

TREKKING IN THE ANnapurna REGION

Nepal is the best trekking destination in the world. Home to the highest and most impressive mountains the planet has to offer, it has the largest variety of high quality low and high altitude routes than any other country.

Of all the trekking regions that Nepal offers, the Annapurna Conservation Area is arguably the best, ticking all of the boxes regarding variety, stunning scenery and flexibility.

It also has a mountain airstrip (Jomson) nicely positioned to enable some routes to be trekked in either direction or used as a base for day treks.

If you were to have to choose between the this region and the Everest region, choose this one. Why?

If it were not for the climbers and trekkers in the Everest region, most of the infrastructure there would not exist, the altitude is simply too high and growing food is difficult. It is very obvious in this region that the opposite applies; it is full of life, full of character, very green and rural and the families would live here regardless of whether trekkers came through or not. This is the *real* Nepal.

Apart from the world class trekking, this region has another advantage - Pokhara (see page 2).



Travel and Trek offers the following treks in this region:

The Annapurna Circuit. One of the best long distance treks in the world. It takes 18 days, it is demanding and attains an altitude of 5400m but extremely rewarding.

Annapurna Base Camp. A 12 day trek that covers the whole lower region and includes getting up to the Base Camp that serves the mighty Annapurna Massif climbing region.

Pokhara - Jomson. A 10 day trek covering most of the best parts of this region. Trek north to Jomson and fly out.

Rhododendron Trek. An 8 day, slow paced trek through the rural lower region but also timed to experience the rhododendron forests in full bloom.



Kathmandu is a wonderful start and finish point for any trip in Nepal. Thamel is the tourist area within which you will stay and it is just 25 mins from the airport. A bustling area, the district really is a shop 'till you drop place with its plethora of shops, cafes, bars and restaurants all at inexpensive prices. It is hard to resist stocking up on goodies but should you do so the hotel will only be too happy to store your excess baggage whilst you are trekking.

Pokhara

Any trek to the Annapurna region is not complete without visiting Pokhara. This delightful lake side town is the perfect place to rest, relax and recharge your batteries after a trek. Sit by the Phewa Lake, eat and drink in one of the many inviting restaurants and bars or if you are ready for more.....try some world class paragliding, mountain biking or microliting! Whatever you decide to do, you will have earned it!

All itineraries that come through Pokhara will rest here for 2 days before flying back to Kathmandu. Having seen the countryside between Kathmandu and Pokhara by road, it is nice to see it from the air and at just 30 mins long the flight saves you valuable shopping time!

There are also some interesting museums here, most notably the Nepalese Mountaineer Museum and a Gurkha Museum. Pokhara is the final selection and training base for the Gurkha's that have been selected for the British Army.

Your Guides and Porters

Throughout your trek, you will be under the watchful eye of a very experienced, local and Nepalese English speaking qualified Guide (and possibly a UK Leader too) who will also manage the porters. They will carry your excess kit; you will only carry your daysack. Travel and Trek takes pride in the way it treats its Guides and porters and fully complies with and supports the International Porter Protection Group (IPPG). By doing so we ensure that they are all adequately clothed (particularly at altitude), medically supported with drugs if required and only carry up to the maximum limit allowed (30kg).

Trekking Notes and Kit List

Once you have booked with Travel and Trek, you will be given a comprehensive set of trekking notes and a kit list. Medical issues, clothing, equipment, the conditions, documentation and generally what to expect are all covered in some detail, which will help you prepare for the trip.

Fitness

Fitness is very subjective. As long as you can trek for approx 6 - 7 hrs per day carrying your daysack with essentials in it, you should be perfectly capable of completing any trek in the Annapurna region. Endurance and robustness are key; speed is not.

Visas

All UK Nationals require a visa to get into Nepal. Travel and Trek will supply you with the application form and information on what is required. Visas are processed on entry to Nepal. All other permits (trekking) will be dealt with for you.

Kathmandu Sightseeing

There is an optional full day, guided sightseeing tour (~9am - 3pm), which can be arranged for you and is highly recommended.

The tour is exclusive to your group and although I will recommend the places not to miss, you have the freedom to change as you wish.

If your group is small, then arrangements can be made for you to hire a taxi for the day and roam as you wish!

Royal Chitwan National Park

Why not add a few days onto your itinerary and visit Chitwan?

Reputed to be one of the best in Asia, this large park is the natural home to rhino, tigers, leopards, elephant and many other animals and birds.

The Park is located between Pokhara and Kathmandu on the southern Nepal/Indian border and has easy access by road and domestic flight.

See page 12 for more details.



This Travel and Trek bag is designed to carry the right amount of equipment and is comfortable for porters to carry



Notes:

- **Costs** are based on 2 sharing and are per person (singles see below)
- **Dates:** please see website
- **Tourist Visa** required for UK Nationals. This is not onerous and can be done on entry into Nepal. Full details provided on booking.
- Day 1 of each itinerary is deemed to be your departure day from the UK and the last day your arrival day back in the UK. This may vary slightly depending on your own flight arrangements.
- **Extended Stays.** You are free to extend your stay in Nepal with extra days before or after the trek. Travel and Trek can assist you with accommodation if you wish or you are free to make your own arrangements.
- When you book with Travel and Trek, you will receive a set of **comprehensive trekking notes**, an itinerary, kit list, a visa application form, notes on how to get into Nepal and a back up service to help you prepare.
- **Singles.** Travel and Trek does not believe in penalising single travellers unnecessarily. If you are a single traveller and do not request sole occupancy of a room, you will be accommodated with another member of the group of the same sex. If there is an odd number travelling and you happen to be the odd one out then you will be allocated sole occupancy at no extra cost. If you do request sole occupancy throughout all or part of the trip, then you will be charged a supplement (specified with each trip).
- **UK Leaders.** Some treks are led by a UK Leader IN ADDITION to a local Nepalese Guide. ALL treks have a local Guide on them. The website should indicate which treks are UK led but if in doubt please ask.
- **Altitude Sickness.** Formally known as Acute Mountain Sickness (AMS), Travel and Trek has a lot of experience with AMS and has produced a 'Guide to Trekking at High Altitude', which can be downloaded from the website. Alternatively, you can request a copy be sent to you. If you wish to discuss it personally, please call the Travel and Trek office and ask for Terry Crosby who will be happy to answer any questions that you may have.
- **Local Payments.** Travel and Trek does not charge any local payments.

TOUR INCLUSIONS:

All group accommodation on a twin share basis (hotels and tea houses)

All group ground transportation as appropriate

Airport pick up on arrival

Return airport transfers for domestic flight as appropriate

Domestic flights as per your itinerary

National Park fees and TIMMS certificate (trekking certificate)

Services of an English speaking Nepali Guide throughout the trek

Porterage

Comprehensive Trip Notes

EXCLUSIONS:

Domestic and international airport departure taxes (approx £3 return and £14 respectively)

Nepal Tourist visa (US\$40)

Personal spending

Staff gratuities

Personal travel insurance

Food

CONTACT DETAILS

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Annapurna Circuit

With the exception of the Everest Base Camp trek (EBC), the Circuit is probably the most well known trek in Nepal. It is certainly the longest and in fact attains a higher altitude than the EBC. Being a 'circuit' rather than an 'out and back' trek (as EBC is), the Circuit is less populated.

The Circuit is comfortably completed in 18 days (with 2 days built in as spare/rest days) in an anticlockwise direction. You begin this amazing experience with a drive from Kathmandu to Besi Sahar during which you will see life on the road through the Kathmandu Valley. Having reached Besi Sahar, you will head straight out into the hills.

For the next 5 or 6 days you will slowly ascend through the Hindu heartland until you reach Manang. At an altitude of 3500m it is time not only for a rest but also to acclimatise. By now you will also have noticed a change in the culture and appearance of these robust mountain people.

From here, the walking gets serious for a few days. The scenery has changed from forest to open stark mountains and the altitude increases through 4000m until a 'dawn raid' gets you up and over the highest Pass in the world – the Thorong La (5416m). It doesn't get much better than this: you are on the northern edge of the Annapurna range and looking across at the Dhaulagiri range. Both contain peaks that are in the top 10 in the world.



Crossing the 5400m Thorong La

The Thorong La is higher than Everest Base Camp - it presents a formidable challenge

After ascending for what seems weeks, it is time to descend – rapidly! The 1800m descent to Muktinath immerses you deep into Buddhist/Tibetan territory with the gorge entrance to Upper Mustang (once of Tibet) on your doorstep. A day later and you are on the bed of the Kali Gandaki river, which stays with you for 3 more days. Just before you reach Jomson, spend some time looking for ammonites (fossils), which can be easily found on the river bed having been washed down by the monsoons (river bed pictured left).

The next 3 days will seem like a gallop as you gradually trek south through Marpha, Kalopani, Ghase, finally reaching Tatopani. A rest here is almost compulsory; it is home to some of the most welcoming natural hot springs on earth!

Your climb up to Ghorepani is a long one and one that you may choose to break down into 2 days. Awaiting you is Poon Hill; one of the best dawn photographic opportunities in the country. Finally, you descend down to Naya Pul and the road. You may be forgiven for shedding a tear here as you look over your shoulder and leave such a beautiful place and quiet existence behind you.

Despite the sadness of leaving, you will welcome the rest and relaxation that 2 days in the lake side town of Pokhara will bring. Relax by the Phewa Lake, eat and drink in one of the many inviting restaurants and bars or if you are ready for more.....try some world class paragliding or microlighting!

You will eventually fly back to Kathmandu, spend a little time there before boarding your flight back to the UK.

This 25 day trip (UK – UK) is an awesome journey that not only takes you through the whole range of terrain that Nepal has to offer but also through its various cultures. You get to chill out in Pokhara and then fly back to Kathmandu. If you were only allowed to visit Nepal once, this trek should be your destination.

DETAILS

Prices from £790

Duration: 25 days UK - UK

Min/Max pers: 2/12

Dates: see website

Annapurna Circuit - Daily Itinerary

Days	Event	Remarks
1	Depart London	
2	Arrive Kathmandu Transfer to hotel (25 mins). Evening free to explore Thamel	Travel and Trek is associated with the Kathmandu Guest House, which is perfectly placed right in the heart of the buzzing Thamel district of the City. Why not dine in one of the many unique and exciting restaurants all within minutes of your hotel
3	Free day to explore Kathmandu Evening free	Advice can be provided on where to go and what to see and costs.
4	Drive to Besi Sahar, the start point of the Circuit. Trek for a few hours on arrival	Approx 6 hrs including a lunch stop Trek Day 1
5 - 20	For the next 17 days, you will trek through spectacular mountain scenery, some thickly forested areas slowly rising to the regional capital Manang . After acclimatising, it is up and over the Thorung La Pass (5416m) . Descend to Muktinath , through Jomson and down the Kali Gandaki valley to Tatopani . Long ascent up to Ghorepani . There is an excellent opportunity here to get up to Poon Hill pre-dawn for a cracking photo opportunity of the mountain ranges around you. From Ghorepani, once again the scenery changes as you begin your descent towards Naya Pul. The road journey from Naya Pul to Pokhara is just 2 hrs.	Whilst your itinerary will state the overnight stops, they can change in an instant. The weather, illness and potential injuries are all elements that could slow a group down or even stop it. There are 2 days built in to this programme to assist if required. At the end of day 20, you will spend a very well earned relaxing night in a hotel.
21	Pokhara - full day relaxing	Plenty of opportunities to either relax, browse the shops or take part in world class paragliding or microliting. There are also some interesting museums of the Gurkha soldiers (their training base is here in Pokhara) and the history of mountaineering.
22	Fly Pokhara – Kathmandu	Evening free
23	Kathmandu, free day	This day also acts as a spare in case of bad weather in Pokhara, which may prevent the aircraft from leaving
24	Fly back to UK	
25	Early arrival in London	

Annapurna Base Camp

The Annapurna Base Camp itself is at the heart of the Annapurna Region, indeed if you trekked the Annapurna Circuit, you would circumnavigate the Base Camp without actually setting eyes on it. At 4130m, it is tucked in a bowl of snow and ice created by the mighty Annapurna Peaks themselves.

To trek to it, you must first reach Chomrung in the lower Annapurna Region. This village is deceptively large and perched on the hillside overlooking the entrance to the steep gully that leads up to the Base Camp as if to guard it! The ascent is a good 3 days.

The Trek. Departing Kathmandu early morning, this journey *really* begins with a drive through the Nepali countryside, briefly touching Pokhara on your way to Phedi, the start point of your trek. The 2–3 hr trek to Damphus or Pothana is a gentle introduction to the terrain as you slowly disappear deeper into the hills.

On day 2 of the trek, you will cross the first Pass (Deurali), which brings into view the Modi Khola, a river that sits deep in the valley and emanates all the way from ABC. The extent of the terracing that is dug into the hillsides becomes very apparent; it is enormous. Your overnight stop (Landruk) allows you ample time to view this captivating landscape. This continues on day 3, indeed you cross the Modi Khola and eventually reach Chomrung; gateway to ABC. By now you will have seen and appreciated that this region exists naturally; the local people would live here regardless if trekkers came through or not. This is the real Nepal; self sufficient in a totally rural and unspoilt land.



From Chomrung the ascent to ABC is over 1000m; a slow but enjoyable climb through variable terrain including bamboo and rhododendrons. The pre-dawn walk into ABC to watch the sun rise over the surrounding peaks is superb; hard, crisp, white snow making underfoot conditions ideal for walking. You will spend as much time here as you need soaking up the uniquely silent atmosphere as you gaze at the famous Peaks that surround you.

You are surrounded by the
majestic Annapurnas

Within two more days you will have descended out of and said goodbye to the Modi Khola, trekking back through Chomrung and be rested at Jhinu; a tiny but wonderful little tea house complex. From here the scenery changes dramatically from the stark mountains to the beautiful and colourful dense Rhododendron forests that engulf Tadapani. They will just about be in full bloom at this time of year. These forests are also home to many wild colonies of Grey Monkey.

The forest continues for over 5 hours all the way to Ghorepani, gateway to **Poon Hill**, which is a photographers dream at sunrise. This prominent point overlooks two major mountain ranges: the Annapurna Massif and the Dhaulagiri range.

Ghorepani is quite a large, Gurung dominated village with several trekking routes passing through it. It is a good place to meet many others and talk about their experiences over a beer!

After your dawn excursion to Poon Hill, you will have breakfast back at the Lodge before embarking on your final two days of trekking, which firstly takes you down to Ulleri situated on a very steep bank in the mountainside. Midday on the final day, you will exit the area at the roadside village of Naya Pul to catch your road transport to Pokhara (90 mins). See page 2 for more details on Pokhara.

DETAILS

Prices from £750

Duration: 19 days UK - UK

Min/Max pers: 2/12

Dates: see website

Annapurna Base Camp - Daily Itinerary

Day	Event	Remarks
1	Depart London	
2	Arrive Kathmandu Transfer to hotel (25 mins). Evening free to explore Thamel	Travel and Trek is associated with the Kathmandu Guest House, which is perfectly placed right in the heart of the buzzing Thamel district of the City. Why not dine in one of the many unique and exciting restaurants all within minutes of your hotel
3	Free day to explore Kathmandu Evening free	Advice can be provided on where to go and what to see and costs.
4	Drive through the Nepali countryside (6 hrs) to the trek start point and straight into a half day trek. Trek to Damphus.	
5/6	Trek Damphus - Landruk - Chomrung	Meander through the foothills, over the first Pass and get your first sight of the Modi Khola. It is the very deep valley that leads up to the Base Camp. Continue along the steeply terraced hills to Landruk (overnight stay) and then onto Chomrung having crossed the river on Day 6. The views along this valley are superb and there is so much rural life.
7–11	Trek to Annapurna Base Camp and return to Jhinu	It is good 3 day ascent to the Base Camp of Machhapuchhre and it is from here that you walk into ABC to see the sun rise over the majestic peaks that surround you. Spend as much time here as you need, soak up the atmosphere before descending as far as Bamboo. The 5th day in this region will see you out of the gully and as far as Jhinu.
12/13	Trek Jhinu - Tadapani - Ghorepani	These 2 days are in complete contrast to ABC as you firstly enter and then climb steadily through the rhododendron forest to Tadapani (day 12) and then up to Ghorepani. These very colourful flowers will be in full bloom at this time of year; an absolute joy to see.
14/15	Trek up to Poon Hill Trek Ghorepani - Ulleri - Naya Pul	Day 14 begins with a pre-dawn trek up to Poon Hill (not compulsory!) to see the sun rise. This wonderful photographic opportunity captures both the Annapurna and Dhaulagiri ranges. Head back to the Lodge for breakfast and then head south for 2 days through Ulleri and Birethanti before meeting the road at Naya Pul. It is here that we get on the waiting transport back to Pokhara. Time to relax.
16/17	Relax in Pokhara Flight to Kathmandu	A full day of rest and recuperation in this very chilled out lakeside town. There is plenty to keep you busy if you so wish. Time to perhaps finish any business in Pokhara before your 30 min flight to Kathmandu. Evening at leisure.
18	Free day	Depending on your own flight arrangements, you may be flying back to UK on an evening flight
19	Arrive London	

Pokhara - Jomson

This point to point trek starts close to Pokhara and gently meanders its way through the lower part of the Annapurna region, descends to Tatopani before heading north along the Kali Gandaki valley ending at the mountain airstrip of Jomson.

This trek begins with a half day walk to either Damphus or Pothana; even at this early stage the views of the Annapurna Massif are superb. The next days trek to Landruk demonstrates the extent of the hill terracing that these farming people have made for themselves over decades; it is huge. A favourite village for many, the views from here extend up and down the valley as well as up to Ghandruk and beyond.

Trekking here can be tough at times, the terraced hillsides mean that there are a lot of steps but taken at a leisurely pace with plenty of stops, you soon find yourself climbing well.

By day 3, the scenery subtly changes to the thick rhododendron forests and by the time you reach Tadapani you will be deep in monkey country! There are many colonies of truly wild grey monkeys that can be seen, if you are quiet! You will need to travel in late March to catch the rhododendrons in full bloom (well worth seeing).

Ghorepani is the highest village that you will sleep in (2900m), marks the height of 4 days of general ascent and is also the gateway to Poon Hill. At 3200m, this hilltop needs a

pre-dawn ascent to obtain the superb sunrise photographic opportunity of not only the Annapurna's but the Dhaulagiri range too. After breakfast back at the lodge, a longish day of gentle descent will take you down to Tatopani, most famed for the natural hot springs that can soothe those aching legs!

The final 3 days take you north up the Kali Gandaki valley, through Ghase, Kalopani and onto the flat and wide riverbed, demonstrating just how big this river is in the monsoon season. By the time you reach Tukucho, you will have noticed the change in culture as it now becomes primarily Buddhist (you have entered the District of Mustang). Be sure to spend a little time in Marpha for it is the apple capital of Nepal; dried apple, apple brandy and the best apple crumble on the trek can all be found here! The narrow, single street will captivate you as you pass through it on your way to your final destination – Jomson.

You will spend your final night in Jomson prior to an early morning flight back to Pokhara, which despite the fact that it only takes approx 20mins, over flies the route that has just taken you 8 days to trek!

You have 48hrs here to rest and relax in the lake side town of Pokhara. Pokhara is described in more detail on Page 2.



DETAILS

Prices from £750

Duration: 16 days UK - UK

Min/Max pers: 2/12

Dates: see website

Pokhara - Jomson - Daily Itinerary

Days	Event	Remarks
1	Depart London	
2	Arrive Kathmandu Transfer to hotel (25 mins). Evening free to explore Thamel	Travel and Trek is associated with the Kathmandu Guest House, which is perfectly placed right in the heart of the buzzing Thamel district of the City. Why not dine in one of the many unique and exciting restaurants all within minutes of your hotel
3	Free day to explore Kathmandu Evening free	Advice can be provided on where to go and what to see and costs.
4	Drive to Pokhara and then onto Phedi, the start point of the trek. Trek for a few hours on arrival	The drive is ~6 hrs including a lunch stop The group will travel in its own exclusive minibus Trek Day 1
5 - 11	For the next 7 days, you will trek through spectacular scenery; steeply terraced hill sides, some thickly forested areas, snow capped peaks and river beds of the Kali Gandaki valley.	Scheduled route: Phedi – Damphus – Landruk – Tadapani – Ghorepani – Tatopani – Ghase – Tukucho – Jomson The exact stops can be changed to cater for injuries, illness or adverse weather. The highest sleeping altitude is at Ghorepani (2900m) The highest altitude attained is 3200m (Poon Hill)
12	Spectacular early morning mountain flight Jomson – Pokhara	Breakfast on arrival at the hotel in Pokhara Spend the remainder of the day relaxing in the Lake View Resort
13	Full day rest and relaxation in Pokhara	Paragliding and/or microliting can be pre-booked for you.
14	Fly Pokhara – Kathmandu	Finish off any last minute shopping in Pokhara! Transfer to hotel in Kathmandu, remainder of the day and evening free.
15	Fly back to UK	Depending on your own flight arrangements, this could be a morning or evening departure
16	Arrival in London	

Rhododendron Trek

This very gently paced trek concentrates around the lower Annapurna region, famed for the rhododendrons. The short distances for the majority of each trekking day is such that they would be considered half days on a much longer trek. It is therefore suitable for a much wider range of clients.

This trek begins with a 2 – 3 hr walk to either Damphus or Pothana; even at this early stage the views of the Annapurna Massif are superb. The next day to Landruk demonstrates the extent of the hill terracing that these farming people have made for themselves over decades. This is a favourite village for many, the views from here are extensive including the next night stop (Ghandruk), which appears within touching distance!

Whilst the trekking here can be tough at times (the terraced hillsides mean that there are a lot of steps), the distances between overnight stops is quite short allowing plenty of time for rest and photo stops.

By day 4, the scenery subtly changes to precisely what you have come for - the thick rhododendron forests. By the time you reach Tadapani (night 4 stop) you will not only be deep into the rhododendrons but also monkey country! There are many colonies of truly wild grey monkeys that can be seen, if you are quiet! Continuing on to Ghorepani (highest sleeping point, 2900m), you will spend the whole day immersed in rhododendrons. Ghorepani is also the gateway to Poon Hill. At 3200m, this hill needs a pre-dawn ascent to obtain the superb sunrise photographic opportunity of not only the Annapurnas but the Dhaulagiri range too.

After descending from Poon Hill, you will have breakfast before descending slowly through Ullerei towards Birethani prior to exiting the area at Naya Pul the following day. It is then a short drive to the tranquil lake side town of Pokhara where you will have 48hrs to rest and relax (see page 1 for more details). Choose to do this by the Phewa Lake, in one of the many inviting restaurants and bars or if you are ready for more.... try some world class paragliding or microlit-ing!

You will eventually fly back to Kathmandu and spend a little time there before boarding your flight back to the UK.

This 15 day trip (UK – UK) keeps it all inside 2 working weeks and gets right into the heart of the rhododendron area. There is plenty of time, even once you have reached your night stop to go off and explore if you wish. The altitude is low enough not to cause anyone any undue discomfort. The 'drive to Pokhara and fly back' policy works well; you get to see the countryside and over-fly it on the way back and of course you have some time in tranquil Pokhara too.



DETAILS

Prices from £720

Duration: 15 days UK - UK

Min/Max pers: 2/12

Dates: see website

Rhododendron Trek - Daily Itinerary

Days	Event	Remarks
1	Depart London	
2	Arrive Kathmandu Transfer to hotel (25 mins). Evening free to explore Thamel	Travel and Trek is associated with the Kathmandu Guest House, which is perfectly placed right in the heart of the buzzing Thamel district of the City. Why not dine in one of the many unique and exciting restaurants all within minutes of your hotel
3	Free day to explore Kathmandu Evening free	Advice can be provided on where to go and what to see and costs.
4	Drive to Pokhara and then onto Phedi, the start point of the trek. Trek for a few hours on arrival to either Damphus or Pothana	The drive is ~6 hrs including a lunch stop The group will have its own exclusive minibus.
5 - 11	For the next 7 days, you will trek through spectacular scenery; steeply terraced hill sides, some thickly forested areas, snow capped peaks with the focus firmly on the rhododendrons.	Scheduled route: Phedi – Damphus – Landruk – Ghandruk – Tadapani – Ban Thanto – Ghorepani – Ulleri – Naya Pul (drive to Pokhara) The exact stops can be changed to cater for injuries, illness or adverse weather. The highest sleeping altitude is at Ghorepani (2900m) The highest altitude attained is 3200m (Poon Hill)
12	Full day rest and relaxation	We can pre-book some paragliding or microliting if you wish
13	Fly Pokhara – Kathmandu	Remainder of the day free
14	Fly back to UK	Departure time will depend on your flight
15	Arrival in London	

Royal Chitwan National Park

The Royal Chitwan National Park is synonymous with wildlife. After a somewhat disastrous period of hunting in the early 1900's, it was proclaimed a National Park in 1973 and from then onwards it has bounced back with a growing population of over 50 species of animals including over 500 rhino, 80 Bengal tigers and over 450 types of bird.

If not already part of your itinerary, a side trip to Chitwan would enhance your experience of Nepal.

Chitwan is located in between Kathmandu and Pokhara on the southern Nepalese border (the Terai region). It can be accessed from either town by road (~ 5hrs in a car) or by flying into the local airport (Bharatpur, flying time 15 - 20 mins).

To get the best out of Chitwan, we recommend that you stay *inside* the Park. It is more expensive but you are into the jungle within a minute and can view animals coming down to the Rapti river to drink.

We also recommend Gaida Wildlife Camp; a well located, wooden lodged camp in total keeping with its environment. (see picture below).

From the veranda of your cabin, you can watch the peaceful life of the river and jungle unfold before you.

Two or three nights is all you need here; a good 36 - 48 hrs on the ground in order to get out in the vast wilderness on the incredible elephants that carry you. These massive and well trained beasts meander their way through the jungle, the rivers, the high bamboo and grassland almost effortlessly; giving plenty of time to use your camera to capture the wildlife.

The knowledgeable camp Guides will do their best to seek out the animals; you will almost certainly see rhino and deer, maybe crocodile and hopefully the elusive Bengal tigers and leopards. We were lucky enough to stumble upon a tiger (pictured above) on its prey in Apr 2009.

This camp has its own elephants and you will have the opportunity to see how they are cared for as well as helping to bath them (not to be missed!).

A visit to Chitwan can be fitted into your bespoke itinerary at just about any point you wish. There are no minimum numbers.



Two of Chitwan's inhabitants; the Bengal tiger and rhino



The picture of the this deer was taken from the veranda of the cabin pictured below.



DETAILS

Recommendations: A 2 or 3 night stay at the Gaida Wildlife Camp

Included in the quoted price will be:

Accommodation at the lodge

All meals, tea, coffee, etc...whilst in Chitwan

Transport transfers as requested by the client

All activities based at the Camp

As an example, a 2 night stay with return flights to Kathmandu, including transfers to the airport is US\$430 pp