



Best of Nepal *exclusive*

See the best that Nepal has to offer on this 19 days long round trip.

Visit the sites and learn about the ancient but vibrant culture of the Kathmandu valley, experience the thrills of river adventures and relax by the white river beach. The trip continues to Chitwan National Park, where you stay at a beautiful resort and go on a jungle safari, with the chance to see crocodiles, rhinos and the elusive bengal tiger!

After a visit to the city of Pokhara, with it's beautiful lakeside location, you embark on a 6 days trekking adventure. This will take you along the fertile hills and old rhododendron forests. On your way you pass through through small communities making a living off the land and stay at local guesthouses. The goal of the trek is to reach Poon Hill, with one of Nepal's best views over the Himalayas.



Day 1 | Arrive to Kathmandu and check into your hotel.

Relax and get settled before you visit the Thamel area and Durbar square, known for its traditional architecture. In the afternoon we will visit the Pasupatinath Temple.

In the evening we will arrange a welcome dinner at one of the city's best restaurants. You will be served traditional Nepali food and see a cultural dance.

Day 2 | Full day of city sightseeing with your very own guide. See more of the historical city and the many colours of Nepali culture, including Buddhath, Kopan Monastery, Showambhu Nath. See the sun set at the Monkey Temple with its stunning view of the city.

Day 3 | We leave the city and head to our eco-adventure centre Royal Beach Camp by the beautiful Trisuli river. After lunch we join a rafting trip and punch some class III – IV challenging white water, including rapids like Ladies delight, Monsoon, Upset and Surprise! We do an approx. 20 km section. Spend the rest of the day relaxing in your very own bamboo cottage or by the pool. In the evening we will serve a BBQ dinner on the white river beach.

Day 4 | Wake up to the sound of the river and have breakfast at our café. Afterwards it is time to go canyoning down some beautiful, unexplored waterfalls. The approach to the falls flow through small trails up the hills, through fields and forest and into the gorge - a walk through the jungle! We jump and slide the smaller falls and abseil with rope and harness down the bigger ones. A real thrill and a cool adventure – hang on a vertical cliff with water splashing on your head! We return to camp in time for dinner and another relaxing evening. Maybe have a drink in our beach bar and play a Backgammon as the sun sets.

Day 5 | If you have never tried white water kayaking this is where to start! We begin with the basics, depending on the level of your kayaking experience. We cover how to get in and out of the boat, basic paddling and rescue techniques. We train ferry gliding (crossing the river) and getting in and out of eddies. You can also try the Eskimo-roll. After lunch we paddle some real white waters in the Trisuli river! What a fantastic few days of adventures! Enjoy your last evening at Royal Beach Camp and celebrate your successes.



Day 6 | After breakfast we continue our journey to Chitwan. Perhaps we will stop on the way to see one of the beautiful waterfalls. Check in at Green Park Fine Resort and have lunch. In the afternoon visit the elephant breeding centre, go on a Tharu cultural tour and see the traditional dance in the evening.

Day 7 | Today you come close to the Nepali wildlife from the back of an elephant on a jungle safari, look out for wild monkeys, rhino and, if you are lucky, a glimpse of the elusive tiger. On the canoe ride up along the river you can spot white cranes on the river beds.

Day 8 | Drive to Pokhara and check in to your hotel. Take the day to relax before your trek. Visit the lake and its island temple and have a delicious dinner at the Moon Dance restaurant.

Day 9 | After a drive to Nayapul, here you will begin your six days trek. Cross the suspension bridge and walk along the river bed of the Modi river. From here the trek continues along the green terraced fields and bamboo groves until you reach today's destination, Ghandrung (1951m).
As during the rest of the trek, you will stay at a local tea house. Trek: about 6 hours.

Day 10 | As we continue the trek through rhododendron forests, keep an eye out for rare birds, pheasants, the Langur and Rhesus monkeys. We reach the small settlement of Tadapani (2630m), literally meaning 'far from the water', and stay over night at a family run guesthouse.
Trek: about 6 hours.

Day 11 | Today's trek is a mix of open landscape and lush forrest. We trek through the village of Banthanti, meaning 'jungle shelter', and arrive at our lunch stop Deorali. At 3180m this is our second highest point during the trek. We continue the trek along the ridge line until we reach a clearing with great views over the Annapurna South and the village of Ghorepani (2926m), our destination.
Trek: about 6 hours.



Day 12 | Rest Day.

Spend the day resting in Ghorepani. Take the opportunity to explore the mountain village and the surrounding hill side. The name Ghorepani meaning horse (ghora) and water(pani), tells of the village's past as an important rest stop for traders.

Day 13 | Just before dawn we rise and trek up to Poon Hill (3200m) to view the magnificent sunrise over the Annapurna Range. After breakfast back in Ghorepani we trek through subtropical forest. Gradually the forest is replaced by terraced cultivations that spread all the way down to the village of Ulleri (2013m), where we will spend the night.

Trek: 4 hours.

Day 14 | Last day of our trek starts with a climb down a long flight of steps to the village of Hille. The descent continues down to the Modi Khola river. We walk along the banks of the river until we reach the end destination, Nayapul.

Trek; 3 hours.

Our vehicle takes us back to Pokhara, where we check in at our hotel and perhaps take a little rest.□

In the late afternoon, go on a boat ride on Lake Phewa and have dinner at a nice lakeside restaurant with local Pokhareli cultural dance and musical program.□

Day 15 | Spend the day experiencing what Pokhara has to offer. Visit the Tibetan refugee camp and see the beautiful handcrafts and woven carpets. You also have the option to go paragliding or ultra light flight over the beautiful surrounding hillsides (these activities are not included in the price).

Day 16 | Enjoy an easy morning in Pokhara and fly back to Kathmandu in the afternoon. Make sure to look out the windows and get a glimpse of the Himalayan mountain range for the air!

Check into your hotel and enjoy a relaxing evening.



Day 17 | Time to visit the ancient Newar town, Bhaktapur. The name means “The City of Devotees” and was once the capital of the country. The old city centre and the Palace courtyards are the best preserved examples of such architecture and artwork in Nepal and is listed as a World Heritage Site by UNESCO. This is a city of flourishing culture and was once located on the trade route between Tibet and India.

Day 18 | Spend the day in Kathmandu. Visit the 'City of Festivals', Patan, known particularly for its tradition of arts and crafts. Take the opportunity to do some shopping for yourselves and the family at home!

Day 19 | Day of departure.

Package includes full board, private transport and guide throughout the trip, Kathmandu airport to Kathmandu airport. Detailed list below.

Tips, insurance, VISA fees and international flights are not included.

Our Package Include:

- ≡ Private Arrival & Departure transfers on both international and domestic flights.
- ≡ Hotel accommodation in a double/ Twin-sharing Basis with breakfast.
- ≡ Guided tour of the city with Private tours to the cultural, historical and heritage sites as per mentioned on the itinerary.
- ≡ Assistance for the trekking gears and the shopping for the trekking equipment if required.
- ≡ Welcome and farewell dinner in Kathmandu.
- ≡ Raft the Trisuli river with full board 1 night stay at RBC.
- ≡ Full board 2 night 3 days package in Chitwan National park. Including all activities as mentioned in the itinerary.
- ≡ 3 nights full board Action Package at Royal Beach Camp.
- ≡ 3 nights full board in Pokhara.
- ≡ Flight Pokhara – Kathmandu.

Trek:

- ≡ Full board meals (breakfast, lunch and dinner) during the trek.
- ≡ Sleeping bags.
- ≡ Tea and coffee during the trip.
- ≡ Accommodation in local guesthouses.
- ≡ Experienced trekking guide and field staff.
- ≡ Private transportation to and from the start / end point of the trek.
- ≡ Professional local guide with extensive experience trained in Wilderness First Aid and accredited by the Nepalese government.
- ≡ First Aid Kit.
- ≡ Necessary Porters to carry all personal gear and group equipment.
- ≡ Adequate insurance for all staff, including porters.
- ≡ Trekking map for each trekker.
- ≡ Trek permit and government tax.
- ≡ Any other items mentioned on the itinerary.

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