



Adventure Altitude

Treks & Expedition Pvt. Ltd.

WWW.ADVENTUREALTITUDETREKS.COM

ITINERARY

Day 1:

Arrival in Kathmandu and transfer to the hotel

Day 2:

Kathmandu Valley Sightseeing and preparation day

Day 3:

Drive/Fly to Pokhara (6-7 hours drive or 30 minutes flight)

Day 4:

Drive to Nayapul (1.5 hours' drive) and trek to Ulleri (1960m./4-5 hours trek/ 8 km approx.)

Day 5:

Trek to Ghorepani (2860m./6-7 hours/12km. approx..)

Day 6:

Hike to Poon Hill (3,210m./1 hour trek/2.5km approx.), trek to Ghandruk(2,600m./6-7 hours trek/15km. approx.)

Day 7:

Trek back to Nayapul (950m./4-5 hours trek/ 7 km approx.) and drive back to Pokhara(820m./1.h hours)

Day 8:

An extra day in Pokhara:

Day 9:

Drive/Fly to Pokhara (6-7 hours drive or 30 minutes flight):

Day 10:

Fly back home

INCLUDES & EXCLUDES

- Airport pickups and drops

- 3-star hotel in Kathmandu and Pokhara breakfast
- Welcome dinner in authentic Nepali restaurant with cultural program
- All the transportation in Kathmandu by a private vehicle
- Experienced English speaking guide for Kathmandu valley sightseeing and his all expenses
- Pokhara transportation by tourist bus
- 3-star hotel in Pokhara with breakfast
- Private transportation to and from Nayapul
- All the needed documents/permits for the trekking
- Experienced English speaking trekking guide and his all expenses including insurance
- Porters for carrying bags (1 porter for 2 trekkers and carries 15kg-20kg) and their all expenses including insurance
- Three meals (Breakfast, Lunch, and Dinner) during the trekking
- Teahouse accommodation during the trek
- Sleeping bags and down jackets (Need to return after the trekking)
- Walking poles
- Nepali Sim Cards
- First Aid Kit

Whats excluded

- *Nepalese visa fee*
- *International airfare to and from Kathmandu*
- *Travel insurance*
- *Excess baggage charges*
- *Lunch and dinner in Kathmandu and Pokhara*
- *Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the trekking*
- *Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)*
- *Tips for guide(s), porter(s) and driver(s)*
- *option by Kathmandu _ Pokhara_ Kathmandu by flight*