must carry a valid passport (valid for at least 6 months beyond the duration of your trip) and have obtained the appropriate visas
- Tips, personal telephone charges.
- Travel Insurance (compulsory) - You will need to give the policy number to your leader on Day 1
- Items of a personal nature; postage, drinks and souvenirs
- Entrance and activity fees during free time which are not detailed on the itinerary
- Other meals not mentioned on the itinerary
- Medical Advice - Please refer to your GP or local travel clinic for up to date travel health advice for the area(s) you are visiting.



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