

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

## NEPAL

# Low-Altitude Trekking, Rafting, & Wildlife



October 16 - 29, 2021



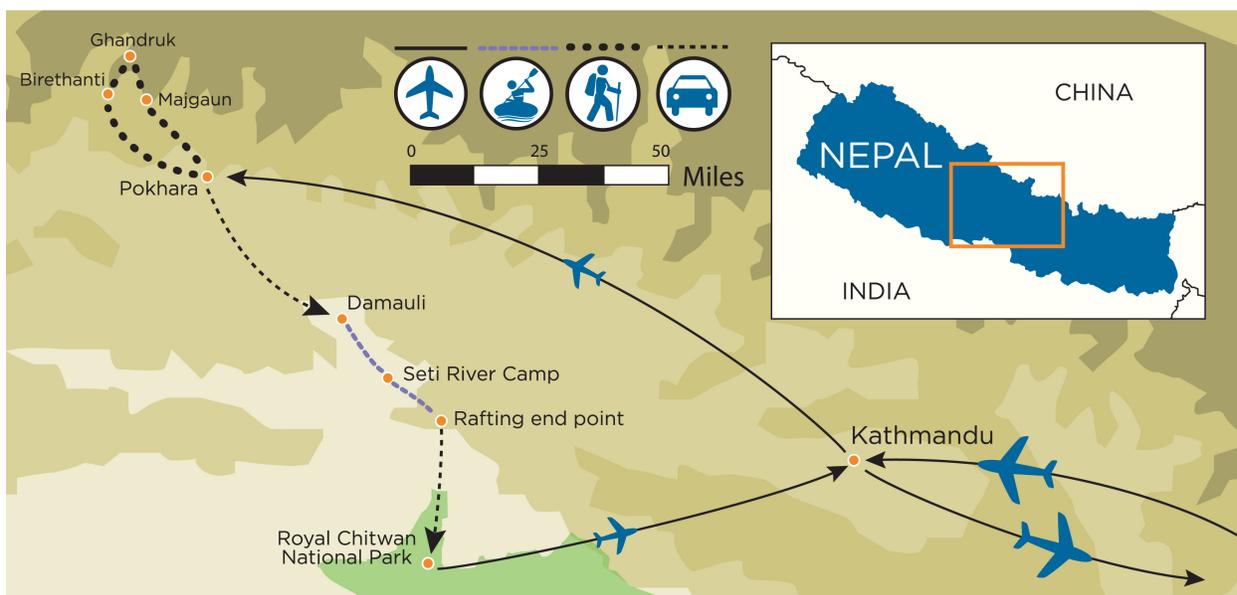
## NEPAL

# Low-Altitude Trekking, Rafting, & Wildlife

### TRIP HIGHLIGHTS

- ▶ Experience the exotic culture of Nepal and meet artisans and local villagers making their living in Nepalese villages
- ▶ Trek through the breathtaking Himalaya Mountains on a low altitude route that boasts spectacular views of the snow capped peaks
- ▶ Travel back in time as you raft the Seti River through Nepal's pastoral countryside
- ▶ Paddle through Royal Chitwan National Park on wildlife safari

### TRIP ROUTE



## NEPAL

# Low-Altitude Trekking, Rafting, & Wildlife

### QUICK VIEW ITINERARY

- Day 1 arrive in Kathmandu, trek briefing, welcome dinner
- Day 2 fly to Pokhara, trek in the Modi River Valley to Sanctuary Lodge
- Day 3 trek in the river valley and up into the mountains to 6,600'
- Day 4 explore Ghandruk, optional walk to a temple at 7,500'
- Day 5 trek through small villages, relax or take an optional hike
- Day 6 ascend back up to Gurung lodge, explore picturesque villages
- Day 7 head back to Pokhara, prepare for rafting the Seti River
- Day 8 raft the Seti River, see an abundance of birds, and float by villages
- Day 9 relax at the Seti River Camp, optional hike to a nearby village
- Day 10 finish rafting, wildlife viewing in Royal Chitwan National Park
- Day 11 full day of wildlife viewing in Royal Chitwan, help wash the elephants
- Day 12 fly back to Kathmandu, visit the Buddhist complex of Boudhanath
- Day 13 optional flight to see Mt. Everest (additional fee), farewell dinner
- Day 14 depart Nepal

### ACTIVITY LEVEL

High Energy

### TRIP PRICE

Main Trip: \$4,890

Optional Single Accommodations: \$1,100

Internal Air: \$300

# NEPAL

## Low-Altitude Trekking, Rafting, & Wildlife



your adventure  
in depth

DAY 1  
Saturday  
10/16/21

### Arrive in Kathmandu

Welcome to Nepal! Nepal's towering mountains and verdant valleys, ancient cities and villages and the exotic Nepalese people fascinate all who are lucky enough to visit this culturally and geologically rich country.

During your adventure, you'll get to know your Nepalese guide who is an expert in navigating your trek through the foothills of the majestic Himalayas. You are also accompanied by an AdventureWomen Ambassador, committed to helping make your experience a fun and personally rewarding adventure, and cheering you on as you reach beyond your comfort zone to take on new challenges in your own unique way!

#### Arrival Information

Arrive in Kathmandu, Nepal (KTM) before 2:00pm today.

#### Pick-up and Transfer

You will be met at the Kathmandu Airport and transferred to your hotel.

#### Trip Briefing

This afternoon at 4:00pm, meet in the lobby of the Yak and Yeti Hotel where you will have a full briefing on your adventure. You will be given your trek duffel bags and reminded how to pack for the trek.

#### Welcome Dinner

Enjoy a lively welcome dinner as you get to know your fellow travelers this evening. Share stories and learn about why each woman in your trip is excited to explore Nepal!

Accommodations  
Hotel Yak & Yeti

Meals Included  
dinner

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## Low-Altitude Trekking, Rafting, & Wildlife



your adventure  
in depth

DAY 2  
Sunday  
10/17/21

### Kathmandu to Birethanti

Annapurna is a Sanskrit name that literally means “full of food,” but it is normally translated to Goddess of the Harvests. The Annapurna Range includes one peak above 26,000 feet, 13 over 23,000 feet, and 16 over 20,000 feet. Your low-altitude trek to 7,500 feet will have stunning views of these massive mountains.

**Morning Flight** This morning you fly to Pokhara (3,300 feet), the rural capital of Western Nepal.

**Arrival and Briefing** Have a trek briefing before departing with your guides and porters for the one-hour drive to the trek starting point.

**First Day's Trek** Your first day's trek follows a ridgeline in the lower foothills of the Annapurnas, with surrounding views of the Pokhara Valley. The route then drops to the Modi River Valley, home to Sanctuary Lodge and your first night's stay. (Trekking time 4-6 hours, approx 4.5 miles, 1,532' elevation gain)

**Lunch** Enjoy a picnic lunch in the village of Chandrakot before continuing your trek to the lodge.

**Evening at Your Lodge** Settle into your comfortable lodge this evening.

Accommodations  
Sanctuary Lodge

Meals Included  
breakfast, lunch,  
dinner

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DAY 3  
Monday  
10/18/21

### Birethanti to Ghandruk

Ghandruk is an excellent place for views of Machapuchare, or Fishtail Mountain. The mountain is revered by the local population as sacred to the god Shiva and is off-limits to climbing. The double summit resembles the tail of a fish, hence the name.

#### Morning Trek

Leave Sanctuary Lodge and walk through outlying farms along the Modi River Valley. After an hour of easy walking, you begin to climb out of the valley and up towards the mountains. Snacks are provided en-route. The trail passes through small hamlets, terraced rice fields, and forests. Trekking Time 6-8 hours. (Trekking time 6-8 hours, approx. 7.5 miles, 2,850' elevation gain)

#### Lunch

Arrive in the afternoon at the Himalaya Lodge in Ghandruk (6,600 feet) and enjoy a late lunch while taking in the spectacular close-up views of the surrounding mountains.

#### Dinner

Take some time to freshen up and take a hot shower, change from your hiking clothes, and enjoy the evening Annapurna panorama before dinner.

Accommodations  
Himalaya Lodge

Meals Included  
breakfast, lunch,  
dinner

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your adventure  
in depth

DAY 4  
Tuesday  
10/19/21

### Ghandruk

Ghandruk is a village in the mountains that you can only reach on foot. It has a temple with a beautiful view, and you can learn about some of the unchanged local traditions in the area.

#### Free Morning

Today you have a free morning to explore the mountain village of Ghandruk, a major recruitment center for the famous Gurkha soldiers. Meet and talk with the women of Ghandruk, who maintain a local industry weaving traditional Nepalese rugs.

#### Walk or Relax This Afternoon

This afternoon you may choose an optional walk to an altitude of 7,500 feet or relax in the beautiful garden area of the lodge. (Optional hike approx. 3 miles, 900' elevation gain)

Accommodations  
Himalaya Lodge

Meals Included  
breakfast, lunch,  
dinner

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your adventure  
in depth

DAY 5  
Wednesday  
10/20/21

### Ghandruk to Birethanti

Enjoy the stunning views of the snow-capped Himalayas as you continue your trek in the Annapurna range.

**Morning Trek** After breakfast, depart the Himalaya Lodge and return to Birethanti via the village of Kimche, about midway through the trek. Hike approximately back to Sanctuary Lodge. (Trekking time 4-6 hours, approx. 7.5 miles, 2,850' elevation loss)

**Lunch** Enjoy a picnic lunch in the village of Chandrakot before continuing your trek to the lodge.

**Option to Relax or Hike** This afternoon, you can relax by the river or in the landscaped gardens from which the magnificent 23,000-foot Machapuchare can be viewed. Alternatively, join an optional guided hike to a nearby waterfall.

Accommodations  
Sanctuary Lodge

Meals Included  
breakfast, lunch,  
dinner

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in depth

DAY 6  
Thursday  
10/21/21

### Birethanti to Majgaun

The Himalayas of central Nepal are dominated by Annapurna I, II, III, IV, Annapurna South, Gangapurna, Machapuchare, Lamjung, and Hiunchuli. Together, they form one of the most dramatic and scenic spans of peaks found anywhere in the world.

#### Morning Trek

After breakfast, leave the Sanctuary Lodge and follow the Modi River until arriving at a cable bridge about 20 minutes upriver. After crossing the bridge, ascend partly on well-paved steps and partly on switchbacks, until you reach the welcome sign of the Gurung Lodge. (Trekking time 2-4 hours, approx. 3 miles, 843' elevation gain)

#### Explore Villages

Spend the rest of the day exploring the nearby picturesque villages of Majgaun and Patleket.

Accommodations  
Gurung Lodge

Meals Included  
breakfast, lunch,  
dinner

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DAY 7  
Friday  
10/22/21

### Majgaun to Pokhara

Pokhara is a remarkable place of natural beauty situated at an altitude of 827m from the sea level, 200 km from Kathmandu valley. The city has several beautiful lakes and offers stunning anatomic views of Himalayan peaks. The serenity of lakes and the magnificence of the Himalayas rising behind them create an ambiance of peace and magic. Today the city has not only become the starting point for most popular trekking and rafting destinations, but also a place to relax and enjoy the beauty of nature.

#### Early Morning

After early morning tea and coffee served on your veranda, you have the opportunity to photograph the stunning scenery of the Annapurnas from several different locations around the lodge.

#### Morning Trek and Transfer to Pokhara

Arrive at the village of Lumle, situated at 5,300 feet, where a vehicle is waiting to transfer you to Pokhara and the Temple Tree Resort. (Trekking time 2-3 hours, approx. 2 miles, 689' elevation gain)

#### Free Afternoon

This afternoon is free to wander among the shops on the lakeside or take a rowboat out on the lake.

#### Organization for Rafting Trip

Once at the Temple Tree Resort in Pokhara, your extra raft and Chitwan luggage (which you left in Pokhara before your trek departure) is waiting for you, to pack for tomorrow's departure. Waterproof bags are provided. All items for the two-night raft trip are carried in the raft in these waterproof bags. The boats also have watertight drums to keep cameras, sunscreen, and any other small items you may need during the day. The remainder of your luggage/clothes for Chitwan is transported in a vehicle to the raft finish point.

#### Dinner

Dinner is at a colorful local restaurant.

Accommodations  
Temple Tree Resort  
& Spa  
Meals Included  
breakfast, lunch,  
dinner

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DAY 8  
Saturday  
10/23/21

### Pokhara to Seti River Camp

The Seti River (elevation 1,000 feet) has no road access, so the river and surrounding valley remains pristine. Floating down the Seti gives you a chance to see village life along the banks as well as the abundant variety of birds.

#### Head to Raft Launch Point

After breakfast, leave the Temple Tree Resort for the two-day raft trip on the Seti River. From Pokhara, it is a one-and-a-half-hour journey through scenic countryside.

#### Rafting Briefing

Upon arrival at Damauli, the starting point on the river, meet the experienced boat crew, who give a full briefing prior to launch.

#### Lunch

On the way to camp, stop for a picnic lunch on a sandy beach.

#### Rafting Details

Today, there are two small rapids of no more than grade 2 (about 165 feet long). The remainder of the trip is very much a float experience, all the way to the river camp. Rafting time is about three hours, depending on water levels.

Accommodations  
Seti River Camp

Meals Included  
breakfast, lunch,  
dinner

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in depth

DAY 9  
Sunday  
10/24/21

### The Seti River

The Seti River is an important tributary of the Karnali system that drains western Nepal. It originates from the south-facing slopes of the Himalayas.

#### Layover Day

Today is just for relaxing at this beautiful, lush camp on the river. There are “treehouses” you can sit in and read a book. Or, you can choose to take a hike to one of the nearby villages. Many women from our past trips have found this to be a wonderful hike to the village of Darampani, about two hours above the river camp. Since no other trek companies hike to this village, it remains quite untouched by tourism. Forty-five minutes above the village there is a spectacular viewpoint where you can see the entire Annapurna as well as the Manaslu Range of mountains.

#### Meals

Breakfast, lunch, and dinner are at camp.

Accommodations  
Seti River Camp

Meals Included  
breakfast, lunch,  
dinner

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DAY 10  
Monday  
10/25/21

### Seti River to Royal Chitwan National Park

The rich wildlife of Chitwan has been famous for centuries, and for the next two days you will view wildlife from canoes and jeeps through the towering grasslands in search of animals. Leopard, Greater One-Horned rhinoceros, gaur, four kinds of deer, two species of monkey, two types of crocodile, and 450 different species of birds all live in the park, adding color and music to the biological symphony in the jungle. If you're extremely lucky, you might even spot the elusive Royal Bengal tiger.

From the peace and tranquility of Kasara Resort, walks (escorted by trained naturalists) are an opportunity to enjoy the remote jungle. In addition, bird watching, jungle treks, wildlife viewing, and photography allow you to experience the wildlife on an intimate basis.

#### Travel to Chitwan

Spend this morning rafting and then journey by vehicle for approximately two hours to Royal Chitwan National Park.

#### Lunch

Enjoy a picnic lunch along the way.

#### Dinner

Dinner is at the resort tonight.

Accommodations  
Kasara Resort

Meals Included  
breakfast, lunch,  
dinner

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your adventure  
in depth

DAY 11  
Tuesday  
10/26/21

### Chiriqui Highlands

The Chiriqui Highlands is a popular hub of ecological adventures – the forest canopies and rivers offer wonderful opportunities for ziplining and rafting, and the imposing Barú Volcano is a spectacular sight to behold.

Enjoy a full day of exploring the park and jungle. This is a day to immerse yourself in this natural tropical environment. Head out in jeeps to view wildlife. Rhino are also often found around the camp. Naturalists will lead guided nature walks, and you have a choice of other activities throughout the day.

**Wildlife Viewing** Set out to explore the park by vehicle or canoe today.

**Optional Spa Visit** If you'd like, book a spa treatment today at the resort.

Accommodations  
Kasara Resort

Meals Included  
breakfast, lunch,  
dinner

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your adventure  
in depth

DAY 12  
Wednesday  
10/27/21

### Royal Chitwan National Park to Kathmandu

The Asian elephant is the largest of all mammals in Nepal. You'll have the chance to interact with the elephants, and if you're lucky, help bathe them!

#### Fly to Kathmandu

After breakfast, transfer to the airfield for the short flight back to Kathmandu. Enjoy lunch along the way.

#### Arrival and Tour of Boudhanath

Upon arrival in Kathmandu you are met at the airport and on the way back into the city, take a special tour of the exceptional Buddhist Complex of Boudhanath.

#### Visit the Stupa

After visiting the Stupa, the largest in Nepal, there is free time for shopping in this marvelous city of bargains.

#### Evening on Your Own

In the late afternoon, transfer to the Yak and Yeti Hotel. Dinner is on your own tonight in one of the terrific local restaurants.

Accommodations  
Hotel Yak & Yeti

Meals Included  
breakfast, lunch

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DAY 13  
Thursday  
10/28/21

### Kathmandu

Kathmandu is at an elevation of approximately 4,600 feet in the Kathmandu Valley of central Nepal. The city has a multi-ethnic population and is a cultural center.

#### Optional Flightseeing Trip

This morning there may be time for those who made their reservations for the optional early morning flightseeing trip to view Mt. Everest (weather dependent, additional cost applies).

#### Lunch

Lunch is on your own today.

#### Visit Bhaktapur

After lunch, enjoy a half-day guided sightseeing trip to the ancient city of Bhaktapur.

#### Free Afternoon

The rest of the afternoon is free for shopping and exploring.

#### Farewell Dinner

Have a farewell dinner with your new AdventureWomen friends. Reminisce over all of the memories you have made and celebrate the end of an amazing journey through this truly spectacular country.

Accommodations  
Hotel Yak & Yeti

Meals Included  
breakfast, dinner

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DAY 14  
Friday  
10/29/21

### Depart Nepal

Enjoy one last morning in Kathmandu before departing.

#### Transfer to the Airport

Say goodbye to your new AdventureWomen friends as you transfer to the airport for your flights home.

#### Departure Information

Depart Kathmandu, Nepal (KTM) any time today.

*Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.*

Meals Included  
breakfast

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### Accommodation Details

**Hotel Yak & Yeti** The restored 19th-century palace houses two restaurants, several grand banquet halls, and the Casino Royale. In the lobby, granite floors, carved wood pillars, and gleaming brass and copper provide a suitably exotic feel, and through a wall of glass you can see the hotel's extensive gardens. All of the guest rooms are comfortable and nicely equipped to give a feeling of being home while away from home. It is THE place to stay in Kathmandu!

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi available for a fee

**Sanctuary Lodge** The lodge has stunning views of the sacred and unclimbed "Fishtail Mountain," or Machapuchare, as it is locally known. Set in lush surroundings with colorful flower gardens and the river nearby, the Sanctuary Lodge has twin bedrooms, solar heated showers, and Western toilet facilities. There is also a central reception and dining area with a fireplace, comfortable chairs, books, and magazines.

Amenities: Soap, shampoo; electricity; limited Wifi

**Himalaya Lodge** From the garden of the lodge, some of the highest peaks in the world can be seen in their snowcapped glory. The lodge is centered around a 150-year-old traditional Gurung village house, which now serves as the dining room and main reception area. New bedrooms with covered verandas, solar heated showers, and western toilet facilities have been added to this traditional house.

Amenities: Soap, shampoo; electricity; limited Wifi

**Gurung Lodge** The Gurung Lodge is built along the lines of a traditional Nepalese village. Every room has antique carved windows and spectacular views of the surrounding valley and mountains.

Amenities: Soap, shampoo; electricity; limited Wifi

**Temple Tree Resort & Spa** Temple Tree Resort & Spa is a boutique hotel combining western standards with the distinctive architecture and culture of Nepal's Western Himalayas. Named after the fragrant temple tree plant frangipani found in the area, the Temple Tree offers a peaceful and relaxed atmosphere and attentive service. Nestled close by Fewa Lake in the Pokhara Valley, Temple Tree is framed by the foothills and majestic peaks of the Annapurna Mountain Range.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi

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### Accommodation Details

**Seti River Camp** Accommodation at the camp is in comfortable safari-style tents, each with its own changing room, veranda, and attached bathroom with western-style toilets and hot showers. Tents are set up to have fabulous views of the river. The camp is fully staffed, with a central dining room that provides a veritable feast at each meal. The surrounding countryside is truly magnificent.

Amenities: Soap, shampoo; electricity

**Kasara Resort** Accommodations at Kasara Resort are in air-conditioned, twin-bedded, spacious rooms, each with en suite private bathrooms. There is a swimming pool at the resort. Each room comes with a private water-garden courtyard, a private garden, an indoor-outdoor bathroom space, and a sun deck. The resort's proximity to the national park ensures a close interaction with the nature and the community forests of Chitwan.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi

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### Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Airport transfers
- ▶ Domestic airfare (priced separately from the main trip)
- ▶ Guided sightseeing and activities as indicated in the itinerary
- ▶ Entrance fees
- ▶ English-speaking guide throughout the trip
- ▶ Drinking water available in large jugs to refill personal bottles
- ▶ All local beverages while on the trek and on the Seti River
- ▶ Loan of duffels for trek and rafting trip
- ▶ Loan of day pack, rain gear, walking sticks while on trek
- ▶ In trekking lodges, loan of down jacket, wool hat, gloves
- ▶ Gratuities for rafting guides, Chitwan guide, Kathmandu guide, drivers, and baggage handlers

### Not Included:

- ▶ International airfare to and from Nepal
- ▶ Optional activities
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages (unless otherwise specified)
- ▶ Optional scenic Everest flight while in Kathmandu (approximately \$200 - to be paid in cash at the beginning of the trip in Kathmandu)
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for head guide, assistant trekking guide, and porters on the trek

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## Low-Altitude Trekking, Rafting, & Wildlife

### Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

### Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

### No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

### Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

**good-natured realist and have a sense of humor!** Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a