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THE DESTINATION IS JUST THE BEGINNING

NEPAL

Low-Altitude Trekking, Rafting, & Wildlife

November 19 - December 2, 2023

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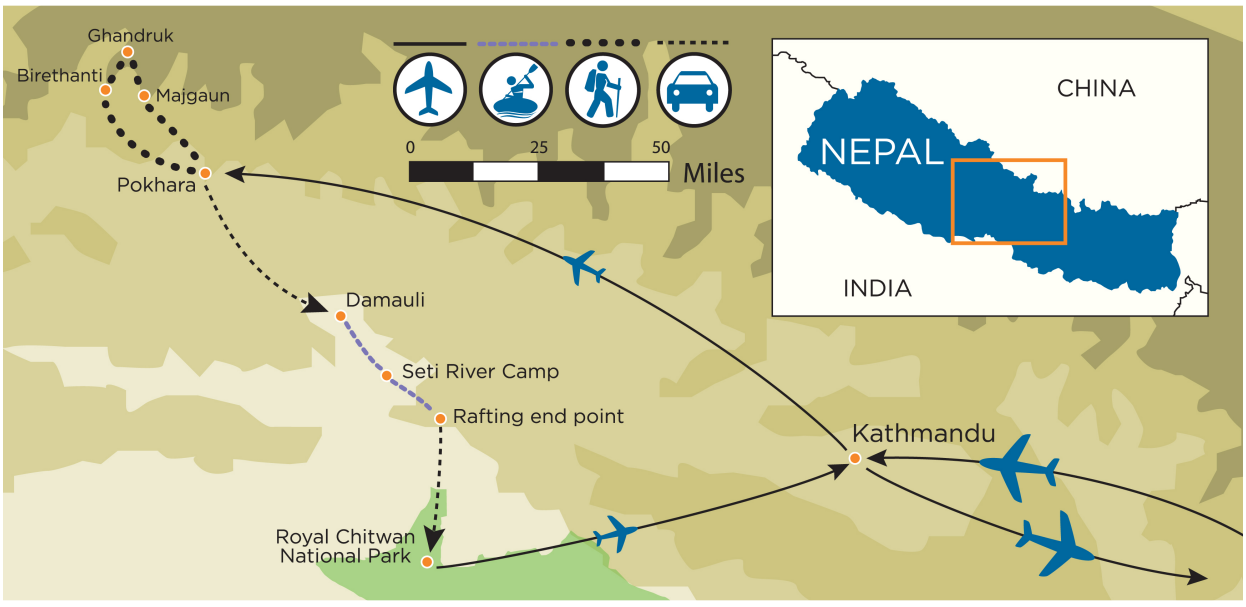
TRIP HIGHLIGHTS

- Experience the exotic culture of Nepal and meet artisans and local villagers
- 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



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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	free day to explore in Pokhara
Day 9	raft the Seti River, see an abundance of birds, and float by villages
Day 10	relax at the Seti River Camp, optional hike to a nearby village
Day 11	finish rafting, wildlife viewing in Chitwan National Park
Day 12	fly back to Kathmandu, visit the Buddhist complex of Boudhanath
Day 13	visit Bhaktapur, farewell dinner
Day 14	depart Nepal

ACTIVITY LEVEL

High Energy

TRIP PRICE

Main Trip: $4,995
Optional Single Accommodations: $1,200
Internal Air: $300

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your adventure in depth

DAY 1
Sunday
11/19/23

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 3:00pm, 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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DAY 2
Monday
11/20/23

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 lunch with the group today.
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
Tuesday
11/21/23

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
Wednesday
11/22/23

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 and participate in one of their daily activities.

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)

Lunch and Dinner

Lunch and dinner are at the Himalaya Lodge today.

Accommodations
Himalaya Lodge

Meals Included
breakfast, lunch, dinner

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Low-Altitude Trekking, Rafting, & Wildlife

your adventure in depth

DAY 5
Thursday
11/23/23

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 back to Sanctuary Lodge. (Trekking time 4-6 hours, approx. 7.5 miles, 2,850' elevation loss)
Lunch	Enjoy lunch with the group today.
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.
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
Sanctuary Lodge

Meals Included
breakfast, lunch, dinner

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your adventure in depth

DAY 6
Friday
11/24/23

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. Be prepared for a lot of steps today! (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, and enjoy lunch with the group.
Dinner	Enjoy dinner at the lodge tonight.

Accommodations
Gurung Lodge

Meals Included
breakfast, lunch, dinner

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Low-Altitude Trekking, Rafting, & Wildlife

your adventure in depth

DAY 7
Saturday
11/25/23

Majgaun to Pokhara

Pokhara is a remarkable place of natural beauty situated at an altitude of 827m above sea level and 200 km from Kathmandu valley. The city has several beautiful lakes and offers stunning paroramic views of Himalayan peaks. The serenity of lakes and the magnificence of the Himalayas rising behind them create an ambiance of peace and magic.

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)
Lunch	You arrive in Pokhara in time for lunch at the lodge.
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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your adventure in depth

DAY 8
Sunday
11/26/23

Pokhara to Seti River Camp

Pokhara has always been known as the gateway to the Annapurna Circuit. Today, the city has not only become the starting point for most popular trekking and rafting destinations in the region, but also is a place to relax and enjoy the beauty of nature.

Time to Explore Enjoy a day at leisure to explore Pokhara, do some shopping, or just relax.

Meals You will eat lunch and dinner with the group today. The guide will coordinate the time and location with everyone.

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

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Low-Altitude Trekking, Rafting, & Wildlife

your adventure in depth

DAY 9
Monday
11/27/23

The Seti River

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.

Dinner — Dinner is at camp tonight.

Accommodations
Seti River Camp

Meals Included
breakfast, lunch, dinner

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your adventure in depth

DAY 10
Tuesday
11/28/23

Seti River to Royal Chitwan National Park

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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Low-Altitude Trekking, Rafting, & Wildlife

your adventure in depth

DAY 11
Wednesday
11/29/23

Chiriqui Highlands

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.
Wildlife Viewing	Set out to explore the park by foot and by canoe.
Dinner	Dinner is at the resort tonight.

Accommodations
Kasara Resort

Meals Included
breakfast, lunch, dinner

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NEPAL

Low-Altitude Trekking, Rafting, & Wildlife

your adventure in depth

DAY 12
Thursday
11/30/23

Royal Chitwan National Park to Kathmandu

Make your way back to Kathmandu to enjoy your last few days in Nepal.

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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NEPAL

Low-Altitude Trekking, Rafting, & Wildlife

your adventure in depth

DAY 13
Friday
12/1/23

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.

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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Low-Altitude Trekking, Rafting, & Wildlife

your adventure in depth

DAY 14
Saturday
12/2/23

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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Low-Altitude Trekking, Rafting, & Wildlife

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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NEPAL

Low-Altitude Trekking, Rafting, & Wildlife

your adventure in depth

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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your adventure in depth

NEPAL

Low-Altitude Trekking, Rafting, & Wildlife

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(s) 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 drivers, assistant guide, river guide, Chitwan guide, porters, and airport representative in Kathmandu

Not Included:

- International airfare to and from Nepal
- Optional activities
- Meals not specified in the itinerary
- Alcoholic beverages (unless otherwise specified)
- Fees for passport, visas, immunizations, or travel insurance
- Cost of hospitalization or evacuation
- Items of a personal nature
- Gratuities for the main guide

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NEPAL

Low-Altitude Trekking, Rafting, & Wildlife

your adventure in depth

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!

In this spirit, the successful adventure traveler should be a 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!