



## Nepal Culture Tour & Trek 12 Days

### Details Itinerary

This program from Discovery Mountain Trek is designed to give you an introduction into the cultural and natural aspects of Nepal. We have combined it further with a little bit of Annapurna trekking - thus giving you a near-complete introduction of this tiny Himalayan nation. We will do a sunrise or sunset trip in Nagarkot, a hill station of Kathmandu. We will also travel to the dense forests of Chitwan National Park where we will do a jungle safari. Next on the program is a visit the lake town of Pokhara - the true gateway to the Annapurna Region. Further up, we will do a little bit of trekking to see the all-majestic peaks of Nepal - all of which combined, you will have the best introductory tour of Nepal.

Kathmandu, in one sentence, is a sensory overload. In real sense, the adventure begins when you touch down upon the airport. Once out of the airport, you will immediately see that the traffic might not be up to par with global standards but you will notice people moving to and fro - creating a picture of a busy growing city. Once at the hotel, you will check into a room with most amenities and probably free Wi-Fi. Thus begins your real experience of Kathmandu - with excitement and lots of choices, but at a loss where to even begin!

In a matter of few days, Discovery Mountain Trek will take you on a sightseeing tour to not one, not two, but a whopping seven UNESCO World Heritage Sites inside a city that is so tightly packed. During your stay in the valley, you will see the monuments and the culture of ancient cities of Bhaktapur and Patan. The magical and mystical combination of the old with a seemingly haphazard condition of the new will certainly leave you inspired in Kathmandu. And if you're a foodie, you can dive right into a food culture that is as diverse as the city itself.

The next destination on our trip is the district of Chitwan with all its thick forests and traditional culture of the Tharu people. Nepal's first and Asia's all-time popular Chitwan National Park provides you a contrasting experience from Kathmandu. Located in the subtropical plains (called Tarai) of Nepal, Chitwan is home to uncountable species of vegetation and wildlife. You will see elephants everywhere carrying people, carrying goods, relaxing, bathing, eating, and a lot of other activities - and to oversee their population, there's even a Elephant Birth Center! On top of that, the gushing

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rivers of Rapti and Narayani offer plenty of chance for swimming and canoeing - but beware of the crocodiles that seem to be omnipresent in these waters. Enjoy the nature here, and before you know it, it's time to move on to Pokhara.

This little lake town is called so because it is indeed dotted with at least seven lakes of varying sizes. However, the beauty of this city and the lake town of Lakeside, is indeed invariable! Pokhara is in fact the beginning point of all trekking in the Annapurna Region. Trekkers who have returned choose to sit in the shade by the lake and enjoy their sips; while trekkers who are beginning are seen hurrying with their guides and equipment. This adventure capital is more than a stopover - it is a world of its own with attractions like several lakes, views of Fishtail, temples and pagodas, caves, rivers, gorges, waterfalls, and a lot of other geographical diversity.

This program does not belong to the ubiquitous trekking side of Nepal. It is in fact, an experience unlike any other in this beautiful country. Experience these and other attractions in this two-week program from Discovery Mountain Trek.

Fitness Level:	:	
Group Size:	:	2 to 15 people
Max-Altitude:	:	2165m
Duration:	:	12 Days
Walking Days:	:	3 Days
Activity:	:	Tour And Trek
Best Period:	:	FEV   MAR   APR   MAY   SEP   OCT   NOV   DEC

## Itinerary

### DAY 1 : ARRIVAL IN KATHMANDU AND TRANSFER TO HOTEL (1365M)

Upon your arrival in Kathmandu, our staff will pick you up and transfer you to the hotel. You can have the rest of the day to yourself. Later, you'll be given a brief about the trip ahead.

## **DAY 2 : KATHMANDU SIGHTSEEING**

After breakfast you will go on a guided city tour to several historical places. In addition to historical locations, you will see cultural, spiritual, and other attractions of Kathmandu Valley. We will visit Kathmandu Durbar Squares, the Temple of Pashupatinath, the hilltop shrine of Swayambhunath, and Baudhanath. You will see the mixed and diverse tradition and medieval architect of this valley.

## **DAY 3 : EXPLORE PATAN AND DRIVE TO NAGARKOT 2H DRIVE**

On the second day of tour, we will visit the historical monuments of Patan. The spectacular architecture of the Durbar Square will enchant you with a dense concentration of temples, stupas, palaces, and medieval housing complexes. The medieval city is home to the old royal palace, too. The rich artisanship will indeed leave you wondering how these larger-than-life structures could have been made more than three hundred years ago! After lunch in Patan, we will drive to the hilly resort of Nagarkot. It is packed with hotels and resorts - as it is perpetually full of tourists who want to have an excellent sunset and sunrise. Get to the top of Nagarkot, observe a wonderful sunset view, and check into a hotel for the overnight stay.

## **DAY 4 : DRIVE FROM NAGARKOT TO CHITWAN 5/6H DRIVE**

If you missed the sunset view yesterday, we recommend getting up before dawn and driving to the top of this hill. Here, you will have a beautiful sunrise view over the mountains. Take some photos and drive back to the hotel for breakfast. From there, drive to Kathmandu and get ready for the next section of this trip - driving to Chitwan. It takes around five hours to Chitwan National Park. It is a dense forest with hundreds of species of wildlife - the most iconic ones being the one-horned rhinoceros and the Bengal tiger. Chitwan National Park is the first national park of Nepal that has grown in popularity since the nineties. Check into a hotel and relax in the evening.

## **DAY 5 : EXPLORE CHITWAN NATIONAL PARK**

A UNESCO World Heritage Site, Chitwan National Park is best toured via a ride on an elephant's back - an Elephant Safari. The 932 square kilometers of the park is in central Nepal in the Tarai district of Chitwan, home of the Tharu community. In this national park, one can see the one-horned rhinoceros, the Royal Bengal tiger, more than 600 species of plants, 525 species of birds, and around 50 types of reptiles and amphibians. Some of the birds found in this national park are woodpeckers, hornbills, peacocks, cormorants, geese, pintails, and fowls. Apart from the elephant safari, a better way to see the park is to go on a jeep safari, which will take you deeper into the jungle and maximize your chance of seeing a lot more of the wildlife. Spend the day in the national park where you can also choose to hire a boat or canoe down the rivers.

## **DAY 6 : DRIVE FROM CHITWAN TO POKHARA 5/6H DRIVE**

The drive from the forest town of Chitwan to the lake town of Pokhara takes around six hours. We will leave after breakfast and head north along Prithivi Highway. Around midway, we will take a break for

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lunch and continue towards Pokhara. From several points in the route, we will have views of mountains, rivers, and plains. At Pokhara, check into a hotel and spend the rest of the day around Lake Phewa.

#### **DAY 7 : DRIVE TO KANDE AND TREK TO AUSTRALIAN CAMP 1H DRIVE 1H TREK**

After breakfast, we leave early. Coming out of Pokhara, it's a scenic drive along the rivers and hills. After an hour or so we arrive at Kande where we take a break and start the actual trekking. The trek from Kande takes more than an hour to Australian Camp. It's in fact a village known for its beautiful views of Annapurna and Manaslu Mountain Ranges. Stay tonight at Australian Camp (2100m).

#### **DAY 8 : TREK FROM AUSTRALIAN CAMP TO LANDRUK (1750M) 4/5H TREK**

Today we will be trekking from Australian Camp to Landruk. The walk will take around four to five hours with lots of breaks in between. The beautiful day of trekking is marked by rhododendron and oak forests, including a number of wildlife. After we come out from the forest, we will come to the open fields of Landruk, right in the middle of the Annapurna Region. Mt. Annapurna South at 7,219 meter is prominently visible from here. Stay tonight at one of the home stays in Landruk.

#### **DAY 9 : TREK FROM LANDRUK TO GANDRUNG (1750M) 3/4H TREK**

After breakfast, we will enjoy the morning at will. Take a stroll around the village, take photos and videos of the wonderful sceneries, and head to Ghandruk, another beautiful village at close proximity to the mountains of Annapurna. First we will come down to Modi Khola and then ascend the stone stairs to Ghandruk. Check into a homestay and enjoy the magnificent sunset views. You can take part in a dinner with cultural program at night before calling it day at Ghandruk.

#### **DAY 10 : TREK FROM GANDRUNG TO NAYAPULL DRIVE TO POKHARA 5H TREK**

The total trekking duration today is a little under five hours. After breakfast in Ghandruk, we continue our journey with an easy walk all way down to Nayapul via Birethanti. From Nayapul, we drive for about an hour to reach Pokhara.

#### **DAY 11 : FLY BACK FROM POKHARA TO KATHMANDU 25M FLIGHT**

Today you will fly to Kathmandu from Pokhara. Once you are in the capital, have a free day enjoying shopping, hot-water bathing, relaxing in a sauna, or simply seeing around town. In the evening, you are invited to join us for a farewell dinner. Stay overnight at the hotel.

#### **DAY 12 : DEPARTURE**

According to your schedule, we will take you to the airport for your flight ahead.

### **INCLUDED IN THE COST**

- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- Guesthouse accommodation during the trek with: Breakfast, Lunch and Dinner
- All ground transportation on a comfortable private vehicle as per the itinerary
- Discovery Mountain's duffel bag, t-shirt and trekking map are yours to take
- An experienced, English-speaking and government-licensed trek Guide
- 3-star hotel accommodation in Kathmandu and Pokhara with bed and breakfast
- Down jacket and sleeping bag: to be returned after trip completion
- All necessary paperwork and permits for National Park, ACAP and TIMS
- Energy supplies: Dry fruits, Snicker, Mars and Bounty on your trek
- Assistant on your trek: 4 participants: 1 assistant
- Porter service: 2 participants: 1 porter
- Personal insurance for Nepalese trekking staff
- Welcome and farewell dinners in Kathmandu
- Airport pickups and drops in a private vehicle
- Medical kit: carried by your trekking assistant guide
- Gamow bag for your safety and security
- All Government and local taxes

### **NOT INCLUDED IN THE COST**

- Nepalese visa fee
- International flights
- Travel and rescue insurance
- Tips for guide, porter and driver
- Lunch and evening meals in Kathmandu and Pokhara
- Personal expenses laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower

### **ACCOMMODATIONS**

We will be staying at Hotel Manaslu, Moon Light hotel or similar hotel 3 star in Kathmandu: and guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.

## MEALS

All meals will be provided during trekking while only breakfast will be available in Kathmandu. There will also be welcome and farewell dinners for guests. While on trek, we have breakfast and dinner in the tea-houses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

## PHYSICAL CONDITION REQUIREMENT

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

## BEST TIME TO TRAVEL

The best time to trek to the Everest Base Camp Trek is in spring (February to May) and autumn (September to November). The temperature is moderate in these seasons and guarantees amazing views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.

## GUIDE & STAFF ARRANGEMENT

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

## PORTER CARE

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.

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## ENVIRONMENTAL CONCERNS

The Everest Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.

## TRAVEL INSURANCE

It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

## ACCLIMATIZATION

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatize to the high altitude.

## EQUIPMENTS LIST

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (\*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.

## FROM HEAD TO TOE

- A cap or sunhat
- 2-pair of thermals
- long-sleeved thermal tops and full-length long johns
- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material.
- A light fleece or equivalent
- A breathable light, jacket
- Discovery Mountain Trek's down Jacket (\*)
- Discovery Mountain Trek's half T-shirt (\*)
- Lightweight trousers
- Suitable shorts
- Walking trousers

- A pair of normal shoes
- A pair of sandals or equivalent casual shoes for cities, villages and evenings
- 3 pair of socks
- Hat

### **DAY BAGS/ SHOULDER BAG**

- 1 medium shoulder bag: 50-70 liter cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables,

### **PRACTICAL ITEMS**

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 compass or GPS (optional)
- 1 digital camera with extra cards and batteries
- 1 medium-sized quick drying towel
- Female hygiene products
- Wet wipes (baby wipes)
- Tissue /toilet roll
- Anti-bacterial hand wash

### **MEDICAL**

- Small personal first-aid kit simple and light
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter

### **TERMS AND CONDITIONS**

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.



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## Booking Terms

Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.

## Cancellation Policy

If any reason you have to cancel your trip, we Discovery Mountain Trek require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged
- Cancellation more than 35 to 19 days before your departure date: your deposit, 25% will charged
- Cancellation more than 18 to 10 days before your departure date: 50% will charged
- Cancellation more than 9 to 05 days before your departure date: 75% will charged
- Cancellation less than 4 days before your departure date: 100% of the total will charged

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

## RISK & RESPONSIBILITY

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

## IMPORTANT NOTE

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic flight delays, particularly in the Everest, Lukla, Jomsom, phaplu, Kanchenjunga and any other remote mountain regions in Nepal.