

Step Forward Give Back

Explore Nepal & Panchase

Region trek



Price: AUD \$3,999 per person

Dates: 18 – 28th May 2024

Trip duration: 11 days

Trek duration: 4 days

Trek difficulty: Easy

Bookings close: 25th April 2024

Payment due: 1st May 2024

Group size: 2-12

Maximum altitude: 2,500m

[Trip overview](#)

This 11-day trip in Nepal offers a wide arrangement of experiences, spanning from discovering historic Kathmandu to trekking in the Himalayan terrain, participating in lively vibrant festivals, and encountering the wildlife in Chitwan. You will traverse through Nepal's captivating landscapes and rich cultural tapestry. On day 6 (March 23rd) the group will meet with the Explore Nepal and Lake Gokyo trek participants and complete the remainder of the trip together.

Kathmandu, a bustling vibrant city which serves as Nepal's capital, is located in the Kathmandu Valley. It's a place where historical customs and contemporary modern life coexist harmoniously. You may find a treasure trove of ancient temples, palaces, and fine woodwork in Kathmandu. The city's thriving marketplaces provide visitors a true experience of Nepali culture with its amazing selection of local products and street food. Kathmandu is a fantastic spot to immerse yourself in the rich tapestry of Nepal's heritage since its residents are very friendly and hospitable.

Pokhara, also known as Nepal's "City of Lakes," is a tranquil and beautiful location hidden in the shadows of the majestic Himalayas. It's renowned for its stunning lakes, notably Phewa Lake, where you can enjoy peaceful boat rides against a backdrop of majestic mountains. Pokhara serves as the starting point for a number of popular Himalayan hikes, such as the Annapurna Circuit. After a day of trekking, the city's laid-

back vibe makes it the perfect location to unwind. With its vibrant nightlife, charming cafes, and adventurous activities like paragliding, Pokhara has something for every traveler seeking peace and adventure.

Chitwan is a region in southern Nepal famed for its beautiful jungles and plentiful wildlife. Chitwan National Park is located here, and you may go on thrilling safaris to see creatures like rhinoceroses and tigers. The Rapti River adds to the natural beauty by providing canoeing rides and wildlife watching possibilities. Chitwan also offers a glimpse into local culture through traditional Tharu performances. This is a nature lover's dream and an excellent choice for people looking for wildlife activities in Nepal.

Highlights

- Begin your journey in Kathmandu, immersing yourself in local markets and shops, and explore the historical city of Bhaktapur
- Traverse through the lush landscapes of the Annapurna region, ascending to higher altitudes with each day
- Enjoy breathtaking views of the Annapurna range, serene rhododendron forests, and awe-inspiring landscapes during your trek
- Explore Chitwan National Park with boat safaris, jeep rides, and walking safaris, encountering remarkable wildlife and serene river landscapes

Itinerary

Day 1 Saturday 18th May	Arrival in Kathmandu Your adventure begins as you arrive at Kathmandu's Tribhuvan International Airport. You will be warmly greeted by the local team and transferred to your hotel. After check-in, you can rest and recover from your journey or explore the vibrant streets of Kathmandu on your own.
Day 2 Sunday 19th May	Kathmandu sightseeing On this day you'll explore the beautiful Bhaktapur city, a place with history and charm. Later, you'll visit the sacred sites of Pashupatinath and Boudhanath, immersing yourself in the rich spiritual tapestry of

	Nepal.
Day 3 Monday 20th May	<p>Fly to Pokhara and drive to Dhampus and trek to Australian camp</p> <p>On this day, you'll board a flight to Pokhara and then embark on a picturesque drive to Dhampus and trek to Australian camp, settled at 2,150 meters above sea level. Here, the breathtaking views of the Annapurna range will welcome you to the world of trekking.</p>
Day 4 Tuesday 21st May	<p>Trek to Bhadaure (1,800m, 5-6 hours)</p> <p>With your backpacks on, you'll begin your trek to Kande. After going down for almost two hours from Kande we will begin our climb towards Bhadaure. The trail is mostly on jeep tracks with gradual up hills.</p>
Day 5 Wednesday 22nd May	<p>Trek to Panchase (2,500m, 5-6 hours)</p> <p>As the sun rises on Thursday, your trek continues to Panchase, surrounded by enchanting rhododendron forests. This 5-hour journey at an altitude of 2,500 meters will envelop you in the tranquility of the Himalayas.</p>
Day 6 Thursday 23rd May	<p>You'll meet up with the Explore Nepal and Lake Goyko trek participants and do the rest of the trip together</p> <p>Trek to Ghatichina and drive to Pokhara</p> <p>After witnessing the breathtaking sunrise on the Annapurna range and Pokhara valley, we will have our breakfast and get ready to descend down to Ghatichina. The trail today is a mix of jeep track and single tracks with stairs. 4 hours of walking and then we will drive to Pokhara.</p>
Day 7 Friday 24th May	<p>Explore Pokhara</p> <p>Today, you'll have the chance to explore Pokhara</p>

	You can also try some adventure sports, such as bungee, paragliding, swing, zipline if it interests you.
Day 8 Saturday 25th May	Fly to Chitwan You'll leave Pokhara and travel to Chitwan, a region known for its wildlife and lush forests. In Chitwan National Park, you can go on a jungle safari to spot rhinoceroses, tigers, and various bird species. The day ends with a cultural performance by the indigenous Tharu people.
Day 9 Sunday 26th May	Activity day in Chitwan Another exciting day in Chitwan includes activities like jungle safaris, canoe rides along the Rapti River, and a visit to the Gharial Breeding Center to see a unique crocodile species.
Day 10 Monday 27th May	Fly to Kathmandu You'll travel back to Kathmandu, where you can explore any remaining sights or do some last-minute shopping for souvenirs.
Day 11 Tuesday 28th May	Fly back home On this day, you'll bid farewell to Nepal and fly back to your home country, taking with you cherished memories of the stunning landscapes, rich culture, and diverse wildlife that you experienced during your journey through Nepal.

What's Included

Transportation:

- Airport transfers
- All internal flights

Accommodation:

- 3 nights in Kathmandu at [Nepali Ghar Hotel](#)
- 3 nights in mountain lodges
- 2 nights in Pokhara at [Hotel Barahi](#)

- 2 nights in Chitwan at [Barahi Jungle Lodge](#)

Meals:

- Breakfasts in Kathmandu and Pokhara
- All meals in Chitwan
- All meals during the trek
- Welcome and farewell dinner

Staff

- Experienced and qualified guides
- Support staff to carry your luggage during the trek
- All staff salaries and insurances

Permits:

- Trekking permits
- Sightseeing permits
- Safari permits

Equipment:

- Duffle bag
- Trekking poles
- Sleeping bag
- Water bottle
- Sanitary kit

What's excluded?

- International flight
- Nepal visa fee
- Lunch and dinner in Kathmandu and Pokhara
- Beverage, snacks and alcohol/bar tab
- Extra meals and personal expenses during the trek
- Tips and gratuities (10-15%)

Important notes:**Money and budget:**

It is best to bring extra of cash along with you to avoid any problems that might occur due to technical issues. The Adventure Kora representatives will assist you with money exchange. You are required to carry Nepalese currency during the trek to cover your personal expenses. Please be aware to carry some extra funds for tipping, emergency scenarios like flight cancellations or rescue.

Meals during trek:

There is a wide variety of food items available from the mountain lodge menu's. You can choose breakfast, lunch and dinner from the menu provided at the lodges. Your guides will help you to place your orders. Please let us know if you have any dietary requirements.

Health and safety:

If you have any health conditions, please let us know in full detail before the trek starts. Our expert experienced team of guides will be monitoring your health on the trek. Make sure to follow the instructions of guides to avoid any health and safety issues. Please communicate with your guide on a daily basis about the changes you have been experiencing in your body or if you have any problems to avoid the chance of getting altitude sickness as much as possible.

Insurance:

All trek participants should have travel and rescue insurance. Please make sure it covers high altitude trekking and helicopter rescue.

Support staff:

A trekking porter will support you with carrying 15kg of belongings maximum. One porter will be shared among two trekkers. Duffle bags will be provided to pack your belongings which are to be carried by the support staff.

Tips and gratuities:

It is customary in Nepal, especially in the tourism industry, to tip the guides, porters, drivers and other service providers after the service is received. It's up to you to tip as much as you want if you are happy with their service.

Single supplement:

20 % extra charges will be applicable if you choose not to share rooms during the trip. There will be certain areas where the option is not available to have a single room during high season time.

Change and adaptations:

The trip leaders will make changes and adapt the itinerary upon your best interest if any unavoidable circumstances like bad weather, natural disaster, political activity, health issues, change of rules etc. occurs.

What to pack for the trek:**Head and hands**

- Cap or hat to wear while walking in the bright sun
- Wool or fleece cap or hat to keep your head warm

- Neck warmer to protect your throat from catching a cold
- UV protection sunglasses
- Warm wind and waterproof gloves

Upper body:

- Dri fit trekking shirts
- Thermals
- Warm trekking shirts
- Hiking hoodie
- Wind and waterproof jacket
- Down jacket

Lower body:

- Trekking pants
- Trekking shorts
- Thermals and inners
- Trekking socks
- Waterproof trekking boots with ankle support
- Slippers or sandals

Other items:

- Day rucksack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One or two-liter water bottle.
- Personal first aid kit to include essential items.
- Torch, ideally head torch.
- Digital Camera and a spare battery and battery charger
- Toilet paper, quick-dry towel,
- Toothbrush
- Large handkerchief/bandana for neck
- Rain poncho