

TREKKING NEPAL, MID RANGE

09 NIGHTS / 10 DAYS



★ Anglo Indiago Travels (P) Limited ★

KATHMANDU – POKHARA – TREKKING MID RANGE – KATHMANDU – DEPART

Day 01 ARRIVE KATHMANDU (1400M)

Upon arrival at Kathmandu Airport, you will be met by your car with chauffeur for the short transfer to your hotel for night stay. Rest of the day free. Night in Kathmandu.

Day 02 IN KATHMANDU

After breakfast full day sightseeing which will include Kathmandu Durbar Square and the home of the living goddess, Pashupatinath - an important Hindu temple on the Bagmati river, Swayambhunath and Boudhnath both important Buddhist stupas.

Katmandu Durbar square: It is protected by UNESCO world heritage site. Katmandu Durbar square (old Royal palace) which built in 12th century. The Durbar square provides you numerous temples, Kumari Bahal (House of Living Goddess), Kasthamandap (house of wood) and the old museum.

Swayambhunath stupa is the most ancient and enigmatic of all the holy shrines in Kathmandu. Its lofty white dome and glittering golden spire are visible for many miles and from all sides of the valley. Historical records found on a stone inscription give evidence that the stupa was already an important Buddhist pilgrimage destination of the 5th century AD. Its origins however, date to a much earlier time, long before the arrival of Buddhism into the valley. A collection of legends about the site, the 15th century Swayambhunath Purana, tells of the miraculous lotus, planted by a past Buddha, which blossomed from the lake that once covered Kathmandu valley.

Pashupatinath: It protected by UNESCO world heritage site and is the holiest Hindu pilgrimage destination in Nepal. There are linga images of Shiva a long with the statues, shrine and temples dedicated to other deities in the complex. A temple dedicated to Shiva existed at this site in 879AD.

Boudhnath: Boudhnath is protected by UNESCO world heritage site. Boudhnath is among the largest Stupas in the south Asia and it has become focal point of Tibetan Buddhism in Nepal. The white looms 36 meters overhead. The stupa is located at the ancient trade route to Tibet and Tibetan merchants rested and offered prayers have for many centuries.

Day 03 IN KATHMANDU

After breakfast visit the historical town centers of Patan or Bhaktapur. **Patan** is protected by UNISCO world heritage site. Patan is the second largest city in the valley. It is some time referred to as Lalitpur, which means city of beauty. Patan has long Buddhist history and the four corners of the city are marked by stupas. Patan's central Durbar square is absolutely packed with temples. It an architectural feast with a far greater concentration of temples per sq meter than in Katmandu or Bhaktapur.

Bhaktapur city is protected as a UNESCO world Heritage site, also known as Bhadgaon, it means city of the Devotees. It is the third major town of the valley and in many ways the most mediaeval. The Bhaktapur is one of the most charming architecture showpieces of the valley as it highlights the ancient The main items of interest in the Bhaktapur are: The lion gate: Dating as far back as AD1696, this gate is guarded on either side by two huge statues of lions. A long side, there are two stone images of Gods. The Golden gate: The golden gate is said to be the most beautiful and richly molded specimen of its kind in the entire world. The Golden is the mostly lovely piece of art in the whole Kingdom.



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Day 04 KATHMANDU – POKHARA

After breakfast drive to Pokhara, which will take minimum 6h by road. It is a remarkable place for natural beauty at an altitude of 827m above sea level. This city is ever known as a real paradise in Earth. The Valley is filled with swift flowing river and dotted with clear gleaming lakes. It is blessed with the backdrop is the most dramatic sceneries in world. A 140km of panoramic Himalayan ranges seem close enough to be touched. The magnificence of the Himalayas rising behind the lake create an ambience of peace & magic, popular for water rafting, Kayaking and trekking expeditions.

In the afternoon visit Davis Fall, Gupteswar Cave, Tibetan refugee camp. Night in Pokhara.

Davis fall's: Witness a unique waterfall that lies 2 Km from central Pokhara City. The water fall directly goes into a deep and narrow canal with no ends. It is believed that this deadly waterfall took the life of a tourist named David, who fell into the canal and was never found, and hence the name David waterfall, named in his memory by the people of Pokhara.

Gupteswar Mahadev Cave: Gupteswar Mahadev cave is one of the longest caves in Nepal. On the way to cave, there are shining stones seen everywhere and in the temple is big stone that looks like snake's head and tortoise which is consider as the image of the lord Shiva. Second part is very beautiful, and you see shining stones and different types of rocks like beehives.

Tibetan Village – since 1959, a group of Tibetan refugees have been living in Nepal. One such is Tashiling Tibetan Refugee Settlement at Chhorepatan, which is located near two popular sightseeing sites i.e., Devi's Fall and Gupteshwor Mahadev Cave. m x 4 km is the center of all attractions in Pokhara, the enchanting lake is a heavenly playground.

Day 05 DRIVE TO NAYAPUL & TREK TO GHANDRUK. (1950m)

➤ 2 hours' drive and 4 to 5 hours trek

After breakfast drive to Nayapul and start walking to Ghandruk. Once we start our trek, we have a chance to see Modi Khola Valley. The route skirts through lush forest leading finally to Ghandruk. Ghandruk trek provides sights of beautiful village of Gurungs, Magars, Chettri's & Brahmans and a good introduction to those people who has no time to do longer trek in the Himalayas. One can see wonderful close views of sacred mountain Machhapuchhare (Fishtail) and Annapurna south.

Day 06: TREK TO TADAPANI. (2440 m)

➤ 3 to 4 hours

After breakfast we will walk along the trail showcasing rich rhododendron forests, gloriously cascading sparkling mountain streams and other mystical vistas of nature. After continuously hiking for 3 hours, we will step on the territory of Tadapani at an altitude of 2440 meters. Tadapani offers the most magnificent mountain views of the overpowering peaks of Annapurna South.



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Day 07: TREK TO GHOREPANI (2870 m)

➤ **5 to 6 hours**

Nature spreads exotic sight of majestic snow-capped mountain peaks, lush vegetation and rich plant life before you. You will hike through rhododendron forest and reach a hamlet of cultivated fields. Continue walking for 3 hours and finally you will find yourself in Ghorepani. Ghorepani also houses lodges to provide food and accommodation to travelers.

Day 08: HIKE TO POON HILL (3210m) & TREK TO HILLE (1500m)

➤ **5 to 6 hours**

Wake up early in the morning to visit one of the best Himalayan viewpoints in Nepal for sunrise. Visit to Poon hill, provides an unobstructed view of the Himalayas and beautiful sunrise. Enjoy the spectacular Himalayan sunrise from Poon Hill and later, we will descend back to Ghorepani and enjoy our breakfast. After breakfast start our trek to Hille. The trail descends steeply through dense moss-covered forest rich with bird life to Hille which provides you a close-up sunset view. Reach Hille and overnight at a tea house lodge.

Breakfast, Lunch & Dinner included

Day 09: TREK TO NAYAPUL - POKHARA & DRIVE / FLY BACK TO KATHMANDU

➤ **3 hrs trek and 7 to 8 hours' drive. (Optional, fly back to Kathmandu)**

After savoring the mesmerizing sight of Dhaulagiri, Tukucho Peak and other Himalayan giants from the popular vantage point of beautiful Himalayas, you leave Hille and march ahead for Nayapul. You further descend towards Birethanti. Birethanti lies stretched beside the Modi River and has a resourceful town. Almost an hour beyond Birethanti, you will come to the main road where you will be picked up by our vehicle and transferred to Kathmandu. Reach Kathmandu in the evening and check in to your hotel.

Day 10 Departure

Breakfast and day free till your final departure. Depending on your flight, transfer to the airport for onward destination.

End of our services....

Note:

1. This tour can be modified as per your requirements.
2. You can enjoy a flight over the Himalayas to see Mount Everest (optional)
3. If you wish you can fly back to Kathmandu on day 9 from Pokhara. (Optional)
4. Your stay during trekking will be very basic.
5. Please note, the Govt. allows only 2 people and the company of a Nepali Guide/Porter in some restricted treks.
6. Also take a note that some treks are not recommended during the monsoon and winter season.
- 7. YOU MUST CARRY OVERSEAS TRAVEL & MEDICAL INSURANCE WHICH COVERS ALL YOUR MEDICAL EXPENSES, ESPECIALLY THE EMERGENCY RESCUE.**