



# Adventure Altitude

## Treks & Expedition Pvt. Ltd.

### ITINERARY

#### Day 1:

Arrival in Kathmandu and transfer to the hotel (1334m.) (Dinner included)

#### Day 2:

Kathmandu Valley Sightseeing and Trip preparation (Breakfast included)

#### Day 3:

Drive (6 hours)/ to Pokhara (820m.) (Breakfast included)

#### Day 4:

Drive to Phedi (1.5 hours) and Trek to Pitam Deurali (2,100m./4 hours trek) (Breakfast, Lunch and Dinner included)

#### Day 5:

Trek to Forest Camp (2520m./5 hours trek) (Breakfast, Lunch and Dinner included)

**Day 6:**

Forest Camp to High Camp (3700m/ 4-5 hours trek) (Breakfast, Lunch and Dinner included)

**Day 7:**

High Camp- Mardi Himal Base Camp West (4,500m.) (Breakfast, Lunch and Dinner included)

**Day 8:**

Trek to Bhiujung (1,700/5-6 hours) (Breakfast, Lunch and Dinner included)

**Day 9:**

Drive back to Pokhara via Sidhing (3 hours trek and 3 hours' drive) (Breakfast, Lunch and Dinner included)

**Day 10:**

Drive (6 hours) back to Kathmandu (Breakfast included)

**Day 11:**

Fly back home (Breakfast included)

## **INCLUDES & EXCLUDES**

### **Whats included**

- Airport pick up drop off by a private vehicle
- 2 Nights hotel in Kathmandu at 3-star category hotel with breakfast in twin sharing basis
- Transportation by tourist bus (Kathmandu-Pokhara, and Pokhara-Kathmandu) by tourist bus
- Transportation (Pokhara-Kande and Lumre-Pokhara) by a private vehicle
- 2 Nights hotel in Pokhara at 3-star category with breakfast in twin sharing basis
- 4 Nights teahouse accommodation during the trekking
- Full board food during the trekking
- An experienced English-speaking guide and his all expenses during the trekking and tour including insurance
- Porter (1 porter for 2 trekkers and carries 15-20 kgs.) and their all expenses including insurance
- Trekking route map
- Complimentary sleeping bag and down jackets (return after the trekking)
- First aid kit
- All the government taxes and service charges

### **Whats excluded**

- *International airfare*
- *Nepal visa fee*
- *Travel insurance*
- *Lunch and dinner in Kathmandu, Pokhara and on the way to Pokhara, Pokhara and Kathmandu*
- *Extra nights accommodation in Pokhara, Kathmandu in case of change of plans, unforeseen circumstances and other.*
- *Personal expenses (WIFI, Device charging during the trekking, laundries, bar bills etc).*
- *Tipping to the guide(s), porter(s) and driver (s)*
- *Anything does not included in the cost.*