



## Valley Rim Trek

### Overview

When you first arrive in Nepal, one of the closest and lesser-known trekking experiences awaits you: the Valley Rim Trek. This scenic route circles the hills surrounding Kathmandu Valley, making it ideal for those with limited time. The trek is easily accessible and takes just two nights and three days.

On this short journey, you'll enjoy breathtaking views of the Himalayas, stretching from Sagarmatha (Mount Everest) and Gauri Shankar in the east to Langtang, Ganesh Himal, Manaslu, and the Annapurna range in the west.

The highlight of this trek is the chance to explore a nearby national park. Over two days, you'll walk through serene forests, with opportunities to encounter wildlife in their natural habitat. Witness stunning sunrises and sunsets from hilltops, and enjoy a comfortable one-night stay at the luxurious Club Himalayan Hotel in Nagarkot, offering panoramic views of the mountains.

This trek is perfect for anyone looking to experience Nepal's natural beauty in a short amount of time!

**Total trip cost: £300 or \$400**

### **Cost includes:**

1. One professional guide
2. One dedicated porter
3. Full board, Meals and hot drinks.
4. Trekking transports and related trekking permits
5. Welcome, and every morning wake-up tea.

### **Does not include:**

1. Alcoholic Drinks

## **Trek Itinerary**

**Day 1: Chisapani**—After breakfast, we take a short private bus ride to the trek's starting point, Sundari Jal. There, trekkers 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 2,200 metres (7,217 ft)
- D: Ascent 900 metres (2,952 ft)
- E: Distance covered drive 20 km (12 miles) and trek 10.7 km (6 miles)

**Day 2: Nagarkot** – Board 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 room and breakfast
- C: Elevation 2,100 metres (6,889 ft)
- D: Descent 100 metres (328 ft)
- E: Distance covered 20 km (12 miles)

**Day 3: Changunarayan** – After the morning breakfast late morning starts the last trek from various locations of the hotels. It is an exciting part of the day that ends the inside part of the Kathmandu valley outside of the main city. The most local part of life experiences from the village trekkers crosses from. The mid-end is the oldest spiritual site of the Hindu temple in Nepal. Trekkers stop for lunch and drive back to Kathmandu.

- A: Trek for 3 to 4 hours
- B: Includes a room and breakfast
- C: Elevation 1,250 metres (4,101 ft)
- D: Descent 850 metres (2,788 ft)
- E: Distance covered to trek 10km (6 miles) and Drive 25km (15 miles)

After being dropped off at the hotel, the trip ends.

## **TIPS GUIDANCE**

Tipping is not mandatory, but it is a meaningful way to express gratitude for the services provided, which is in line with trekking traditions. It typically occurs on the final night of the trek, often accompanied by a celebration with the team. During this time, the support team shares their joy and emotions. The leader will guide the group in collecting the tips, which are then distributed by one of the group members to the team. The recommended tip for each Sherpa is \$ 70 to \$ 80, or an amount of your choice, excluding the trip leader. For the trip leader, depending on the group size, the suggested amount is \$ 35 to \$ 40 per person, or as you see fit.

**MORE INDIVIDUAL OPTIONS ARE AVAILABLE TO CHOOSE FROM SEPARATELY.**

## **FLIGHT TOUR OF EVEREST MOUNTAIN RANGE“LET THE PEAK OF THE SNOW CAP BE YOUR LIFE PINNACLE”**

An hour-long flight over the roof of the world is worth every penny. Known for its photogenic panoramic views, Nepal offers 85% of the breathtaking mountain scenery of the world. Departing from Tribhuvan airport in Kathmandu using a propeller plane for the ultimate intimidating experience of the Nepalese mountain range. Daily bookings are available throughout the year, if any weather issues arise, however, we can postpone or offer a full refund ensuring value for money. Prices vary depending on the season and airline, and we will update you with the latest information upon receiving your enquiries.

## **White Water Rafting “Exhilarating experience”**

Nepal boasts the second richest hydroelectric resources in the world. In this region, we offer the best whitewater rafting experiences globally. Within a short driving distance, there are two rivers ideal for one or two-day rafting trips, featuring 3 to 5 exhilarating rapids. If you have one or two extra days, don't miss this once-in-a-lifetime opportunity for an unforgettable adventure. Bookings are available every day except January and February. Please state any food allergies and medical conditions; no prior experience or equipment is necessary. For further information and pricing, we will provide the latest details upon receiving your enquiries.

## **CHITWAN JUNGLE SAFARI, “GET CLOSE TO WILDLIFE”**

Chitwan National Park in Nepal is home to a diverse range of wildlife such as elephants, one-horned rhinos, Bengal tiger, and many more. The park spans an area of 952.63 square kilometres (367.81 square miles) in the subtropical inner Terai lowlands, just a short distance from Kathmandu. During your visit, you can observe from a close distance the wildlife of Chitwan, and enjoy the unique culture of the Tharu ethnic group. If you have specific research interests or want to experience the park's offerings, this is a fantastic opportunity. We typically offer 2-night and 3-day package activities, these can include: an elephant or jeep safari, Jungle Walk, canoe safari, visit to the elephant breeding centre, bird watching, village tour and Tharu culture program. For further information and pricing, we will provide the latest details upon receiving your enquiries.

### **DAY HIKE**

A popular activity is our one-day walking hikes through the countryside, offering a unique travel experience. These 6 to 7 hours walk helps achieve a sense of adventure and exploration. If you have an extra day in the city, we recommend escaping the crowds and noise to enjoy various scenic views. Walking like Nepal can help invigorate and re-energise your senses as you become one with nature. There are several day-hike destinations near Kathmandu, such as the Hidden Monastery or the Nagarkot to Changunarayan walk. For further information and pricing, we will provide the latest details upon receiving your enquiries.

### **SIGHTSEEING IN KATHMANDU WORLD HERITAGE SITE:**

Come with us for this unmissable experience of visiting extraordinary World Heritage recognised sites of Nepal. These sites are host to a wealth of historical significance relating to Nepalese culture, politics, religion, and of course, architecture. These areas are specifically divided into three categories: ancient palaces, Hindu temples, and Buddhist monasteries or stupas. The most popular among them are Kathmandu Durbar Square, Patan Durbar Square, and Bhaktapur Durbar Square, known collectively as the palaces. Key religious sites include the Hindu temple Pashupatinath, the Buddhist stupa Buddha, and the Swayambhu Nath temple, which is sacred to both Hindus and Buddhists and offers some of the greatest views of Kathmandu. For further information and pricing, we will provide the latest details upon receiving your enquiries.

## **Traditional Load-Carrying in Nepal**

Gele Trekking is committed to bringing attention to the potential brain damage being caused every day 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 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.

