



TRADAID CHARITY TRIP TO HIMALAYA - NEPAL FEB.13-MAR.02 2011

Highlights of Nature & Cultural Heritage

This tour is organised in collaboration between Tradaid –Germany & SWAN, Nepal - in order to explore the richness on diversity of nature & cultural heritage and to Identify the possibilities on conservation of important areas for Medicinal Plants in the western Nepal.

Tour-code: Tradaid Trip-Nep//11

ITINERARY

Day 01. Fly from Frankfurt/Dusseldorf/Munich to Katmandu via Delhi

Day 02. ARRIVE KATMANDU (1340m)

Arrive Katmandu. You'll be met at the airport by a representative from the travel-to-nature Asia/SWAN, so look out for a sign when you leave the airport. They will bring you to your hotel where your rooms are booked.

Those who are fit might go for a sight seeing or simply recover from Jetlag! Overnight in Hotel

Day 03. IN KATMANDU.

Your local tour guide will meet you at the hotel and introduce you to Katmandu.

Sightseeing Options: The striking Buddha eyes of Boudhanath Stupa watch over a lively and colorful Tibetan community and attract pilgrims from all over the Himalayan Buddhist realm. In the midst of traditional gompas, and hung with long strings of multi-colored prayer flags, Boudhanath attracts Sherpas, Tibetans and tourists alike for daily circumambulations (koras) of the stupa.



Hindu Pashupatinath and its sacred temple complex on the banks of the holy Bagmati river. Here, monkeys run up and down the steps of the burning ghats, and trident-bearing siddhus draped in burnt-orange and saffron sit serenely meditating - when they're not posing for photos-for-rupees.

Over dinner we go over gear for trek and get to know each other and with your trekking guide. Overnight Hotel.

Day 04: DRIVE TO DHULIKHEL (1700m)

After breakfast climb the many steps to Swayambhunath (the monkey temple), with its commanding views of Kathmandu (at 1420 m), its whitewashed stupas and its unique synthesis of Buddhism and Hinduism. Time permits visit Durbar Square, one of the old capitals of the Kathmandu valley, is a synthesis of Hindu and Buddhist temples, stupas and statues, and is often the site of festivals, marriages and other ceremonies.

After lunch drive to Dhulikhel. Dhulikhel is scenic hill station and mountain views are excellent.



Time permits, afternoon you may wish to explore the fascinating medieval city, or simply enjoy view on the hotel roof top restaurant and relax.

Day 05: IN DHULIKHEL

In the morning, we will have a walk round the typical traditional Tamang village and get know their local culture & way of life. Also, met the traditional healers or medicine men 'the JHAKRI/SAMANS' who are keen in sharing their values & thoughts. Visit the local Hindu temple located amidst the pine forest and meet the meditating Sadhu. If you are interested you can try to join him meditating and get the sense of inner calm for a moment - if not for longer. Local 'JHAKRI DANCE' can be organised on demand in the evening. Overnight hotel.

Day 06: Drive back to Katmandu.

We return back to Katmandu. En-route we visit Bhaktapur city. Bhaktapur is a home of medieval art and architecture and it is like a living museum. The major sightseeing places we would visit include the Durbar Square, the museums and

the pottery centre. Here you can also visit the Ayurvedic Medicine production centre and local Ayurvedic Pharmacy.

Drive back to Katmandu. Rest of the day in Katmandu at leisure, shopping etc.

Day 07: POKHARA (900m)

Morning we fly to Pokhara, centre of the Western Development Region and traditional trading centre in the shadow of the Annapurna Massif. During our half an hour flight the view of the mighty Himalayan range, including the Annapurna, Ganesh, Mt. Nilgiri, Manasulu etc will be a life time experience. Upon arrival our local representative will transfer us to our hotel.

Afternoon we walk along the shores of the Phewa lake allowing us to enjoy the magnificent scenery of the Pokhara valley and birding at the shore of the lake is equally rewarding. We also take a traditional rowing boat across the lake, stopping off en-route to see the Bharai temple on a small island, and then, time permitting, walk across the hills through woods and traditional Gurung village.



Day 08. DAY HIKE TO SARANGKOT (1592m)

We take a very easy and pleasant hike to Sarangkot, at an elevation of 1592m, and most popular short excursion from Pokhara. This day hike will offer us a captivating glimpses of rural life and the magnificent view of Annapurna range and the Pokhara valley itself. On our return from Sarankot we visit Annapurna Conservation natural history museum Pokhara University campus, Tibetan self help refugee camp and the Davi's waterfall. Overnight Hotel.

Day 09. VISIT TO SWAN/TRADAID PROJECT VILLAGE – NARAYANSTHAN (1000m)

After breakfast we drive west along the Pokhara – Banglung highway about couple of hours to Kusma (65 km) and trek to Narayansthan.

Narayansthan is a 1-3 hour trek from the road, depending which route we take. The walk crosses the Kali Gandhaki River, one of the holy rivers of Nepal, and affords beautiful views of the Annapurna and Dhaulagiri Mountain Ranges.

After organizing the gear and loads with the porters, we trek down to the Kaligandaki river. After crossing the river over the first suspension bridge we climb up about 500 m to our first night's campsite above the



Clif in a beautiful pine forest. We can see the crew setting up camp for us. Once at camp, we will introduce you to our crew who will be looking after us for nest few days. Overnight Camp.

Day 10. EXPLORE PROJECT VILLAGE NARAYANSTHAN

Narayansthan, where SWAN a local charity organisation has been running village development projects for

many years in Baglung district. Projects include an integrated blind school, a pre-school for “untouchable” children, support to the local health post and various schools, mother’s groups, goat breeding programmes and many more.

Since 2009, TRADAID is in cooperation with the SWAN to promoting projects in SWAN project area, district Baglung - a project to maintain and expand the local knowledge of medicinal plants by cultivation, use and processing and establishing development and training.



Day 11: TREK TO AMALACHAUR VDC & Camp (1550m) (3-5 HRS WALK)

A gentle trek to Amalachaur VDC through the rice fields and local gardens looking how the local farmers cultivate their crops & other plants for daily use. On the way meeting with local farmers will be organise for interaction focusing on cultivation medicinal plants & their important. On the way also visit the local Ayurvedic Health Centre in Paupata VDC. Overnight in the tented camp.

Day 12: TREK TO MULABARI (2HOURS – 1850m)



After leisurely breakfast with beautiful Himalayan panorama walk gently along the Bhairamthan ridge to Mulabari for camp. Afternoon, visit Bhakunde village and explore the possibilities of cultivation of high altitude herbal plants and explore the Rhododendron forest. Rest of the day simply enjoy the breath-taking views of several peaks above 8,000 m of altitude including Mt. Dahulagiri & Mt Annapurna from your camping ground.

Day 13: Trek back to Kusma or Nayapool and drive to Pokhara

Return Journey to Pokhara. Pokhara is one of the most popular tourist spots in Nepal, due to its situation on the Fewa lake, beneath the Annapurna and Fishtail Mountains and with many beautiful examples of Hindu and Buddhist religious architecture.

We have the afternoon to wander to the lake, do some shopping, or sit and relax in a cafe with a book. We'll head for Moondance Cafe or Boomarang restaurant for dinner and drinks in the evening, great spots.

Day 14: POKHARA - CHITWON NATIONAL PARK (350m)

It is a beautiful journey on the Pokhara - Katmandu highway, through Nepal's middle hill & Tarai, to the Royal Chitwon National Park. Chitwon National Park is situated in the low land tropical part of Nepal. It still houses free living tigers, elephants and rhinoceros, and a huge variety of other tropical flora and fauna. Krishna used to work there as a game warden for three years at the beginning of his career, and is one of the best people – or probably the best person! you could find to show you round



this park.

By making an early start we shall aim to reach the Jungle lodge for a late lunch. Late afternoon we shall paddle down the Rapti River in search of waterbirds. The most notable bird species are *Small Pratincole* (winter visitor), *Great Thick-knee*, *River Tern*, *Stork-billed Kingfisher*, *Black Stork*, *Wolly-necked Sork*, *Asian Open-billed Stork*, *Lesser Adjutant Stork*, *Great Cormorant* and many other waterbirds will be present, including *Ruddy Shelduck*, *Gadwall*, *Little Ringed* and *Kentish Plovers*, *Riber & Red-wattled Lapwing*. Other species present in this area includes *Ospray & Brown Fishowl*.



The Park comprises 1000 sq.km of sal and riverine jungle and magnificent environment with a great variety of wildlife than any other area of Nepal. Over 500 species of birds have been recorded here and we can expect to see nearly one third of these, as well as many mammals and reptiles. These are likely to include the endangered *Great One Horned Rhinoceros*, *wild boar*, *sambar*, *muntjc*, *spotted and hog deers*, *rhesus and hanuman monkeys*, and possibly *marsh muggar and fish eating gharial crocodiles*. *Tiger*, *leopard*, *sloth bears*, and *gaur (wild bison)* are all common and regularly seen by the lucky ones!

Day 15: CHITWON NATIONAL PARK

A full day based at the wildlife lodge. We shall explore the rivers by dug-out canoe, search the grasslands – for tigers, rhinos and other animals – on elephant back, and go bird-watching in the forest on foot. The dry Sal forest, Grassland dominate the Park and that hold a wide variety of species including, *Red-thighed or Collored Falconet*, *Oriental Honey Buzzard*, *Crested Serpent Eagle*, *Shikra*, *White-eyed Buzzard*, *Crested Hawk-Eagle*, *Red Junglefowl*, *Indian Peafowl*, *Oriental Turtle & spotted Doves*, *Yellow -footed Green Pigion*, *Alexandrine*, *Rose.ringed*, and *Plum-headed Parakeet*, the delightful *Indian Scops Owl*, *Jungle Owlet*, *Crested treeswift*, *Green Bee-eater*, *Indian Roller*, *Grey*, *Pied and Gaint Hornbills*. A good variety of of woodpeckers accurs here and we should find *Grey-capped Pigmy*, *Rufous*, *Grey-headed*, *Greater Yelownapes*, and *Great Flameback*. As usual, mixed -specis feeding flocks form such *Flycatchers*, *Thrushes*, *Bablers*, *Drongos* etc.This should be an outstanding day.



Day 16: CHITWON – KATMANDU

Another early morning walk, or elephant ride, back to the camp, where the vehicle is waiting to take us back to Katmandu!

We'll have time for a bit of shopping in Thamel the main tourist area of Kathmandu. Thamel is a myriad of banners, signs, music shops, bakeries, internet cafes, restaurants, bars, hotels, shops of all imaginable varieties and eccentrically clad backpackers. In the evening will head out for dinner on one of Katmandu's excellent restaurants and farewell.

Day 17: Final Departure

Sadly, we send you off to the airport for your flight back home.

COST: COSTS ARE IN EURO NET PER PERSON

The cost for the above programme shall be as follows:

PARTICIPANTS:

Minimum: 8

Maximum: 20

EURO: 2475.-Net Per person

Single supplement 470.- Net Per Person



The Above Price Includes:

- Deluxe Hotels in Katmandu, heritage hotel in Pokhara, on Bed & Breakfast basis.
- Excellent wildlife Safar- Lodge with comfort in Chiwon NP with all meals, elephant safari, boating, nature walks, jungle drive, National Parks entrance fees, camping fees and conservation royalties etc. and other activities.
- Twin Room sharing accommodation at all hotels/lodge/resort mentioned.
- Airfare for the international flight Frankfurt/Katmandu/Frankfurt as per the programme.
- Airfare for the domestic flight Katmandu/Pokhara as per the programme.
- Services of a local German Speaking Guide for all the sightseeing tours as mentioned in the programme.
- All the land arrangements, airport picks up/ drops & other long distance transport services on a private deluxe vehicle.
- Entry tickets to the monuments/monasteries, boating fees in Phewa lake, included in the usual sightseeing or as mentioned in the programme.
- Porttorage of Baggage's at Hotels & Airports.
- complete trekking arrangements which will include all meals in Project Villages. {Breakfast, Lunch, afternoon Tea, Dinner}, 2 men Alpine tents with compressed Foam mattress. Kitchen Tent, Dinning tent, accompanying Kitchen staff, Porters to carry the baggage/Kitchen utensils/ Camping equipment etc.

(The arrangements for trekking are of good standard which includes good service, good food and good equipment. However, we suggest to bring your own sleeping bags for your own comfort failing we shall provide same from here on advance request.)

The above cost does not include:

- Nepal single entry Visa (\$30) upon arrival in Katmandu at the airport.
- Travel insurance and any expense of personal nature, such as Drinks, Tips, Telephone, Medicines, Laundry, meals not mentioned above etc.



HOTEL ENVISAGED:

WE HOLD THE RIGHT TO CHANGE THE HOTELS IF NECESSARY

PLACE	DATE	HOTEL/CAMP	BOOKING STATUS
Katmandu		HOTEL VAJRA OR SIMILAR	
Pokhara		FISHTAIL ODGE (heritage property) OR BHARAHHI	
Narayanstha & SWAN PROJECT AREA		TENTED CAMP	
Chitwon National Park		2NTS/3DAYS - TEMPLETIGER OR RHINO ECIDENCY OR SIMILAR	
Dulikhel		2 NT- HIGHVIEW RESORT	



NAMASTE &SEE YOU IN HIMALAYA