



## **Tailor made itinerary**

*16 Nights / 17 Days/with shorter option possible*

**Nepal** the Land of 'Mount Everest' is also known as the land of glorious panoramas. With ancient cities filled with enchanting medieval palaces, pagodas, temples, statues and stupa's, the world's best and archeologically very important temples are originated here. Nepal being remarkably diverse country offers unparalleled adventure options with abundance in flora & fauna and some of the best walking trails on the Earth. Although modernization has set in, the quintessence of ancient Nepal remains amongst its people.

## Proposed Itinerary

Trip Date: TBA

*Trip starts and ends in Kathmandu, Nepal*

Day	Program	Altitude	Driving/ Walking distance	Accommodation
1	Arrival in Kathmandu	4590 ft/ 1400m		Hotel in Kathmandu
2	Fly to Pokhara and drive to Nayapul and trek to Birethanti	3750ft/ 1150 m	1 Hour drive, 2-3 Hours trek	Ker and Downey-Sanctuary Lodge
3	Trek to Ghandruk	6600ft/ 2012m	4-5 hours trek	Ker and Downey-Himalaya Lodge
4	Trek to Landruk	5348 ft./ 1630m	4-5 hours trek	Ker and Downey-la bee Lodge
5	Trek to Dhampus	5000ft/1525m	5.5 hours trek approx.	Ker and Downey-Basanta Lodge
6	trek to Phedi and drive back to Pokhara	2715 ft./ 827 m	1.5 hours trek, 45 minutes' drive	Hotel in Pokhara
7	Fly back to Kathmandu			Hotel in Kathmandu
8	Fly to Lukla	2,850 m / 9,350 ft		ESL Lukla
9	trek to Monjo	2835 m /9300 ft.	4-5 hours approx.	ESL Monjo
10	Trek to Namche Bazar	3,440 m/ 11,283 ft.	4 hours approx.	Hotel Namche
11	Trek to Tashinga	11,320 ft/ 3450m	5 hours approx.	ESL Tashinga
12	Trek to Pangboche via Tengboche	3,985 m/ 13,075ft.	5-6 hours approx.	ESL Pangboche
13	Trek back to Tashinga via Phortse	11,320 ft/ 3450m	6-7 hours approx.	ESL Tashinga
14	Trek back to Monjo	2835 m /9300 ft.	4-5 hours approx.	ESL Monjo
15	Trek back to Lukla	2,850 m / 9,350 ft	4-5 hours approx.	ESL Lukla
16	Fly back to Kathmandu			Hotel in Kathmandu
17	Final Departure			

## Detailed Itinerary

### **Day 1: Arrive in Kathmandu.**

Upon arrival at Tribhuvan International Airport, meet our representative and transfer to the hotel.

After freshening up, visit Kathmandu Durbar Square.

**Kathmandu**, the largest city of Nepal, is the political as well as the cultural capital of the country. Like any big city, Kathmandu has seen rapid expansion in the last decade, but despite the hustle and bustle so typical of metropolitan cities, its people remain as refreshingly friendly as ever. Retaining its ancient traditions, Kathmandu is blessed by a Living Goddess and is enriched by endless ceremonial processions and events that take to the streets every now and then with throngs of devotees seeking blessings. These religious festivals are steeped in legend and are quite a spectacle with chariot processions and masked dancers often possessed by the spirits of deities.

Vegetable & spice markets: We visit the vegetable & spice market in Ason, and see its many courtyards and bustling bazaars.

The Temple of the Living Goddess: The Kumari Devi is the most important of several living goddesses in Nepal. She is seen on the temple's balcony regularly.

You can also spend some of your time shopping at Thamel and preparing yourselves before heading to the Treks.

*Overnight at Hotel in Kathmandu*

### **Day 2: Fly to Pokhara (827 m / 2,713 ft) and trek to Birethanthi**

**Reporting time: 1 hours prior to flight time**

Trek Time: 2 – 3 hours approx.

Altitude: 1,150m/3,750ft

After breakfast, transfer to the airport for your flight to Pokhara.

**Pokhara's** bewitching beauty has been the subject of many travel writers. Its pristine air, spectacular backdrop of snowy peaks, serene lakes and surrounding greenery make it 'the jewel in the Himalaya', a place of remarkable natural beauty. With the magnificent Annapurna range forming the backdrop and the serenity of three major lakes – Phewa, Rupa and Begnas – Pokhara is the ultimate destination for relaxation. Pokhara Valley is the end of the famous Annapurna Circuit and a gateway to some of the most famous long-distance treks in Nepal. It also offers plenty of rewarding short walks and day trips suitable for children and weary trekkers. It is the second largest city in Nepal and sits high on the list of 'must visit' places in Nepal.

Upon arrival, drive for about an hour to **Nayapul, trek start point.**

Today, we 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 village of Birethanti. Or you may choose to spend the afternoon exploring the surrounding river valley

*Overnight at Sanctuary Lodge, Birethanti*

### **Day 3: Trek to Ghandruk**

Trek Time: 4-5 hours approx.

Altitude: 2,012m/6,600ft

After breakfast, we leave the lodge walking out through the outlying farms following the Modi River Valley. Soon we begin to climb out of the valley & 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 lodge in the early afternoon. It is from this lodge that there are magnificent close up views of the surrounding mountains Annapurna South, Annapurna 1, Hiunchuli, Gangapurna, and the Machhapuchhre (Fishtail).

*Overnight at Himalayan Lodge, Ghandruk*

### **Day 4: Trek to Landruk**

Trek Time: 4-5 hours approx.

Altitude: 1,630m/5,348 ft.

After enjoying a relaxing breakfast and the glorious views from the Himalaya Lodge, we start our trek to Landruk. After leaving the village of Ghandruk, the trail descends steeply to the banks of the Modi River. Here, you'll be at the base of the cliffs where the famed honey hunters of Nepal climb on ropes to collect the honey. You'll then cross a strong suspension bridge to the opposite banks of the Modi. From here it is about an hour's trek up switch backs and steps to reach the village of Landruk. Landruk affords more glorious views of the Annapurna range. Trek time about 4 hours. Arrive in time for lunch. Your guide will take you on exploration hike of this mountain village after lunch.

*Overnight La Bee Lodge, Landruk*

### **Day 5: Trek to Dhampus**

Trek Time: 5.5 hours approx.

Altitude: 1,525m/5,000ft

After breakfast, we leave the Bee Lodge & trek to Ker & Downey's Gurung Lodge. Today's trek contours the side of the hill, with small ups and downs, passing through villages and farmland. Along the way, we will stop at the village of Pothana where many Tibetan traders live and sell their souvenirs. After about 5 ½ hours, we arrive at the Basanta Lodge. After lunch at the lodge there will be an optional walk through the old village of Dhampus. From the lodge, there are sweeping views of the entire Annapurna Range.

*Overnight at Basanta Lodge, Dhampus*

#### **Day 6: Trek to Phedi and drive back to Pokhara**

Trek Time: 1.5 hours approx.

Altitude: 1,000m/3,300ft

After breakfast, we depart along the ridge & descend through the wooded hillside and terraced farmland to the valley floor (3300ft/1000m). We then transfer by vehicle to Pokhara (45 minutes).

Rest of the afternoon will be free to relax.

*Overnight at Hotel in Pokhara*

#### **Day 7: Fly back to Kathmandu**

**Reporting time: 1 hour prior to flight time**

Today, you will be transferred to the airport for your flight back to Kathmandu. Upon arrival in Kathmandu, you will be transferred to the hotel and later in the afternoon visit Patan.

**Patan**, also known as Lalitpur, the city of artisans is a paradise of fine arts and best known for its rich cultural heritage. It is home to the valley's finest craftsmen who have preserved such ancient techniques as the repoussé and lost wax process used to produce exquisite sculptures. The city retains much of its old charm with its narrow streets, brick houses and multitude of well-preserved Hindu temples, Buddhist monasteries (vihars) and monuments.

In the heart of Patan, amidst the Patan marketplace lays the Patan Durbar Square, an area filled with ancient palaces, pagoda temples, stone baths, Hindu and Buddhist statues, engravings and bronze cravings. The Palace of the Malla Kings is one of the highlights of Patan. Patan Durbar Square is also a UNESCO World Heritage Site. Also located in the square is the Patan Museum, formerly a Malla palace, which houses bronze statues and religious objects, some dating back to the 11th century.

*Overnight at Hotel in Kathmandu*

## **Day 8: Fly to Lukla on a fixed wing**

**Reporting time: 1 hours prior to flight time**

Today, you will be transferred to the airport for your flight from Kathmandu to Lukla (2860m). After a scenic flight above the spectacular mountains, we arrive at one of the most beautiful air route in the world culminating in a dramatic landing.

We will spend the rest of the day exploring Lukla, the start point for treks in the region. We will visit the local weekly market, the local monastery and a school for religious paintings called the Thangka.

Later in the day return to your hotel for a free evening.

*Overnight at Everest Summit Lodge, Lukla*

## **Day 9: Trek to Monjo**

**Trek time: 4-5 hours approx.**

**Altitude: 2835 m /9300 ft.**

Today after breakfast, you will meet your porter and after some packing and arrangements, we will begin our trek through the small villages of Chuplung, Phakding, Tok-Tok until reaching Monjo for overnight stay.

*Overnight at Everest Summit Lodge, Monjo*

## **Day 10: Trek to Namche**

**Trek Time: 4 hours approx.**

**Altitude: 3,440 m/ 11,283 ft.**

We start our trek towards Namche by crossing the river on high suspension bridges. Further the entrance to the Sagarmatha National Park is visible beyond Monjo. We then ascend up to Namche and alongside we may get to see the glimpse of Mt. Everest in the distance, if the weather is clear.

*Overnight at Namche Hotel, Namche Bazar*

## **Day 11: Trek to Tashinga**

**Altitude: 11,320 ft/ 3450m**

**Trek Time: 5 hours approx.**

After breakfast, we will head towards the Everest View Hotel to view the magnificent Mount Everest and its surrounding peaks. Later and continue our trek to Tashinga, undoubtedly you will be passing trains of yaks, dzos and porters and saying 'hello' to a few Westerners.

The afternoon is free. If your body has adjusted with the altitude then you would want to explore the area and perhaps a short hike in the area. For those of you that are feeling the need to be slow then just relax and acclimate

*Overnight at Everest Summit Lodge, Tashinga*

### **Day 12: Trek to Pangboche**

**Altitude: 3,985 m/ 13,075ft.**

**Trek Time: 5-6 hours approx.**

This morning, looking across the valley, you can see the path sloping diagonally up towards the famous monastery of Tengboche, but first you have to descend to the river. This takes about an hour, descending steeply in a series of zig-zags to the Dudh Kosi river.

A little way further on is a small hamlet, Phunki Tanga, where you could stop for a cup of tea. It is 2-3 hours from the bridge to reach the monastery at a slow, even pace. At first you climb steeply up through a pine forest, thankfully in the shade, and then emerge to walk up a long gentle straight path that rises like a ramp to the monastery. Emerging at the top, there is a mandala gateway and a huge chorten, which are passed before your first sight of the gumpa. The setting is nothing short of magic and it is incredible to think that the temple was burnt down only a few years ago and was re-built largely through the efforts of the Sir Edmund Hillary Trust.

There is a very good Visitors Centre and in the afternoon it is possible to sit down inside the temple for afternoon prayers. Conch shells are blown, the monks arrive and visitors are expected to sit quietly on the right hand side of the temple. We will have lunch in one of the loges in Tangboche. After exploring the area and enjoying the well rewarded views of Everest we will head towards Pangboche for the overnight

*Overnight at Everest Summit Lodge, Pangboche*

### **Day 13: Trek back to Tashinga via Phortse**

**Trek Time: 6-7 hours approx.**

Today, we will take an alternative route to Tashinga, We will trek to Upper Pangboche and then continue our trek through the Phortse village. During this day, you are likely to see musk deer during the trek to Phortse village.

Continue your trek to Tashinga.

*Overnight at Everest Summit Lodge, Tashinga*

**Day 14: Trek back to Monjo**

**Trek Time: 4-5 hours approx.**

We will retrace our foot steps back to the village of Monjo.

*Overnight at Everest Summit Lodge, Monjo*

**Day 15: Trek back to Lukla**

**Trek Time: 4-5 hours approx.**

We will retrace our foot steps back to the village of Lukla

*Overnight at Everest Summit Lodge, Lukla*

**Day 16: Fly back to Kathmandu**

Today, we will bid farewell to our guide and porter and will take a flight back to Kathmandu. Upon arrival in Kathmandu, transfer to the hotel. Rest of the day will be at leisure.

*Overnight at Hotel in Kathmandu*

**Day 7: Final Departure [B]**

**Reporting time: 3 hours prior to flight time**

Today you will transfer to the airport for your flight onward.

**----End of Program----**

**Note:** All information in this itinerary is accurate to the best of our knowledge but please note that changes to our trips can and do occur. This may be due to our effort to improve our program or logistical reasons such as changes in flight schedules, traffic conditions, weather conditions, or government policies. Dharma Adventures will make every effort to keep you informed of any changes but cannot be held liable for any alterations made to the published itinerary.