

# Exploring the Himalayas



## Detailed Itinerary

### Day 1 / KATHMANDU

Upon arrival into Kathmandu Tribhuvan International Airport you are personally met and transferred to your hotel. Tonight there is a welcome dinner and briefing.

**Overnight The Patan Inn (Dinner)**



### Day 2 / KATHMANDU

Today we do some sightseeing in Kathmandu and surrounds. You head to Bhaktapur, the best preserved of the Medieval cities of the Valley, its foundations around the Dattatreya Temple in the 9th century make for a casual walk through a fairly well-preserved though very much lived-in city, via ancient temples, some outstanding, others hidden via the Taumadi Square and it's great 5-storyed Nyatopola Temple to end in the Durbar Square with its monuments to the Malla Dynasty, responsible for the antiquity that surrounds. We can lunch at a nice restaurant off the Taumadi Square, watch the daily life flow around and below. Dinner at a beautiful Nepalese restaurant.

**Overnight The Patan Inn (Breakfast, Lunch, Dinner)**



### **Day 3 / POKHARA / ANNAPURNAS – SANCTUARY LODGE**

In the morning we fly to Pokhara (3,300ft / 1,000m), we rendezvous with our team and transfer by road with guides & porters to our trek start point 1 hour away. Our walk will follow a ridgeline in the lower foothills of the Annapurnas with surrounding views of the Pokhara Valley. This route then drops to the Modi River Valley, where Ker & Downey's Sanctuary Lodge (3,750ft / 1,150m) is located. The lodge has magnificent views of the sacred and unclimbed Fishtail Mountain, or Machhapuchhre, as it is locally known. A picnic lunch is provided with a late afternoon arrival at the Lodge. Trek: 3-4 hours.



**Overnight Ker & Downey Sanctuary Lodge (Breakfast, Lunch, Dinner)**

### **Day 4 / ANNAPURNAS – HIMALAYA LODGE**

After breakfast, we leave the lodge walking out through the outlying farms following the Modi River Valley. Soon we begin to climb out of the valley & up towards the mountains. The trail passes through small hamlets, terraced rice fields and forests with spectacular views of the surrounding valley. Snacks are provided along the trail. Hot lunch is served on arrival at the lodge in the early afternoon. It is from Himalaya lodge (6,600ft / 2,012m) that there are magnificent close up views of the surrounding mountains. Trek: 5-6 hours.



**Overnight Ker & Downey Himalaya Lodge (Breakfast, Lunch, Dinner)**



## Day 5 / ANNAPURNAS – HIMALAYA LODGE

We wake up this morning with tea and coffee served in the garden and watch the sunrise over Annapurna South, Annapurna 1, Hiunchuli, Gangapurna, and the Fishtail. After enjoying a relaxing breakfast and the glorious views from the Himalaya Lodge, our guide will take us on an exploration of this mountain village and the surrounding countryside. Ghandruk was once a major recruitment centre for the famous Gurkha soldiers. The women of Ghandruk maintain a local industry of weaving traditional Nepalese rugs. **Overnight Ker & Downey Himalaya Lodge (Breakfast, Lunch, Dinner)**



## Day 6 / ANNAPURNAS – GURUNG LODGE

After breakfast, we leave the Himalaya lodge and trek to Ker & Downey's Gurung Lodge at (4,620ft / 1,450m). We walk out through the village of Ghandruk. Buffaloes and goats graze in the surrounding fields and you may have to make way for the donkey and mule trains that convey goods to and from the Gurkha settlements. You may also meet some trekkers coming down from the Annapurna Sanctuary. We continue descending for about 2 or 3 hours until we reach Shauli Bazaar. From here, we follow the Modi River until reaching the Sanctuary Lodge. We will have lunch at the Sanctuary Lodge before we ascend again partly on well-paved steps and partly on switch-backs. We reach the Gurung Lodge after about 2 hours. Trek time 5-6 hours.



**Overnight Ker & Downey Gurung Lodge (Breakfast, Lunch, Dinner)**

### **Day 7 / ANNAPURNAS – BASANTA LODGE**

This morning we start out trekking through the unspoiled village of Patlekheth. Our walk takes us through sub-tropical forests that include tree orchids, rhododendrons and magnolias. Along the way, we will stop at the village of Pothana where many Tibetan traders live and sell their souvenirs. After about 3.5 hours, we arrive at the Basanta Lodge (5,000ft / 1,525m). From the lodge, there are sweeping views of the entire Annapurna Range. After lunch at the lodge there will be an optional walk through the old village of Dhampus.

**Overnight Ker & Downey Basanta Lodge (Breakfast, Lunch, Dinner)**



### **Day 8 / POKHARA**

After breakfast, we depart along the ridge and descend through the wooded hillside and terraced farmland to the valley floor. Trek time 1.5 hours. We then transfer by vehicle to Pokhara 30 mins away. We enjoy lunch at an outdoor restaurant and enjoy the views of Phewa Lake. You then have the rest of the afternoon and evening to explore this quaint town of shops, cafes, and Annapurna range backdrop.

**Overnight Temple Tree Resort & Spa (Breakfast, Lunch)**



## Day 9 / KATHMANDU / DEPART

After breakfast we fly back to Kathmandu, depending on departures you have time for last minute or grabbing a meal or heading into Pashupatinath to see the traditional sadhus.

**(Breakfast)**

**END OF SERVICES**





## ACCOMMODATIONS

**THE INN PATAN** is a gem of a boutique hotel. It is a traditional Newari town-house and over a 100 years old, and has been lovingly restored by the owner/architect Rohit Ranjitkar, who has cleverly retained all of its wonderful architecture and feel, yet applying modern touches to ensure an absolutely comfortable stay. It is built around a delightful central courtyard which features inviting little alcoves to sit down to enjoy a tasty Nepali dinner. The historic brick and timber building features many of the fantastic woodcarvings which Kathmandu is famous for. With just 10 rooms, the Inn Patan provides a fantastic bolt-hole from which to explore this secret corner of Kathmandu.





**KER & DOWNEY LODGES** are the premiere destinations for travelers wishing to trek Nepal at a leisurely pace and in total comfort. The collection of lodges is spread out within the Annapurna Conservation Area, separated by picturesque terrain and a moderate half day hike. Each lodge offers a unique view and new perspective on the region, overlooking its hidden villages and shadowed by its towering peaks. Private baths with hot running water com standard in all of the guest rooms, with cozy blankets and down bedding warmed nightly by a hot water bottle. Hearty meals are served family-style in the lodges' traditional dining rooms, inviting spaces to relax and recall the sights of the day's trek. Spacious terraces plus a large fireplace and lounge area complete the shared spaces in the lodges.





**TEMPLE TREE RESORT & SPA** is a boutique hotel combining western standards with the distinctive architecture and culture of Nepal's western Himalayas. Named after the fragrant temple tree plant frangipani found in Nepal. They offer a peaceful and relaxed atmosphere, privacy when preferred and attentive service. Nestled close by Phewa Lake in the Pokhara Valley, Temple Tree is framed by the foothills and majestic peaks of the Annapurna mountain range. The air is pure and clean and the sub-tropical climate warm and pleasant.



## DESTINATIONS

### Nepal, South Asia

The Federal Democratic Republic of Nepal, is a landlocked country in South Asia. It is located in the Himalayas and bordered to the north by the People's Republic of China, and to the south, east, and west by the Republic of India. Kathmandu is the nation's capital and the country's largest metropolis. Nepal has rich geography. Nepal is popular for mountaineering, containing some of the world's highest and most challenging peaks. The mountainous north has 8 of the world's 10 tallest mountains, including the highest point on Earth, Mount Everest 29,029ft (8848m), called Sagarmatha in Nepali. It contains more than 240 peaks over 20,000ft (6096m) above sea level. The fertile and humid south is heavily urbanized. By some measures, Hinduism is practiced by a larger majority of people in Nepal than in any other nation. Buddhism, though a minority faith in the country, is linked historically with Nepal as the birthplace of the Buddha.

A monarchy throughout most of its history, Nepal was ruled by the Shah dynasty of kings from 1768, when Prithvi Narayan Shah unified its many small kingdoms. In 2006, however, a decade-long Civil War by the Communist Party of Nepal (Maoist) along with several weeks of mass protests by all major political parties of Nepal culminated in a peace accord, and the ensuing elections for the constituent assembly voted overwhelmingly in favor of the abdication of the last Nepali monarch Gyanendra Shah and the establishment of a federal democratic republic on May 28 2008. The first President of Nepal, Ram Baran Yadav was sworn in on July 23 2008.

Neolithic tools found in the Kathmandu Valley indicate that people have been living in the Himalayan region for at least 9,000 years. Nepal has been highlighted in many scriptures; small kingdoms and confederations arose in the region, from these a prince named Siddharta Gautama renounced his loyalty to lead an ascetic life and came to be known as the Buddha ("the enlightened one"). After some disputes over bordering territories with the British East India company and China, in 1923 the UK formerly recognized Nepal's independence. In 1924 slavery was abolished, nevertheless debt bondage even involving debtor's children has been a persistent social problem. In 1991, Bhutan expelled roughly 100,000 ethnic Nepalis, most of whom have been living in refugee camps in eastern Nepal ever since.



## Additional Information

### Entry Requirements

Nepal Visas should be obtained beforehand, but can be obtained upon arrival. US Citizens pay \$40 per person for single entry for 30 days. A passport valid for six months after date of entry is required. Visitors must hold return/onward tickets and all documents required for their next destination.

### Vaccinations

Hepatitis A and B, Tetanus, and Typhoid immunizations are recommended for all travelers. Malaria prophylaxis is recommended for travel in the southern Nepal regions of Terai during the hot and rainy months. Malaria is low risk in the mountain and trekking areas. You should consult your local doctor or physician to advise which malaria medication is best suited for you. Information on vaccinations and other health precautions, such as safe food and water precautions and insect bite protection, may be obtained from the CDC's Internet site at <http://www.cdc.gov/travel>

### Weather

#### *Kathmandu, Nepal*

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Avg High F	62	70	77	86	84	84	82	84	82	82	75	70
Avg Low F	37	35	44	48	59	66	66	66	64	55	42	35

## **Communication**

Nepal – country code +977. Most areas will have mobile access and Internet is very limited. Some areas while trekking or on safari may not have mobile access.

## **Electricity**

India - Electrical current is 230 volts, 50Hz (Type C; electrical plug with two circular pins) (Type D; electrical plug has three circular pins) (Type M; electrical plug has three large circular pins)

## **Gear List**

**\*\*A comprehensive gear list will be provided for essential clothing items to bring whilst on trekking or safari activities.**

## **Travel Advisories**

Make two photocopies of valuables such as your passport, tickets, visas and travelers' cheques. Keep one copy with you in a separate place to the original and leave another copy with someone at home.

Be sure to inform your credit card company as well as your bank you will travel internationally into India. This will eliminate any credit card holds for fraudulent activity.



## Currency

Carrying cash, an ATM or traveler's check card and also a credit card that can be used for cash advances in case of emergency is advisable. The best places to exchange money are normally bureau de change, which are fast, have longer hours and often give slightly better rates than banks. Local currency is Nepalese Rupee (NPR), however most urban places accept USD. Better hotels, lodges, and camps will accept credit cards, however it is advised to withdraw cash when visiting remote areas and villages.

## Government

Nepal functions within a framework of a republic with a multi-party system. President is the head of state.

## Religion

Nepal – 80% Hindu, 10% Buddhist, 4.4% Muslim, 3.6% Kirat, 0.5% Christian, and 0.4% other such as Bon.

## Ethnic Groups

Nepalis are descendants of migrants from parts of earlier Greater Nepal, Tibet, India and parts of Burma and Yunnan along with native tribal population. Among the earliest inhabitants were the Kirat of east mid-region, Newar of the Kathmandu Valley and aboriginal Tharu in the malarial southern Terai region. The ancestors of the Khas migrated eastward along the Himalayan foothills out of Kashmir, Kumaon, Garhwal – parts of then Greater Nepal, Karnali Praadesh and perhaps also north from the Gangeatic Plains during invasions. Other ethnic groups trace their origins to North Burma, Yunnan and Tibet. In Terai, much of the population is physically and culturally similar to Indo-Aryans of northern India. Indo-Aryan and East Asian looking mixed people live in the hill region. Central and western Nepal ethnic Tibetans inhabit even higher semi-arid valleys north of the high Himalaya.

## Languages

Nepali is the official and de facto language of Nepal and also spoken in Bhutan, parts of India and parts of Myanmar (Burma).

## Economy

Nepal – an isolated, agrarian society until the mid-20<sup>th</sup> century, Nepal entered the modern era in 1951 without schools, hospitals, roads, telecommunications, electric power, industry, or civil service. The country has, however, made progress toward sustainable economic growth since the 1950's and is committed to a program of economic liberalization. Foreign aid accounts for more than half of the development budget. Agriculture remains Nepal's principal economic activity, employing 80% of the population and providing 37% of GDP. Only about 20% of the total area is cultivable; another 33% is forested; most of the rest is mountainous. Rice and wheat are the main food crops. The lowland Terai region produces an agricultural surplus, part of which supplies the food-deficient hill areas. Economic development in social services and infrastructure has not made dramatic progress due to GDP dependency on India. Major towns are connected to the capital by telephone and domestic air services. The export-oriented carpet and garment industries have grown rapidly in recent years and together now account for approximately 70% of merchandise exports. Nepal was ranked 29<sup>th</sup> worst country on the Global Hunger Index, between Tanzania and Kenya.

## Climate

The climate of Nepal varies from warm summers with mild winters in the low-lying southern region, to alpine conditions with very severe winters in the mountains. Between December and February temperatures drop well below freezing in the mountains. The best time to travel to Nepal for trekking is in early spring or late autumn, when the weather is dry and temperatures mild. The monsoon season on the coast occurs between June and September.



## Booking

For anyone wanting to book this trip they must fill out our online booking form at <http://www.adventure-international.com/booking/> ' A 10% deposit is required upon booking and final balance payment at least 60-45 days prior to service being provided. A booking shall be considered confirmed on receipt of 10% deposit. '

**PLEASE READ OUR TERMS AND CONDITIONS:** [http://www.adventure-international.com/footer/terms\\_and\\_conditions/](http://www.adventure-international.com/footer/terms_and_conditions/) Making a reservation with Adventure International, LLC and it's partners signifies acceptance of these terms and conditions.

## Insurance Information

It is essential that clients take out adequate insurance cover against all risks associated with adventure travel, this means appropriate travel and medical insurance prior to departure of clients from their country of origin. A climb or safari is an adventure holiday and accordingly neither Adventure International, LLC nor their officers and employees shall be liable in way for any loss or damages expenses or costs arising from any incident involving clients that may occur whilst using any of the services provided by either Adventure International, LLC or third parties contracted by the company.

Insurance should at least cover: personal accident, medical expenses, hospitalization, repatriation, trip curtailment, cancellation, and loss of valuables.

For more information about insurance please visit: <http://www.adventure-international.com/footer/insurance/> OR visit TravelEx Insurance direct website: <http://www.travelex-insurance.com/> and make sure to provide #05-0804 as a reference locator to ensure proper routing of essential client information and documentation.

## Force Majeure / Changes

In the event of Force Majeure (circumstances beyond the company's control) Adventure International, LLC will notify client of the nature and extent thereof. It is essential to understand that conditions in countries where adventure holidays occur are not always predictable and border closures, road conditions, and other occurrences from time to time cause delays, frustrations, and diversions from the planned itinerary. Should such an occurrence happen, Adventure International, LLC and its partners will do the best to minimize inconvenience.

## **PRICING:**

### **Includes**

- Trained Himalayan guide & porters
- Vehicles w/ water & drinks and professional drivers
- All relevant Park fees & entrance fees
- All accommodation and meals as described in the itinerary
- Transfers as described in the itinerary
- Plane flight roundtrip Kathmandu / Pokhara
- Drinks on the hike (potable water, tea, coffee & hot chocolate)

### **Excludes**

- International flights
- Entry visas
- Tips & Gratuities
- Items of a personal nature
- Alterations to this itinerary (i.e. if different accommodations and services are provided then the price will most likely vary up or down)
- Laundry
- Beverages in hotels (except those in your personal vehicle)
- Medical evacuation, Hospital bills and international evacuation in the event of an emergency (travel insurance mandatory)