

KATHMANDU, ANNAPURNAS AND TERAJ JUNGLE

Discover a beautiful Nepalese walk between jungle and mountains in the footsteps of the yeti. After a fun tour in the old town of Kathmandu, we head to the balcony of the Annapurna Massif for a short easy trek. We walk between rice paddies, local farms and traditional villages all with a backdrop of impressive peaks including the famous +8000 m mountains, Macchapuchare, Annapurna and Manaslu. We witness a radical change of scenery in the heart of the Chitwan national park which has a jungle atmosphere straight from the pages of a certain Rudyard Kipling book... We explore the park on foot, in canoes and on elephants (!) in search of rhinos and tigers. To end the adventure, we return to Kathmandu, visit Swayambhunath and Patan and meet the children of Bal Mandir.

 Region	Annapurnas, Manaslu & Dhaulagiri Kathmandu Valley and the Terai
 Activity	Family Trips Hiking & culture
 Duration	14 days
 Group	4 to 10 people
 Code	NEPFAM-EN
 Price	From €1,247
 Level	2/5
 Comfort	4/5
 Language(s)	English

ITINERARY

Day 1 Kathmandu



Welcome to Kathmandu! Your guide will greet you and escort you to your hotel. Depending on your arrival time, perhaps your trip leader can show you the old streets of Asan Tole and Indra Chowk and introduce you to the Nepalese way of living.

Accommodation: Hotel

Meals not included

Day 2 Kathmandu Durbar Square - treasure hunt in Bhaktapur (1360m) - initiation to pottery



A morning of authentic fun in the old city of Kathmandu. In a rickshaw, we visit old Kathmandu. We stroll through the heart of Durbar Square, the historic center of Kathmandu with its palace and Newars temples. We walk to the market of Asan Tole, typical market teeming with stalls of spices, incense, fruits and vegetables ... We then leave by privatized minibus for the sumptuous pedestrian city of Bhaktapur, located 15 km from Kathmandu where a local family welcome us for lunch. Bhaktapur is the most beautiful of the three imperial cities of the valley. We sleep in Bhaktapur giving us the opportunity to visit the city at peace when all the visitors have gone. We organize a treasure hunt and then a local potter,

prajapati, introduces the children to traditional Nepalese pottery.

Accommodation: Hotel in Bhaktapur

Day 3 Bhaktapur - Bandipur (1200m)



We leave the valley of Kathmandu, and take the road to Bandipur, a splendid village of Newar traders. In good weather, we have a spectacular views of the Himalayan chain of Annapurna in Manaslu. We settle into tonight's lodge accommodation and then proceed to explore the village.

Walking: 1 hour

Transport: 5 hours drive

Accommodation: Charming Inn

Day 4 Bandipur - Kande Trek (1700 M) To Australian Camp (2050m)

Morning transfer to Kande, the starting point of today's short trek. We get to know our carrier team. We walk about 1 and 1/2 hours to Australian camp (2050m), from where we have splendid views of Lamjung Himal, Macchapuchare, Hiunchuli (6441 m), Annapurna South (7219 m). We settle in to Nepali lodge.

Walking: 1 and 1/2 hours

Elevation: +350m

Transport: 4 hours drive

Accommodation: Lodge

📍 Day 5 **Australian Camp (2050 M) - Deurali (2200 M) - Landruk**



It is a gradual climb up to the small pass of Deurali. We then descend to Tolka before reaching the village of Landruk, inhabited mainly by the Gurung ethnic group. Nice views of Macchapuchare, Hiunchuli and Annapurna South await. Installation in our accommodation and stroll through the village.

Walking: 4 hours 30 minutes

Elevation: +200m/-400m

Accommodation: Lodge

📍 Day 6 **Landruk To Ghandruk (1950 M)**



We go down to the Modi Khola river and we cross it via a suspension bridge. Then it is a fairly steep climb up to the village of Ghandruk. Ghandruk is a beautiful settlement of the Gurung ethnic group with charming dry stone houses. We settle into our lodge and enjoy very nice views of the Machapuchare. Evening stroll through the village.

Walking: 4 hours

Elevation +650m/-400m

Accommodation: Lodge

📍 Day 7 **Ghandruk - Nayapul (940 M) - Pokhara**

It is a pleasant downhill walk through terraced crops to Birethanti where we leave our local team and the say goodbye to the ponies. After lunch, we take the road to Pokhara. In Pokhara, we sail by boat on Lake Phewa and discover a magnificent panorama of the chain of Annapurnas, dominated by the sacred mountain of Machapuchare.

Walking: 4 hours

Elevation: -850m

Transport: 1 hour 30 minutes

Accommodation: Hotel

📍 Day 8 **Pokhara - Shanti Stupa - Phewa Lake**



Early in the morning, we walk to Shanti Stupa, the peace pagoda. From this unique temple, we should have a panoramic views of the stunning Annapurnas. After a good contemplative pause, we descend to Phewa Lake, which we cross by boat. Meals by the lake. In the afternoon we discover the banks of lake Phewa by bike, a lovely way to discover Pokhara.

Walking: 2 hours (+/-300m)

Cycling: 2 hours

Accommodation: Hotel

Dinner not included

Day 9 **Pokhara - Chitwan**



It is a half-day transfer by road to the Chitwan National Park, a unesco world heritage site. Arrival at our accommodation in Chitwan for lunch after which we leave to discover our first peak of the park.

Transport: 4 hours

Accommodation: Hotel

Day 10 **Chitwan: Canoeing - Elephant Riding - Warrior Dance Show**



A day devoted to the jungle - discover Chitwan national park. Go canoeing down the river to observe birds and crocodiles as the sun rises. Ride elephants and search of rhinoceros and walk through the jungle tracking and spotting deer, bears and tigers! In the evening, we witness a Tharu warrior dance, performed by the Terai ethnic group.

Accommodation: Same hotel

Day 11 **Chitwan - Kathmandu**



We take the road to Kathmandu and upon arrival we visit Swayambhunath. This temple is also known as 'the monkey temple' because cheeky monkeys from nearby forest come to "steal" offerings made to the Gods! The site overlooks the whole valley of Kathmandu and its surroundings. Optional flight: Today you can take a flight between Chitwan and Kathmandu.

Transport: 5 - 6 hours driving (optional 25 minute flight)

Accommodation: Hotel

Dinner not included

Day 12 **Patan - Bodhnath - Initiation To Yoga - Vist Of A School - Kathmandu**

This morning, we take the road to Patan, one of the three ancient imperial cities of the valley. It is mainly Buddhist and known for its statue artisans. We visit Patan, the alleys, the workshops of artisans, the bahals (local monasteries). We then travel to Bodhnath and visit the big stupa located in the heart of the Tibetan quarter where many monasteries have been built. Here we can enjoy a traditional yoga initiation session. This afternoon, we visit Bal Mandir School: this government-run school takes care of abandoned children and youth from disadvantaged families. We have the unique opportunity to spend some time with these children and interact with their care givers. Return to Kathmandu for evening and dinner.

Accommodation: Hotel

Dinner not included

Day 13 **Kathmandu**

Enjoy a day at leisure in the vibrant city of gods - Kathmandu

Accommodation: Hotel

Meals not included

Day 14 **End of stay**

End of stay

The details in this programme are updated regularly but imponderables and unpredictable circumstances may result in inaccuracies. In order to provide the adventure which is best suited to your demands, the weather and the operational conditions, changes to the programme may be made. For safety reasons, we reserve the rights to interrupt your participation in this programme at any time if your technical level or fitness are deemed unsuitable or if you are seen as a danger to yourself or to those around you. This will in no case give rise to refunds or compensation.

DATES & PRICES

International departures:

No departure for now

Trip code: NEPFAM-EN

Included

- All in-country transfers as detailed in itinerary
- Transport by private vehicle according to itinerary
- 3 * hotel accommodation in Kathmandu (Hotel Tibet, Manaslu or similar)
- Full board and lodging when trekking
- Accompaniment by an English speaking Altaï Guide
- Visit of Patan, Balhtapur, Swayambunath, and Bodhnat sites in the Kathmandu Valley
- Luggage transport - up to 12kg maximum per person during the trek
- Trekking team: assistants and porters
- ACAP and TIMS trekking license
- Staff Insurance
- All local taxes

Not included

- The meals Day 13 & 14, lunch Day 1 and dinners days 8, 11 and 12
- The entries in the sites
- Nepalese visa to get at the airport: US \$ 25 + photos
- International flights
- Repatriation insurance
- Drinks, tips and personal expenses - all that is not 'included'

Additional Options

Domestic Flight Chitwan - Kathmandu : From 90 € per person

Single room supplement in hotel in Kathmandu, Bakhtapur, Bandipur, Pokhara and Chitwan (295 €)

Notes

For many years, we put our know-how and our experience of Himalayan destinations to the service of travelers from different horizons. You may find yourself in an international group with participants from our various partners.

Level 2/5

This trip is perfect for travellers who enjoy gentle hikes and are interested in discovering historic sites and becoming immersed in Nepalese culture. Good hiking shoes and walking equipment are required. This trip has been designed to please the whole family.

Terms and conditions

Booking conditions

Booking a trip with Altaï Nepal implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 35% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

Invoice procedure

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 35 days before your departure date. Altaï Nepal reserve the right to cancel your booking, free of charge, if this deadline is not respected.

Cancellation policy

If for any reason you have to cancel your trip, Altaï Nepal require written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

Special cases:

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.
- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

Please note that fees apply according to the date Altaï Nepal receive your cancellation or modification request in writing.

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

Changes to travel contract

If you wish to make a change to your booking please contact us in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Altaï Nepal may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

Pricing

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. Altaï Nepal reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

Contract transfer

If you are unable to travel with Altaï Nepal for any reason, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

Insurance

We strongly recommend that you take out personal travel insurance for your trip with Altaï Nepal as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

PRACTICAL INFO

Staff

Based in Kathmandu for many years, Altai Nepal guarantees you an active travel experience, thanks to our guides and our logistical infrastructure. During your trip, you are accompanied by our Altai trekking guides, 100% mobilized to help you discover unusual places in the heart of nature. Let yourself be guided...

- This trip is led by an English-speaking Nepalese trekking guide
- A local team assists you during the trek. Here is its composition (variable depending on the size of the group and the logistics required):

- Porters: during the trek, our belongings are carried by porters. Porterage is a historical tradition in Nepal, necessitated by the very rugged topology of the place. Thus, it is not uncommon to come across locals carrying loads of more than 50 kg on the trails! Being very concerned about the working conditions of our teams, we ensure that our porters work in the best possible conditions (a fair salary, limited charges, insurance, and suitable equipment are made available to all). On our trips, we provide one porter for every two travellers. The load is limited to 30 kg per carrier on our trips to lodges.

- Assistant-guides: in addition to the guide, assistant-guides are present too. They are responsible for providing active assistance to travelers, and make sure all participants to walk at their own pace.

Food

The traditional Nepalese dish is 'dal bhat', rice and lentils, accompanied by some spicy vegetables. In Kathmandu, it is possible to eat a good variety of dishes, but in the mountains, the choice is relatively limited: the lodges (local tea houses) offer menus that are often similar and less varied (e.g. dal bhat, fried noodles, momos, fried rice, pasta with tomato sauce, fried potatoes, etc).

On our group trips: three meals and a snack per day will be served. On long trekking days, you will also have an energy supplement (cereal bars and/or dried fruits).

During lodge treks, we try to offer you the most varied meals possible, with the dishes or ingredients available in the lodges. Some examples: dal bhat (Nepali daily meal), stir-fried rice with vegetables, potatoes with cheese, fries, pasta with tomato sauce, and sometimes even pizza! Note that fresh meat is rare and sometimes not recommended for Western stomachs.

Here are examples of the meals served on our trips:

- Breakfast: toast, pancake or Tibetan bread with butter/jam/honey + eggs + tea or coffee.
- Lunch: a main dish.
- A small snack at the end of the day is offered (biscuits and tea).
- Dinner: a soup, a main course, and a dessert (eg fruit in syrup)

+ a cup of tea and/or coffee is offered with all meals.

In Kathmandu and Pokhara, we often exclude meals, so that everyone can enjoy the variety of restaurants in the cities according to their tastes.

In the mountains, you can fill your water bottles at the tap or at the water sources (on the advice of the guide), but it is essential to filter it or treat it with purifying tablets. The purchase of bottled mineral water may also be possible in lodges, in town, or in restaurants. However, we encourage all to minimize plastic consumption: there is no recycling on site.

Accommodation

In Kathmandu and other cities, you will normally be accommodated in 3 * hotels. In more rural areas, we use homestay accommodation with varying comforts (they all have functioning beds, mattresses, tables, chairs, toilets, etc.) We love using

homestay accommodation options which offer insights into Nepalese life and support local families.

Transportation

Transport/transfers by private minibus & plane.

Budget & exchange

The local currency is the Nepalese Rupee NPR.

Visit <http://www.xe.com> for the latest currency converter and exchange rates.

You can withdraw Nepalese Rupees from in-country ATMs in Kathmandu and credit cards are accepted except in shops and hotels. Please budget for meals in Kathmandu, drinks, tips and other personal expenses.

Tips

Tipping is very present in Nepal. It is an integral part of the 'tourism' culture of the country: independent of salary levels, your tip is seen as a sign of appreciation. The amount depends on your satisfaction with the services rendered and your generosity. Your guide will help you on this subject. Like money, if you have clothes to give, do not hesitate to seek advice from your guide who will make a fair distribution. We advise you not to give sweets and / or energy bars / chocolate to local children as there are virtually no dentists here in the mountains. The same rules apply to medicine, western medication is not necessarily adapted for the Nepalese and, moreover, following the correct dosage is extremely important. And of course, do not forget to bring medicines that you take regularly, if any.

Vital equipment

- Warm Sleeping Bag
- Water purifiers (micropur, aguatabs ...)

From head to toe:

- A cap or sunhat
- 1 or 2 sets of thermals: long-sleeved thermal tops and full-length long johns
- Long sleeved and short sleeved t-shirts, preferably in quick-drying technical material
- A light fleece or equivalent (plus extra warm layers if necessary)
- A breathable wind proof, waterproof jacket (Gore-Tex...)
- Lightweight waterproof over trousers
- Suitable shorts
- Walking trousers
- A pair of high-rise walking boots with vibram soles - trails can be rocky and muddy
- A pair of trainers/sandels or equivalent casual shoes for cities, villages and evenings
- Thick walking socks
- Warm gloves, hat and scarf (it can be chilly in the mountains)

Material

- Your personal toiletries and a fast drying towel
- Water bottle(s). Min. 2 litres, light and isothermal
- A good pair of sunglasses (think min. category 3)
- Sun-cream, face and lips
- Head torch and spare batteries
- A pocket knife
- A pair of hiking poles
- A waterproof bag cover (or plastic bags) to protect your belongings
- Toilet paper
- Anti-bacterial hand gel
- Your camera
- A notebook or travel journal

Helpful equipment

- Your personal toiletries and a fast drying towel
- Water bottle(s). Min. 2 litres, light and isothermal
- A good pair of sunglasses (think min. category 3)
- Sun-cream, face and lips
- Head torch and spare batteries
- A pocket knife
- A pair of hiking poles
- A waterproof bag cover (or plastic bags) to protect your belongings
- Toilet paper
- Anti-bacterial hand gel
- Your camera
- A notebook or travel journal

Luggage

Your luggage must be divided into two bags:

- A rucksack (35-40L or 45-50L) for use as a day bag. This will contain your (vital) personal belongings for the day (sweater, spare t-shirt, water bottle, picnic-lunch, sunglasses, small things ...)
- A larger bag (60-80L) containing the rest of your belongings, which can be safely stored in Kathmandu.

Medicine

Your guide is a trained first-aider and will carry a full first aid kit at all times during the trip. We recommend that you bring a small personal first aid kit containing any medication you may need such as inhalers, plasters, antiseptic and painkillers. And of course, do not forget to bring medicines that you take regularly, if any.

Passport

Your passport should be valid for at least six months after the last day of your stay. It is your responsibility to confirm your specific passport requirements and please be aware that proof of onwards travel may be required.

Visa

It is your responsibility to confirm your specific visa requirements. Please bring valid passport photos with you to obtain a visa upon arrival.

To obtain trekking permits, your passport and photo ID is also required. Please provide us with good quality scans of your passport and 2 photos of identity.

For an individual visa, obtained on the spot as you arrive in Kathmandu, rates are as follows:

- 15 days : 30 US\$
- 30 days : 50 US\$

Mandatory vaccines

No mandatory vaccinations are required. Recommended vaccines include Typhoid, Hepatitis A, Hepatitis B, Rabies, Japanese Encephalitis, and Influenza.

Health information & recommendations

It is your responsibility to check that your personal health insurance covers everything in this trip. A consultation with your doctor is a prerequisite for any trip and we advise you to visit your dentist too as untreated cavities have an annoying habit of waking up with altitude.

Hygiene Recommendations

Water is not drinkable in Nepal. It is always possible to buy bottled water but in order to limit pollution and preserve natural areas, we strongly recommend that you drink purified water. For that, think to bring a water bottle of minimum 1.5 liters and purifying tablets (micropur, agua tabs ...). Consume only treated water or water which has been boiled for 30 minutes and then filtered.

Be sure to wash your hands frequently, and definitely before each meal (anti-bacterial hand gel is recommended) and take care to disinfect any skin wounds. Avoid drinking natural drinks like pressed fruit juice and do not consume ice cream or "lassi" (a

milk-based beverage) bought in the street. Meat and fish / shellfish should be well cooked before consumption.

Weather

From the eternal snows of high peaks to the tropical lowlands, Nepal has a wide variety of climates.

- **In autumn** (October to mid-December) the days are very beautiful but can be fresh at altitude. At 3000 m altitude, temperatures can drop to -10 ° C (14°F) at night.

- **In winter** (mid-december to mid-february): The nights are generally cold and the climate is dry. If night time temperatures drop easily below 0 ° C (31°F) to 3000 m, the days are often sunny. Treks below 4000 m are very pleasant. There are very few tourists at this time.

- **In spring** (March to end of May): in this season, Kathmandu is in full bloom and the rhododendrons are magnificent. The weather is pleasant, it is getting hotter with some night storms. Temperatures vary between 10 and 28 ° C (50 - 83°F), but can rise to over +30 ° C (+86°F). Between 2000 and 3000 m, temperatures rarely drop below 0 ° C (32°F). A few rare frosts or snowfalls are possible in March from +4000 m.

- **In summer:** it is the monsoon season. This interrupts the majority of trekking from June until the end of September. However, certain regions of the "Trans-Himalayan" zone, Mustang and Dolpo remain sheltered from the monsoons - these are the only circuits available in Nepal in the summer.

Electricity

In recent years, due to a lack of hydropower facilities, electricity and water outages are becoming more frequent in Nepal, especially in Kathmandu (mainly in winter and spring). The hotels have generator but the electricity is limited. It is the same for the consumption of water.

Local time

Coordinated Universal Time (UTC)/ Greenwich Mean Time (GMT) +5.45. Daylight Saving Time (DST) is not observed here.

Sustainable tourism

As adventure and wilderness travel experts who run trips to some of the most remote parts of the world, we take responsible tourism very seriously. We respect the 'Leave No Trace' outdoor ethical code and try to explore this beautiful location whilst causing minimal environmental damage.

Since the beginning, we have advocated for responsible tourism and the importance of equitable and sustainable principles. Harmonising these fundamentals ensures a fair distribution of economic benefits, improved working conditions for local teams and an increased awareness of the importance and practice of environmental protection. We hope that all of our clients will respect our philosophies and embrace these attitudes.

The Leave No Trace policy can be summarized in 7 simple steps which we hope you will follow during our trip...

1. Be prepared
2. Stick to trails and camp overnight right
3. Stash your trash and pick up waste
4. Leave it as you find it
5. Be careful with fire
6. Respect wildlife
7. Be considerate of other visitors

Over the years we have built up good relations with our local suppliers and we are keen to support local businesses as much as possible. We are a small company and we pay our local partners and suppliers directly insuring fair rates.

Our small group sizes not only provide a more intimate adventure but also cause less impact on the environment and local communities. We expect all who travel with us to support and uphold our Sustainable Tourism philosophies.