



Pleasure in Encompass

15 Days' Trek

Overview

Experience the ultimate Nepalese adventure, where the journey begins with a thorough briefing in Kathmandu before delving into the city's rich cultural heritage on a day of sightseeing. The trek kicks off with a scenic route through Shivapuri National Park, offering resplendent views while strategically avoiding altitudes prone to acute mountain sickness. Despite shorter trekking distances, participants are treated to awe-inspiring vistas of towering peaks exceeding 8000 metres, capturing the essence of Nepal's majestic landscape. Traverse diverse terrains, from verdant forests to quaint villages, immersing in the country's natural splendour. Marvel at panoramic panoramas of iconic peaks such as Dhaulagiri, Annapurna, and Manaslu, among others, along the trekking path. This itinerary stands out for its comprehensive mountain experience, encompassing both sides of the range over several days. With the highest point reaching 3210 metres, travellers must remain adaptable to changing weather conditions as a mark of reverence to nature's whims.

Highlights

- Experience the thrill of trekking, rafting, sightseeing, and travel all in one epic journey, doubling the excitement and adventure.
- Immerse yourself in the natural beauty of Shivapuri National Park as you trek through its pristine landscapes and lush forests.
- Dive into the rich cultural heritage of both cities, exploring historic sites, enjoying panoramic views from Nagarkot, witnessing breathtaking Pun Hill sunrise vistas, and strolling through Gorkha's hometown.
- **Total 14 nights and 15 days package**

Entire trip price

Total trip cost: Pounds £1799 and USA dollars \$2249

Cost includes:

- One professional leader and Sherpa
- Bed and breakfast, trekking transports and related trekking permits
- Welcome and every morning wake-up tea.

Does not include:

1. Lunch, dinner and any drinks are self-paid and optional activities
2. International flight
Trekking Insurance and Travel Insurance

Trek Itinerary

Day 1: Kathmandu - Our initial meeting is scheduled for the evening at 5 pm at Hotel Holy Himalaya Thamel Kathmandu Nepal. This is where the group will gather for a pre-trek briefing, during which important information about the trek and upcoming highlights will be covered. Additionally, the leader will arrange the first group dinner after everyone joins.

A: Include a room share and breakfast (require separate room to pay extra).

B: Elevation 1250 metres (4,101 ft)

Day 2: Kathmandu - Sightseeing in the three World Heritage sites in Kathmandu: Durbar Square (known as the old place), Pashupati (known as the Hindu Temple), and Swayambhu (Hindu and Buddhist shrine in the same place).

A: Include a 4-star hotel and breakfast.

B: Elevation 1,250 metres (4,101 ft)

C: Takes 6 to 7 hours.

D: Cover of the day: drive 19.8 miles (32 km)

Day 3: Chisapani - After breakfast, a short trip by private bus drops us to the trek starting point, Sundarjal. There trekkers will spend the day in Shivpuri National Park climbing through the jungle and up steep steps, ending at the overnight placement.

A: Drive 45 minutes and trek 5 to 6 hours

B: Includes teahouse room and breakfast

C: Elevation 2200 metres (7,217 ft)

D: Ascent 900 metres (2,952 ft)

E: Cover of the day: drive 12 miles (20 km) and walk 6 miles (10.7 km)

Day 4: Nagarkot - Embark on the roadway through the jungle with the left-hand side of an enormous range of mountains and agricultural villages. It brings the trekkers to the popular tourist destination nearest to the biggest city, Kathmandu, in Nepal.

A: Trek 7 to 8 hours

B: Includes a 4-star room and breakfast

C: Elevation 2100 metres (6,889 ft)

D: Descent 100 metres (328 ft)

E: Cover of the day: 12 miles (20 km)

Day 5: Trisuli rafting river beach camp - This is our early morning travel start on the private bus. And we stop for a half-day white water rafting experience and beachside overnight camp.

A: Drive 3 to 4 hours and rafting 3 and a half hours

B: Includes meals: lunch, dinner, breakfast, and river beach camp

C: Elevation 800 metres (2,776 ft)

D: Descent 1300 metres (4,265 ft)

E: Cover of the day: travel 55 miles (90 km) and rafting 13 miles (22 km)

Day 6: Briathanti - The day starts with breakfast, then drives to Pokhara for lunch. Where beside you Mt. Annapurna smiles for you, and our journey continues to Nayapul drop. After that a short trek to the first night stop in the teahouse room.

- A: Drive 5 to 6 hours and trek 30 minutes
- B: Includes teahouse room and breakfast
- C: Elevation 1,100 metres (3,608 ft)
- D: Ascent 300 metres (984 ft)
- E: Cover of the day: Drive 85 miles (151 km)

Day 7: Ulleri - After breakfast, we head up to the countryside road for a few hours and stone steps. Beside the road is a beautiful landscape and practical farming and plantations on seasonal crops in the field. And all the local houses hang on the sloping hillside.

- A: Trek 6 to 7 hours
- B: Includes teahouse room and breakfast
- C: Elevation 1,960 metres (6,430 ft)
- D: Ascent 860 metres (2,822 ft)
- E: Cover of the day: 8 miles (12.8 km)

Day 8: Ghorepani - The day starts with an easy morning and a short day walk. But it is offering a memorable highlight of our journey. We navigate through stone steps and rhododendron forests to reach a stunning viewpoint.

- A: Trek for 4 to 5 hours
- B: Includes teahouse room and breakfast
- C: Elevation 2,860 metres (9,383 ft)
- D: Ascent 900 metres (2,952 ft)
- E: Cover of the day: 5.5 miles (8.5 km)

Day 9: Tadapani - We start the day early with a sunrise and mountains panorama view from Poon Hill before returning to the hotel for breakfast. We then continue our journey to the next destination, enjoying a pleasant walk through the enchanting rhododendron forest.

- A: Trek for 8 to 9 hours
- B: Includes teahouse room and breakfast
- C: Elevation 2,610 metres (8,562 ft)
- D: Descent 250 metres (821 ft)
- E: Cover of the day: 11 miles (18 km)

Day 10: Ghandruk - Another easy day to walk down a hill through the Jungle to the biggest settlement in the Annapurna region. Special here is shadowing the most popular mountain Machhapuchre known as Fishtail and the South Annapurna.

- A: Trek for 5 to 6 hours
- B: Includes teahouse room and breakfast
- C: Elevation 1,960 metres (6,430 ft)
- D: Descent 650 metres (2,132 ft)
- E: Cover of the day: 5.9 miles (9.5 km)

Day 11: Sarangkot - It is a short and last-day walk in the beautiful Annapurna gardens to the end of Nayapul. We catch the private bus and drive to the pinnacle of the best Pokhara city in Nepal. It runs very popular tourist activities from there and has a majestic view.

- A: Trek for 3 to 4 hours and drive 45 minutes
- B: Includes teahouse room and breakfast
- C: Elevation 1,600 metres (5,249 ft)
- D: Descent 310 metres (984 ft)
- E: Cover of the day: drive 19.8 miles (32 km) and trek 5.3 miles (8.6 km)

Day 12: Pokhara - This is a very special morning on this trip because we have an early morning wake-up for sunrise and a golden view of Annapurna. We gather for breakfast and in the late morning, catch private transport to the hotel, where we have free time for individual lunch and shopping. In the evening, we come together for dinner.

- A: Drive 30 minutes
- B: Includes a 3-star room and breakfast.
- C: Elevation 800 metres (2,624 ft).
- D: Descent 800 metres (2,624 ft).
- E: Cover of the day: 6.8 miles (11 km)

Day 13: Pokhara, Sightseeing - After breakfast in the late morning, we start to visit two different places: Davice Falls Cave and Pokhara International Museum. After that, we drive back to the hotel and have free time until dinner, always guided by your leader.

- A: Include the drive taking 4 to 5 hours
- B: Includes a 3-star room and breakfast.
- C: Elevation 800 metres (2,624 ft).
- D: Cover of the day: 10 miles (18 km)

Day 14: Kathmandu - The day begins with a relaxed morning. Soon, the leader will announce the exact time to leave the hotel for the airport. At midday, we'll take a flight from Pokhara to Kathmandu.

- A: Flight time 30 to 35 minutes.
- B: Include a room share and breakfast (require separate room to pay extra)
- C: Elevation 1,250 metres (4,101 ft)
- D: Cover 90.9 miles (146 km)

Day 15: End of the trip - After the last breakfast, the trip ends at noon. The overall journey spans the following distances and durations:

- Flight and Travel: 315.5 miles (510.3 km)
- Physical walk and Hike: 53.5 miles (78.7 km)
- Total Hours Covered: 62 hours and 55 minutes

Trip information and preparation

At Gele Trekking, we encourage our guests to be as well-prepared in advance so they can enjoy their treks to their fullest. Over the years we have come up with a simple suggestion that helps our guests be prepared. We recommend you practise walking around areas with small hills three months before your trek. If you don't have hilly terrain near you, do not worry! It is most important you get out walking some distance along with your other daily exercise routines every day before your trek so you are fit and healthy.

Also please know during trekking, there might be natural obstructions such as changing weather conditions including, snow events and other uncontrollable events such as domestic flight changes such as those to and from Lukla and Pokhara. In these scenarios, your group leader at Gele Trekking will adjust your itinerary as needed for your safety and to allow for the best experience possible.

Communication and Accommodation Facilities

Gele Trekking wishes to ensure that our guests are well-informed about accommodation facilities, including the Himalaya Tea House rooms that share toilets, showers, and communication options. The rooms typically consist of twin bedrooms, with the possibility of sharing a dormitory and communal toilets located outside the building. Showers may be available with gas or electric heating and bucket showers, although washing basins may not be universally provided or available.

For instance, during the Annapurna Base Camp trek, accommodations often require sharing rooms with others due to limited teahouses and room availability. Occasionally, adjustments may be necessary, particularly during peak seasons. While Gele Trekking typically arranges bookings for our groups, there are instances where this may not be feasible.

Rest assured, our trip leaders are well-versed in handling such situations and have the authority to make the necessary adjustments.

Food and Drink Options

Gele Trekking takes pride in introducing the region's food and drinks to our guests during their treks. We offer Himalayan organic food, with most dishes incorporating *noodles, rice, potatoes, and Yak Cheese*. Fresh vegetables such as *spinach, cabbage, carrots, cauliflower, spring onions and seasonal vegetables* are also available. While there is a limited selection of foreign food, we also offer some *cereals*. Our hot drink options include *hot chocolate, instant coffee, simple Nepali tea, and powdered milk*. Regarding cold drinks, we offer *mineral water, Coke, Fanta, Sprite, Pepsi, and some local products*.

Regarding alcohol, we offer local beers such as the popular *Everest beer*, and other beer options such as *whisky, and brandy*. Some locations may have small bars and offer wines, but it's important to note that ***alcohol consumption is subject to altitude limits***. Our trip leaders are well-versed in dealing with various issues, including altitude-related concerns, and have the authority to make necessary changes as needed.

Extra trip budget

During your trek, we recommend you budget approximately £35 to £40 (\$45 to \$50 USD) per day for lunch, dinner, and any drinks. We also recommend that your overall daily budget includes a bit more to cover any additional miscellaneous expenses.

Total approximate in pounds: £520

Total approximate in dollars: \$650



Traditional Load-Carrying in Nepal

Gele Trekking is committed to bringing attention to the potential brain damage being caused to countless Nepalese by the common practice of carrying heavy loads on their heads, known as 'head carrying'. Gele trekking has pledged to make this a top focus for their treks and to actively seek solutions, including having one sherpa accompany each guest and to supporting further research on this critical health concern. By choosing Gele Trekking, our guests are providing support from around the world to help protect and nurture the minds of Nepalese in Nepal.

