

Nepal Insight II



Trip Duration: 14 days

Grade: Moderate

Trek Type: Tea House Trek

Activities: Culture tour, Trekking & Chitwan Jungle Safari

Accommodation: Hotel, Tea House and Resort

Transportation: Private tourist bus/internal flight

Trip Date: 26.10.2012

Trip Highlights

- Plenty of flora and fauna.
- Interaction with different ethnic tribes.
- Magnificent views of Mt. Everest, Amadablam, Nuptse.
- Exciting Mountain flight.
- Tengboche Monastery – One of the holiest Monastery in this region.
- World Heritage sites.

Nepal Insight is a nice combination trip comprising of culture and historical tours, trekking in the Himalayas and exploring the one and only Chitwan National Park. We chose this trip because of its variety in culture and landscape. We will cover from a mere elevation of 136 M to 3210 M - Abundant of flora and fauna, culture and mixture of ethnic tribes living in harmony. One horned Rhino in the Chitwan to Thar (Mountain goat) in the hills of Annapurna.

cultures, architecture and religion on their visit to Kathmandu, which is still visible as one wonders round the alleys and the surroundings. Due to its interesting history, fascinating cultures, characters and a very peaceful and harmony religion, visiting Kathmandu is a unique experience. the surroundings. Due to its interesting history, fascinating cultures, characters and a very peaceful and harmony religion, visiting Kathmandu is a unique experience.

an exhilarating flight to Lukla, perhaps one of the most exciting airports in the world. After meeting our trekking staffs we head slowly down to Phakding, following the Dudh Koshi river, where we stay overnight. The next day, a steep climb to the Sherpa capital Namche Bazaar lies ahead. Namche Bazaar which was a famous trading center between Tibet and Nepal. We have more time to acclimatise here, before following the popular trail to Tengboche with incredible views of Kang Taiga, Thamskerku, Ama Dablam and the Nuptse - Lhotse wall, with Everest



Kathmandu city tours:

Kathmandu was originally called "Kastha Mandap", a magnificent pagoda style Hindu temple in the heart of the valley. It is believed to be the centre point of the valley and was built by a single tree. It was constructed during the Malla Kings dynasty between 16th and 17th century. As time passed by there were a lot of visitors from all corners of Asia. These individuals contributed their arts,

Everest Trekking:

Everest Trek takes you up high along trails to Tengboche Monastery (3870m) This is an outstanding trek, more of a walking journey, with time to immerse yourself in the beautiful surroundings, to explore villages and monasteries and to sample the warm hospitality of the Sherpa people in the comfort of the high altitude cosy hotels and resorts.

The adventure begins with

rearing above. From the riverside village of Phunki Teng, our trek leads gradually uphill to the holy village of Tengboche. This has long been the religious centre for all inhabitants of the Solu Khumbu area. There are numerous shrines and a beautiful monastery that sits at 3870 meters. Our descent takes us through Benkar village before returning to Lukla. A scenic flight back to Kathmandu concludes our spectacular trek to the roof of the world.



Chitwan National Park:

The Royal Chitwan National Park, established in 1973, is one of the richest and most spectacular wildlife sanctuaries, situated 75 airmiles south west of Kathmandu in tall grass land and magnificent forests. In this panorama jungle setting inside the 960 square km park is found one of the greatest wildlife in South East Asia. One horned Rhinos,

several species of deer, sloth deer, wild boar, fresh water dolphins, bison, marsh muggers, leopard and crocodiles, over 450 species of birds, 67 different kinds of butterflies and the elusive nocturnal Royal Bengal Tiger. Nowadays the National Park can be easily visited on all levels of budget. A typical day inside the park includes early morning jungle walks, elephant rides, dugout canoe rides, jungle

drives, sunset walks, elephant bathing and many others. The evening can be spent visiting a Tharu village, where you get a rare opportunity to witness a traditional Tharu dance. A fifth of the park is made up of the floodplains of the Narayani, Rapti and the Reu Rivers and is covered by dense tall Elephant grass interspersed with forests of silk cotton (Kapok), Acacia and Sisam trees.

Outline Itinerary

- * Day 1. Arrival in Kathmandu. Trip briefing. Welcome dinner with culture dance.
- * Day 2. Morning city tours for half day. After lunch afternoon free.
- * Day 3. We fly to Lukla(2,800m) Trek to Phakding (2,600m)
- * Day 4. Trek to Namche Bazaar
- * Day 5. Acclimatisation day at Namche Bazaar. Explore the Namche village.
- * Day 6. Trek to Thyanboche
- * Day 7. Trek back to Namche -excursion to Kumjung
- * Day 8. Trek to Phakding
- * Day 9. Trek to Lukla
- * Day10. Fly back to Kathandu
- * Day11. Drive from Kathmandu to Chitwan Jungle Safari Camp – (6 hours) Here we have all the activities: jungle walk, elephant ride. nature walk, canoe ride, village walk bird watching, tharu stick dance and many more.
- * Day12. Chitwan Jungle Safari Camp – We spent here two nights with all the activities.
- * Day13. Drive back to Kathmandu
- * Day14. Depart Kathmandu

Cost Includes:

- * Arrival / Departure by private vehicle
- * Welcome dinner with culture dance
- * Accommodation in Kathmandu Hotel on BB basis.
- * Twin sharing rooms on treks on full board basis –all meals
- * City tours with qualified tour officer
- * Experienced Trekking Guide
- * Entrance Fees for city tours and National parks
- * TIMS –Permits – (Trekking Information Management System)
- * Domestic airfare
- * All necessary ground transportation
- * Sight Seeing
- * Sleeping bags
- * First-aid medical kit for trekking
- * Porters
- * Insurance for Porters and Guide

Cost does not include:

- * Visas
- * International airport taxes
- * Transfers outside of the tour program
- * All optional additional tours and activities during free time

Nameste Suman,

Warmest greetings from Australia....I'm home again but all those fantastic memories created along our trek have not faded.

It was an incredible lifetime experience; but also it was a time of personal challenge and satisfying achievement.

Upon reflection, I am humbled by might of the Annapurna, yet proud to know "I did it!!".... thank you so much for caring for our group as a whole, yet encouraging each of us individually to succeed.

I am contented with my Nepalese experience but cannot wait to take the challenge again in September 2011.

See you on the trek!!

ciao.....Helene

Explore Nepal

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Explore Nepal is one of the leading trekking companies in Nepal and we have vast knowledge and experience with every trekking routes in Nepal. We have been organizing rewarding adventures in the Himalayan Kingdom for many years. We trek all the traditional routes off and on the beaten tracks. Our commitment to cultures and environment is as strong as ever.

Explore Nepal comprises of well-educated and ecologically -concerned staffs of very high standards. Our primary goal is to present you with wonderful travelling opportunities and culturally enriching adventures. We pride ourselves on the level of experience that every one of our guides possesses. They have trekked and guided in all regions of Nepal and have a deep knowledge about every aspect of trekking in the Himalayas.

We offer treks in every region of Nepal comprising both camping and tea houses for our more classic and popular treks and bring our own camps for the remote treks. Trekking is the ultimate way to experience the beauty and culture of Nepal.

Why travel with us?

Our commitment to Eco-Tourism:

Besides having over two decades of identifying and pioneering new areas, thereby providing you absolute wilderness trekking away from the main trails, we ensure you of new experiences. We, as much as possible, organise our trekking(s) as eco-friendly! All our guides and staff are very well versed regarding this subject as well. All our meals are cooked using kerosene fuel or gas. We do not use firewood as fuel to help preserve the beauty of nature and its environment from destruction.

Your safety also is our top priority. The welfare of our staff and porters is no less important; they are fully

insured and well equipped with the necessary gear for all kinds of climate conditions and terrains. We offer you professional staff, quality equipment and excellent food, with a varied menu. Our expert guides and staff will add extra harmony to your Himalayan adventure.

Our Trips

With over two decades of experience pioneering new trekking areas, we have the most thrilling and exceptional trekking routes to offer you. For unlimited adventure, come and share the fascinating ever-varied Himalayan landscapes with the ever-smiling Nepalese people.

We can offer you a choice of graded trips, ranging from leisurely to moderate, or, adventurous to seriously challenging. We can also tailor a trek to suit all kinds of people, including beginners, families with children, students, and the elderly - and strong, fit, adventurous climbers.

Feel the spirit of adventure!

