



## TEAHOUSE TREK & WILDLIFE ADVENTURE IN NEPAL

13 DAYS COMMENCING 30TH OCTOBER 2010 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 - 30th October

#### 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 - 31st October

#### 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** - 1st November

#### **POKHARA**

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 enjoy a practice 2 hour walk to the Stupa on the hilltop after crossing the lake by boat. From here you will enjoy commanding views over Pokhara.

Meals: Breakfast

### **DAY 4** - 2nd November

#### **POKHARA - BIRETHANIT TO HILE**

Today you will be transported by vehicle to the start of the walking track at Nayapul (which means new bridge). Walking will be uphill for most of the day 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.

Meals: Breakfast, Lunch, Dinner

### **DAY 5** - 3rd November

#### **HILE TO GHOREPANI**

The second day of the trek is a little longer 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 mountains you see from here are the Nilgiris and the Annapurnas. 6 hours of walking.

Meals: Breakfast, Lunch, Dinner



**DAY 6** - 4th November

### **GHOREPANI - POON HILL TO TADAPANI**

On the third day of the trek it will be an early rise and walk up Poon Hill in time for the magnificent sunrise. Here you will experience panoramic 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.

6 hours walking.

Meals: Breakfast, Lunch, Dinner

**DAY 7** - 5th November

### **GHANDRUK**

The fourth day the trek sees the trail wind through patchwork valleys, dense mossy forests and past icy waterfalls on the way to Ghandruk. Around every corner is a tantalizing glimpse of the high mountains, whole horizons of which will be revealed to you as you reach the high points of your trek. The trail takes us through beautiful oak and rhododendron forests where the sound of bird calls fill the air and stay in serene locations that afford magnificent views of the Annapurna Range. 3 to 4 hours walking mostly downhill.

Meals: Breakfast, Lunch, Dinner



**DAY 8** - 6th November

### **SAULI BAZZAR TO POKHARA**

This fifth day of the trek is mostly all downhill through Sauli Bazaar and onto Nayapul through many small villages. From here we catch our bus to Pokhara. 5 hours walking.

Meals: Breakfast, Lunch

**DAY 9** - 7th November

### **POKHARA**

Today there is time to rest and recover after your six 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-capped mountains, with a magnificent lake of crystal-clear pure Himalayan water.

Meals: Breakfast



**DAY 10** - 8th November

### 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 11** - 9th November

### 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 12** - 10th November

### 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** - 11th November

### 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.  
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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