

## Save the Children – Nepal Trek and Project Visit

### DAY BY DAY ITINERARY

#### Day 1 / 13 November

##### Bangkok

Leave New Zealand. On arrival in Bangkok, transfer to hotel.

#### Day 2 / 14 November

##### Kathmandu (1360m)

Upon arrival in Kathmandu, you are met at the airport and transferred to your hotel. Our airport representative will be waiting for you in the arrival hall, located after passing out of the customs area. Look out for the Peregrine signboard. The drive from the airport to the hotel is around 20 minutes. A briefing given by our group leader is scheduled for the late afternoon. He will discuss our trekking program and co-ordinate any last minute arrangements. The evening is free, but usually our tour leader will organise an evening meal (optional) at one of Kathmandu's fine Nepali restaurants. Alternatively you can enjoy a dinner at the hotel.



#### Day 3 / 15 November

##### Baglung

An early departure from the hotel this morning as we are transferred to the domestic terminal at Kathmandu's Tribhuvan Airport. From here we fly to Pokhara, with a flight time of about 30 minutes and often spectacular views of the main Himalayan chain to the north. After arriving in Pokhara we are transferred by road (private bus) to the village of Baglung, arriving late afternoon.

Meals included: 1 breakfast

#### Day 4 / 16 November

##### Baglung

Save the Children project in Baglung (own arrangements for meals and accom)

#### Day 5 / 17 November

##### Baglung

Save the Children project in Baglung (own arrangements for meals and accom)

#### Day 6 / 18 November

##### Syauli 1230m Trekking 2 hours approx

We leave Baglung and drive to the village of Naya Phul arriving late morning. We begin our trek and follow the Modi Khola to Birethanti where we take lunch. In the afternoon we continue to follow the valley, through terraced rice paddies to Chimrong and then to the very pretty village of Syauli and our overnight halt. Here we enjoy superb views of the great peaks of Annapurna South and Machhapuchhare, seen to the north standing guard over the entrance of the Annapurna Sanctuary.

Meals included: 1 breakfast, 1 lunch, 1 dinner

#### Day 7 / 19 November

##### Ghandruk 1950m Trekking 5 hours approx

Today's walk commences with a steady ascent up a stone staircase high above the river valley. To the north there are again superb views of the Annapurna mountains. A short but steep section leads to Kimche (1630m) where we can enjoy a drink and a well-deserved rest. We then continue on to Chane on a wide, well-defined, path of stone flags that contours through fields of wheat and millet to the largest village of the region, Ghandruk. This Gurung village is well known for the number of its men folk who have served in the British Gurkha regiments. Our lodge is

located in the heart of the village where we enjoy fine mountain views in particular Annapurna South (7237m), Machhapuchhare (6993m) and Gangapurna (7455m).

Meals included: 1 breakfast, 1 lunch, 1 dinner

### **Day 8 / 20 November**

#### **Lhandruk (1560m) Trekking 3 hours**

We spend the morning exploring the village of Ghandruk including a visit to the local museum. After lunch we head to Lhandruk the village seen across the Modi River. However, to reach this picturesque village we need to descend over 600 metres to the valley floor and ascend gradually through terraced fields to our lodge. The scenery is fabulous throughout the day and more than makes up for the descent and ascent.

Meals included: 1 breakfast, 1 lunch, 1 dinner

### **Day 9 / 21 November**

#### **Pothana (1990m) 5 hours walking**

Today's walk ascends out of the Modi Khola Valley the route ascending to Tolka, a small settlement at 1,710m, where we then climb gently through the fine forest of oak and rhododendron to reach the pass at Deurali (2150m) from where you will have a spectacular view of Annapurna South and Himchuli. We will take lunch here and in the afternoon we descend through forest to Pothana where once again we have fabulous views of the Annapurna range and the 'fishtail' peak Machhapuchchhre.

Meals included: 1 breakfast, 1 lunch, 1 dinner

### **Day 10 / 22 November**

#### **Pokhara (850m) 3 hours walking; driving time: approx 1 hour**

From Pothana the trail descends through forests of rhododendron to Dhampus (1700m). Dhampus is a large village spread out along a hill top where you are rewarded with spectacular mountain views of the entire Annapurna range as well as the 8000m giant Manaslu to the east. We end our trek here and after saying farewell to our porters we are transferred by back to Pokhara arriving around lunch time. We stay at Hotel Barahi, located close to the lakeside. This hotel has a swimming pool, so you may wish to bring your swimming costume.

Meals included: 1 breakfast

### **Day 11 / 23 November**

#### **Pokhara (850m)**

There are many options in Pokhara for your free day in the town. You may wish to make an early start to the Peace Pagoda where there are fantastic views of the Annapurna mountains and the Pokhara Valley. You could also take a boat for a row out on the lake (Phewa Tal), which is the second largest in Nepal. Your leader can advise you of other sightseeing opportunities and a visit to the International Mountain Museum is well worth a visit. Of course you may just wish to relax and laze around the hotel swimming pool or head to lakeside and explore the many shopping opportunities and internet cafés.

Meals included: 1 breakfast

### **Day 12 / 24 November**

#### **Kathmandu (1360m)**

After breakfast we are transferred back to the airport in the morning for our return flight to Kathmandu. On arrival in Kathmandu we are met and transferred back to our starting hotel. The rest of the day is free to do souvenir shopping or further sightseeing. Located in the south of the city, Patan is also worth a visit with its own Durbar Square full of historic structures and statues of past kings. Our final night in Kathmandu gives us a chance to go out on the town and enjoy a final dinner (optional) with our travelling companions.

Meals included: 1 breakfast

### **Day 13 / 25 November**

#### **Kathmandu (1360m)**

Our trip ends today after breakfast and you are transferred out to the airport for your flight home or your onward journey. If you wish to stay on in Kathmandu, please pre-book your post-tour accommodation before you commence your travels.

Meals included: 1 breakfast

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