

TREKKING PACKAGES

1. POKHARA – PHEDI – DHAMPUS – AUSTRALIAN CAMP – KANDE – POKHARA TREK (2 Days) moderate trekking Itinerary

Day 1.

Drive 45 minutes from Pokhara to Phedi & start trek, walk 4-5 hours via Dhampus, Overnight stay at the lodge in Australian Camp (2100m)

Day 2.

Wake up early morning to see sunrise and mountain views, after breakfast walk approx. 2 hours to Kande and then drive one and half hour back to Pokhara.

Package Cost: **US\$ 165** per person (minimum 2 persons in a group).

Trekking Package includes:

- ✓ English speaking Government license holder guide
- ✓ Breakfast, Lunch & Dinner
- ✓ Accommodation in the tea house/ lodge
- ✓ Transportations private Car Pokhara to Phedi after trek return from Kande to Pokhara
- ✓ Beverages (Beer, whisky, mineral water & soft drinks)
- ✓ Personal expenses, personal travel/trekking insurances & tips
- ✓ Unforeseen cost such as helicopter rescue due to sick in trek or bad weather etc. which are out of our control

2. GHOREPANI – POONHILL TREK (3 Days)

The place Poonhill is a mountain situated at a height of 3190m just near to the Annapurna ranges. The Annapurna 1st 8091m, the Fishtail 6993m and the Dhaulagiri 8167m are visible from this point very well, at the moment of sunrise the White Mountains change their color slightly to Pink/Golden. Itinerary will be as below: -

Day 1.

After Breakfast around 8:00 am. drive (by 4w/Jeep) (two & half hours) to Kimche & start trek walk 4–5 hours (Include lunch time) via Ghandruk village over night at the lodge in Tadapani. (2610m.)

Day 2.

After breakfast trek approx. 4 hours (include lunch time) reach Ghorepani (2860m.) over night at the lodge.

Day 3.

Our trekking guide will wake you up at 4.30 am in the morning, start climbing up to the Poonhill at 5.00 am with the help of torchlight; it takes 45 minutes to be in the top, 3190m. Observe the mountain views

with the rays of sunrise and return back to hotel, after breakfast walk (Approx.4 hours) down and end up at Ulleri then drive (two & half hours) to Pokhara.

Package Cost: **US\$ 350** per person (minimum 2 persons in a group).

Package includes:

- ✓ English Speaking trekking guide
- ✓ Porter (2:1)
- ✓ Meals (Breakfast, Lunch and Dinner,) during Trekking
- ✓ Trekking Permits to Annapurna National Park (ACAP) entrance fee & TIMS permits
- ✓ Accommodations at the best available local Tea house/lodges during Trekking
- ✓ Trekking poles
- ✓ A private transportation (4/W Jeep) from Pokhara to Kimche/Ghandruk trekking starting point & return from Ulleri to Pokhara after trek end
- ✓ Beverage (any kind of alcoholic drinks like beer, whisky), mineral water & soft drinks.
- ✓ Travel/Trekking Insurance
- ✓ Personal expenses which are not mentioned in above services, tips & unforeseen costs such as helicopter rescue due to sick/due to bad weather in trek which are out of our control

3. POKHARA – DHAMPUS – LANDRUK – POKHARA TREK (3 Days moderate trekking itinerary)

Day 1. Pokhara-Phedi-Dhampus (1650m.)

After breakfast drive 45 minutes from Pokhara to Phedi by private van & trek 2-3 hours over night at Dhampus.

Day 2. Dhampus-Pothana-Landrak (1565m.)

After breakfast trek 6-7 hours (including lunch time) via Pothana, Tolka to Landruk over night in the lodge.

Day 3. Landruk-Nayapul-Pokhara

After breakfast trek 6-7 hours (including lunch time) via Syaulibazar village & drive one & half hours back to Pokhara by private van.

Package Cost: **US\$ 255** per person (minimum require 2 pax).

Cost includes:

- ✓ English speaking Government license holder trekking guide
- ✓ Porter
- ✓ All foods Breakfast, Lunch & Dinner during trek
- ✓ Trekking permits (ACAP & TIMS)
- ✓ Accommodation in twin /family sharing basis in the lodges with hot shower
- ✓ Transportation both ways from Pokhara to Nayapul/Phedi & back to Pokhara by private van

Cost doesn't include:

- ✓ All types of beverages like Beer, whisky, mineral water, soft drinks
- ✓ Unforeseen Costs: - such as helicopter rescue due to sick in trek or bad weather etc. which are out of our control

4. MARDI HIMAL TREK (5 Days)

Day 1. Arrive Pokhara-drive to Kande /Dhampus and trek to Deurali (2100m.)

After breakfast an hour drive to Kande /Dhampus from Pokhara. Then trek to Deurali (3-4 hours) crossing view point via Australian camp if you start from Kande. Overnight at Lodge.

Day 2. Deurali to Rest Camp (3050m) or Forest Camp (2600m)

Walking through villages and forests, reach the forest camp in about 5-6 hours. Overnight at Lodge.

Day 3. Rest Camp /Forest Camp to High Camp (3900m)

You will experience the thrill of walking in the total wilderness of thick forests covered with rhododendron and other trees. Mostly the trees are covered with mosses and lichen. Occasionally the thick foliage opens into small windows, from which you will stare at the stunning sceneries of in the direction of Hiunchuli and Annapurna South. On the left side far below lies the Modi Khola Valley. As you approach the camp, captivating views of the northern face of Mt Fishtail greet. Overnight at Lodge.

Day 4. High Camp to Mardi Himal View Point-Base Camp (4350m)-Badal Danda

Pass through open hill and alpine pasture land to reach the Base camp. In clear weather, you will definitely enjoy the Himalayan panorama. Overnight at Lodge.

Day 5. Badal Danda to Sidhing to Pokhara (1700m)

The return route is different. You will walk through thick forest and then see the terraced farmland as you return to the Upper Mardi Khola region. You will see the original rural Nepal with its life at ease and proximity of Mother Nature, after reach Sidhing dive (approx.2 hours) back to Pokhara by 4W Jeep.

Package Cost: **US\$ 470** per person (minimum 2 persons in a group).

Package includes:

- ✓ English Speaking trekking guide
- ✓ Porter
- ✓ Meals (Breakfast, Lunch and Dinner,) during Trekking
- ✓ Trekking Permits to Annapurna National Park (ACAP) entrance fee & TIMS permits
- ✓ Accommodations at the best available local Tea house /lodges during Trekking

- ✓ A private transportation (Van & 4/W Jeep) from Pokhara to Kade/Dhampus trekking starting point & return from Sidhing to Pokhara after trek end

Package excludes:

- ✓ Beverage (any kind of alcoholic drinks like beer, whisky), mineral water & soft drinks
- ✓ Travel/Trekking Insurance
- ✓ Personal expenses which are not mentioned in above services & unforeseen costs
- ✓ such as Helicopter rescue due to sick/ due to bad weather in trek which are out of our control

5. ANNAPURNA BASE CAMP TREKKING VIA GHOREPANI – POONHILL (8 Days)

Day 1.

Drive from Pokhara to Hile (2 hours 45 minutes) 1430m.,
Lunch on the way Ulleri or Banthanti, depends on time
Walk approx. 5-6 hours, Overnight stay in Ghorepani 2860m.

Day 2.

Ghorepani to Poonhill (3210m) Sunrise and Himalayan view point at 5 am.
45 minutes to 1 hour to get Poonhill, 35 minutes to walk back to the hotel.
Trek back to the lodge, Breakfast then treks to Tadapani (6 hours including lunch O/N stay in Tadapani 2650m.

Day 3.

Tadapani to Chhomrong (6 hours including lunch in Gurjung) O/N stay in Chhomrong 2110m.

Day 4.

Chhomrong to Himalaya (7-8 hours including lunch) O/N stay in Himalaya 2920m.

Day 5.

Himalaya to ABC (6 hours including lunch)
Lunch in MBC (Machhapuchchhre Base Camp) 3700m
Acclimatization for at list 2 hours including lunch O/N stay in ABC 4130m

Day 6.

ABC to Bamboo (6 and half hours including lunch) O/N stay at Bamboo 2310m.

Day 7.

Bamboo to Jhinudanda (6 hours including lunch)
Jhinu hot spring pond visit and bath (1 hour both way) O/n stay in Jhinudanda 1780m.

Day 8.

Jhunudanda to Nayapul (6-7 hours including lunch)
Drive back to Pokhara (1 and half hours)

Note: According to the health condition and other concerned, overnight and lunch places may be changed.

Package Cost: **US\$ 675** per person (require minimum 2 persons in a group).

Package includes:

- ✓ English Speaking Government license holder guide
- ✓ Porter
- ✓ Meals (Breakfast, Lunch and Dinner,) during Trekking
- ✓ Annapurna National Park (ACAP) entrance fee & TIMS permits
- ✓ 07 nights accommodation in twin sharing at Teahouse/lodges during Trekking
- ✓ Pair of trekking polls
- ✓ Transportation from Pokhara to Hile Trekking starting point & return by 4W Jeep

Package excludes:

- ✓ Beverage (beer, whisky), mineral water & soft drinks
- ✓ Personal expenses which are not mentioned in above services & unforeseen costs such as Helicopter rescue due to sick/due to bad weather in trek which are out of our control
- ✓ Travel/Trekking insurance & tips

DAY HIKING PACKAGES (AROUND POKHARA)

1. NAUDANDA – SARANGKOT HIKING (approximately 4 hrs.)

Drive from Pokhara to Naudanda for 45 minutes and hike start from Naudanda which is situated 1600 meters from sea level. Naudanda hill having good views of green hill as well as the mountain ranges of Dhaulagiri, Annapurna and Manaslu closely. First one hour you will hike from the top of the ridge then through the village and after 3 to 4 hours you will arrive at Sarangkot where you can have some food/drinks then walk 20 minutes down then drive to Pokhara.

Package Cost: **US\$ 55** per person (based on minimum 2 persons in a group) Includes: - English speaking guide & Private Car.

2. SARANGKOT – LAKESIDE HIKING (approximately 3 hrs.)

30 minutes drive from pokhara to Sarangkot hill and start hike to the top (1592 m). Sarangkot is a hill from where you will see green view of different hill as well as snow covered mountain views of Dhaulagiri, Annapurna & Manaslu ranges. If you are doing this in the early morning, you will also able to see sunrise view. After this you will hike all the way down to lakeside through the village and forest and back to your hotel.

Package Cost: **US\$ 35** per person (based on minimum 2 persons) Includes: - English speaking guide & Private Car.

3. WORLD PEACE PAGODA STUPA HIKING (approximately 2-3 hrs.)

Cross the lake by boat then walk up to the Stupa through a small village and forest about one hour then you will get Stupa (1140m), where you will get four statue of Buddha in four directions. From where you will see nice view of Fewa Lake, full view of Pokhara valley and whole ranges of Dhaulagiri, Annapurna and Manaslu mountains. After this walk down to Kalimati for 30 minutes then drive back to Pokhara.

Package Cost: **US\$ 45** per person (based on minimum 2 persons in a group) Includes: - English speaking guide, boat ride & Private Car.

4. POKHARA – KALIKA – POKHARA ROYAL HIKING (approximately 3-4 hrs.)

Drive from Pokhara to Kalika for 13 km then hike to Thulakot (1450m.). Thulakot is a hill from where you will see full view of Pokhara and Lekhnath valley, 6 different lakes & great mountain views of Annapurna, Manaslu and Dhaulagiri. After hill walk to another hill called Khaule Danda then back to Kalika and drive back to Pokhara. This trek did by British prince Charles on 1978 so it's call royal trek. For full trek it's took 5 days and just for a day we call royal hike.

Package Cost: **US\$ 65** per person (based on minimum 2 persons) Includes: - English speaking guide & Private Car.

5. POKHARA – KALIKA – CHITEPANI – POKHARA HIKING (approximately 4-5 hrs.)

Drive from Pokhara to Kalika for 13 km then hike to Thulakot (1450m.). Thulakot is a hill from where you will see full view of Pokhara and Lekhnath valley, 6 different lakes & great mountain views of Annapurna, Manaslu and Dhaulagiri. After this hill walk through the village call Deumadi, Chitepani and cross the Bijayapur River and drive back to Pokhara. This trek did by British princess Charles on 1978 so, it's call royal trek. For full trek it's took 5 days and just for a day we call royal hike.

Package Cost: **US\$ 65** per person (based on minimum 2 persons) Includes: - English speaking guide & Private Car.

6. POKHARA – CHITEPANI – KALIKA – BEGNAS – POKHARA HIKING (approximately 5-6 hrs.)

Drive from Pokhara to Kashari and cross the Bijayapur River then walk through the village Chitepani, Deumadi and get Thulakot (1450m.). Thulakot is a hill from where you will see full view of Pokhara and Lekhnath valley, 6 different lakes & great mountain views of Annapurna, Manaslu and Dhaulagiri. After Thulakot walk through the village & ridge get a beautiful natural Begnas Lake, boating surrounded by villages then drive back to Pokhara.

Package Cost: **US\$ 75** per person (based on minimum 2 persons in a group) Includes: - English speaking guide, Boat ride & Private Car.

ADVENTURE PACKAGES

S.N.	Particulars	Amount
1.	CABLE CAR	NPR 7,000
2.	ZEEPLINE	
	For Nepali	NPR 7,000
	For Foreigner	NPR 9,000
3.	POKHARA BUNGEE	NPR 6,000
4.	PARAGLIDING	NPR 8,000
5.	SIGHT SEEN	
	By Car (3 Hours)	NPR 3,000
	By Jeep (3 Hours)	NPR 4,000
	By Haice (3 Hours)	NPR 5,000
	By Bus (3 Hours)	NPR 9,000
6.	MUKTINATH (1 night 2 days) 5 pax Jeep	NPR 4,000
	Permit for Indian Citizenship	NPR 1,000
	For Foreigner	NPR 3,000
7.	ULTRALIGHT	
	(15 Minutes)	
	For Nepali	NPR 11,000
	For Indian Citizenship	NPR 13,000
	For Foreigner	USD 125

S.N.	Particulars	Amount
	<u>(30 Minutes)</u>	
	For Nepali	NPR 17,000
	For Indian Citizenship	NPR 18,000
	For Foreigner	USD 205
	<u>(1 Hour)</u>	
	For Nepali	NPR 28,000
	For Indian Citizenship	NPR 31,000
	For Foreigner	USD 325



Int'l Open Taekwondo Championships 2022 G-2

22nd - 25th Sept, 2022