



Nepal Delights & Ghorepani Trek – 16 days/15 nts

BHUTAN & BEYOND

Private Tour Introduction:

This private tour offers the perfect balance for those wanting a good mix of culture, easy/moderate trekking and a good variety of attractive destinations inside Nepal.

It is best suited for those with at least moderate fitness and the ideal months are mid-September to late May, avoiding the wet summer season. It is also well suited to those wanting a trek at lower altitudes with the highest overnight point being only 2830 metres.

Brief Itinerary Overview.

4 nts Kathmandu – exploring, hiking & sightseeing.

6 nts Ghorepani lodge trek.

3 nts Begnas Lake Resort – wellness, yoga, massages, sightseeing, hiking & exploring.

2 nts Dhulikhel – exploring & sightseeing.

Why Book With Bhutan & Beyond?

- 20 years experience, service & knowledge in the South Asia region.
- We personally visit these regions annually. (COVID-19 exempt)
- Competitive pricing and luxury hotel upgrade options.
- Exceptionally well constructed & flexible itineraries.
- Experts at combining [India](#), [Bhutan](#) & Nepal.
- ATAS Accredited via our parent company MTA Travel.
- Access to our exclusive travel app COMPANION.

Private Land Tour Inclusions:

- 4 nights hotel in Kathmandu incl b/fast.
- 6 nt Ghorepani Trek lodge/tea house accom.
- 3 nights Begnas Lake hotel incl b/fast.
- 2 nights Dhulikhel hotel incl b/fast (& dinners at luxury option).
- All meals included whilst trekking.
- Trek permit.
- Airport transfers in Kathmandu & Pokhara.
- Domestic airfares & taxes - Kathmandu/Pokhara/Kathmandu
- Sightseeing/hikes with prof local guides.
- Private road transfers in an a/c vehicle

** You have the choice of using 4* hotels, 5* hotels or luxury properties or a mix of hotel grades.*



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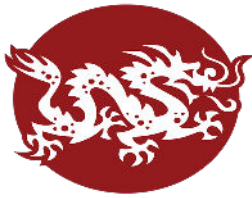


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Private Land Tour Exclusions:

- Nepal Visa – issued on arrival US\$50 pp.
- Lunches & Dinners (except when trekking).
- Travel Insurance (with essential COVID-19 cover).
- Sleeping bag & essential trek equipment.
- Domestic dep tax of US\$2.50 pp per flight.
- Expenses of personal nature such as beverages, tips, laundry, telephone bills etc.
- Entrance fees at museums & sights, payable directly on the day.

Payment & Cancellation Conditions:

- 20% deposit payment due, on confirmation of your Nepal travel booking.
- Deposit date until 45 days prior arrival in Nepal – Land tour deposit is refundable less [B&B service fees](#).
- 45 days prior to arrival in Nepal – your final payment is due & immediately becomes non-refundable.

Please note: – These conditions cover land travel arrangements only not airfares which are subject to their own cancellation conditions.

NEPAL DELIGHTS & GHOREPANI TREK ITINERARY – 16 DAYS/15 NIGHTS

Day 01:

Arrival in Kathmandu

Arrival in Kathmandu. Meet and greet at the airport. Traditional flower garland welcome. Transfer to your hotel and the rest of the day is at leisure.

Overnight at your Kathmandu Hotel

Day 02:

Tour of Kathmandu, Swoyambhunath & Patan (B)

After breakfast, visit old Kathmandu city with its stone paved lanes, colourful bazaars & the Temple of the Living Goddess – Kumari who is considered to be the incarnation of the “Virgin Goddess”. The old Durbar Square consists of the old palace and innumerable temples of different architecture.



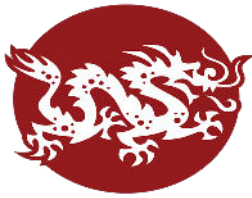
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Day 2 - continued

Continue to Swoyambhunath stupa, situated west of Kathmandu. It is a 2500 years old Buddhist stupa, located at a top of green hillock, with the eyes of Buddha painted on its pinnacle overlooking righteous behaviour of the valley inhabitants. Around the stupa are hung multi-coloured prayer flags whose every flutter releases holy prayers to heaven.

This afternoon visit Patan city, also known as Lalitpur or the “city of beauty”. Patan, the oldest city of the valley, is the cradle of arts and architecture and is well known for its intricately carved temples, narrow lanes and quaint shops. See the intricately stone-carved Krishna Mandir (temple), Patan Durbar Square and Hiranyavarna Mahavihar (golden temple).

Overnight at your Kathmandu Hotel.

Day 03:

Tour of Dakshinkali, Chovar, Kirtipur, Bungamati & Khokana (B)

After breakfast this morning drive 1 hour south of Kathmandu to Dakshinkali. Located in a dark valley, at the confluence of two streams, the shrine of Dakshinkali is the most spectacular of all Kali temples and animal sacrifices are conducted on Tuesdays and Saturdays. Also visit Chovar gorge carved out of a hill side for the outlet of the valley’s water. Continue to the village of Kirtipur perched on twin hillocks and clinging to a saddle on the ridge. Here the villagers, dressed in traditional costumes, work on ancient looms.

This afternoon visit the old Newari twin villages of Bungamati and Khokana which date from the 16th century. Located south of Kathmandu, down a rutted road dotted with Chaitya, Bungamati is the winter home of Lord Rato Machhendranath, the protector deity of Patan city. The shrine of Karya Binayak is located between the two villages. At Khokana ancient wooden oil presses can be seen at work in village homes.

Overnight at your Kathmandu Hotel.

Day 04:

Fly Kathmandu / Pokhara (25 mins)

Tour Pokhara; drive to Phedi & trek to Dhampus (B, D)

This morning transfer to Kathmandu airport for your short, scenic mid-morning flight to Pokhara. Take a brief tour of Pokhara’s highlights on arrival, including Devi’s Falls, the Bazaar and Lake Phewa before driving to Phedi in the nearby Annapurna foothills to commence your trek.



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Ghorepani Trek 6 Nights

1nt Dhampus; 1nt Landrung; 1nt Ghandrung; 1nt Tadapani; 1nt Ghorepani & 1nt Tirkhedhunga.

Our trek starts with a steady up-hill climb and a series of stone steps passing through villages and ultimately arriving at Dhampus ridge which will be the first sighting of the snow-clad mountains rising above the horizon.

Overnight at Local Lodge or Tea House

Day 05:

Trek to Landrung (1640m) (5 hrs walk) (B, L, D)

After breakfast trek along a soft uphill trail through protected forestland which is almost like a gentle staircase. Cross over a small windy pass (Deurali) where you can stop for lunch. Several peaks of the Annapurna range can be seen from here including the photogenic Mt. Macchapuchare (6,993m). You are now in the Modi Khola valley and descend slowly to the village of Landrung through forests and small local farms. Landrung is a well known village of the Annapurna area with a rich Gurung culture. Traditionally men from this village are serving soldiers in the Gorkha regiments of the British Army. Annapurna South (7,219m) and Hiunchuli (6,441m) are prominent peaks visible from here.

Overnight at Local Lodge or Tea House

Day 06:

Trek to Ghandrung (1940m) (5-6 hrs walk) (B, L,D)

After breakfast slowly walk down the stone steps to cross the Modikhola river on a hanging bridge. There are small pockets of fresh river water where one can wash while taking care not to slip on the wet rocks. Upon crossing the bridge walk along farming terraces of paddy, maize and millet before slowly ascending along well laid out stone steps to reach the scenic and well-planned Gurung village of Ghandrung – perhaps the largest and most beautiful in the entire Annapurna area. The afternoon may be spent exploring Ghandrung village with its neat rows of ochre-coloured houses and well kept gardens. The headquarters of the Annapurna Conservation Area Project is located here.

Overnight at Local Lodge or Tea House

Day 07:

Trek to Tadapani (2540m) (5 hrs walk) (B, L, D)

On clear days witness a magnificent sunrise view with the two peaks of Annapurna South and Hiunchuli acting as the backdrop of this attractive village. After breakfast we exit the village from the north heading into forests of Rhododendron and other hardwood trees. We cross a couple of small creeks over which wooden planks serve as makeshift bridges. The



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Day 7 - continued

forest cover here is quite thick offering a variety of sub-tropical vegetation. This afternoon we reach Tadapani, a narrow village in the shadows of Annapurna South.

Overnight at Local Lodge or Tea House

Day 08:

Trek to Ghorepani (2830m) (4 hrs walk) (B, L, D)

Today's is an easy walk as the trail meanders out of the forestland and we pass a few small hutments. Then walk amongst bushes and shrubs before coming on to a wide grass meadow on a hill ridge which takes us all the way to Ghorepani. This is a busy trading centre, that connects villages in this area with the Kaligandaki valley, the lifeline to Mustang. With an average walking pace we should reach Ghorepani by lunch time and enjoy a relaxing afternoon at leisure.

Overnight at Local Lodge or Tea House

Day 9:

Trek to Tirkhedhunga (1575m) (6 hrs walk) (B, L,D)

Early this morning we recommend a hike to Poon Hill, a nearby hilltop that is slightly above 3,000 metres, and offers a panoramic view of the entire Annapurna massif. Included are the dominant peak Annapurna I (8,091m), Annapurna II (7,937m), Mt. Macchapuchare (6,993m) among a host of others. You will also see Mt. Dhaulagiri (8,167m) close to the left. After breakfast trek through forested areas before making a steep knee-wobbling descent to the sleepy village of Tirkhedhunga (1,575m).

Overnight at Local Lodge or Tea House

Day 10:

Trek to Nayapool (1070m) (4hrs walk).

Drive to Begnas Lake (1.5 hrs – B, L)

It's a gentle hike this day as we follow a mountain stream along a wide village trail. Quite likely we will encounter colourful mule-trains as they ferry goods to and from the Kaligandaki valley. Reach Nayapool from where we will take our vehicle transfer to Begnas Bazaar and a delightful private boat transfer via the lake to the wonderful & secluded Begnas Lake Resort, the perfect place after a long trek.

Overnight at Begnas Lake Resort



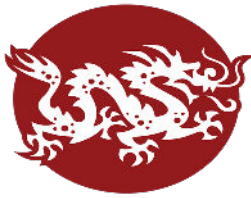
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Day 11:

At leisure Begnas Lake Resort.

Begnas Lake Resort is a true hidden gem. A magnificent location on forested slopes overlooking the lake with excellent hiking, wildlife spotting and a wonderful ambience. The perfect place to relax and explore after your trek. There is optional Ayurveda massage, twice daily yoga, a swimming pool & local school visits.

Overnight at Begnas Lake Resort.

Day 12:

At leisure Begnas Lake Resort.

Activities as per above. You can also travel into Pokhara city for more sightseeing and the resort will arrange this for you.

Overnight at Begnas Lake Resort.

Day 13:

Fly Pokhara / Kathmandu (25 mins) Drive to Dhulikhel (45 mins – B)

After breakfast, check out of the hotel and transfer to Pokhara airport for your short flight back to Kathmandu and from where you will be met and transferred to the delightful Dhulikhel region which is just 45 minutes drive. In Dhulikhel marvel at the clean air and sensational mountain views on clear days. Old temples and Newari style houses are the main attraction of Dhulikhel. It's a good way to get a glimpse of Nepalese village life and there is some excellent hiking nearby.

Take this afternoon at leisure.

Overnight at your Dhulikhel Hotel

Day 14:

Hike to Namo buddha. Visit Panauti. Drive back to Dhulikhel (B, picnic L)

On a clear morning witness the magnificent mountains and the sun rising from your resort. Dhulikhel is well known for its sunrise views. After breakfast, hike to Namo buddha carrying a picnic lunch. Namo buddha meaning "hail to the Buddha" is a sacred site where, according to legend, Buddha sacrificed parts of his own body in compassion to feed a starving tigress and her cubs. A carved stone slab at the main stupa depicts this moving story. End the hike in Panauti, which is located at the confluence of Punyamati and Roshi Khola rivers. Panauti was once an important staging post on the Tibet trade route. The banks of the river are now crowded with temples and cremation ghats. Return to Dhulikhel for your overnight stay.

Overnight at your Dhulikhel Hotel



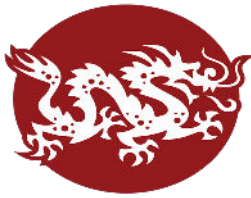
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Day 15:

Drive Dhulikhel/Kathmandu visiting Bhaktapur & Thimi (45mins) (B)

After breakfast, check out of your hotel and drive to the ancient heritage city of Bhaktapur en route to Kathmandu. Entering the Durbar Square through the Royal Gate, the sparseness of the temple is immediately apparent, compared to the profusion in the Kathmandu & Patan cities. Visit the main square which contains innumerable temples & other architectural show pieces; the Lion Gate; statue of Bhupatendra Malla; the Palace of 55 windows; Bell of the barking dogs; the Batsala temple; the Nyatapola temple & the replica of Pashupatinath temple.

Continue on to the fascinating village of Thimi. Thimi is a name derived from the word “Chhemi” meaning “Capable people”. It is well known for its colourful painted masks, dolls, terracotta work including delightful peacock and elephant flowerpots, moulded candle stands and ashtrays. Finally drive back to Kathmandu and enjoy the rest of the day at leisure in your hotel.

Overnight at your Kathmandu Hotel

Day 16:

Tour of Pashupatinath & Bodhnath. Departure transfer (B)

Check out of your hotel and continue with a final sightseeing tour of Pashupatinath Temple, situated on the banks of the sacred Bagmati river, and where you can witness daily cremation rituals of the recently deceased. The temple of Lord Shiva, Pashupatinath, with a tiered golden roof and silver doors is famous for its superb architecture. The best view of the temple and the cremations is from the terrace on the wooded hill across the river. There are also many occasions when the faithful take ritual purification baths in the river. After the visit proceed to Bodhnath which is the biggest stupa in Nepal and is located on flat land. This Stupa, set in the pattern of a “Mandala” is encircled by houses and monasteries where Rinpoches (enlightened Buddhist monks) reside. Around the base of this strikingly enormous and simple stupa is a ring of 108 images of the Buddha and 147 insets containing prayer wheels.

Later transfer to the airport in time to connect to your outbound flight. Depending on your departure flight time the last 2 days of this tour itinerary can be amended to best fit your schedule.

Goodbye & Namaste.

HOTEL OPTIONS	4 STAR	5 STAR	LUXURY 5 STAR
Kathmandu	Himalaya/Shambala (standard room)	Hyatt Regency (hyatt room)	Dwarika's (heritage room)
Dhulikhel	Dhulikhel Mountain Resort	Dhulikhel Mountain Resort	Dwarika's (junior suite room)
Pokhara	Begnas Lake (superior room)	Begnas Lake (premier room)	Begnas Lake (premier room)



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