



NEPAL ADVENTURE

10 days / 09 nights

The Nepal Adventure region lies towards the north of Central Nepal. This area is the most popular and major trekking destination in Nepal. According to a recent survey by Modern Maturity (USA) this region has been recognized as one of the world's best trekking trails. More than 40,000 tourists annually visit this area. The Annapurna trekking region consists of peaks Annapurna I, II, III, IV, those of Annapurna South peaks, Mt. Dhaulagiri and several other peaks. The trek's major highlights are the ancient mid-western salt route settlement of Manang, Thorong –La pass between Nepal and Tibet, Muktinath Temple and the deepest gorge of world Kali Gandaki. Gateway to Annapurna trekking region is the famous city of Pokhara.

Day 1

Kathmandu

On arrival at Kathmandu Airport you will be met with a floral welcome and transferred to your hotel.

Day 2

Kathmandu

This morning you will enjoy a city tour of Kathmandu and then visit Swayambhunath, one of the oldest Buddhist stupas overlooking the entire Kathmandu Valley. In the afternoon, you will visit Hindu Temples and other impressive sites in Pashupatinath, Boudhanath and Bhadgaon. B

Day 3

Kathmandu-Pokhara 200kms – 6 hrs drive

This morning drive to Pokhara. Free afternoon B

Day 4

Trek from Dhampus to Landrung 1565m

This morning transfer to trek start point Dhampus (1700m), The trek starts immediately with a steep climb through mixed forests and takes about an hour to arrive at Mina Lodge, which marks the end of the steep path and arrival at Dhampus Plateau. From here the incline is much easier as the trail continues to climb steadily in more forested area and after about two hours we arrive at the first check post at the entrance to Dhampus Village with a maze of houses and alleyways of stonewalls. There are magnificent views of the mountains from west to east of the Annapurna South (7,219m), Hiunchuli (6,441m), Mardi Himal (5,587 m) and Macchapuchare (6,993m) to the north.

Leave the village and continue on the trail going down a fairly gentle slope cut into steps in the middle of the forest. Then a short climb brings us to the settlement of Pothana (2,000m) .The path from here slowly ascends until it reaches the locality of Bichok Deorali (2,149m) located at the crest of the ridge. From here, the trail descends slowly but gets steeper until it meets the Modi Khola Valley first and then the village of the Bheri Khola, which is a convenient place to stop for lunch.

After lunch, cross a small suspension bridge, then cross the hamlets of Tolka Naga and Tolka Medi Gara before again going down gently towards the village of Landrung on a trail where the forest gives way to vast expanses of terraced cultivation covering the surrounding hills. BD

Day 5

Trek from Dhampus to Landrung 1565m

This morning trek towards, Modi Khola and cross the river. Stop over for lunch after crossing the river. After lunch it is an uphill climb for about an hour a half till we reach a settlement called Kimrung Danda. We take a short rest here. From here Ghandrung is one hour away and the trail is more or less flat. Ghandrung is the largest Gurung village in Nepal where the sons and male member of the local community have sacrificed their lives to serve for the Gurkha Armies and security Forces around the world. The afternoon is free for rest or optional activities such as a visit to the Annapurna Conservation Museum and a tea break at the home of a renowned Gurkha soldier who may show you his Victoria Cross won during the first or second world war. In the evening the local Gurung womenfolk will join the campers for a village get together to show their talents in singing and dancing. Guests are welcome to join in. A contribution to the dancing group may be necessary. Trek duration – 6 hrs. BD

Day 6

Trek to Tadapani 2630m

This morning trek up to Tadapani – a small settlement consisting of about 5-6 Tea Houses with camping grounds set among rhododendron forests with chirping birds and a stream nearby. During the trek look out for some rare birds and pheasants as well as the Langur and Rhesus monkeys. Trek duration – 7 hours. BD

Day 7

Trek to Ghorepani & Deurali 2860ms

After breakfast trek to **Ghorepani**. Initially the trail descends from this Village Square and shopping area and then ascends through forests and open landscape to arrive at a small village. Continue to climb steadily amidst chirping birds on treetops to arrive at Banthanti, located near a river. It is a densely forested area and chances of seeing the rich flora and fauna is possible although best in spring. There is a further climb to arrive at our lunch spot at Deurali (3180 m), which is the highest point of the trek. For better views, we continue through dense forests for about 20 minutes to arrive at a clearing with a few teahouses and an open field above the village for lunch.

After lunch, continue through the forest. The trail is a gently undulating one having reached our highest point. After about 1 ½ hour of trekking through the rhododendron forests along the ridgeline, arrive at a clearing to get views of the Annapurna South and the Ghorepani village far down below. Descend for 30 minutes to approach the main gate to Ghorepani with a big signboard welcoming trekkers to this village, which is also the highest campsite on our trek. It is an interesting walk as we pass through this densely populated village of different ethnic community of Magars. We pass through the main village to arrive at the lodge for overnight stay. BD

Day 8

Excursion to Poon Hill & Trek to Tirkhe Dhunga 1540m

Pre-dawn alert and it is time to do the one and half hour trek to Poon Hill (10,200 ft) to view a magnificent sunrise over the Annapurna Range. Shortly afterwards we return back to Ghorepani for breakfast. After breakfast, bid farewell to the villagers and the trek starts with a descent, which gradually intensifies as we descend steeply to the river. Then there is more descending through a trail of gurgling streams and forests till our arrival at the Magar (a local ethnic community) settlement of Ulleri for lunch. This village is located on a steep incline and has one of the best drainage systems in this part of the region.

After lunch, descend on stone steps through the narrow lanes and then there is a steep knee wobbling descent on stone steps all the way down to the bridge on the Bhurgundi Khola, which is dreaded by all trekkers. The descent could take about 2 hours. The trail becomes more hazardous with the mule train also vying to get in front (ascending and descending) and sometimes lead to traffic jams. It is advisable to keep to the wall and let the mule trains to pass as accidents can happen if one is on the edge and is brushed by these pack animals. After crossing the bridge, a short climb brings us to Tirkhedhunga. However, there are better campsites about 30 minutes walk to Hille. BD

Day 9

Trek to Nyapul & Drive to Pokhara 915m

After breakfast, descend gently down to the banks of the Bhurgundi River and follow the trail along the river to arrive at Birethanti after 3 hours for lunch. Birethanti, located on the confluence of the Bhurgundi and Modi Khola is a booming village with rows of teahouses and also boasts of a bank. There is a check post where all trekkers must have their permits checked and logged. After lunch, cross the suspension bridge and walk a further 30 minutes to arrive at Nayapul. Bid farewell to the trekking staff and porters and board the waiting vehicles for the one and half hour drive back to Pokhara airport and fly back to Kathmandu. Transfer to hotel in Kathmandu. Overnight at Hotel. B

Day 10

Kathmandu

This morning you will be transferred to the airport for your onward destination. B