

Nepal in Comfort

Luxury trekking itineraries in Nepal

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Introduction

Our Nepal comfort treks offer a lodge-based alternative to a traditional camping trek. On these extended treks in the Nepali Himalaya, you will stay in heated lodges and en-suite guesthouses, suitable for couples and families travelling with children. Our comfort programmes are gentle by Himalayan standards – you trek at a relaxed pace (typically 4-5 hours trekking per day), and to a max altitude of 4,000m. For the leisurely traveller who is looking to explore the beauty of the Nepali Himalayas but is put off by the Spartan conditions associated with camping-based treks, our comfort treks provide the ideal alternative.

Our Nepal comfort programmes are organised in partnership with [Ker & Downey Nepal](#). We are a UK agent for Ker & Downey and can provide very competitive rates on all K&D itineraries.

Your Financial Protection

All monies paid by you for the air holiday package shown [or flights if appropriate] are ATOL protected by the Civil Aviation Authority. Our ATOL number is ATOL 3145. For more information see our booking terms and conditions.

Sacred Mountain Trek

Outline

Starting and ending in Kathmandu, this 9 night / 10 day trekking itinerary takes you the Annapurna region of Nepal. It is a low-altitude trek, reaching a maximum altitude of just over 2,000m. A relatively short itinerary, a minimum amount of time is spent traveling between each destination, enabling you to make the most of your time in Nepal. You will trek for approx. 5 hours each day, and stay in comfortable, heated lodges, including the Gokarna Forest Resort (in Kathmandu), the Shangri-La Village Resort (in Pokhara), and Ker & Downey Lodges (whilst trekking).

Day 1: Kathmandu (4265ft / 1300m)

Upon arrival in Kathmandu you will be met and assisted by a local representative and transferred to the Gokarna Forest Resort. Overnight at Gokarna Forest Resort.

Gokarna Forest Resort

The 188ha Gokarna Forest Reserve is located a short distance from Kathmandu. Formerly the private hunting grounds of the Nepali royal family, today the Forest forms part of the Gokarna Forest Resort, a luxury hotel & golf complex on the outskirts of Kathmandu. Designed by the team behind Scotland's Gleneagles, Gokarna is considered one of the finest golf courses in the region.



Gokarna Lodge is located amidst the forest. A winding road climbs through the forest up to the main complex, which consists of a mix of Malla and Rana period architecture. Further on, exotic Forest View cottage rooms are set beside the century-old restored Hunter's lodge. A peaceful haven set between ancient towering trees with glimpses of the second fairway in the valley below make the perfect getaway for a few days of golf, relaxation and rejuvenation at the Spa, enchanting forest walks, and time close to nature.

Day 2: Trek to Sanctuary Lodge (3750ft / 1150m)

After an optional early morning flight to Mount Everest, we fly to Pokhara. There will be a pre-trip briefing in Pokhara before we transfer by road with guides and porters to our trek start point (1-hour). 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 our resting point for the night, the Sanctuary Lodge, 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

en route with an estimated late afternoon arrival. (Trek time 3–4 hours).

Overnight at the Sanctuary Lodge.



Day 3: Trek to Himalaya Lodge, Ghandruk (6,600ft / 2012m)

After breakfast, we leave the lodge and start our walk through the surrounding farms as we follow the Modi River Valley. Soon we begin to climb out of the valley and 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 Himalaya Lodge in the early afternoon. From Himalaya Lodge there are magnificent views of the surrounding mountains.

Trek time: 5–6 hours. Overnight at the Himalaya Lodge.

Day 4: 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 Machhapuchhre. 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 at the Himalaya Lodge.



Day 5: Trek to Sanctuary Lodge, Birethanti (3750ft / 1150m)

After breakfast, we leave the Himalaya Lodge walking 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. We continue descending for 2–3 hours until we reach Shauli Bazaar. From here, we follow along the Modi River until we

reach the Sanctuary Lodge. We'll have lunch at the lodge followed by another opportunity to walk to the village of Birethanti. Alternatively, you may choose to spend the afternoon relaxing by the river bank.

Overnight at the Sanctuary Lodge.



Day 6: Trek to Gurung Lodge, Majgaun (4620ft / 1400m)

Following a leisurely breakfast, we leave the Sanctuary lodge and trek to Gurung Lodge at 1,450 meters. We cross the bridge nearby the lodge and start heading up the Modi River. This is a little used trail that starts off on a rocky path along the river bank and then meanders through a forested area. We soon reach a winding stone staircase which we climb. After about ½ an hour on the stair case, we reach level ground at a small farming hamlet on a ridge. We trek along this ridge to the village of Waday. From Waday there are far reaching views of the whole valley. Our trek then descends a short distance to a small but sturdy suspension bridge. After crossing this bridge, we have another uphill push, passing through the small villages of Patleket and Majgaun, before arriving at the Gurung Lodge in time for lunch. Trek time: 3-4 hours.



After lunch, you may choose to hike with your guide to the nearby village of Tanchok, where there is a traditional house now made into a museum. The contents of the house illustrate how the local people live, with the tools and implements of day to day traditional village life on display. You may also choose to visit the local school. Trek time: 1-2 hours.

Overnight at the Gurung Lodge.

Day 7: Trek to Basanta Lodge, Dhampus (5000ft / 1525m)

This morning we start out trekking through the unspoiled village of Patleket. 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. 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 at the Basanta Lodge.

Day 8: Trek to Pokhara (3300ft / 1000m)

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 the Shangri-La Village Resort in Pokhara (30 minutes). On the way back to Pokhara, the vehicle can stop on request at a Tibetan refugee camp, where you will have time to explore the temple complex. We'll arrive at the Shangri-La Village Resort early afternoon in time for lunch.

The rooms at the Shangri-La are filled with ethnic touches. Surrounding the rooms are spacious, landscaped gardens, water features, a swimming pool and stunning views of the surrounding mountains. The rest of the afternoon is free to explore the lakeside, where most of Nepal's Tibetan curio shops are located. In the evening, enjoy dinner at a local restaurant.

Overnight at the Shangri-La Village Resort.



Day 9: Kathmandu (4265ft / 1300m)

After breakfast we fly back to Kathmandu. Upon arrival, we'll visit Durbar Square. Kathmandu's Durbar Square was where the city's kings were once crowned, and from where they ruled (durbar means 'palace'). As such, the square remains the traditional heart of the old town and Kathmandu's most spectacular legacy of traditional architecture. We'll then return to the hotel where the rest of the day is free.

Overnight Gokarna Forest Resort.

Day 10: International Flight

Transfer to the airport for your international departure.



The cost of this itinerary is from £1,834 per person, subject to availability at the time of booking. Please see price guide on page 17 for details.



Cost Includes

- All internal air and land transfers in Nepal
- All permits
- Use of trained guides throughout your trip
- Sightseeing day in Kathmandu
- Two nights' accommodation at the Gokarna Forest Resort (Deluxe rooms, B&B)
- One nights' accommodation at Shangri-La Village Resort, Pokhara (Deluxe rooms, Full Board)
- Six nights' accommodation in Ker & Downey's Lodges, including:
 - Solar heated showers, flush toilets and electricity
 - All meals, snacks, drinking water, tea and coffee while on trek
 - All laundry while on trek
 - Evening Happy Hour including local soft drinks and local alcoholic beverages
 - Services of qualified Ker & Downey guides and porters
 - The loan of Ker & Downey Trek Pack, which includes duffel bags, daypacks, hat and scarf (these items you may keep) walking stick, poncho
 - Down jackets, warm hats and gloves are provided in the lodges
 - A comprehensive group First Aid Kit, carried by your guide

Cost Excludes

- International flights
- Departure taxes
- Insurance
- Gratuities
- Beverages with meals, unless otherwise stated

Additional remarks

- We may have to re-route the itinerary or accommodate in similar lodges in case of non-availability.
- Prices for domestic flights, airport taxes or park fees may be changed without prior notice. This is beyond our control and any increase levied will be passed to you.
- Our programmes are not fixed. Customized trek programmes of varying lengths can be provided on request.

Annapurna Base Camp Trek

Outline

The Annapurna Sanctuary is a high glacial basin lying north of Pokhara. Situated below a ring of eleven of Nepal's major peaks, it has spectacular views of each of these giants. This magnificent amphitheatre is a region of stunning natural beauty, which is believed to be the home of the Hindu goddesses Annapurna and Gangapurna. One can sit in the Sanctuary meadows at 13,200ft / 4000m and take in the spectacle of these legendary mountains towering several kilometres above in all directions. This isolated cirque of peaks can only be approached by one route, a deep gorge that carves into the fortress of mountains between Machhapuchhre and Hiunchuli.

NB. This special trek combines the best lodges in the area, including Ker & Downey lodges, with the best available tea houses. *The tea houses are much more basic than the Ker & Downey properties, and may lack facilities such as flush loos.*

Day 1: Kathmandu (4265ft / 1300m)

Upon arrival you will be met and assisted by a local representative and transferred to the Gokarna Forest Resort. Gokarna Forest Resort, where you overnight.

Day 2: Fly Kathmandu - Pokhara (3080ft / 940m)

Transfer to the airport for the 30 minute flight to Pokhara, the city on the Lake. On arrival in Pokhara, you will be briefed on the trek ahead by your trek guide. This will also give you the chance to ask any last minute questions that you may have.



After the briefing, transfer by road with your guide & porters to the trek start point of Lumle (1-hour). The 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 is located at 3470ft / 1060 m. The lodge has magnificent views of the sacred and unclimbed Fishtail Mountain, or Machhapuchhre, as it is locally known. Lunch is at the lodge followed by an optional walk to the nearby village of Birethanti; alternatively, spend the afternoon exploring the surrounding river valley.

Trek time: 3 hours. Overnight at the Ker & Downey Sanctuary Lodge.

Day 3: Sanctuary Lodge - Himalaya Lodge (6,600ft / 2000m)

In the morning, leave the lodge walking out through the outlying farms following the Modi River Valley. Soon you begin to climb out

of the valley & up towards the mountains. The trail passes through small hamlets, terraced rice fields and forests. Arrive in the afternoon at Himalaya Lodge in Ghandruk. From Himalaya Lodge, there are magnificent close up views of the surrounding mountains. Snacks are provided en route with a late lunch served at the lodge.

Trek time: 5 hours. Overnight at the Himalaya Lodge.



Day 4: Chomrong/Sanctuary "Gates" (7,120ft / 2170m)

Our trail heads steeply downhill to the Kyumnu Khola, a tributary of the Modi Khola, where we will stop for lunch. In the afternoon we climb to a ridgeline on the west bank of the Modi Khola, gaining a spectacular view of the Matterhorn-like spire of 23,000ft Machhapuchhre. We continue along to Chomrong, the last permanent village below the Annapurna Sanctuary, set at the base of Hiunchuli (20,782ft / 6300m).

Trek time: 5-6 hours. Overnight at a local lodge.

Day 5: Bamboo

Hiking through lush rhododendron forest festooned with ferns and orchids, we reach Kuldi Ghar, a small settlement perched on the steep-sided valley. We descend quickly across rock slabs into a bamboo forest. The trail continues through a dense bamboo forest, often over a tangle of roots and fallen bamboo that can be slippery when wet.

Trek time: 5-6 hours. Overnight at a local lodge.



Day 6: Bamboo-Deurali (10,597ft / 3230m)

Following the trail uphill then downhill through bamboo forest, we climb gradually but steadily until we emerge into the open spaces above the treeline. After hiking across a grassy pasture at Tomo (8,400ft / 2545m), we reach the narrowest point in the canyon, Panchenin Barha, the natural "gate" to the sanctuary, with its small trailside shrine. Before 1956, no one of low caste, including foreigners, and no "impure" foods such as pork, beef, chicken, garlic, and eggs were allowed beyond this shrine into the sacred

confines of the Annapurna Sanctuary. Trek time: 4-5 hours. Overnight at a local lodge.

Day 7: Annapurna Base Camp (13,550ft / 4100m)

The gorge widens as we climb towards Hinko Cave, until finally the full glory of the Annapurna Sanctuary comes into view. Ahead of us lies the lateral moraine of South Annapurna Glacier, with the Modi Khola flowing to our right. We pass through the Machhapuchhre Base Camp (12,150ft / 3680m), site of a 1957 British Expedition to Machhapuchhre that climbed to within 200ft of the summit. Because the peak is sacred to the Gurung people and considered the home of a Gurung goddess, Nepal's government subsequently declared it off limits to climbers and it has remained unclimbed since. The trail then continues to Annapurna Base Camp and contours the broad, grassy, and sometimes snow-covered valley. When we reach base camp we are surrounded by a 360-degree panorama of incredible Himalayan peaks: Hiunchuli, Annapurna South, Fang, Annapurna II, Roc Noir, Glacier Dome, Gangapurna, Annapurna III, and Machhapuchhre.

Trek time: 4-5 hours. Overnight at a local lodge.



Day 8: Himalaya (9580ft / 2920m)

After we enjoy our last views of the Annapurna Sanctuary, we head out the "gate" and begin our descent to the Modi Khola Valley.

Trek time: 5-6 hours. Overnight at a local lodge.

Day 9: Sinuwa (7720ft / 2340m)

We have a number of steep ascents and descents today to Sinuwa, passing through spectacular Rhododendron and Bamboo forest.

Trek time: 5 hours. Overnight at a local lodge.



Day 10: Jhinu Danda (4950ft / 1500m)

We continue downhill, then detour off our former trail and head steeply down to the "New Bridge" on the Modi Khola. From here, the route flattens out somewhat until reaching the small

settlement of lodges, known as Jhinu Danda. There is a small hot spring so bring a bathing suit if you'd like to take a dip!

Trek time: 5 hours. Overnight at a local lodge.

Day 11: Sanctuary Lodge (3080ft / 940m)

We join the main trail again today, trekking mainly along the flats until we reach the Sanctuary Lodge for a final night.

Trek time: 5 hours. Overnight at the Sanctuary Lodge.



Day 12: Kathmandu (4265ft / 1300m)

We walk down to the road head near Birethanti, and continue by private vehicle to Pokhara. Once back in Pokhara, we bid farewell to our trekking staff and return to Kathmandu by air. Upon arrival in Kathmandu, we'll visit Durbar Square. Kathmandu's Durbar Square was where the city's kings were once crowned and from where they ruled (durbar means 'palace'). As such, the square remains the traditional heart of the old town and Kathmandu's most impressive site. We'll then return to the hotel. The evening is free to enjoy a meal at a local restaurant or at the hotel.

Trek time: 1 hour. Overnight Gokarna Forest Resort.

Day 13: International Flight

Transfer to the International airport for your final departure from Kathmandu.



The cost of this itinerary is from £1,895 per person, subject to availability at the time of booking. Please see price guide on page 17 for details.

Cost Includes

- All airport/hotel transfers
- Kathmandu/Pokhara/Kathmandu airfare
- 11 days' fully inclusive trek arrangements staying in Ker & Downey and local
- Lodges en route with all meals.
- Sleeping bag and liner where required

- All Permits
- 2 nights' accommodation in Kathmandu at the Gokarna Forest Resort, inclusive of breakfast
- Sightseeing in Boudhanath and Durbar Square
- Lunch and dinner in Kathmandu

Cost Excludes

- International flights
- Departure taxes
- Insurance
- Gratuities
- Beverages with meals, unless otherwise stated

Additional remarks

- We may have to re-route the itinerary or accommodate in similar lodges in case of non-availability.
- Prices for domestic flights, airport taxes or park fees may be changed without prior notice. This is beyond our control and any increase levied will be passed to you.
- Our programmes are not fixed. Customized trek programmes of varying lengths can be provided on request.

Gane and Marshall clients Phil and Patti experienced this itinerary in Oct 2014 and provided us with a wonderful account of their trip, which you can read in full [here](#).

Annapurna Everest Spectacular

Outline

The "Annapurna Everest Spectacular" is a wonderful introduction to trekking in Nepal, combining two of Nepal's finest mountainous regions in a delicious taster of the rich and varied scenery, wildlife and culture of this sacred Himalayan kingdom. Experience the majesty of the world's highest mountains and the intricacies of rural life in Nepal's low foothills; the tranquil beauty of Pokhara and the vibrant bustle of Kathmandu; and the mystical charms of some of South Asia's most revered Buddhist and Hindu temples, all in a single trip.

Whilst the trip offers an unparalleled breadth of colour and life the trekking days themselves are short and the accommodation luxurious allowing you time and space to savour the delights and relax into your holiday.

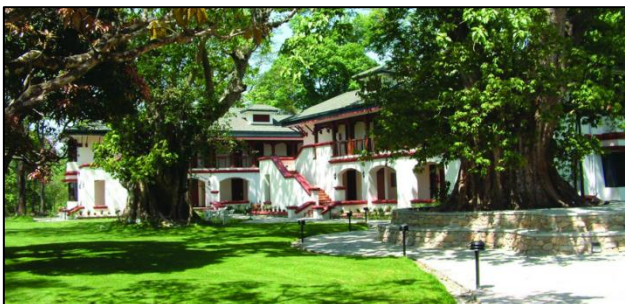
Day 1: Kathmandu (1300m)

Welcome to Nepal! Upon arrival in Kathmandu Airport you will be met at the airport by our local representative. There's a short drive to the Gokarna Forest Resort, our peaceful haven on the outskirts of Kathmandu. This is your hotel base before and after the trek. You stay is on bed and breakfast basis.

You'll be served with welcome drinks and will be given a quick briefing on your programme.

Gokarna Forest Resort

The 188ha Gokarna Forest is located a short distance from Kathmandu. Formerly the private hunting grounds of the Nepali royal family, today the Forest houses the Gokarna Forest Resort, a luxury hotel & golf complex on the outskirts of Kathmandu. Designed by the team behind Scotland's Gleneagles, Gokarna is considered one of the best golf courses in the region, as well as one of its finest luxury resorts.



Gokarna Lodge is located amidst the forest. A winding road climbs through the forest up to the main complex, which consists of a mix of Malla and Rana period architecture. Further on, exotic Forest View cottage rooms are set beside the century-old restored Hunter's lodge. A peaceful haven set between ancient towering trees with glimpses of the second fairway in the valley below, this is the perfect getaway for a few days of golf, relaxation and rejuvenation at the spa, enchanting forest walks, and time close to nature.

Day 2: Kathmandu – Pokhara (820m) – Birethanti (1025m)

After breakfast, we transfer to the domestic airport for your 25 minute flight to Pokhara. This spectacular flight offers views of the Langtang, Manaslu and Annapurna ranges. On arrival we are met by our guide and trekking crew and then drive to Nayapul, the road head, and the start of our trek. From here we have about half an hour's walk to Birethanti village. 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 is located. The lodge has magnificent views of the sacred and unclimbed Fishtail Mountain, or Machhapuchhre, as it is locally known. Lunch is at the lodge followed by an optional walk to the nearby village. You may choose to spend the afternoon exploring the surrounding river valley.

Overnight at Sanctuary Lodge.



Day 3: Birethanti – Majgaon (1400m)

Following a leisurely breakfast, we leave the Sanctuary lodge and trek to Gurung Lodge at 1,450 meters. We cross the bridge nearby the lodge and start heading up the Modi River. This is a little used trail that starts off on a rocky path along the river bank and then meanders through a forested area. We soon reach a winding stone staircase which we climb. After about ½ an hour on the stair case, we reach level ground at a small farming hamlet on a ridge. We trek along this ridge to the village of Waday. From Waday there are far reaching views of the whole valley. Our trek then descends a short distance to a small but sturdy suspension bridge. After crossing this bridge, we have another uphill push, passing through the small villages of Patleket and Majgaun, before arriving at the Gurung Lodge in time for lunch. Trek time: 3-4 hours.



After lunch, you may choose to hike with your guide to the nearby village of Tanchok, where there is a traditional house now made into a museum. The contents of the house illustrate how the local people live, with the tools and implements of day to day traditional village life on display. You may also choose to visit the local school. Trek time: 1-2 hours.



Day 4: Majgaon - Dhampus (1650m)

This morning we start out trekking through the unspoiled village of Patleket. 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.

The trail from Pothana to the lodge offers spectacular views of the Annapurna range. After lunch at the lodge there will be an optional walk through the old village of Dhampus.

Trek time: 4 hours. Overnight at Ker & Downey's Basanta Lodge.

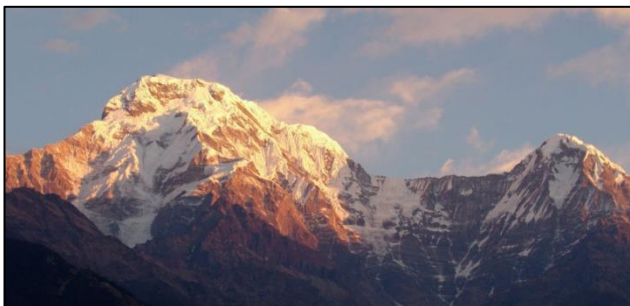
Day 5: Dhampus – Pokhara – Kathmandu (B)

After breakfast, we depart along the ridge and descend through the wooded hillside and terraced farmland to the valley floor (3300ft/1000m). We meet our vehicles here for the short drive to Pokhara airport and our flight back to Kathmandu. Transfer to the Gokarna Forest Resort for rest and relaxation.

Trek time: 3 hours. Overnight at Gokarna Forest Resort.

Day 6: Kathmandu – Lukla (2850m) – Phakding (2610m)

We make an early start to take a short but spectacular mountain flight to Lukla, the start point of our trek. During your flight, keep an eye out for the Langtang and Jugal ranges, followed by the Rolwaling Himal, Gaurisankar and Menlumtse, before getting your first glimpse of Everest.



Our trekking crew meets us at the Lukla airstrip where we'll spend a few minutes sorting out our kit before setting off through this winding village to the trek start proper at the Khumbu 'gateway'. It's gently downhill on pitched stone trails through low rhododendron forest, small 'garden' farms and old and new hamlets to the banks of the foaming Dudh Koshi River. There will be plenty of short stops to meet the locals, take photographs and just soak up the scenery and the clear mountain air as we meander along, the undulating trail glimpsing views of 6000m snow-capped peaks high above. Passing the enormous mani stone at Thado Kosi,

we meander up through the many chortens and prayer wheels of Sano and along to our destination of YMH Phakding in time for a late lunch. The afternoon is free to rest in the riverside gardens or sun lounge. For those who wish to we'll make a short trip up to the higher village and delightful tiny gumpa perched on the valley side. Gather again for pre-dinner drinks round the fire followed by evening meal.

Trek time: 3 hours. Overnight at Yeti Mountain Home, Phakding.



Day 7: Phakding – Monjo (2835m)

After breakfast we trek to the village of Monjo. The gently undulating trail follows the right bank of the Dudh Koshi through Phakding village, before reaching the first of several river crossings (wire suspension bridges). Continuing through pine forest and small villages we come to a break in the trees to catch sight of the mighty Thamserku (6623m) towering way above. A couple more hours of woodland trails and swaying bridges brings us to the small village of Monjo. Our lodge for the night is located above the village with spectacular views of Thamserku and Kusum Kangri. After lunch at lodge there's an opportunity to explore the side valleys and villages with your guide.

Trek time: 3 hours. Overnight at Yeti Mountain Home, Monjo.



Day 8: Monjo – Namche (3440m)

A short walk from our lodge brings us to the gateway to the Sagarmatha National Park. Take a moment to stop and have a look at the interesting 3D map and information boards whilst our guide sorts out our permits and entry. From here we have another 40 minutes or so along the sides of the Dudh Khosi before crossing the Bhote Khosi, raging in from a side valley, and beginning our climb to the Sherpa capital of Namche Bazaar. The trail zig-zags up away from the river, gradually ascending to the tree line and opening out into a high mountain bowl and the vibrant village of Namche. We pass through the many tiny shops and colourful stalls, picking our way slowly up hand-cut stone steps to the wonderful Yeti Mountain Home Lodge. This is our first night above 3000m so it's important to take it easy and let your body adjust. Relax with a tea or coffee and maybe even take a massage in the spa.

Trek time: 5 hours. Overnight at Yeti Mountain Home, Namche.

Day 9: Namche

Today we'll take a gentle walk to gain a little height and then have the afternoon free to explore the shops and cafes of this delightful little town.

Your guide will take you to a number of wonderful viewpoints to see the 'stars' of the mountain world spread out before you: Lhotse, Nuptse, Everest, Ama Dablam... they encircle the deep valley sides in a magnificent arena. You should also be able to see the trails to Everest. If you're feeling energised we'll continue on to the delightful villages of Kumjung and Kunde with their health post and school, both started by the Sir Edmund Hilary Fund.



After lunch you are free to head down to the Namche market to browse the shops, chat to the locals and maybe pick up a souvenir or two. You may also see the Tibetan traders who make a yearly journey over the high passes from the Tibetan plateau with their yaks laden with goods to sell at the markets. Late in the afternoon there's an option to visit Namche Monastery. The monastery is about 80 years old and has beautiful Thangka paintings of Tibetan deities. You can burn a butterlamp for your loved ones.

Overnight at Yeti Mountain Home, Namche.

Day 10: Namche – Monjo

After Breakfast, we descend back to Monjo. We will reach Monjo at lunch time. After lunch at the lodge, you are free to relax your day.



Trek time: 4 hours. Overnight at Yeti Mountain Home, Monjo.

Day 11: Monjo – Lukla

We continue back to Lukla after breakfast, passing through Banker and Phakding and following the trail to Lukla, where you'll spend your final night in the Everest region, at Yeti Mountain Home, Lukla.



Now is a good time to give your gratitude to your porter and trekking crew for their support and to bid them farewell.

Trek time: 5-6 hours. Overnight at Yeti Mountain Home, Lukla.

Day 12: Lukla – Kathmandu

After breakfast we fly back to Kathmandu. After landing, you will be transferred to your hotel. You will have the afternoon free to relax and perhaps enjoy the spa after the completion of your trek.

Overnight at the Gokarna Forest Resort.

Day 13: Kathmandu

After enjoying a leisurely breakfast at the hotel, we'll be met by our guide for a day trip to a few of the Kathmandu Valley's most spectacular and important sights, as well as some vibrant, colourful markets.



A meld of three ancient capitals and their associated palaces, temples and markets, Kathmandu has a lot to offer culturally and historically. However, we're mindful not to overload you and so will ensure the day has a good balance between sightseeing, exploring and relaxation time.

The exact itinerary may change depending on the local conditions but we shall most likely visit:

- Pashupatinath, one of the most important temples to the Hindu God, Lord Shiva, in all of South Asia;
- One of the three Durbar (Palace) Squares, a complex of palaces and temples which was formally the social, religious and administrative focal point of the ancient city.
- Boudhnnanath Stupa, a wonderful Buddhist site centred on a huge Stupa topped with the all-seeing eyes. If possible we'll come here in the early evening to soak up the atmosphere of hundreds of Tibetan and Sherpa peoples walking their devotional khora.

Overnight at the Gokarna Forest Resort.

Day 14: Kathmandu

Final departure depending on your flight schedules.



The cost of this itinerary is from £3,110 per person, subject to availability at the time of booking. Please see price guide on page 17 for details.

Cost Includes

- Airport/Hotel Transfers
- 4 nights Hotel Gokarna Resort on BB Twin Room
- Full day of sightseeing in Kathmandu
- 3 nights K&D Lodges as per program on FB
- 6 nights YMH Lodges as per program on FB
- National Park and TIMS Permit Fee
- Flight: Ktm-Pokhara-Ktm with airport tax
- Flight: Ktm-Lukla-Ktm with airport tax
- 1 English Speaking Guide
- 1 Sirdar, Sherpa helper and porters
- All staff daily wages/insurance
- Farewell dinner

Cost Excludes

- Lunch and Dinner during KTM stay
- Personal equipment and Insurance
- Alcoholic beverages and soft drinks
- Expenses of personal nature.
- Nepal Visa Fee US\$40 Per person
- Emergency rescue evacuation if needed

Additional remarks

- We may have to re-route the itinerary or accommodate in similar lodges in case of non-availability.
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- Our programmes are not fixed. Customized trek programmes of varying lengths can be provided on request.

Royal Nepal Spectacular

Outline

This comprehensive 13 night / 14 day itinerary is an extended version of our Sacred Mountain Trek, expanded to include two nights on the Seti River and two nights' game-viewing in Chitwan National Park. Accommodation is in Ker & Downey Mountain Lodges (whilst on trek), and the upmarket Seti River Camp and Kasara Jungle Resort in Chitwan.

Day 1: Kathmandu (4265ft / 1300m)

Upon arrival in Kathmandu you will be met and assisted by a local representative and transferred to the Gokarna Forest Resort.

Overnight at Gokarna Forest Resort.



Day 2: Trek to Sanctuary Lodge (3750ft / 1150m)

After an optional early morning flight to Mount Everest, we fly to Pokhara. There will be a pre-trip briefing in Pokhara before we transfer by road with guides and porters to our trek start point (1-hour). 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 our resting point for the night, the Sanctuary Lodge, 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 en route with an estimated late afternoon arrival.

Trek time: 3–4 hours. Overnight at the Sanctuary Lodge..



Day3: Trek to Himalaya Lodge, Ghandruk (6,600ft / 2012m)

After breakfast, we leave the lodge and start our walk through the surrounding farms as we follow the Modi River Valley. Soon we begin to climb out of the valley and 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 Himalaya Lodge in the early afternoon. From Himalaya Lodge there are magnificent views of the surrounding mountains.

Trek time: 5–6 hours. Overnight at the Himalaya Lodge.

Day 4: 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 Machhapuchhre. 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 at the Himalaya Lodge.



Day 5: Trek to Sanctuary Lodge, Birethanti (3750ft / 1150m)

After breakfast, we leave the Himalaya Lodge walking 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. We continue descending for 2–3 hours until we reach Shauli Bazaar. From here, we follow along the Modi River until we reach the Sanctuary Lodge. We'll have lunch at the lodge followed by another opportunity to walk to the village of Birethanti. Alternatively, you may choose to spend the afternoon relaxing by the river bank.

Overnight at the Sanctuary Lodge.

Day 6: Trek to Gurung Lodge, Majgaun (4620ft / 1400m)

Following a leisurely breakfast, we leave the Sanctuary lodge and trek to Gurung Lodge at 1,450 meters. We cross the bridge nearby the lodge and start heading up the Modi River. This is a little used trail that starts off on a rocky path along the river bank and then meanders through a forested area. We soon reach a winding stone staircase which we climb. After about ½ an hour on the stair case, we reach level ground at a small farming hamlet on a ridge. We trek along this ridge to the village of Waday. From Waday there are far reaching views of the whole valley. Our trek then descends a short distance to a small but sturdy suspension bridge. After crossing this bridge, we have another uphill push, passing through the small villages of Patlekhet and Majgaun, before arriving at the Gurung Lodge in time for lunch. Trek time: 3-4 hours.



After lunch, you may choose to hike with your guide to the nearby village of Tanchok, where there is a traditional house now made into a museum. The contents of the house illustrate how the local people live, with the tools and implements of day to day traditional village life on display. You may also choose to visit the local school. Trek time: 1-2 hours.

Overnight at the Gurung Lodge.

Day 7: Trek to Basanta Lodge, Dhampus (5000ft / 1525m)

This morning we start out trekking through the unspoiled village of Patlekhet. 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. 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 at the Basanta Lodge.



Day 8: Trek to Pokhara (3300ft / 1000m)

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 the Shangri-La Village Resort in Pokhara (30 minutes). On the way back to Pokhara, the vehicle can stop on request at the Tibetan refugee camp where you will have time to explore the temple complex. We'll arrive at the Shangri-La Village in time for lunch. The rooms at the Shangri-La are filled with ethnic touches. Surrounding the rooms are spacious, landscaped gardens, water features, a swimming pool and stunning views of the surrounding mountains. The rest of the afternoon is free to explore the lakeside where most of Nepal's Tibetan curio shops are located. In the evening, enjoy dinner at a local restaurant.

Overnight at the Shangri-La Village Resort.

Day 9: Seti River Camp (1000ft / 300m)

This morning we transfer to Damauli, a journey of some 1½ hours through the countryside. Here we will be met by our experienced boat crew, who will give us a full briefing prior to launch. The Seti River has no road access and so the river and surrounding valley remain pristine. Floating down the river gives us a chance to see village life along the banks as well as the abundant variety of birds. There will be a picnic lunch on a sandy beach on the way to the camp. Today, there are 2 small rapids of no more than grade 2 and are no longer than 165ft / 50m. The remainder of the trip is very much a float experience. Upon arrival, you will be shown to your safari style tent with beds, changing room, veranda, and attached bathroom. Rafting time: 2 to 3 hours, depending on water levels.

Overnight at Seti River Camp.



Day 10: Seti River Camp (1000ft / 300m)

Today we will have a layover day at the Seti River Camp. This second day allows us time to truly relax. In the morning we'll hike through surrounding forests to remote nearby villages, where very few tourists go. Lunch is at the camp. The afternoon is free to explore the landscaped gardens, riverbank, or just relax in a hammock or tree house. The evening is spent around an open fire of driftwood, at this unique safari-style river camp.

Overnight at Seti River Camp.



Day 11: Kasara Jungle Resort

The morning is spent rafting. There are 5 class 2 rapids. The remainder of the trip is a float. On completion of the rafting, we transfer by vehicle to the border area of Chitwan National Park, enjoying a packed lunch en route (a journey of some 2 hours.) On arrival at the resort, we will receive a briefing prior to an afternoon safari or nature walk.

Overnight at Kasara Jungle Resort.



Day 12: Kasara Jungle Resort

Today we'll have a whole day of jungle activities: safari in search of rhinoceros, Bengal tiger (if you are very lucky), deer, birds, monkey, as well as canoeing in the Rapti River. In addition there is an option for a forest walk with a naturalist, bird watching with an ornithologist, or a jeep safari. We'll also learn about the Asian elephants during the Elephant Lecture. In the evening, we'll be entertained with a cultural dance of the ethnic group Tharu, who are the origin of Terai.

Overnight at Kasara Jungle Resort.



Day 13: Kathmandu (4265ft / 1300m)

Morning transfer by vehicle to the airstrip for flight to Kathmandu.

Upon arrival in Kathmandu, we'll visit Durbar Square. Kathmandu's Durbar Square was where the city's kings were once crowned and from where they ruled (durbar means 'palace'). As such, the square remains the traditional heart of the old town and Kathmandu's most impressive site. We'll then return to the hotel. The evening is free to enjoy a meal at a local restaurant or at the hotel.

Overnight at Gokarna Forest Resort (B, L)

Day 14: International Flight

Transfer to the airport for your international departure.

The cost of this itinerary is from £2,810 per person, subject to availability at the time of booking. Please see price guide on page 17 for details.

Cost Includes

- All internal air and land transfers in Nepal
- All permits
- Use of trained guides throughout your trip
- Sightseeing day in Kathmandu
- Two nights' accommodation at the Gokarna Forest Resort (Deluxe rooms, B&B)

- One nights' accommodation at Shangri-La Village Resort, Pokhara (Deluxe rooms, Full Board)
- Eight nights' accommodation in Ker & Downey's Lodges, including:
 - Solar heated showers, flush toilets and electricity
 - All meals, snacks, drinking water, tea and coffee while on trek
 - All laundry while on trek
 - Evening Happy Hour including local soft drinks and local alcoholic beverages
 - Services of qualified Ker & Downey guides and porters
 - The loan of Ker & Downey Trek Pack, which includes duffel bags, daypacks, hat and scarf (these items you may keep) walking stick, poncho
 - Down jackets, warm hats and gloves are provided in the lodges
 - A comprehensive group First Aid Kit, carried by your guide
- Three days, two nights rafting featuring:
 - Accommodation at Ker & Downey's Seti River Camp
 - All meals, snacks, drinking water, tea and coffee
 - Evening Happy Hour including local soft drinks and local alcoholic beverages
 - All equipment including life vests, helmets, dry bags, spray suits and rafting booties

Cost Excludes

- International flights
- Departure taxes
- Insurance
- Gratuities
- Beverages with meals, unless otherwise stated

Additional remarks

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Nepal Panorama

Outline

The "Nepal Panorama" itinerary has been designed especially for those who want to discover the natural beauty, diverse flora and fauna, and the varieties of lifestyle, culture and traditions of Nepal. It is a short trek in the Annapurna region, using a different route to the Sacred Mountain Trek, and providing a fascinating insight into the region: its spectacular mountain beauty, charming settlements and scenic locations. The trekking trail passes through villages, terraced farmlands, forests and scenic mountains. The heart of Annapurna, with its towering snow covered peaks, displays the most dramatic view of the region.

Day 1: Kathmandu (1300m)

Welcome to Nepal! Upon arrival in Kathmandu Airport you will be met at the airport by our local representative. There's a short drive to the Gokarna Forest Resort, our peaceful haven on the outskirts of Kathmandu. This is your hotel base before and after the trek. You stay is on bed and breakfast basis.

On arrival at Gokarna, you'll be served with welcome drinks and given a quick briefing on your programme.

Day 2: Kathmandu - Pokhara (900m) - Majgaon (1400m)

Transfer to the domestic airport for your 25 minute flight to Pokhara, the second largest tourist city of Nepal. The flight offers spectacular views of the mountain chains of Langtang, Manaslu and Annapurna.

Upon arrival, we are greeted by our guide and the trekking team. We transfer by private vehicle to our trek starting point, Chandrakot, situated at an altitude of 1580m. A walk of half an hour takes us to the village, Majgaon, and our accommodation for the evening, Gurung Lodge. After having lunch in the lodge, we visit a local house that has been converted into a museum in the local village of Tanchok.

Flight time: 25 minutes / Transfer: 2hrs / Walk: 30 minutes

Overnight at Ker & Downey's Gurung Lodge.



Day 3: Majgaon – Landrung (1630m)

After breakfast, we bid farewell to Majgaon and head towards Ker & Downey's Landrung Lodge. The trail passes through rhododendron forest and small Gurung villages. After 3-4 hours we reach the beautiful village of Landrung. After having lunch in the

lodge, your guide will organize a small visit to nearby Gurung village.

Trek time: 4 hours. Overnight at Ker & Downey's Landrung Lodge



Day 4: Landrung – Ghandruk (2012m)

We wake early, and begin descending towards Modi Khola. The trail goes steeply down towards the river through scattered villages with beautiful views of the Himalayas then there is a steep ascent to reach Ghandruk. The lodge here in Ghandruk is built in the Gurung style, but with the expected modern amenities and comforts; it has a large common dining room with a friendly fireplace & comfortable rooms with spectacular views of the mountains.

From Ghandruk, you have excellent views of Gangapurna, Machhapuchhre (Fishtail), Mt Annapurna, and various other snow-capped mountains. If time permits, visit the Annapurna Mountain Conservation Area Project (ACAP) headquarter, the local museum and the village.

Trek time: 4 to 5 hours. Overnight at Ker & Downey's Himalaya Lodge.



Day 5: Ghandruk – Tadapani (3180m)

Leaving Ghandruk, you tread along the zigzag path on a steep slope. As you ascend steeply, you pass through dense rhododendron forest to Tadapani which is an ideal vantage point from which to glimpse the stunning sight of Annapurna South, Hiunchuli and Machhapuchhre. We should reach Tadapani after approx. 3 hours.

Trek time: 3 hours. Overnight at a local lodge.

Day 6: Banthanti – Ghorepani (2874m)

From Banthanti, we proceed further along steep trails, climbing through rhododendron forest to Deorali (3100m), a hamlet amidst cultivated fields. We continue walking for 3 hours until we reach

Ghorepani, a small settlement mainly inhabited by the magars, the predominant ethnic group of this region.

Trek time: 3 hours. Overnight at a local lodge.

Day 7: Ghorepani – Tikhedhunga (1540m)

Those willing to wake early this morning can take an optional hike to Poon Hill (3210m), before descending back to Ghorepani. From Ghorepani, we continue to Tikhedhunga. It is a gradual descent, passing through villages like Nangathanti, Banthanti and Ulleri en route.

Trek time: 4 hours. Overnight at a local lodge.

Day 8: Tikhedhunga – Birethanti (1150m)

After a leisurely breakfast we head towards Birethanti. Our accommodation for the night, Sanctuary Lodge, is situated close to the Modi River Valley, with magnificent views of the towering Machhapuchhre. Lunch is at the lodge followed by an optional walk to the village of Birethanti. Alternatively, you may choose to spend the afternoon exploring the surrounding river valley.

Trek time: 3 hours. Overnight at Ker & Downey's Sanctuary Lodge.



Day 9: Birethanti – Pokhara (900m)

After early morning tea and coffee served on your verandah, take the opportunity to photograph the stunning scenery of the Annapurnas from several different locations around the Lodge. After breakfast we leave the village of Birethanti and walk to Nayapool, where we meet our vehicle. Transfer approx. 1 hour to Pokhara. Arrival in Pokhara will be in time for lunch.

Trek time: 90 mins / Drive: 1 hour. Overnight at the Shangri-La Village Resort.

Day 10: Pokhara - Kathmandu

Take the morning to explore Pokhara, before flying to Kathmandu late afternoon. On arrival in Kathmandu, we'll transfer to the hotel. Here you'll have free time to relax or head into the city centre. We find that most people want to simply unwind and enjoy the hotel facilities, but whatever you choose, we'll help!

Overnight at Gokarna Forest Resort.

Day 11: Kathmandu

After enjoying a leisurely breakfast at the hotel, we'll be met by our guide for a day trip to a few of the Kathmandu Valley's most spectacular and important sights, as well as some vibrant, colourful markets.



A meld of three ancient capitals and their associated palaces, temples and markets, Kathmandu has a lot to offer culturally and historically. However, we're mindful not to overload you and so will ensure the day has a good balance between sightseeing, exploring and relaxation time.

The exact itinerary may change depending on the local conditions but we shall most likely visit:

- Pashupatinath, one of the most important temples to the Hindu God, Lord Shiva, in all of South Asia;
- One of the three Durbar (Palace) Squares, a complex of palaces and temples which was formally the social, religious and administrative focal point of the ancient city.
- Boudhnnanath Stupa, a wonderful Buddhist site centred on a huge Stupa topped with the all-seeing eyes. If possible we'll come here in the early evening to soak up the atmosphere of hundreds of Tibetan and Sherpa peoples walking their devotional khora.

Overnight at the Gokarna Forest Resort.

Day 12: Kathmandu

Final departure depending on your flight schedules.



The cost of this itinerary is from £1590 per person, subject to availability at the time of booking. Please see price guide on page 17 for details.

Cost Includes

- Airport/Hotel/Airport Transfers
- 3 nights Hotel Gokarna Resort on BB Twin Room
- 1 night Hotel Temple Tree on BB Twin Room
- Full day Kathmandu Sightseeing
- 1 English Speaking Guide
- 4 nights K&D Lodges as per program on FB
- 3 nights Normal Local Lodges as per program
- National Park & TIMS Permit Fee

- Flight: Ktm-Pokhara-Ktm with Tax
- Farewell dinner

Cost Excludes

- Lunch & Dinner during KTM stay
- Personal equipment & Insurance
- Alcoholic beverages & soft drinks
- Expenses of personal nature.
- Nepal Visa Fee US\$ 40 Per person
- Emergency rescue evacuation if needed

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Optional Extensions

Pokhara Tour

Pokhara, Nepal's third largest city and trekking capital, lies in the legendary lake valley of the same name, at the lap of the magnificent Annapurna mountain range. Enjoy boating in the famous Phewa Lake, with the Himalayas as your backdrop; take a pleasant hike to the Peace Stupa and Sarangkot; and explore the old Bazaar and Bindyabasini Temple, one of the oldest of its kind in Nepal.



Day 1: Fly Kathmandu to Pokhara

Day 2: Explore Pokhara

Day 3: Fly Pokhara to Kathmandu

Bhutan Cultural Tour

Our Bhutan cultural tour offers a unique insight into the culture and history of the nation. It is an opportunity to interact with the native people. Explore the charming valley settlement of Paro, with its famous Taktsang (Tiger's Nest) Monastery (pictured), and Thimphu, Bhutan's relaxed capital.



Day 1: Fly Kathmandu (1310m) to Paro (2135m)

Day 2: Explore Paro

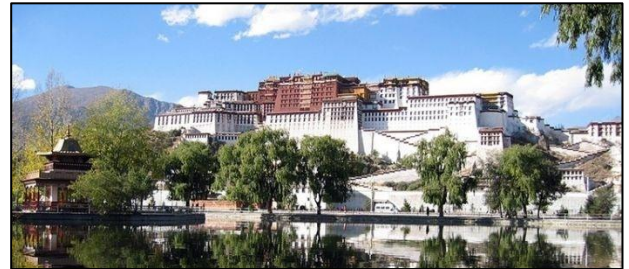
Day 3: Drive to Thimphu.

Day 4: Sightseeing in Thimphu, returning to Paro in the evening.

Day 5: Fly Paro to Kathmandu

Explore Tibet

Visit Lhasa, the administrative capital of Tibet, in this short cultural tour. Here, you will explore the Potala Palace (the former winter residence of the Dalai Lama), Jokhang Temple (the most revered Tibetan Buddhist religious structure), the market on Bakhor Street, and the Sera and Drepung Monasteries, the largest monasteries in all of Tibet, and central fixtures of its Buddhist culture.



Day 1: Fly Kathmandu (1310m) to Lhasa (3600m) – 1 hour flight

Day 2: Visit Samye

Day 3: Visit Potala Palace, Norbulinga Jokhang Temple and Bakhor

Day 4: Visit Sera and Drepung Monasteries

Day 5: Fly Lhasa (3600m) to Kathmandu (1310m). End of tour.

Price Guide (2018)

	Sacred Mountain Trek	Annapurna Base Camp Trek	Annapurna Everest Spectacular	Royal Nepal Spectacular	Nepal Panorama (Poon Hill)	Pokhara Tour Extension	Explore Tibet Extension	Bhutan Extension
Itinerary length	10	13	14	14	12	3	5	5
Price (GBP/USD)	£1,834 / \$2,275	£1,895 / \$2,350	£3,110 / \$3,855	£2,810 / \$3,485	£1,910 / \$2,365	£455 / \$565	£1,895 / \$2,350	£1,930 / \$2,395
Single Supplement (GBP/USD)	£485 / \$600	£415 / \$515	£1,160 / \$1,440	£700 / \$870	£665 / \$825	£240 / \$300	£200 / \$245	£485 / \$600

Cost Includes

- Meet and greet services with assistance at the airport or hotel
- English speaking guide
- Internal transfers as specified
- Meals and accommodation as specified
- All park fees

Cost Excludes

- Visas and international flights
- International Airport taxes
- Drinks and tips
- Personal travel, baggage and medical insurance
- Telephone bill, laundry and any items of a personal nature

Additional remarks

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- Our programmes are not fixed. Customized Trek programs of varying lengths can be provided on request.
- Prices are per person based on a group size of 2. Lower rates apply for larger groups.

Your Financial Protection

All monies paid by you for the air holiday package shown [or flights if appropriate] are ATOL protected by the Civil Aviation Authority. Our ATOL number is ATOL 3145. For more information see our booking terms and conditions.