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Nepal Trekking in the Himalayas– 2016 revised 4/14/2016

Annapurna Lodge Trek to the "Gates of Heaven"

Trip Summary

Dates

October 20 - November 4, 2016

Cost

\$4,995 from Kathmandu, Nepal (\$800 deposit)

Rating

Moderate with 2 days of High Energy

Activities

- Trekking
- Whitewater Rafting
- Cultural Exploration
- Elephant Safari
- Wildlife Viewing
- Photography

Images of Nepal, its towering mountains and verdant valleys, its ancient cities, villages and exotic people, fascinate the world. Through the years we have developed a low altitude, comfortable, and less physically challenging trek (at 7,500 feet instead of 14,000 feet!) that is perfect for women who wish to experience the splendor of the Himalayas and explore this ancient culture. Our trek is lodge-based (instead of a camping trek), which allows for an easier pace and produces less impact on trails from porters and pack animals. The lodges are of modern construction in traditional style. All have private rooms and en-suite bathrooms, and offer excellent local food. After all, this is the top of the world!

The Himalayas of central Nepal are dominated by the gigantic Annapurna Range, consisting of 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. Challenging and diverse trekking experiences abound in these immense mountains. Classic routes and ancient passes carry trekkers over the shoulders of the great peaks. From Kathmandu, we fly to Pokhara for the beginning of our trek in the foothills of the great Annapurna massif. Trekking averages approximately 5 to 7 miles per day.

We also enjoy two days of rafting and relaxing on the beautiful Seti River, with two nights at the Seti River Camp in safari-style tents with fabulous views of the river. This peaceful, yet energetic and fun time on the water is a wonderful way to transition between our Himalayan trek and the next exciting part of our adventure to the Terai region of Nepal and Royal Chitwan National Park. Located in South Central Nepal, Royal Chitwan is Nepal's oldest National Park and home to the elegant Kasara Resort. Here we stay for a two-day visit and safari by elephant back into the world's best habitat for viewing the Bengal Tiger!

Next, we travel back to Kathmandu for two nights of exploring and shopping in this extraordinary city of carved rose-brick temples and shrines. The city reflects a diverse and complex system of religious beliefs, with Hinduism and Buddhism intermingled in Nepal in a way that is often impossible for visitors to understand. However, the gentle aura of Buddhism—which is not so much a religion, but a philosophy, a way of life, and a code of morality—

pervades the city. From ancient Buddhist stupas (temples) and monasteries, Buddha's eyes look out in four directions, colorful prayer flags cast their mantras into the breeze, and pilgrims walk clockwise around the stupa while spinning prayer wheels set around its base. Throughout our time in Nepal, you gain a better understanding of the diverse mix of cultures and ethnic groups that make up this fascinating country.

October-November, the start of the dry season, is in many ways the best time of year to visit Nepal. The weather is balmy, the air is clean, visibility is perfect, and the country is lush following the monsoon.

Main Attractions

- Experience Nepal hiking amidst the splendor of the Himalayas and the Nepalese ancient culture on a low-altitude (7,500 feet) Nepal trekking vacation in the spectacular Annapurna region, with porters to carry your gear.
- Enjoy wildlife viewing and 2 nights in Royal Chitwan National Park.
- Safari by elephant into the world's best habitat for viewing the Bengal Tiger!
- Raft the beautiful Seti River and stay in safari-style tents at the Seti River Camp.
- Take an optional scenic flightseeing tour around Mount Everest.
- Stay in comfortable traditional-style lodges on trek, with solar-heated showers, flush toilets, and electricity.
- Explore Kathmandu's ancient city of Bhaktapur and the Buddhist Temple Complex of Boudhanath.

What's Included:

- Internal air flights from Kathmandu to Pokhara, for the beginning of our trek, and from Chitwan to Kathmandu at the end of our trip.
- All land transfers in Nepal throughout our trip.
- All lodging is in twin-bedded, double-occupancy rooms with private baths.
- 3 night's accommodations at the 5-star Yak and Yeti Hotel in Kathmandu, including breakfast.
- 5 night's accommodations in lodges during our trek including solar heated showers, flush toilets, and electricity.
- 1 night's lodging at the deluxe Mount Kailash Resort Hotel in Pokhara.
- All meals, purified drinking water, and all local beverages while on trek (in the lodges and river rafting camp). Meals also included for our stay in Pokhara.
- A comprehensive First Aid pack, carried by our guide.
- Services of a qualified guide, local guides, porters, and an AdventureWomen Associate.
- Loan of trek duffel for 5 day trek, and another trek duffel for our raft trip and Chitwan, plus loan of day pack, rain gear, and walking sticks while on trek. Complimentary water bottle and sun hat are supplied.
- While on trek and in the lodges, the following is provided and on loan with your room each night, for each participant: down jacket, wool hat, and gloves.
- 2 days, 2 nights rafting on the Seti River, including all meals, equipment, and local beverages.
- 2 night's accommodations at the Seti Riverbank Safari Camp.
- 2 night's accommodations at Kasara Resort, in Royal Chitwan National Park, including all meals, activities, and elephant rides.
- Sightseeing in Kathmandu.
- Kathmandu departure taxes.
- All permits.

What's Not Included:

- Round-trip airfare to Kathmandu.

- Airport transfers if arriving on flights different from the main group.
- Some meals in Kathmandu and a 10% tip in any restaurants where the group meals are not included (please see itinerary).
- Visa (14 day visa, \$25 as of November 2015)
- Gratuities. Tipping guidelines for our trek are provided at the trek briefing by your AdventureWomen Associate, but the suggested amount you should be prepared to tip during the trip is as follows:
 - porters for the trek portion: \$50 per person;
 - Nepali head guide (who is with the group for the entire trip): \$80 per person;
 - If there is an assistant guide, \$20 per person;
 - raft guides and staff (for the Seti River portion): \$10 per person;
 - naturalist-guide (Chitwan portion): \$10 per person;
 - Kathmandu sightseeing guide: \$5 per person
 - miscellaneous drivers (during days when you have a driver): \$1 - \$2 per person, depending on the amount of driving;
 - donations to school children who dance at the lodges, and to any women's groups that your Nepali head guide might suggest: \$30 - \$50 per person.
 - Tips to bellboys at hotels (if you choose to not carry your own bag): \$1 per bag.
 - All totaled, you should be prepared to tip about \$220 - \$250 during your entire trip. There are so many wonderful people who will be supporting you to make this adventure a fantastic and once-in-a-lifetime experience.
- Optional scenic Everest flight while in Kathmandu (approximately \$220 as of November 2015) Paid in US Dollars cash, at the beginning of the trip while in Kathmandu.

Trekking Conditions and Physical Condition Required

Please read carefully!

YOU MUST BE IN EXCELLENT PHYSICAL CONDITION FOR THIS TREK!

Our trekking itinerary is rated as moderately difficult with some high energy.

This means that you will be hiking 5–7 miles per day in a landscape that ranges from rolling hills to steeper and more rugged terrain.

Anyone in very good hiking condition will find this trek both challenging and enjoyable. You should be able to accomplish it at your own pace with the support of your porters and an enthusiastic group.

While trekking on this trip is not extremely strenuous, you must be fit and in excellent health, as medical facilities are generally unavailable in trekking areas. The ups (and especially the “downs”) are difficult on anyone with knee problems, so **you should not come on this trip if you have bad knees**. Most of the trail is made up of rock steps, and uneven ones at that! While a considerable amount of the trek is downhill, this can be as physically demanding as walking uphill.

The altitude in Kathmandu is 4,500 feet; our trek is between 3,500 and 7,500 feet, so altitude sickness is not a problem. However, almost everyone suffers some shortness of breath on uphill sections, and there is one day of steep downhill rated “high energy”.

Each morning, after an early breakfast, we set out at about 8:00 a.m., stopping mid-morning for snacks. We then continue trekking until we stop for lunch around midday. The trails are winding and well worn but are generally in good condition. Along the way there is plenty of time to explore the countryside and photograph the breathtaking Himalayan backdrop. After lunch, we continue to our overnight accommodations, arriving around 3:00 p.m.

IMPORTANT! Being in excellent physical condition for this trip is essential to your enjoyment as well as to your personal safety and the safety of the group. Although it is not necessary that you have extensive hiking experience, it IS necessary that you are in excellent hiking condition. We recommend, with your doctor's permission, that you begin "training" for this adventure. A MINIMUM OF THREE MONTHS prior to departure. Step classes, stairclimbing, or walking or jogging on an incline will help prepare you for the hills.

If you need help with your training, visit www.fitfortrips.com/adventurewomen.aspx. They can design a trip-specific fitness program and conditioning routine for you, based on your physical capabilities and the activity rating of the trip. Being in great shape will let you get the most enjoyment out of your adventure.

Although challenging, the trek will reward you for your efforts!

Travel Documents and Health Insurance

Citizens of the United States must possess a valid passport and Nepal visa. Your passport must be valid 6 months beyond your intended stay in Nepal, and you need to have a minimum of 2 blank visa pages left in your passport.

You can obtain your visa prior to departing the United States, or get your visa on arrival at the airport in Kathmandu, Nepal (the easiest way). The cost of a visa on arrival is \$25 U.S. for a 15-day entry and \$40 U.S. for a 30-day entry. You need to bring 2 extra passport-size photographs for your visa and 2 for trek permits which are obtained in Nepal by our outfitters. It is also a good idea to take an additional 2 extra passport photographs along with you, in case your passport is lost or stolen. All totaled, you should bring 6 extra passport photographs with you.

You MUST have your own health insurance, and not have any physical problems or conditions that would be adversely affected by walking at higher altitudes and the rigors of international travel.

There are no required immunizations for travel to Nepal, but you are encouraged to check with your physician or travel immunization center. Although malaria does not exist at our trekking altitudes, it is probably best to consult your physician about malarial medications for our time in Chitwan National Park. Gamma globulin (for hepatitis) and tetanus are often suggested too.

If for any reason a person must be evacuated, a helicopter will be summoned and the injured or ill person will be taken to Kathmandu. If necessary, an onward international medical flight will be arranged. **Be sure your insurance policy will cover you in such a situation, unlikely as it may seem. Any medical evacuation by helicopter must be paid for by the person needing the flight, prior to departure from Kathmandu.** We recommend the Worldwide Trip Protector plan by Travel Insured.

This policy has \$50,000 of Emergency Medical Transportation/ Evacuation included. We will send a brochure in your registration packet, or you can apply online on our website.

How To Register

First, call (800-804-8686) or email (trips@adventurewomen.com) the AdventureWomen office to determine space availability. As a courtesy, we will hold your space for 5 days while you are completing the registration process, and making personal and travel arrangements.

Next, complete and sign the Trip Registration and International Passenger Information forms on our Web site by clicking "Sign Up for this Trip" on the trip page. We can also fax or email them to you. Include, with your forms, the required deposit that can be made by credit card (Visa, MasterCard, or Discover), personal check, money order, or cashier's check. You can also give us your credit card number over the phone. Once we receive **your deposit and BOTH forms**, we will mail you a trip confirmation/information packet verifying your registration.

Traveling to Nepal: Arrival and Departure

You must arrive at the airport in Kathmandu by 2pm on Saturday, October 22nd. Your private escort meets you at the airport and transfers you to the 5-star Hotel Yak and Yeti. You will meet your AdventureWomen Associate and our Nepal trip leader in the lobby at 4pm.

You are free to depart Kathmandu any time on Friday, November 4th. Based on departure times, you are transferred back to the airport for departing flights.

Pre and Post Nights in Kathmandu

If you plan to arrive into Kathmandu a day or two early (or stay later), the easiest way to do this is let us know and we can make your reservations at the Yak & Yeti Hotel. We will also coordinate your airport transfers. The approximate cost for a room is \$175 (as of August 2015.) Payment can be made on arrival in Kathmandu to our outfitter by cash or credit card. If paying by credit card, please note that a 3.5% charge will be added to your total bill.

You can make your own arrangements at the Yak & Yeti Hotel or elsewhere. If you choose to make your own arrangements, please let us know where you will be staying plus your airline schedule, so we can coordinate your airport transfers.

Making Travel Arrangements to Nepal

We suggest you book your air reservations with our travel consultant soon after registering for this trip!

On this AdventureWomen NEPAL TREK, airfare to Kathmandu is not included in the total trip price. However, in order to facilitate group arrivals and departures based on the dates and times that our trip begins and ends, we ask that you work directly with our travel consultants at Travel Café to make your travel arrangements. After booking your trip, please contact Ciretta at Travel Café, in Bozeman, Montana, to discuss your air options for getting to Kathmandu, from either the west coast or the east coast.

THE EARLIER YOU ARRANGE YOUR AIR SCHEDULE, THE MORE OPTIONS YOU WILL HAVE!

Based on past participants who have flown through India, and the problems that they encountered, we suggest that even if you live on the east coast, you fly from the west coast (Los Angeles, Seattle, or San Francisco) to Bangkok OR talk to Ciretta about flying from the east coast.

1-800-247-3538 OR FAX 1-406-586-1959
email: ciretta@travelcafeonline.com
CANADIAN RESIDENTS, please call 406-587-1188

When calling, please identify yourself as an AdventureWomen traveler. If you leave a message on Ciretta's voicemail, she will return your call promptly. She will be happy to discuss your travel plans and help you decide when to purchase your ticket for the best rate. If you purchase your ticket through her, she can also help you with hotels and other arrangements, should you want to come early, or extend your trip. If you do not purchase your ticket through Travel Café, you are responsible for making your own arrangements for hotels, rental cars, trip extensions, transfers, etc.

Liability Form and Final Payment

Part of what ADVENTUREWOMEN, INC. hopes to foster is the taking of more self-responsibility for our own lives, health, and safety. Please read the LIABILITY FORM carefully, return it with the remainder of your balance due by **JULY 23, 2016**.

Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and 50% of the registration deposit is non-refundable.

For cancellations received 60-89 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-59 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. A brochure will be sent to you in your registration packet.

Switching Trips

Before your final balance due date, you may change your deposit to another trip within the same calendar year by paying a \$75 fee to switch. You may not switch your deposit to a trip in another calendar year.

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.

Trip Itinerary

DAYS 1-2

Thursday - Friday, October 20 and 21, 2016

USA to Bangkok or Delhi

If you are flying from the west coast of the U.S., you will depart on October 22. Losing one day due to crossing the International Date Line, you arrive in Bangkok late October 23 or early October 24.

Meals Aloft

DAY 3

Saturday, October 22

Arrive into Kathmandu, Nepal

You must arrive today at the airport in Kathmandu by 2 p.m. After picking up your luggage and exiting customs, look for someone holding a sign with your name on it. Your private escort meets you at the airport and transfers you to the 5-star Hotel Yak and Yeti, our accommodation for tonight, and for two nights after our return to Kathmandu at the end of our trip.

This afternoon at 4 p.m. you meet your AdventureWomen Associate and our Nepal trip leader in the lobby of the Yak and Yeti Hotel. You then receive a full briefing on our adventure. We are issued our trek duffel bags and are told how to pack for the trek.

Dinner is on your own tonight in one of the terrific local restaurants, or in the hotel. Then it is early to bed after our long journey to Nepal.

Overnight at Hotel Yak and Yeti

www.yakandyeti.com

Hotel Yak and Yeti is a premier 5-star deluxe oasis in the heart of Kathmandu, Nepal. Modern day sophistication greets cultural heritage in the ample grounds of the 100-year-old palace and newly designed structure of the hotel. Find refuge among antique fountains, gilded temples, and emerald gardens as you remain just moments away from all the shops and adventure of the Kathmandu city, located at Durbar Marg, Kathmandu, Nepal.

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!

DAY 4

Sunday, October 23

Fly from Kathmandu to Pokhara. Trek to Birethanti

This morning we fly to Pokhara (3300 ft.), the rural capital of Western Nepal. On arrival we are briefed at our outfitter's head office, then depart with our guides and porters for the 1 hour transfer by road to the trek starting point.

Our 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 our first night's stay.

The lodge has stunning views of the sacred and unclimbed "Fishtail Mountain," or Machhapuchhre, as it is locally known. We have a picnic lunch in the village of Chandrakot before continuing our trek to the Lodge, arriving in time for afternoon tea.

Trekking time 4 hours.

Breakfast, Lunch, Dinner

Overnight at **Sanctuary Lodge**

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.

DAY 5

Monday, October 24

Trek from Birethanti to Ghandruk

After breakfast we leave Sanctuary Lodge and walk through outlying farms along the Modi River Valley. After an hour of easy walking, we 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. We arrive in the afternoon at the Himalaya Lodge in Ghandruk (6,600 feet) where we enjoy a late lunch while oogling the spectacular close-up views of the surrounding mountains.

Time to freshen up and take a hot shower, change from our hiking clothes, and enjoy the evening Annapurna panorama before dinner.

Trekking time 5-6 hours.

Breakfast, Lunch, Dinner

Overnight at **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 verandahs, solar heated showers, and western toilet facilities have been added to this traditional house.

DAY 6

Tuesday, October 25

Ghandruk

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

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. Lunch and dinner are at the Himalaya Lodge today.

Breakfast, Lunch, Dinner

Overnight at **Himalaya Lodge**

DAY 7

Wednesday, October 26

Ghandruk to Birethanti

After breakfast we depart the Himalaya Lodge and return to Birethanti via the village of Kimche, about midway through our trek. Our hike of approximately 3 hours brings us back to Sanctuary Lodge in time for lunch. For the afternoon, we can relax by the river or in the landscaped gardens from which the magnificent 23,000-foot Machapuchare can be viewed. Or join an optional guided hike to a nearby waterfall.

Trekking time 3 hours.

Breakfast, Lunch, Dinner

Overnight at **Sanctuary Lodge**

DAY 8

Thursday, October 27

Birethanti to Gurung Lodge, Majgaun

After breakfast, we leave the Sanctuary Lodge and follow the Modi River until arriving at a cable bridge about 20 minutes up river. After crossing the bridge, we ascend partly on well-paved steps and partly on switch-backs, until reaching the welcome sign of the Gurung Lodge after about 2 hours. We spend the rest of the day exploring the nearby picturesque villages of Majgaun and Patleket. There will also be a visit to the school and the school children will visit the lodge and perform a number of local dances and songs typical of the region.

Trekking time 2 hours.

Breakfast, Lunch, Dinner

Overnight at **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.

DAY 9

Friday, October 28

Gurung Lodge via Chandrakot and Lumle, and on to Pokhara

Today is a busy day! After early morning tea and coffee served on your verandah, you have the opportunity to photograph the stunning scenery of the Annapurnas from several different locations around the Lodge.

After breakfast, we say farewell to the ever-attentive Gurung Lodge staff, and begin our trek back to the village of Chandrakot (5200 ft.), walking through forests with surrounding views of the valley and mountains. A half hour later we arrive at the village of Lumle, situated at 5300 ft., where a vehicle is waiting to transfer us to Pokhara and the Mt Kailish Hotel, just a one hour ride.

We arrive in Pokhara in time for lunch. This afternoon is free to wander among the shops on the lakeside or take a row boat out on the lake.

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. So 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. Paragliding and fishing have also become popular in Pokhara.

Once at the Mount Kailash Resort Hotel 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. Our tour leader provides us with waterproof bags. All items for our 2 night raft trip are carried in the raft in these waterproof bags. The boats also have watertight drums to keep cameras, sun screen, 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 is at a colorful local restaurant.

Trekking time 2 hours.

Breakfast, Lunch, Dinner

Overnight at Mount Kailash Resort Hotelwww.mountkailashresort.com

Mount Kailash Resort is a newly built luxury hotel with all modern amenities. It is located in the heart of the Pokhara Valley beside Lake Fewa, close to the airport and colorful bazaars, and surrounded by the mighty Himalayan peaks of the Annapurna Range. It is a relaxing and tranquil place to stay tonight at the completion of our trek.

DAY 10**Saturday, October 29****Pokhara to the Riverbank Safari Camp**

After a leisurely breakfast we leave the Mount Kailash Hotel for our 2 day raft trip on the Seti River. From Pokhara, it is a 1½ hour journey through scenic countryside. Upon our arrival at Damauli, our starting point on the river, we are met by our experienced boat crew, who give us a full briefing prior to launch.

The Seti River (elevation 1,000 ft) has no road access, so the river and surrounding valley remains pristine. Floating down the Seti gives us a chance to see village life along the banks as well as the abundant variety of birds. On the way to camp, we stop for a picnic lunch on a sandy beach. Today, there are 2 small rapids of no more than grade 2 (about 165 ft long). The remainder of the trip is very much a float experience, all the way to our river camp.

Rafting time is about 3 hours, depending on water levels.

Breakfast, Lunch, Dinner**Overnight at 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 so they 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.

DAY 11**Sunday, October 30****Layover Day at Seti River Camp**

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 2 hours above the river camp. Since no other trek companies hike to this village, it still remains quite untouched by tourism. 45 minutes above the village there is a spectacular viewpoint where you can see the entire Annapurna as well as the Manaslu Range of mountains.

Breakfast, Lunch, Dinner**Overnight at Seti River Camp****DAY 12****Monday, October 31****On the River to Kasara Resort and Royal Chitwan National Park**

We spend this morning rafting and then journey by vehicle for 1½ hours to Royal Chitwan National Park. Our trip takes us through very interesting countryside and we eat a picnic lunch on our way.

For the next two nights we stay at the Kasara Resort, in the Terai area of Nepal, adjacent to Royal Chitwan National Park, a UNESCO World Heritage site. The essence of Kasara’s design is a blend of simple luxury in a lush and natural jungle environment. Kasara offers comfortably appointed rooms,

carefully prepared fresh food, a range of healthy activities in a tranquil and inspiring environment, and meaningful interaction with the local culture.

The rich wildlife of Chitwan has been famous for centuries, and for the next two days we view wildlife from canoes, jeeps, and from the backs of elephants, who take us on safari through the towering grasslands in search of animals. Royal Bengal tiger, 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.

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 us to experience the wildlife on an intimate basis.

Breakfast, Lunch, Dinner

Overnight at **Kasara Resort**

Head Office

P.O. Box: 3124, Baluwatar, Kathmandu, Nepal

Telephone: 977 1 4437571 | 977 1 4438570

www.kasararesort.com

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.

DAY 13

Tuesday, November 1

Exploration of Chitwan

Today we have a full day of exploring the park and jungle. This is a day to immerse yourself in this natural tropical environment. We'll ride elephants in search of game. The elephants provide the only practical means of transport into the area because the grass is too thick and too tall for exploring on foot. The elephant is the king of beasts in the Asian jungle and our elephants and guide are trained to find tigers and hold ground should any confrontation occur. 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.

Breakfast, Lunch, Dinner

Overnight at **Kasara Resort**

DAY 14

Wednesday, November 2

Chitwan to Kathmandu

After a final morning of game viewing and breakfast at camp, we are transferred to the air field for our short flight back to Kathmandu. While waiting for our flight, lunch is supplied. Upon arrival in Kathmandu we are met at the airport and on our way back into the city, we are taken on a special tour of the exceptional Buddhist Complex of Boudhanath.

After visiting the Stupa, the largest in Nepal, there is free time for shopping (a favorite pastime of all AdventureWomen!) in this marvelous city of bargains.

Late afternoon we are transferred to the 5-star Yak and Yeti Hotel, where we stay for the next 2 nights.

Dinner is on our own tonight in one of the terrific local restaurants.

Breakfast, Lunch

Overnight at **Hotel Yak and Yeti**

DAY 15

Thursday, November 3

Kathmandu

This morning there may be time for those who made their reservations for the early morning (optional) flightseeing trip to view Mt. Everest (weather dependent). After lunch we enjoy a half-day guided sightseeing trip to the ancient city of Bhaktapur. The rest of the afternoon is free for shopping and exploring.

Our fun Farewell Dinner this evening is at a local restaurant close to our hotel.

Breakfast, Dinner

Overnight at **Hotel Yak and Yeti**

DAY 16

Friday, November 4

Depart from Kathmandu

Our morning is free for further exploration, shopping, or cultural wanderings in Kathmandu. Based on departure times, you are transferred back to the airport for departing flights.

Breakfast

Food and Water

Unboiled water is NOT safe to drink anywhere in Nepal. Most hotels provide a pitcher of purified drinking water in each room; when in doubt, stick with bottled drinks. Local mineral water is perfectly safe to drink, or you can treat your own water with purification tablets. Ice must be avoided. While on trek, our porters carry plenty of purified water for each of us. And remember not to brush your teeth with untreated water! Uncooked vegetables are also not safe to consume, unless properly treated by soaking in a solution of iodine. Always peel your fruit.

Climate

Temperatures tend to be quite cool in the mornings and evenings, and then warm up at midday due to the strong direct sunlight at high altitudes. The Terai Plain, where Chitwan National Park is located, is about 3,000 feet lower in altitude than Kathmandu and is therefore consistently warmer than the rest of Nepal. Climatically, the country ranges from subtropical to temperate and alpine. During mid-October through November we should have clear skies with warm to hot weather during the day and cool temperatures in the evenings. Temperatures steadily decrease during these months. Highs are in the low 80s F, lows in the mid-40s F. In the Terai, highs are in the mid-80s and lows in the high-60s.

Electrical

Nepal uses 220-240 Volts with Indian and Europlug primary socket types (round 2 or 3 prong). A converter may be needed to charge larger devices. Some places do accept US plug types. So bring everything and be prepared.

What to Bring

Baggage

We suggest that you use your own personal daypack as your carry-on bag during your flights to Nepal. In addition to your passport, money, credit cards, and airline tickets, your daypack should contain all essential personal items: toiletries, medications, one set of trek clothing, camera, film (or memory cards). You should wear (or carry in your carry-on bag) your hiking boots on the plane.

How to pack for this trip, and what is supplied

- Suitcase or duffel with wheels: You should bring everything you need for the entire trip in a suitcase or duffel with wheels: Your suitcase with extra, clean, clothes will be stored at the Yak and Yeti Hotel in Kathmandu while on trek, and will be available to you only when you return to Kathmandu after the trek, the raft trip, and your stay in Chitwan. Please make your own arrangements to leave your suitcase with the Bell Captain at the Yak and Yeti Hotel.
- Personal daypack: Use your daypack as your carry-on bag to Nepal and to carry while on the entire trip. In your daypack you should carry your camera, rain gear, sunscreen, some water (the porters carry the main supply), and personal items. If you do NOT bring your own daypack, you can use one that our outfitter supplies. However, if you have a personal daypack that you find very comfortable to wear and carry (and has a comfortable waist strap, so it doesn't put pressure on your shoulders), then you should bring our own.
- Trek Duffel Bag #1 (supplied): On your first night in Kathmandu, you will be provided with the loan of a trek duffel bag. In this bag you will pack all your clothing, personal items, and supplies for the duration of the 5 night lodge trek, and also your clothes for the raft and Chitwan portion of the trip. This is the easiest duffel for the porters to carry. It measures approximately 12" X 12" X 28". If you can't fit all of this in the trek duffel bag, then please use your personal day pack to also put some of these things into for travel to Pokhara, where our trek begins.
- Trek Duffel Bag #2 (supplied): On arrival in Pokhara, you will be supplied/loaned another duffel bag #2 (same size as your trek duffel bag #1) and you can transfer your clothes for the raft and Chitwan portion of the trip into this bag. It will be left in Pokhara and waiting for you there on your return from your 5 day trek. You will then take this with you for the raft and Chitwan portions of the trip.

Personal Items

- Passport — make sure it is valid for at least 3 months after returning from our trip, and has 2 blank visa pages.
- 6 extra passport photos: 2 for visas on arrival, 2 to use for obtaining your trek permit in Nepal, and 2 extras (in case of lost or stolen passport/visa).
- Watch and/or small travel alarm clock.
- Small flashlight with extra batteries and bulb.
- Sunglasses (90% - 100% ultraviolet and some infrared protection) and case.
- Contact lenses, cleaner, saline solution, extra eyeglasses with safety band.
- Money belt.

- Cash, credit cards, ATM card. VISA and Mastercard are accepted in Nepal, but be aware that credit cards are only accepted in larger hotels and shops.
- Address book, writing paper, journal, pen/pencil.
- Personal day pack (also serves as an airline carry-on bag).
- Water bottle. We recommend the 22 oz. Nalgene Everyday OTG Tritan Bottle. Made of Eastman Tritan™ copolyester, the bottle is completely BPA-free. Tritan™ copolyester provides excellent impact resistance and is suitable for both warm and cold beverages. Water bottles are provided on trek, but you may want to have your own for water on your airplane flights.
- Locks for your suitcase and duffel bag (when they are left in Kathmandu at the Yak and Yeti Hotel).
- Ziploc-type bags (at least a dozen, of various sizes) for packing shampoo or other liquids, or for wet, dirty washcloths/clothes.
- Personal toiletries in small leak-proof bottles.
- Biodegradable bar soap (can double as laundry soap).
- Washcloth (sometimes not supplied).
- Tampons or sanitary napkin supply.
- Thread, needles, safety pins for minor repairs.
- Insect repellent (with Deet).
- Wash & Dries or other antiseptic wipes/hand sanitizer.
- Your favorite snacks for a "pick-me-up" during the day.
- Earplugs. We recommend Mack's Pillow Soft Whistle Moldable Silicone Snore Proof Earplugs, which you can buy at most drug stores, or at www.earplugstore.com. Good to 22 decibels!

Clothing

- Hiking boots, well broken-in. Please do not buy heavy, leather boots as there are numerous, medium-weight, high-quality hiking boots on the market. Asolo, Garmont, Merrell, Vasque, and other makes are widely available and designed especially for women. Since they are waterproof, Gore-tex boots, although a bit more expensive, are our first choice. Other boots should be waterproofed with one of the excellent waterproofing products available such as Nikwax. Make sure your boots fit properly and are well broken-in.
DUE TO WALKING UP AND DOWN ON UNEVEN, OLD STEPS FOR MUCH OF THE TRIP, IT IS IMPORTANT TO HAVE GOOD ANKLE SUPPORT. HENCE, BOOTS AND NOT HIKING SHOES.
- Pair of tennis shoes or slip-on shoes for relaxing in the evening. Crocs or other lightweight sandals (Merrell, Teva, Keen) are also ideal as they are lightweight to carry.
- 4-5 pairs polypropylene liner socks.
- 4-5 pairs thick, natural fiber walking socks.
- 5-6 pairs quick drying underwear. You will want to wash out bras and panties.
- 2-3 pairs comfortable, lightweight pants.
- 2 pairs long (hiking type) shorts. The locals do not appreciate short shorts. You may also consider wearing a lightweight skirt while trekking, as this is what the local women wear.
- One pair nicer pants or skirt for our hotel stay in Kathmandu. Nice, lightweight, wrap-around skirts can be purchased in Nepal.
- 3-4 cotton bandannas for instant sweat bands and other uses to numerous to mention, some of which you never dreamed! Besides, it's an AdventureWomen tradition!
- Field shirts: 2 long-sleeved and 2 lightweight short-sleeved, and a few T-shirts.
- Sweatshirt, sweater, or lightweight polar fleece jacket.

- Rain gear is supplied for the trek, but you may want to bring your own rain gear—poncho or jacket. Your jacket may double as an outer shell or windbreaker jacket for cooler weather at higher elevations.
- Sleepwear.
- Your favorite sun hat.
- Swimsuit.
- Extra shoe or boot laces.

For Our Raft Trip

- Teva, Merrell, Keen (or Crocs), or other sports sandals that can get wet and dry fast, and a pair of quick drying river shorts. Life jackets, helmets, and waterproof drums for your equipment are supplied.

Personal First Aid Kit

- Regarding foot care: To prevent blisters, many hikers use moleskin. However, we recommend bringing a small roll of ordinary duct tape as an alternative. Applied when you feel a "hot spot" before the blister forms, duct tape reduces friction better than moleskin. If you develop a blister, Spenco "2nd Skin" is a very comforting necessity. Also bring foot powder for moisture absorption; cloth, not plastic Band-aids; about 10 individually wrapped alcohol pads; and a small tube of Neosporin or other antibiotic cream.
- Aspirin/ibuprofen, etc.
- Cold-symptom relief tablets, antihistamine, cough drops.
- Sun screen and lip balm with sunscreen.
- Tweezers.
- Ace bandage.
- Antibiotics.
- Prescription medicines in their original bottles.
- Acidophilus enzyme (available in capsules in health-food stores). This often helps your digestive system get in shape for "new" flora and fauna.
- Immodium, Lomotil, or similar anti-diarrhea medicine.
- Pepto-Bismol tablets and/or liquid in leak-proof bottle.
- Emergen-C. Good for higher altitudes, and some people swear they get fewer colds on airplanes if they take this during flights.

Camera Equipment

For many women, photography is a very large part of this trip. We suggest you bring the following:

- Digital camera, more memory cards and batteries than you think you need, battery charger, and adapter. Bring an adapter kit since multiple types of plugs are found in the country. Most digital cameras have a built in converter so you only need to bring an adapter. You can also purchase adapter plugs in Kathmandu.

The following items can be purchased in Nepal

- Maps.
- Language or guide books.
- Local snack foods.
- Wool hats and sweaters.
- Local-style clothing in all sizes.
- Trek clothes such as gortex jackets, fleece, and down jackets.

- Western-style, all-cotton clothing, as well as cashmere and silk garments.
- Extra batteries.
- Post cards, stamps, and books in English.

Optional

- Small, lightweight binoculars (yes!).
- Swiss Army knife or equivalent with scissors (for cutting duct tape or moleskin if you have blisters on trek). Make sure you pack this in your checked luggage, and don't have it in your carry-on.
- Walking stick. Although walking sticks are provided on the trek, if you have a favorite telescoping walking stick that packs into your suitcase easily, by all means bring it.
- Pictures of your house and family (Nepalese love to see this!)
- Reading material.
- Video camera (beware of video taxes).
- Guide books. For general information about Nepal, the *Nepal Insight Guide* (latest edition). For trekking information, the *Lonely Planet Trekking in the Nepal Himalaya* (eighth edition) guide.

Last Minute Reminders

- Make photocopies of your airline tickets and the first two pages of your passport, and put them in different locations (suitcase, carry-on bag, etc.).
- Bring 2-3 extra passport size photos to use in emergencies.
- Your valuables should be insured for the duration of the trip, but better yet, leave them at home.
- Remove extra credit cards, driver's license, and personal items from wallet or purse.
- Make sure passport and airline tickets are valid and in the correct name.
- Check with airline to reconfirm reservations and departure time (most airlines want to hear directly from the client for confirmations).
- Please leave all valuable jewelry at home!!!

Some Extra Items to Add to your "What to Pack" List

We think these items help make your long airline flights much more comfortable and even more bearable:

- Neck pillow - Inflatable neck pillow for blissful support and deep sleep. For packing, it folds into itself. Self-sealing valve means nothing to close. Soft microfleece cover removes for washing.
- Sleep mask /Comfort eye shade - Ultra lightweight and comfortable, the Comfort Eye Shade screens out light and distractions for a cozier flight. Ultra-soft micro fleece for comfort. Adjustable elastic strap for a perfect fit. Made of Molded Polyester Micro Fleece.
- Travel compression socks - Reduce ankle and leg swelling and reduce the risk of deep vein thrombosis. These doctor-designed socks stimulate circulation through gradual compression that stops swelling and guards against (DVT). Made of coolmax®-lycra®-nylon. The TravelSox® cushion Walk Socks have extra-padded soles and are made of moisture wicking SoftPrim®.
- Noise canceling headphones - Block out unwanted sounds of children crying and airplane engine drone, and/or enjoy great audio sound. Reduce distortion and increase perceived

loudness so you can enjoy sound at a lower volume. Get the around the ear design, which is very comfortable.

About Adventure Travel Today - Please Read Carefully!

At AdventureWomen, we would like to ensure that all participants 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!

Thank you for choosing to travel with AdventureWomen! If you have any questions or concerns, please don't hesitate to call, write or email us.

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