



Wild Nepal

14 nights/ 15 days

We start our journey in the old ancient town of Bhaktapur. The religious centre of Nepal, Kathmandu, is also the gateway to the great Himalayas. After spending our initial days visiting and admiring the religious sites and Newari architecture of the ancient capital we head east to Pokhara. Along the way we stay overnight in a quaint Himalayan town of Bandipur with beautiful vistas & beautiful Newari style buildings. Trekking through rhododendron forest and traditional villages we witness a spectacular sunrise on the Machapuchare, Annapurna, Nilgiri South and Dhaulagiri ranges. For an adrenaline rush you could take the opportunity to hand glide and get a bird's eye view of Pokhara. Your initial training will prepare you for the wildest and wettest ride of your life. Camping along the riverside beach will propel you into the lap of tranquillity. In Chitwan it is time to meet the prehistoric descendents, the highly endangered and rare One Horned Rhinos. Canoeing, jungle walk and elephant safari at Royal Chitwan National park will give us a unique glimpse of nature at its best.





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Detailed Itinerary

Day 1: Bhaktapur

You will be transferred to Bhaktapur hotel upon arrival from KTM airport. We start our group meeting in the evening and will be briefed on the upcoming journey.

Day 2: Kathmandu

After breakfast we start the day visiting sites around Bhaktapur, then head to KTM & will be visiting religious icons of Kathmandu, Boudhanath, Pashupatinath & KTM Durbar square to explore the bustling narrow alley ways of the ancient city where you can admire the beautiful Newari architecture and maybe even catch a glimpse of the living goddess, The Kumari.

The evening is free for you to wander and enjoy the night life in Thamel.

Day 3: Bandipur (4.5hr Drive)

We drive west and along the way stop at the Trisuli center for a short break. We then drive to the medieval town known for its ancient Newari architecture, Bandipur. Beautiful ancient Newari houses and a lovely cosy village with stunning views of the Himalayas is great place to relax.

Day 4- 7: Poon Hill Trek

From Bandipur we drive to our trek start point Naya Pul. After finishing the permit formalities we start our trek

Trek

Day 4: Naya Pul to Tikedungha (1515m 4-5hr)

We trek past the village of Birethanti and take the trail up past bamboo forests and large waterfall. The trail heads north of the river Bhurungdi Khola to Baajgara. It's a steady climb up the side of the valley to Tikedungha. It's a relatively demanding uphill trek today

Day 5: Tikedungha- Ghorapani (2775m 5-6hr)

The trail today crosses a stream and then drops to cross the Bhurungdi Khola river on a large suspension bridge at 1410m. It's a steep climb on stone stair cases. Atop are stunning views of the Hiunchuli (6441m) & Annapurna South (7273m). Continuing to climb past villages with cultivated fields and dense forests reach Banthanti. Walking past oak and rhododendron forests and climb up Ghorapani (Horse-water) with spectacular vistas to Dhaulagiri 1, Annapurna South & 1 etc..

Day 6: Ghorapani to Tadapani, morning visit to Poon Hill

An early start to the day with an hours climb to Poon Hill to witness a magical sunrise over Machapuchare. We then head down following a dry stream bed through narrow path as the



descent gets steeper. Walking past waterfalls and rhododendron forest we cross villages. The trail climbs leaving the high mountain forests through undulating path to cane fields. We arrive at Tadapani (2540m).

Day 7- Tadapani to Ghandruk (1970m)

The Ghandruk trail descends steeply through forests and gently past streams and heading to the ridge towards Ghandruk. Ghandruk has a large Gurung settlement and is a key point in terms of water & hydro electricity. The views to Annapurna South is simply amazing

Day 8- 9: Pokhara

After our long descent from Ghandruk we will be transferred to Pokhara. It's a beautiful valley town around a lake with plenty of cafes & bars to enjoy a drink. The next day is a relaxing day where there are plenty of optional activities. You may choose to take to the skies with tandem paragliding, paddle in the lake taking in the views of the Annapurna Range, or visit the World Peace Pagoda for some stunning vistas.

Day 10- 11: Rafting (Camping nights)

We start the day with a short drive to the starting point of the rafting journey where we will receive basic training on paddling techniques and safety tips. We embark on our adrenaline fuelled ride down the Seti Khola River. Trying to stay dry during the journey will be a challenge in itself as we paddle our way through the numerous rapids that the river is famous for. The occasional float down the river will let you enjoy the tranquillity of the area. The sumptuous meals on this journey are all provided by our crew. We will be camping for the two nights on beaches along the river side; the camping is basic but allows us to relax to the sounds of nature.

Rafting

Day 1

Depart Pokhara and drive to Damauli. Arrive at Damauli, our 'put-in' point. Safety drill demonstration After Lunch we start, Raft for 2.5 hrs. Practise boat skills on easy white water. Set up riverside camp

Day 2

Wake-up call with tea and coffee. After breakfast take down camp and set up rafts. Raft for 2-3 hrs. Today's rafting grade is II+ and III rapids. We pull to the banks for Lunch. Post Lunch we raft for 2.5 hrs – stunning scenery, some grade II and III rapids plus drifting and swimming from rafts. Set up camp

Day 3 Rafting (Day 12 of itinerary)

Wake-up call with tea and coffee. After breakfast we take down our camp & set up rafts Raft for 2-3 hrs. Best grade III rapids saved until last then confluence with Trisuli river and



reach 'take-out' point. Reach 'take-out' point just after the Trisuli river and have final lunch together with our rafting crew. Pack-up gear then proceed via road to Chitwan.

Meals: B,L,D from breakfast on Rafting Day 1 until lunch on Rafting Day 3

Day 12- 13: Chitwan Royal Park

After breakfast and tackling a few more rapids we have an hour and a half drive to the edge of Royal Chitwan National Park. The park is a world heritage site (UNESCO) and home to a great array of wildlife, including the highly endangered species of The One horned Rhinos, Royal Bengal tigers and Gharial. The days to follow we will be visiting one of its kind Elephant Breeding centre and learn more about the Indian Elephants. Along with experienced jungle guides we canoe down the river spotting birds and crocodiles. We then walk through the jungle carefully, admiring the flora, and keeping an eye out for the bigger wild mammals. The evening jeep safari gives us an opportunity to explore the National Park further.

Day 14: KTM

The best possible way around the jungle, for more wildlife spotting, is elephant safari. After our morning activity we fly back to KTM to conclude this truly wild journey.

Day 15: DEPARTURE DAY

End of journey

Itinerary disclaimer

We try our best to ensure the itinerary printed here is accurate, however changes happen from time to time and alterations become important to keep things in motion. The very nature of how we travel and the destinations we visit makes it hard to predict every scenario we might encounter, so please use this file "Journey Specific Information & Detailed Itinerary" as only a guide of what to expect on our journeys. In no means do we guarantee or promise to specific destination/ wildlife/ activities will be visited/ sighted/ carried on.

Important notes

- Weather plays a key role in the mountains and it is hard for us to plan for everything around it. In case of bad weather, your Tour Leader may and has the authority to change the itinerary and



make alternative itineraries or even stand to cancel the journey especially in adverse conditions during Dec-Feb.

- Please come prepared for all weather conditions. Read through the section “What to Bring” to get a better understanding
- Fitness is key, and it is your interest to make sure you are ready for this journey. In case you have any clarifications in terms of medication and health issues please consult your doctor for advice.
- Nepal unfortunately suffers from internal problems and “Bandh” is way of life. In such cases a change may be required to an itinerary, lest, road travel may have to be done by air. In such instances your Tour Leader will advise you to utilize money from your emergency fund.
- Cost incidental to any change in the itinerary/ stay on account of flight cancellation due to bad weather, ill health, roadblocks and/or any factors beyond control is not included in the price.

Journey Specific Information

Journey Style: Active

This journey involves plenty of challenge and requires a very high level of fitness. The days have long walking hours from low to mid altitude trekking. Tackling the rapid is not easy and paddling requires you to be fit. Though it involves no climbing or previous experience, continuous ascents and descents in extreme weather conditions will need you to be in best of shape. Rafting does not require any previous experience.

Physical fitness grade

4 on 5

Prepare yourself

We recommend you start preparing at least 1 month in advance to get yourself fit for this journey. Regular aerobics exercise, swimming; cycling is a great way to get your body in shape. Also climbing, carrying weights in a backpack, up and down stairs is good way to train for this journey. Please remember the fitter you are the more you enjoy the journey.

Group size

Minimum: 4; Maximum: 12



Journey Inclusions

Transport

Included

- Flight from Bharatpur (Chitwan) to KTM
- Arrival Transfer from airport to Bhaktapur hotel
- Airport transfers during journey
- Private vehicle for sightseeing and travel during journey

Not included

- Flight tickets to and from Destination
- Departure transfer to airport at end of journey
- Departure tax may be additional please check with your airlines
- Any transport used during non included activities. i.e. personal free time, going out for meals and optional activities.

Activities

Included

- Entrance fee to monuments and sites, unless specified.
- Any permits required for the itinerary
- Tour Leader for the entire journey, assistant guides and porters, rafting crew, life jackets.
- Local guides when visiting included sites and monuments (where ever required)
- **Bhaktapur:** Durbar square
- **Kathmandu:** sightseeing and orientation walk, Pashupatinath, Boudanath, Durbar Square



- **Bandipur**
- Poon Hill Trek from Day 4- Day 8. Permits for trek. Porters, trekking guide.
- **Pokhara:** Orientation
- **Rafting:** Crew, Permits, life jackets, helmets, dry luggage storage case
- **Chitwan National Park:** Elephant breeding center, Canoe ride, and jungle walk, Jeep Safari, Elephant safari. Park Entrance fee.

Optional

- Any camera fees
- Other optional tours that are not specified in the price
- Other monuments and sites not mentioned in the price
- Personal expenses and purchases, Travel Insurance

Accommodation

All accommodation during journey is included

Accommodation is of limited options while on the trek. They are known as “tea houses” which are basic yet adequate and cosy. The rooms are usually twin share with shared facilities (squat toilets or sometimes just a hole), may or may not have running water and electricity. Showers are hard to come by and even if available for an extra cost (not included in price) is limited to one bucket, barely enough to wash your whole body. In most places the facilities are shared. If season is high the group may have to stay in dorms or be split into other tea houses.

Please note there is no single supplement available on this journey whilst on the trek.

While Rafting the accommodation is basic tented accommodation set up on river banks.

Shared bathroom/toilet facilities at The Old Inn in Bandipur

- Hotels: 4 nights
- Guest House: 2 nights
- Tea Houses: 4 nights
- Camping: 2 nights
- Jungle Lodge: 2 nights



All pre and post journey accommodation can be arranged upon request at additional cost.

Not Included

- Laundry service, Phone calls
- Tips to staff and crew. We will advice on the same

Meals

In most of our journeys we do not include meals. Every traveler has his/her preferences and we respect that. At wheellifetravel we want you to be able to taste a destination into your heart. Our tour leader will be able to guide you the right way. Generally our groups eat out together, though not an obligation. Meals can vary and at certain places the options may become limited. Both meat eater & vegetarians have options to try.

Included

- 9 Breakfast
- 4 Lunch
- 6 Dinners

Not Included

- Any kind of beverages; alcoholic or non-alcoholic; i.e. bottle water, Aerated drinks
- Snacks and other meals apart from the ones mentioned in the price

For all other meals please budget additional INR 12,000.

Drinking water

we take keen interest in your health and also the environment. As a general rule please avoid tap water. Bottled water is available and safer option. However only on this journey we discourage using plastic bottles as disposing them off is very hard and we do not want to add to the already accumulating pile of waste products. Carry refillable bottles, camel backs, in which at the tea houses you can fill boiled water.

Checklist

What to bring

The journey being highly active we require you to keep the bag light. A maximum of 10kg is what is required for the trekking part. In case you have other luggage, we recommend you leave it



behind in Kathmandu at our hotel (the hotel may charge you a fee) and collect it at the end of the journey.

A porter is provided for 2 pax and 1 water proof duffle bag is used to carry 2 pax luggages. Ensure to carry all trekking equipment and gear in a plastic bag or cotton sleeve as you will be sharing 1 duffle bag between 2 pax.

Whilst on the trek you will be only carrying a day pack with water and other important items of your choice on you. Ensure the bag is water proof and comfortable on your back

Please use the checklist below and carry additional items wisely:

- Travel documents: passport, visas, travel insurance certificate, air tickets,
- International Drivers License
- Travel Insurance covering high altitude treks (in excess of 3000m) & helicopter evacuation.
- Health requirements arranged
- Money: traveler's cheques/cash/credit card and money pouch
- Day pack to carry your personal needs during the day
- First aid kit (should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, extra prescription drugs you may be taking, Chlorine Dioxide/iodine for water sterilization, anti-biotics, painkiller).
- Protein bars, chocolate, dried fruits, candies and snack foods.
- Medication/prescriptions (it is a good idea to have a doctors letter if you are carrying a large amount of medication), travel sickness tablets if required
- Prescription glasses and contact lens solution if required
- Alarm clock
- Torch/flashlight
- Travel plug/international adapter
- Insect repellent
- Refillable water bottle and water purification method
- Sunscreen, hat and sunglasses
- Binoculars
- Whistle in case you want to catch attention in emergency
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- Swimming costume
- Lightweight travel towel
- Ear plugs/eye mask
- Comfortable hiking boots
- Local language phrase book
- Camera, film and/or memory cards with spare batteries



- Personal audio player with spare batteries
- Raincoat/umbrella
- Waterproof jacket
- Water proof gloves
- Thermal underwear as they are light and easily washable
- A sarong is also useful while bathing -can be bought cheaply in Delhi
- Cotton headscarf/bandanna
- Basic toiletries
- hygiene products such as tampons can be bought locally, but your choice may be limited
- Biodegradable soap
- Hygienic hand wipes
- Penknife, Swiss Army style
- Lip balm UV protection
- Plastic/waterproof bags to use as rubbish bag while trekking & to keep clothing dry
- High energy foods such as nuts and chocolate
- Waterproof pack cover
- Running/tennis shoes or sandals, for wearing around tea houses or camps
- Sandals with straps for Rafting trip
- Waterproof, thigh-length jacket of Gore-Tex or similar material
- Wool jumper / sweater / fleece. Lightweight during summer, 1 heavyweight or 2 lightweights
- T-shirts/shirts: 2 or 3 short sleeved, 2 long sleeved to protect you from the sun and keep you warm
- Several pairs wool blend and thin cotton socks
- Pants: lightweight long trousers, a pair of long shorts, tracksuit pants to wear around hotel or camps. Warmer during winters.
- Hat: Sun hat or cap for day wear. Wool hat or beanie covering the ears during night.
- Down Jacket (Nov- Feb)
- Four seasons sleeping bag

Laundry

Laundry facilities maybe available in some of our hotels. Other places you may have to hand wash your clothes yourself. Please use biodegradable soap. On this journey in particular it may be hard to wash then dry clothes quickly.

Visas

Please note it is your responsibility to arrange visas before you travel. Your travel agent can assist. Below are the visa requirements at the time of printing. NEPAL: All foreign nationals (except Indians) require a



visa to enter Nepal. Visas are obtainable from embassies abroad or on arrival at Kathmandu's Tribhuvan airport. If getting the visa at the airport be prepared for long queues. You will also need to provide one passport photo and the following fees in US dollars cash only: single entry visa valid for 15 days - US \$25: Single Entry Visa for 30 days - US \$40 and multiple entry visa valid for 90 days - US \$100

Travel Insurance

To travel with us it is compulsory to have travel insurance. You will be asked to show evidence of your travel insurance before your journey start. Details like policy number, validity and 24 hr emergency contact number will need to be given. It is required for us, minimum, that your travel insurance policy covers your medical expenses including emergency repatriation; however we recommend it also cover personal liability, cancellation, curtailment and loss of luggage and personal effects.

Money spending

Every traveler spends differently to their likings and needs. A few may like to spend it on eating and drinking, while others what to explore more places and few more busy collecting souvenirs and shopping. It's up too to you to consider your spending habits when it comes to shopping, drinking, tipping etc.

Money exchange

- Major cities have many ATM machines that accept both Visa and Master card, but this could be limited to cities. Check with your bank for information on ATM international fees.
- Remember to get your ATM card PIN!!!. Also phone numbers to contact your bank in case your card gets stolen. Keep all receipts for you to cross refer with your statements later.
- We also recommend the use of cash and travellers cheques. Please carry cash in case your credit or debit cards don't work. Cash in USD, Euro, GBP are readily exchanged at banks & money exchangers.
- Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.
- Currency exchange rates in fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com. As of December 2010 the exchange rate for NEPAL was 1 USD = 70.31 NPR (Nepalese Rupees)



Rs.100 INR = 156.608 NPR

- Major cities; Kathmandu, Pokhara, Bhaktapur etc., have many ATM machines that accept both Visa and Mastercard, but these are limited to cities.
- Indian rupees are widely accepted in Nepal. **Please note it is illegal to carry Rs.500 & Rs.1000 Indian currency bills to Nepal.**

Tour Leader

Wheellifetravel tour leaders are experienced and have a passion for travel. They are in no way like conventional guides, however they will be able to give you a good insight in to the destination you will be visiting; cultures, etiquettes, people etc. They have a broad perspective of the area you are visiting and will direct you in the right way by identifying your interests. Obviously they know the best of eating places, things to do etc. So they will assist you and recommend to you of the options available to you. We also use the services of local guides from time to time who add local flavour and twist to your experience.

Emergency fund

We recommend you have access to a minimum of USD \$ 300 in cash, as Emergency fund, which will be used, in case of Change In Itinerary due to emergency situations beyond our control; natural disasters, strikes etc...

Points to note

Group travel

The whole point of travel is to meet people from different walks of life, this holds good not just for the locals you will meet in the destinations you visit but also your fellow travellers on your journey. We expect people from all walks of life, age, sex, to join us. Most important aspect for a successful journey is to enjoy travelling with people and respecting them. Time is very important so please keep an eye on it, nobody likes to wait. The best journeys are the ones with a great group dynamics. And you have responsibility towards it.

Our travel ethics

Illegal drugs are not ok to use on our journeys. Use of drugs or possessing them is against the law and puts



the members of the group at risk and will not be tolerated. In some local cultures we visit it may be customary for them to consume drugs and offer it to travellers, however please note this is not accepted for travellers to do and a polite “No thank you” will do. We respect every community we visit and exploitation of any kind is not acceptable. Use of prostitutes is definitely a “no” and goes against our travel ethics. Our tour leader has complete authority to expel any member of the group found in violation of our ethics.

Tippping

is the way of life in most of Asia. Though not compulsory it is expected. To keep things smooth you need to oil the wheels. A 10% of the bill is considered a norm at restaurants. On our journeys we use the services of drivers, cooks, local guides you can choose tip them individually or your Tour Leader might get together a tipping kitty for the entire group from which tips can be given. For local guides and drivers a tip of 1-2 USD per person per day is considered good for the quality service provided. Porters, depending on the length of the journey can be tipped from 4-7 USD per person per day. Your tour leader will be able to assist you further on tipping.

Health

All travelers need to be in good physical health in order to participate fully in the group travel experience. If in the opinion of our tour leader or company representative any traveler is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, We reserves the right to exclude them from all or part of a journey without refund. We therefore ask that you read the itinerary in these journey notes thoroughly and then realistically self-assess your physical ability to complete the journey as described. Please consult with your doctor if you have any doubts.

There are no specific health requirements for this journey. However, you should consult your doctor for up-to-date information and prescriptions before your departure. We recommend that you carry a first aid kit as well as any personal medical requirements. Please be aware that for legal reasons any leaders/guides are prohibited from administering any type of drug including headache tablets and antibiotics.

Please contact us at info@wheelifetravel.com should you require any clarification on what is involved on your itinerary. For travelers over 70 years a completed self assessment form needs to be completed

we reserve the right to make changes to any itinerary in the very unlikely occurrence that an area should suddenly be deemed to be unsafe because of an outbreak of disease or any other health hazards.



Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travelers' cheques, cash and other valuable items. Leave your valuable jewels at home -you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group journey, please note that your group leader has the authority to amend or cancel any part of the journey itinerary if it is deemed necessary due to safety concerns. Your leader will accompany you on all included activities. During your journey you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure.

While your group leader will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) has a balanced approach to safety. It is our policy not to allow our Tour Leaders to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

Acclimatization and altitude sickness:

Altitude sickness has the potential to affect all trekkers from 2500m and higher. We ascend slowly and give our bodies plenty of time to adjust to the smaller quantities of oxygen in the air. However it is important to be aware of the normal altitude symptoms that you may encounter BUT NOT worry about:

Periods of sleeplessness

Occasional loss of appetite

Vivid, wild dreams at around 2500-3800m in altitude

Unexpected momentary shortness of breath, day and night

Periodic breathing that wakes you occasionally

Your nose becomes bunged up

Dry cough develops



Mild head ache.

If you are feeling nauseous and dizzy be sure to let your group leader know so that we can monitor your condition.

Responsible Travel

From the start, WheelLife Travel has been committed to offering low-impact tours that benefit traveler and host alike. While our sustainable tourism policies are constantly evolving, our commitment to socially conscious, grassroots style travel has never changed. We work with local communities, businesses and individuals to develop sustainable tourism opportunities that help local economies while minimizing negative environmental and cultural impacts.

We would like to give you a couple of tips to start you thinking about traveling sustainably.

- Please bring rechargeable batteries, a battery charger (and plug adapter if necessary). Batteries are incredibly toxic and many places that we travel do not have proper disposal facilities. Rechargeable are best but if this is not possible we recommend that you bring any used batteries back home with you for proper disposal.
- Please ask before taking pictures. Just as you would not like to have a stranger come up to you and take a picture of you while sitting on your front porch either do the locals of the places that we visit. As you can imagine pictures of their children are also not appreciated.

Local Dress

In Asia the dress standard is more conservative. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlet's/tank tops when visiting temples or mosques or other holy sites.

Keep In touch

We love to hear back from our travelers. Send us your photos, blog and share your experience with us.