

International Canyon Rendezvous

ICR – 2011, Nepal
07 to 13 April 2010

Pre / Post ICR Package Trips

(A) TREKKING: Annapurna Circuit Halfway, 12 days

"The Annapurna Trail – one of the best 12 walks in the world" as termed by Modern Maturity, America's largest circulated magazine is truly a one of the most favorite trekking routes in the world. This region is the home of mainly Gurungs and Magars (the famous Gurkha people of Nepal). The small terraced fields on the mountain slopes support crops of millet and wheat, corn and barley and small flocks of sheep and goats. The people of Manang are traditionally a trading society who made their living brokering the exchange of goods across the Himalayas. They are Buddhist in religion and Tibetan in origin, and their architecture and lifestyle are quite different to other ethnic groups in the southern slopes. The trek to the Manang Valley and into the rain shadow of the Annapurna ranges offers dramatic scenery of changing color of widely varied nature. After going over the high pass Thorong La 5416m and getting down to Jomsom, you meet Thakali people on the other side of the Himalaya. They are smart traders controlling the busy trading and pilgrimage trail along the Kali Gandaki river valley. For those having not enough time to make whole Annapurna circuit trek, Jomsom is the trek completing point from where, you will take a flight to Pokhara flying excitingly close up view of the towering 8000 + mountains like Annapurna and Dhaulagiri.

Grade: IV Elevation: lowest - 1136m highest - 5416m

Best Months: March, April, May and September, October, November

ITINERARY:

Day:

01. Meet at ICR camp and trek to Bahun Danda (1310m)
02. Jagat (1300m)
03. Dharapani (1943m)
04. Chame (2697m)
05. Pisang (3335m)
06. Manang (3520m)
07. Manang, acclimatization day, explore the village
08. Yak Kharka
09. Thorong Phedi (4405m)
10. Muktinath (3794m) after Thorong La pass 5416m
11. Jomsom (2713m)
12. Fly to Pokhara

Including in the package;

+ Hotel Accommodation: 2 nights in Pokhara and 2 nights in Kathmandu in a 2-3 star category. Sight-seeing; one day in Pokhara and one day in Kathmandu.

* Optional: flight or drive back to Kathmandu.

(B) TREKKING: Annapurna Circuit, 16 days

"The Annapurna Trail – one of the best 12 walks in the world" as termed by Modern Maturity, America's largest circulated magazine is truly a one of the most favorite trekking routes in the world. This region is the home of mainly Gurungs and Magars (the famous Gurkha people of Nepal). The small terraced fields on the mountain slopes support crops of millet and wheat, corn and barley and small flocks of sheep and goats. The people of Manang are traditionally a trading society who made their living brokering the exchange of goods across the Himalayas. They are Buddhist in religion and Tibetan in origin, and their architecture and lifestyle are quite different to other ethnic groups in the southern slopes. The trek to the Manang Valley and into the rain shadow of the Annapurna ranges offers dramatic scenery of changing color of widely varied nature. After going over the high pass Thorong La 5416m and getting down, you meet Thakali people on the other side of the Himalaya. They are smart traders controlling the busy trading and pilgrimage trail along the Kali Gandaki river valley. There are also Gurungs, Magars, Brahmans and other mixed ethnic groups when you move through the beautiful valley that is one of the deepest in the world nestled between the towering 8000m + Dhaulagiri and Annapurna. Then the trail climbs up turning left from the hot spring Tatopani towards Ghorepani and Poon Hill, a very popular spot for viewing the wide Himalayan range majestically lining over the horizon. The trek route further passes through beautiful small and big home villages of legendary Gurkha soldiers winding down to the edge of Pokhara valley. This is one of the classic and most rewarding treks in Nepal combining diverse scenery with diverse cultures. On the whole trek, you will always have magnificent views of all central and western Himalayan ranges.

Grade: IV Elevation: lowest - 1136m highest - 5416m

Best Months: March, April, May and September, October, November

Day:

01. Meet at ICR camp and trek to Bahun Danda (1310m)
02. Jagat (1300m)
03. Dharapani (1943m)
04. Chame (2697m)
05. Pisang (3335m)
06. Manang (3520m)
07. Manang, acclimatization day, explore the village
08. Yak Kharka
09. Thorong Phedi (4405m)
10. Muktinath (3794m) after Thorong La pass 5416m
11. Marpha (2670m)
12. Ghasa (2458m)
13. Tato Pani (1190m)
14. Ghorepani (2775m)
15. Ulleri (1070m) after Poon Hill (3210m) visit
16. Nayapull (1070m) and transfer to Pokhara

Including in the package;

+ Hotel Accommodation: 2 nights in Pokhara and 2 nights in Kathmandu in a 2-3 star category. Sight-seeing; one day in Pokhara and one day in Kathmandu.

* Optional: flight or drive back to Kathmandu.

(C) All Nepal Experience, 11 days

A combination of different activities like; **nature, culture, adventure, pleasure etc.** is programmed in one single package trip so as to let you experience different aspects of nature and culture. This typical package trip includes visiting beautiful Himalayan lake town Pokhara, jungle safari in national parks, visiting popular hill town famous for Himalayan range view and sun rise/set views, visiting holy Buddhist site, cultural tours of World UNESCO heritage sites – Durbar Squares, holy Hindu temples, holy Buddhist Stupas, monasteries, monuments, excursion tour etc. This package trip is quite popular and practical for the first time visitors to Nepal.

Day

01. Transfer to Pokhara, stroll around the Fewa lake side, over night in Pokhara.
02. Cultural and natural tours – temples, caves and canyons. over night in Pokhara.
03. Visit – Peace Stupa, boating in the lake and visit International Mountain Museum. over night in Pokhara.
04. Transfer to Trishuli river for white water rafting. Over night in a tented camp on the river bank.
05. Rafting on Trishuli again then transfer to Chitwan national park, a UNESCO world natural heritage site. This national park is one of the best preserved parks in Asia.
Jungle Safari Package, 2 nights 3 days. Safari Activities.
06. Jungle Safari activities whole day long – Elephant Ride, Jungle Walk, Canoeing, Tribal Village Visit, Bird Watching etc.
07. Jungle Safari activities before breakfast. Drive or Flight back to Kathmandu and transfer to Dhulikhel, the hill town famous for Himalayan panoramic and sun rise view. Overnight in Dhulikhel
08. Sunrise view and drive or hike to Namo Buddha, popular Buddhist pilgrimage site and back to Dhulikhel. Overnight in Dhulikhel
09. Cultural tour of the medieval towns Panauti and Bhaktapur, Drive back to Kathmandu.
10. Cultural tour of Kathmandu valley – the temple of Living Goddess, Swayambu, Boudha and Pashupatinath. Overnight in Kathmandu.
11. Departure: transfer to the airport for flight back.

INCLUSIVE:

Transportation and Transfers:

All airport and inter town transfers and sight-seeing by private coach except to and from Pokhara and Chitwan by tourist bus.

Hotel:

All hotels in towns like Kathmandu, Pokhara and Dhulikhel on bed & breakfast basis.

Trekking: TEA –HOUSE, Full Board

National Park entry fee, TIMS fee, three meals a day, accommodation in lodges, guides, porters, insurance for Nepali staff, ground transfer on the road, assistance for travel/rescue arrangements and agency's service charge.

Jungle Safari - Full board including all jungle safari activities like; elephant ride, bird watching, jeep ride, canoeing, jungle walk etc.

Tour & Sight-seeing - with English or Italian speaking guide.

Rafting: Full board in tented camp on the river bank.

Extra:

Jomsom/ Pokhara - € 62

Pokhara/ Kathmandu - € 71

Chitwan/ Kathmandu - € 65

NOT INCLUSIVE:

International flight, lunch and dinner while in towns, airport tax, temple entry fees, tips, alcoholic drinks, insurance and other expenses of personal nature.