



## Nepal: Low-Altitude Trekking, Rafting, & Wildlife

**DURATION** | 15 Days

**TRIP LEVEL** | High Energy

# Trip Overview

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Embark on an unforgettable 14-day journey with AdventureWomen in Nepal, exploring the majestic Himalayas through a low-altitude trekking tour that includes river rafting, wildlife safaris, and city exploration. Begin in Kathmandu, where you'll meet fellow AdventureWomen over a welcome dinner before flying to Pokhara. Trek through the stunning Annapurna Mountains, passing terraced farms and charming hamlets, and reach the picturesque village of Ghandruk, where you'll experience a women-to-women experience centered around its vibrant weaving culture. Experience the serene beauty of the Seti River with gentle rafting, then enjoy a wildlife safari in Royal Chitwan National Park, home to the elusive greater one-horned rhinoceros. Conclude your journey in Kathmandu, discovering its rich cultural heritage, including the ancient city of Bhaktapur.

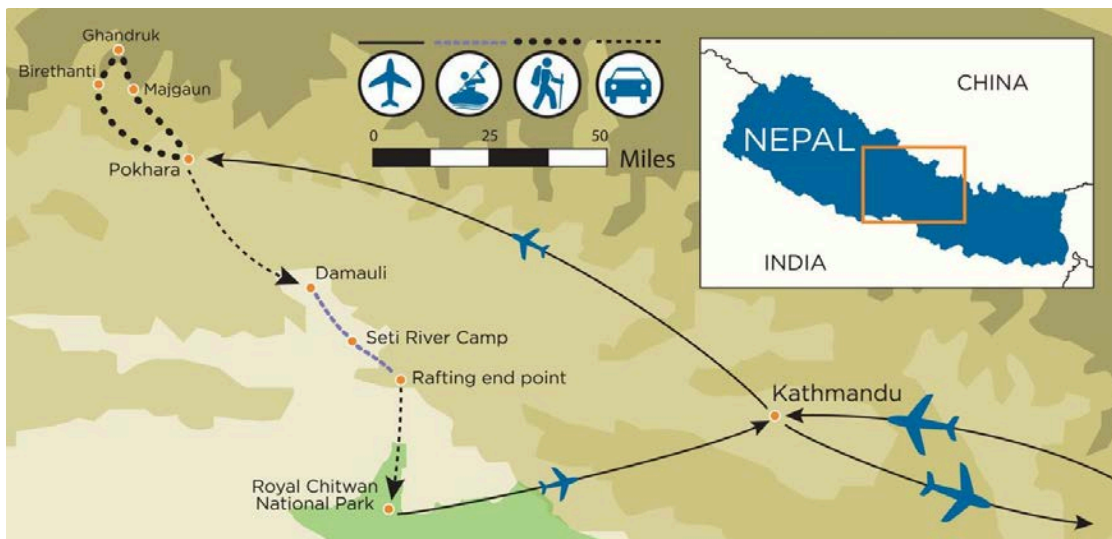
# Trip Highlights

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- Connect with artisans and local villagers, experiencing the rich culture of Nepal in picturesque communities.
- Hike through the breathtaking Himalayas on a low-altitude route with stunning views of snow-capped peaks.
- Enjoy a peaceful rafting experience on the Seti River, followed by an exciting wildlife safari in Royal Chitwan National Park.

# Map View

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adventurewomen

# Trip Itinerary

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## Day 1

### Arrive in Kathmandu

Welcome to Nepal! This culturally rich country, with its towering mountains and lush valleys, promises an unforgettable adventure. Upon arrival at Kathmandu Airport, you'll be transferred to the Yak and Yeti Hotel. At 3:00 PM, gather for a detailed briefing on your trek through the majestic Himalayas, led by your knowledgeable Nepalese guide. Receive your trek duffel bags and packing tips, then enjoy a lively welcome dinner. Connect with fellow travelers, share stories, and discover the unique reasons each woman is eager to explore the wonders of Nepal!

Meals: dinner | Overnight: Hotel Yak & Yeti



### 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: complimentary toiletries, minibar, safe, flatscreen TV, Wi-Fi





# Trip Itinerary

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## Day 2

### Kathmandu to Birethanti

This morning you fly to Pokhara (3,300 feet), the rural capital of Western Nepal. Have a trek briefing before departing with your guides and porters for the one-hour drive to the trek's starting point. 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. Enjoy a picnic lunch in the village of Chandrakot before continuing your trek to the lodge. Trekking time 4-6 hours, approx 4.5 miles, with 1,532' elevation gain. Enjoy lunch with the group today, and then Settle into your comfortable lodge this evening.

Meals: breakfast, lunch, dinner | Overnight: Birethanti Lodge



### Birethanti Lodge

Nestled on a promontory with breathtaking views of the Modi Khola, MLN Birethanti graces the landscape, accessible via a suspension bridge adorned with prayer flags. The property spans half a mile along the river, boasting flourishing lawns adorned with marigolds, poinsettias, and fluttering butterflies. Featuring 18 rooms meticulously crafted by local artisans, this elegant retreat also offers amenities such as Ayurvedic massage services, laundry facilities, and wifi.

Amenities: electricity, Wi-Fi



# Trip Itinerary

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## Day 3

### Birethanti to Ghandruk

Leave Sanctuary Lodge and walk through 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, approx. 9 miles, 3,200' elevation gain)

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

Meals: breakfast, lunch, dinner | Overnight: Himalaya Lodge



### 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: complimentary toiletries, limited Wi-Fi

# Trip Itinerary

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## Day 4

### Empowered connections in Ghandruk

This morning, explore the mountain village of Ghandruk, a major recruitment center for the famous Gurkha soldiers and accessible only by foot. 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. (Optional hike approx. 3 miles, 900' elevation gain).

Meals: breakfast, lunch, dinner | Overnight: Himalaya Lodge



# Trip Itinerary

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## Day 5

### Trekking Back to Birethanti

After a hearty breakfast, we'll set off from the cozy Himalaya Lodge, retracing our steps through the charming village of Kimche. This trek back to Birethanti promises stunning vistas, covering around 7.5 miles over 4-6 hours, with a gentle descent of 2,850 feet. Upon arrival, savor a delightful lunch with your fellow adventurers. Spend a leisurely afternoon by the river or stroll through the beautifully landscaped gardens, where the majestic 23,000-foot Machapuchare looms in the distance. For the more adventurous, an optional guided hike to a nearby waterfall awaits. Refresh yourself with a hot shower before gathering for dinner, and revel in the breathtaking sunset over the Annapurna range.

Meals: breakfast, lunch, dinner | Overnight: Birethanti Lodge



### Birethanti Lodge

Nestled on a promontory with breathtaking views of the Modi Khola, MLN Birethanti graces the landscape, accessible via a suspension bridge adorned with prayer flags. The property spans half a mile along the river, boasting flourishing lawns adorned with marigolds, poinsettias, and fluttering butterflies. Featuring 18 rooms meticulously crafted by local artisans, this elegant retreat also offers amenities such as Ayurvedic massage services, laundry facilities, and wifi.

Amenities: electricity, Wi-Fi





# Trip Itinerary

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## Day 6

### Crossing the Modi River

After a delightful breakfast, embark on a scenic morning trek from Birethanti Lodge, following the tranquil Modi River. Cross a charming cable bridge, then ascend via well-paved steps and switchbacks to reach the welcoming Gurung Lodge, with a trek time of 2-4 hours covering about 3 miles and an elevation gain of 843 feet. Spend the afternoon exploring the picturesque villages of Majhgaon and Patleket, immersing yourself in the vibrant local culture, and enjoying lunch with your group. In the evening, gather for a cozy dinner at the lodge, sharing stories and laughter.

Meals: breakfast, lunch, dinner | Overnight: Gurung Lodge



### 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: complimentary toiletries, limited Wi-Fi





# Trip Itinerary

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## Day 7

### Wake up to the Annapurna's

Start your day with early morning tea and coffee on your veranda, capturing breathtaking views of the Annapurna's. Then, set off on a 2–3-hour trek to Lumle, located at 5,300 feet, where a vehicle will be waiting to take you to the Temple Tree Resort in Pokhara (approx. 2 miles, 689' elevation gain). Enjoy a leisurely afternoon exploring the vibrant lakeside shops or take a peaceful rowboat ride on the lake. Conclude your day with a delicious dinner at a colorful local restaurant, soaking in the lively atmosphere.

Meals: breakfast, lunch, dinner | Overnight: Temple Tree Resort & Spa



### 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: complimentary toiletries, hair dryer, minibar, coffee / tea maker, electric kettle, bottled water, safe, cable / satellite TV, flatscreen TV, Wi-Fi, air conditioning



# Trip Itinerary

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## Day 8

### Exploring Pokhara

Enjoy a leisurely day in enchanting Pokhara, the gateway to the Annapurna Circuit, where adventure meets tranquility. Take this opportunity to explore vibrant shops, savor local delicacies, or simply unwind amidst the stunning natural beauty. After settling into the Temple Tree Resort, organize your gear for tomorrow's exciting rafting trip, ensuring your extra luggage is ready for the journey ahead. Waterproof bags will keep your essentials safe while you paddle through the breathtaking landscapes. Lunch is yours to enjoy at your own pace, and in the evening, gather for a delightful group dinner, sharing stories and laughter.

Meals: breakfast, dinner | Overnight: Temple Tree Resort & Spa



# Trip Itinerary

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## Day 9

### Your Rafting Adventure Begins

After breakfast at the Temple Tree Resort, embark on a two-day rafting adventure on the pristine Seti River, nestled at an elevation of 1,000 feet. The journey to the launch point in Damauli takes about 1.5 hours through picturesque countryside. Upon arrival, meet your experienced boat crew for a full briefing before setting off. Enjoy a delightful picnic lunch on a sandy beach along the way. Experience gentle floating with only two small rapids (grade 2) during the three-hour journey to the river camp. End your day with a cozy dinner at camp, surrounded by nature.

Meals: breakfast, lunch, dinner | Overnight: Seti River Camp



### 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: complimentary toiletries, electricity



# Trip Itinerary

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## Day 10

### Relax on the Seti River

Enjoy a relaxing day at the serene Seti River Camp, surrounded by lush landscapes. Spend your morning unwinding in cozy treehouses with a good book or opt for a scenic hike to the nearby village of Darampani, just two hours from camp. This untouched gem offers a glimpse into authentic village life, untouched by heavy tourism. Trekking 45 minutes beyond the village rewards you with breathtaking views of the Annapurna and Manaslu mountain ranges. Savor exquisite meals prepared by the camp's private chef, with breakfast, lunch, and dinner served amidst the natural beauty.

Meals: breakfast, lunch, dinner | Overnight: Seti River Camp





# Trip Itinerary

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## Day 11

### Wildlife Adventure in Chitwan National Park

Embark on an exhilarating day of wildlife exploration in the renowned Chitwan National Park. After a morning of rafting, journey by vehicle for about two hours to the Royal Chitwan National Park, savoring a delightful picnic lunch en route. Once settled at the tranquil Kasara Resort, set out with trained naturalists for intimate encounters with the park's rich biodiversity. Search for the Greater One-Horned rhinoceros, leopards, and an array of birds, while keeping an eye out for the elusive Royal Bengal tiger. Conclude your day with a delicious dinner at the resort, reflecting on the day's adventures.

Meals: breakfast, lunch, dinner | Overnight: Kasara Resort



### 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: complimentary toiletries, hair dryer, coffee / tea maker, bottled water, safe, electric kettle, Wi-Fi, air conditioning



# Trip Itinerary

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## Day 12

### Journey from Chitwan to Kathmandu

After breakfast, transfer to the airfield for a short flight back to the vibrant capital of Kathmandu. Enjoy lunch along the way, taking in the stunning landscapes. Upon arrival, embark on a special tour of the magnificent Buddhist complex of Boudhanath, home to Nepal's largest stupa. Marvel at its intricate architecture and serene atmosphere before exploring the bustling markets, a treasure trove of artisanal goods perfect for souvenir shopping. In the late afternoon, check in at the Yak and Yeti Hotel, and savor a delightful dinner on your own at one of Kathmandu's renowned local restaurants.

Meals: breakfast, lunch | Overnight: Hotel Yak & Yeti



### 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: complimentary toiletries, minibar, safe, flatscreen TV, Wi-Fi

# Trip Itinerary

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## Day 13

### Cultural Exploration in Kathmandu

Back in Kathmandu, enjoy a leisurely lunch on your own before embarking on a half-day guided tour of the ancient city of Bhaktapur, renowned for its stunning architecture and rich history. Spend the afternoon exploring charming streets and shopping for unique souvenirs. In the evening, gather with your AdventureWomen friends for a heartfelt farewell dinner. Share stories and reminisce about the incredible memories made during your unforgettable journey through this captivating country.

Meals: breakfast, dinner | Overnight: Hotel Yak & Yeti



# Trip Itinerary

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## Day 14

### Departing Nepal

Savor your final morning in the enchanting city of Kathmandu, soaking in the vibrant atmosphere one last time. After breakfast, gather your memories and bid farewell to your newfound AdventureWomen friends. Transfer to the airport for your journey home at any time today, reflecting on the incredible experiences and connections made throughout your Nepal adventure. Safe travels!





# What's Included

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## What's 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
- One round of local spirit at MLN Lodges and Seti River Camp
- 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

*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.*

