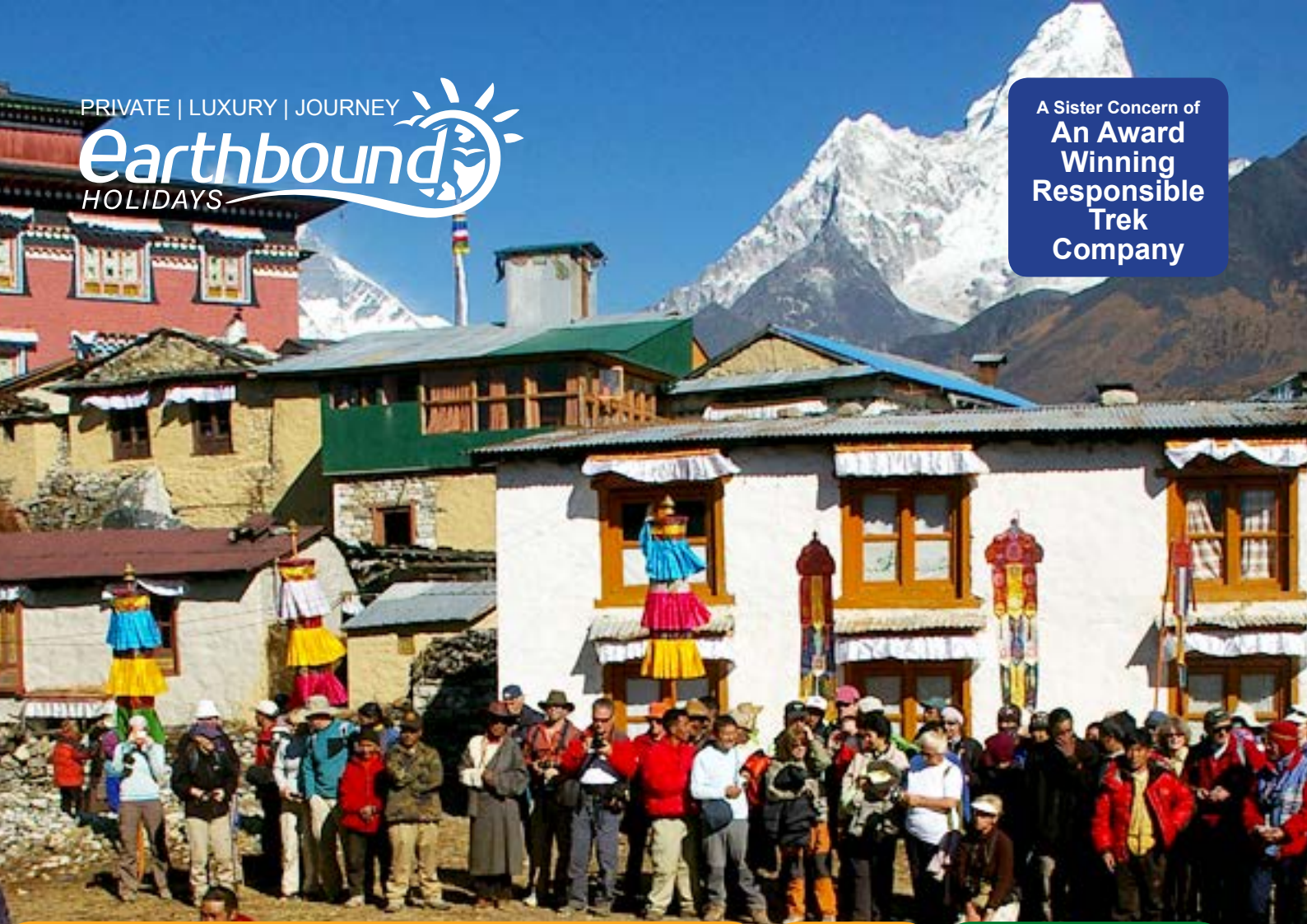


PRIVATE | LUXURY | JOURNEY

Earthbound
HOLIDAYS

A Sister Concern of
**An Award
Winning
Responsible
Trek
Company**



Everest & Annapurna Luxury Trekking with Chitwan NP

19
Days

\$ 3587

This unique 19 days adventure in Nepal combines the two most famous trekking regions Everest and Annapurna with its premier wildlife habitat in Chitwan National park, and by doing this luxury Nepal trek offers a huge variety of scenery, flora, fauna and culture in a comparatively short time. In both these regions we trek utilising comfortable lodge-based tea house accommodation. Explore both the Annapurna and Everest regions in style with gentle trekking between comfort lodges and charming mountain inns.

From being surrounded by the majesty of the world's highest mountains to the slow pace of village life in the low foothills, this tour really does allow you to experience Nepal at its best. The trekking is easy and your accommodation is in Ker & Downey's or similar unique lodges and charming Yeti Mountain Homes / summit lodges, which all feature ensuite

rooms, comfortable beds with sheets, blankets and hot water bottles. This allows you to really relax and enjoy Nepal at your own pace whilst in near-perfect comfort.

The Annapurnas and Fishtail, with their colourful villages and terrace, rich forests and rushing mountain streams, offer an interesting contrast to the higher Everest region, home to the Buddhist culture of the Sherpas and the highest mountain on Earth – Mt. Everest. Your checklist of peaks includes the most beautiful peak Machhapuchhare (fishtail); the Annapurnas, Dhaulagiri, the highest peak on earth Mt. Everest, Lhotse, Nuptse, Ama Dablam and many lesser but still spectacular mountains. This itinerary is an ideal first visit to Nepal for those who want a more complete look at this beautiful country in just less than three weeks of time.

www.earthboundholidays.com

Detail Itinerary

Day 1 : Arrive Kathmandu

Upon arrival at Kathmandu Airport you will be met by our representative and transferred to the Hyatt. Overnight: Hyatt. (1300m)



Day 2 : Fly to Pokhara & Trek to Sanctuary Lodge (1150m)

After breakfast, you transfer to the domestic airport for your 25 minute flight to Pokhara. This spectacular flight offers views of the Langtang, Manaslu and Annapurna ranges. On arrival you are met by your guide and trekking crew and then drive to Nayapul where your trek begins. Your walk will follow a ridgeline in the lower foothills of the Annapurnas with surrounding views of the Pokhara Valley. This route then drops to the Modi River Valley, where Ker & Downey's Sanctuary Lodge is located. The lodge has magnificent views of the sacred and unclimbed Fishtail Mountain, or Machhapuchhre as it is locally known. Lunch is at the lodge followed by an optional walk to the nearby village.

Trek: 2 hours

Overnight: Sanctuary Lodge, Birethani (1150m) (B,L,D)

Day 3 : Trek to Gurung Lodge, Majgaon

Following a leisurely breakfast, you leave the Sanctuary lodge and trek to Ker & Downey's Gurung Lodge. This is a little used trail that starts off on a rocky path along the river bank and then meanders through a forested area. From here trek along a ridge to the village of Waday where there are far reaching views of the whole valley. Your trek then descends a short distance to a small but sturdy

suspension bridge. After crossing this bridge, there is another uphill push passing through the small villages of Patleket and Majgaun before arriving at Gurung Lodge in time for lunch.

Trek: 3-4 hours.

After lunch, you may choose to hike with your guide to the nearby village of Tanchok, where there is a traditional house now made into a museum. You may also choose to visit the local school.

Trek: 1-2 hours

Overnight: Gurung Lodge, Majgaon (1400m) (B, L, D)

Day 4 : Trek to Basanta Lodge, Dhampus (1650m)

This morning you start out trekking through the unspoilt village of Patleket. Your walk then takes you through sub-tropical forests that include tree orchids, rhododendrons and magnolias. Along the way, you will stop at the village of Pothana where many Tibetan traders live and sell their souvenirs. The trail from Pothana to the lodge offers spectacular views of the Annapurna range. After lunch at the lodge there will be an optional walk through the old village of Dhampus. From the lodge, there are sweeping views of the entire Annapurna Range.

Trek: 4 hours

Overnight: Ker & Downey's Basanta Lodge, Dhampus (1650m) (B, L, D)

Day 5 : Descent to Valley floor staying in Pokhara

After breakfast, you depart along the ridge and descend through the wooded hillside and terraced farmland to the valley floor (1000m). You meet your vehicles here for the short drive to Pokhara.

Trek: 3 hours

Overnight: Temple Tree Resort Pokhara.

Day 6 : Drive from Pokhara to Chitwan National Park

After a relaxed morning you are driven to the Green Park Resort on the border of the Chitwan National Park (5 hours.) On arrival at the resort, you will receive a briefing prior to an afternoon safari or nature walk. Activity: Afternoon safari or nature walk

Overnight: Green Park Resort (B,L,D)

Day 7 : Chitwan Nation Park

Chitwan National Park offers protection to 56 species of mammals including the one horned rhinoceros, Bengal Tiger, leopard, sloth bear, wild elephant, striped hyena, Gangetic dolphin and wild bison. There are an estimated 543 species of birds, 126 species of fish, 590 species of butterflies and 47 species of reptiles in the park. The day is spent game viewing on elephant back/by jeep, and on foot. There are also lectures on the wildlife of the Park. Canoe trips are available on request.

Activity: Game viewing on elephant back/by jeep, and foot.

Overnight: Green Park Resort (B, L, D)



Day 8 : Chitwan fly back to Kathmandu and prepare for everest trek

After an early morning game viewing and breakfast at the resort, you will fly back to Kathmandu (30 minute). Upon arrival in Kathmandu you will have the rest of the day free. Overnight: Kathmandu deluxe hotel Hyatt(B)

Day 9 :: Fly to Lukla (2804m) / Trek to Phakding (2610m)

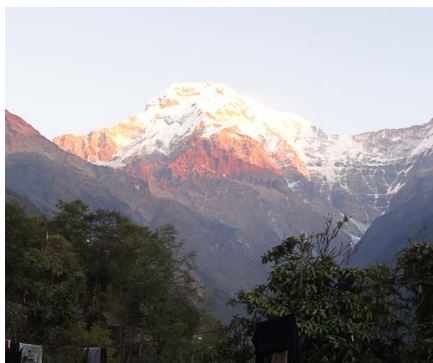
Take a spectacular, short mountain flight to Lukla, the start point for your trek. From the trek start point at the Khumbu 'gateway', it's gently downhill on pitched stone trails through low rhododendron forest, small 'garden' farms and old and new hamlets to the banks of the foaming Dudh Koshi River.

There will be plenty of short stops to meet the locals, take photographs and just soak up the scenery and the clear mountain air as we meander along, the undulating trail glimpsing views of 6000m snow-capped peaks high above.

Meander up through the many chortens and prayer wheels of Sano and along to your destination of YMH Phakding in time for a late lunch. The afternoon is free to rest in the riverside gardens or sun lounge. For those who wish to you'll make a short trip up to the higher village and delightful tiny gumpa perched on the valley side.

Trek: 3 hours

Overnight: Yeti Mountain Home, Phakding (2600m) (B, L, D)



Day 10 : Trek to Monjo (2835m)

After breakfast you trek to the village of Monjo. The gently undulating trail follows the right bank of the Dudh Koshi through Phakding village before the first of several river crossings today on wire suspension bridges. Continuing through pine forest and small villages you will come to a break in the trees to catch sight of the mighty Thamserku (6623m) towering way above. A couple more hours of woodland trails and swaying bridges brings us to the small village of Monjo. Your lodge for the night is located above the village with spectacular views of Thamserku and KusumKangru.

Trek: 3 hours

Overnight: Yeti Mountain Home, Monjo (2835m) (B, L, D)

Day 11 : Trek to Namche Bazaar (3535m)

A short walk from your lodge brings you to the gateway to the Sagarmatha National Park. You'll stop here to have a look at the interesting 3D map and information boards whilst your guide sorts out our permits and entry. From here you've another 40 minutes or so to take you to the beginning of the climb to the Sherpa capital of Namche Bazaar. The trail zig-zags up away from the river, gradually ascending to

the tree line opening out into a high mountain bowl and the vibrant village of Namche.

Trek: 6 hours

Overnight: Yeti Mountain Home, Namche (3440m) (B, L, D)

Day 12 : Namche (3535m)

Today you'll take a gentle walk to gain a little height and then have the afternoon free to explore the shops and cafes of this delightful little town. Your guide will take you to a couple of wonderful viewpoints to see the 'rockstars' of the mountain world spread out before you: Lhotse, Nuptse, Everest, Ama Dablam... they ring the deep valley sides in a magnificent arena. You should also be able to see the trails to Everest. If you're feeling energised we'll continue on to the delightful villages of Khumjung and Kunde with their health post and school both started by the Sir Edmund Hillary Fund. After lunch you are free to head down to the Namche market to browse the shops, chat to the locals and maybe pick up a souvenir or two. You may also see the Tibetan traders who make a yearly journey over the high passes from the Tibetan plateau with their yaks laden with goods to sell at the markets. Late in the afternoon there's an option to visit Namche Monastery. The monastery is about 80 years old and has beautiful Thangka paintings of Tibetan deities. Overnight: Yeti Mountain Home, Namche

Day 13 : Namche - Tyangboche/ Diboche - 3867 m

Enjoy the view of Everest, Lhotse - mountains above 8000 m - and other beautiful Himalayan peaks as you walk through cooling rhododendron, pine, cedar forest to go to Tengboche. You will be awestruck by the awesomeness of a historical fourteenth century Buddhist Monastery – Thengboche Monastery. Pray and make your wish there and walk twenty minutes further down to Diboche – the day's stopover. Rivendell Lodge. B/L/D

Day 14 : Trek to Khumjung

Trek to Khumjung and stay in a lodge with attached toilet and bathrooms. B/L/D

Day 15 : Descend to Monjo (2835m)

After Breakfast, you descend back to Monjo. You will reach Monjo at lunch time. After lunch at the lodge, you are free to relax for the day.

Trek: 6 hours

Overnight: Yeti Mountain Home, Monjo (2835m) (B, L, D)

Day 16 : Monjo to Lukla (2804m)

You retrace your steps back to Lukla after breakfast passing through Banker and Phakding and following the trail to Lukla. You spend your final night in the Everest region here. This is also a good time to give your gratitude to your porter and trekking crew for their wonderful support and to bid them farewell.

Trek: 5-6 hours

Overnight: Yeti Mountain Home, Lukla (280m)(B, L, D)



Day 17 : Fly to Kathmandu

After breakfast you'll take a short but spectacular flight back to Kathmandu. When the weather is clear, this short flight will be one of the highlights of your tour with amazing views of the surrounding mountains. After landing, you will be transferred to your hotel. You will have your free time to relax and enjoy spa after trek. Overnight: Hyatt (B)

Day 18 : Kathmandu

After enjoying a leisurely breakfast at the hotel, you'll be met by our guide for our day trip to a few of the Kathmandu valley's most spectacular and important sights and some vibrant, colourful markets. With a blend of three ancient capitals and their associated palaces, temples and markets of Kathmandu has a lot to offer culturally and historically. Evening serve Nepali cultural show and dinner. B/D

Day 19 : Fly back to home

Transfer to the Airport for your flight home. B

Cost Includes

- ▶ All accommodation in 5 star hotels in cities
- ▶ All Ground transportation
- ▶ Kathmandu sightseeing with city tour guide
- ▶ Full board meal during the trekking
- ▶ Govt. trained guide and necessary no. of porters with their insurance, salary and meals
- ▶ One cultural show and dinner
- ▶ All entry fees and TIMS permit
- ▶ All Domestic Flight according to Itinerary
- ▶ Sleeping bag and Down jacket for trek

Cost Excludes

- ▶ International Flight
- ▶ Major meals in Cities
- ▶ Monuments entrance fees
- ▶ Airport tax
- ▶ Extra shower, battery re-charge, laundry charge etc.
- ▶ Personal clothing and gears
- ▶ Tips to guide and porter
- ▶ Cost raised by cancelation, landslide, weather, political unrest, illness which are not under our control.



Our Associate Partners



Nepal Head Office

G. P. O. Box: 5801, Thamel, Kathmandu, Nepal
 Tel: +977 1 4701051, Cell: +977 9851017772
 Email: earthbound@wlink.com.np

United Kingdom Booking Office

Badri Gajurel
 507 Whitton Avenue West, Greenford, Middlesex, UB6 0DY, UK
 Tel: +44 208 422 6376, Cell: +44 793 268 4271
 Email: info@nepaltrekking.co.uk

USA Booking Office

Jenna Markowick
 Director, North America
 Earthbound Expeditions Pvt. Ltd.
 11719 Mayfield Ave, # 8 Los Angeles, CA 90049
 Tel: (201) 264 - 9252
 Email: earthboundexpeditionus@gmail.com

Member of:



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