



nepal

To visit this ancient kingdom and to trek among the world's highest mountains is every traveller's dream. The charm of Nepal is that it is largely without roads, and access is often limited to ancient trails linking isolated villages where life and customs have changed little over the centuries. Only on foot can you discover the true nature of the country.

Old wooden ploughs still work the terraced fields of rice and barley on the steep hillsides. Forests of oak, pine and rhododendron come alive with colour during the spring, and the annual monsoon rains nourish a multitude of plants and flowers. Ever present, towering over the valleys and plains, are the majestic peaks of the Himalaya including the celebrated Everest and Annapurna.

However, Nepal offers much more than trekking. All our journeys begin in the fascinating city of Kathmandu, where skilled craftsmen and enlightened monarchs have created a rich artistic heritage that is a delight to explore. To the south, the great forests and grasslands of Chitwan and Bardia are sanctuary to many endangered species, including the Indian one-horned rhinoceros and Royal Bengal tiger, and to track these magnificent animals on elephant back is a unique experience.

Nepal can perhaps be compared to a giant staircase - from the floodplains of the southern Terai, the land crumples and rises to the very summits of the high Himalaya. The diversity of topography and climate is matched only by the variety of peoples, languages and customs, which make up this extraordinary kingdom.

TRAVEL GUIDE

VISA REQUIREMENTS

UK Passport holders currently require a visa for Nepal. Non British Passport holders should check requirements.

HEALTH ADVICE

No vaccinations are currently required, but the following are recommended: Hepatitis A, Typhoid, Polio and Tetanus. Anti-malarial prophylactics should also be taken for visits to lowland Nepal. However, if you have recently travelled in a Yellow Fever affected part of the world, proof of a Yellow Fever inoculation is required.

FLYING TIME

Kathmandu 12hrs 20mins

LOCAL TIME

Nepal GMT + 5hrs 45mins



WHEN TO VISIT

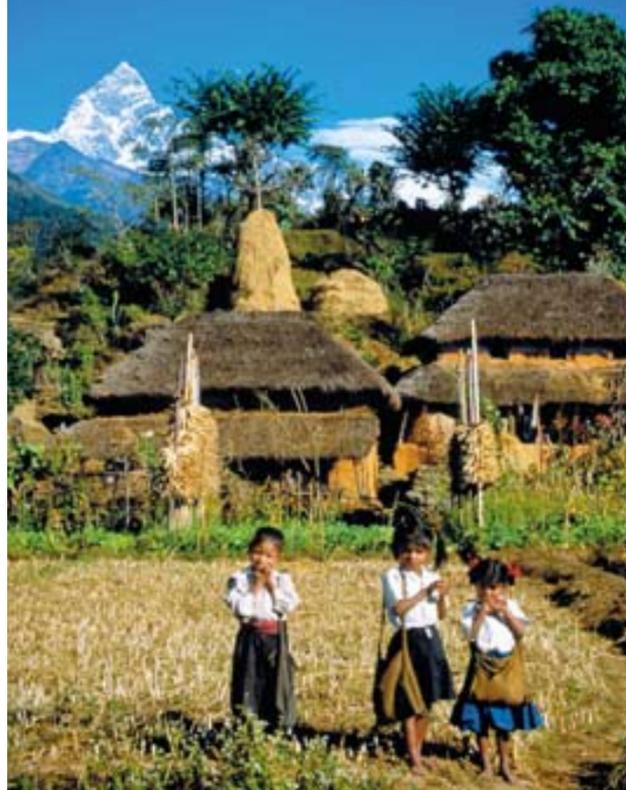
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Nepal	✓	✓✓	✓✓	✓✓	✓					✓✓	✓✓	✓✓

✓✓ indicates the optimum time to visit

the nepal experience

To trek among the world's highest mountains may be every traveller's dream, but there is so much more to experience within the borders of this magical Himalayan kingdom...

And you can do so in some style, as scattered throughout Nepal in areas of great natural beauty are a number of exclusive properties. The portfolio includes ridge-top lodges where you can enjoy panoramic views of the mountains without having to move from your sun lounger, remote riverside camps in the country's lush 'middle hills', and wildlife lodges hidden deep in the sub-tropical jungles cloaking the country's southern terai where you can search on elephant back for Indian one-horned rhinoceros, sloth bear and the majestic Royal Bengal tiger.



Tiger Mountain Pokhara Lodge, Pokhara

Straddling a narrow ridge a thousand feet above the Pokhara Valley with panoramic views of the Annapurna Himal, Tiger Mountain Pokhara Lodge has set new standards of hospitality in Nepal's second city. The lodge offers seclusion and luxury, and is an oasis where one can recover from the demands of a Himalayan trek.

There are 14 stone bungalows, each en suite with private veranda and breathtaking views of the mountains. The main lodge has comfortable seating areas, a dining room decorated with traditional artefacts, Colonel Jimmy's Library and an outdoor terrace. A swimming pool sits in the terraced gardens. Within easy reach are picturesque hill villages, sub-tropical forests and alpine lakes, and guides are on hand to lead hikes.



Seti River Camp

The only access to this remote and beautiful camp on the banks of the Seti River is by boat - a gentle 3-hour float by inflatable raft from the roadhead at Damauli. The camp could also be a staging post for the longer 2-day journey down to the lowland jungles of Nepal, a wonderful way to experience the verdant scenery and villages of Nepal's middle hills. Any rapids en-route are short, small and highly enjoyable!

The camp itself is simple and comfortable with 16 twin-bedded en suite tents dotted around terraced gardens that extend right to the river's edge and meals served al fresco around the camp fire. There are also some wonderful village walks in the valley, so a second night in camp is well worthwhile.



Tiger Tops Jungle Lodge, Chitwan

Set deep within the lowland jungles of Chitwan, Nepal's premier wildlife reserve, Tiger Tops is famed for its elephant back safaris and superb location at the foot of the Himalaya. There are just twenty en suite rooms, raised on stilts for views of the distant mountains, and a central *ghar* that houses a restaurant and bar.

Exciting activities include game drives, walks, elephant back safaris and walks in search of Royal Bengal tiger and other wonderful wildlife, along with the 450 bird species that inhabit Chitwan's sub-tropical grasslands and riverine forests. Enjoy lectures on the park's natural history, and don't miss the elephants' evening bathtime. *Tiger Tops has satellite tented camps for a more intimate jungle experience.*



Temple Tiger Lodge, Chitwan

Located at the heart of the Chitwan National Park on Nepal's southern borders with India, Temple Tiger is the perfect spot for exploring this beautiful natural reserve. Built entirely from natural materials in line with its unimpeachable environmental credentials, the lodge is rustic but comfortable with 33 traditional thatched cottages dotted around a clearing in the forest and a gazebo style dining area.

Game viewing is superb, and days are spent tracking rhino through seas of elephant grass, floating the rivers in search of the endangered Gangetic dolphin, and hoping for that rare encounter with the elusive tiger. You can also interact with the lodge's ten working elephants - a uniquely therapeutic experience.



An Adventure in Nepal

Trekking, river-running and game viewing

The kingdom of Nepal is an undisputed trekking paradise, whilst its rivers, plunging through the mountains from the Tibetan Plateau, offer superb white-water rafting and, in the south, the subtropical jungles of the Terai will delight the wildlife enthusiast. This adventure encompasses the very best of this magical country.

After exploring Kathmandu, the journey begins in earnest with a six-day trek in the beautiful foothills of the mighty Annapurnas. After a night in Pokhara, you continue with a spectacular descent of the Seti River by inflatable raft, when the river's quieter stretches are a delicious contrast to the thrill of negotiating white-water rapids. Back on dry land you reach the Royal Chitwan National Park, where the forests, grasslands and rivers shelter an astonishingly rich and varied wildlife, before ending this wonderful journey back in Kathmandu.

Sample itinerary:

Day 1: Depart London. **2/3:** Arrive Kathmandu. Sightseeing of Kathmandu Valley. Overnights Dwarikas Hotel. **4/8:** Fly to Pokhara and begin 6-day trek in the Annapurna foothills. **9:** End trek in Pokhara. Overnight Fishtail Lodge. **10:** Begin 2-day raft trip on the Seti River. Overnight camp. **11/12:** Game viewing in Chitwan. Overnights Tiger Tops. **13:** Fly to Kathmandu. Overnight Dwarikas Hotel. **14:** Fly to London.

NB: The trek featured in this itinerary is Trek Grade 2

Dates: Group and private departures - please ask for further information.

Price: From £2,375 per person (based on 2 people travelling).



mountain lodges of nepal

The great mountains of Nepal used to be the preserve of tough walkers who were prepared to camp in somewhat harsh conditions. However, with the construction of four lodges in the Annapurna foothills above Pokhara, the legendary adventure company, Ker & Downey, has entirely changed the concept of Himalayan trekking. Only on foot can you really discover the entrancing personality of this mountainous kingdom, and now you can enjoy a warm bed and hot shower at the end of each day.

Each lodge is located some five hours' walk apart in an area of outstanding natural beauty within the Annapurna Conservation Area, and treks follow strict conservation guidelines. Trekking itineraries are entirely flexible and can include just one or a combination of mountain lodges. All treks allow time to visit local villages, photograph the scenery and absorb the spirit of the country, aided by the presence of the indomitable Gurkhas who are the backbone of Ker & Downey's team, and keen to share their intimate understanding of Nepalese hill culture and tradition.

Himalaya Lodge, Ghandruk (6,560ft)

The comfortable Himalaya Lodge is built on the higher terraces above the idyllic village of Ghandruk and enjoys stunning close-up views of the Annapurna Himal. The lodge is constructed around a 19th century Gurung village house and accommodates 16 guests in an attractive and traditionally designed bedroom wing with a covered veranda.

Ghandruk, with its attractive slate-roofed houses, is a fascinating place to visit. For years the village served as a major recruiting centre for the Gurkha regiments and retired soldiers occupy many of the houses. It is also renowned for its rugs, hand-woven to this day by the womenfolk of the village, and is the headquarters for the Annapurna Conservation Area Project, which promotes many innovative ecological projects involving the local people.

Sample Mountain Lodge Trek itinerary (Trek Grade 1)

Day 1: Depart London. **2/3:** Arrive Kathmandu & prepare for trek. Overnights Shangri-La Hotel. **4:** Fly to Pokhara. Overnight Shangri-La Village Resort. **5:** Trek to Birethanti. Overnight Sanctuary Lodge. **6/7:** Trek to Ghandruk. Local exploration. Overnights Himalaya Lodge. **8:** Trek to Majgaun. Overnight Gurung Lodge. **9:** Trek to Dhampus. Overnight Basanta Lodge. **10:** Trek to Pokhara. Overnight Shangri-La Village Resort. **11/12:** Drive to Royal Chitwan National Park. Game viewing. Overnight Tiger Tops. **13:** Fly to Kathmandu. Overnight Shangri-La Hotel. **14:** Fly to London.

Dates: Group and private departures - please ask for further information.

Prices: From £1,975 per person incl. Tiger Tops /
From £1,525 per person excl. Tiger Tops
(based on a group of 6 people travelling).



Basanta Lodge, Dhampus (4,920 feet)

Straddling the ridge dividing the Phedi Valley to the south and the spectacular Mardi Valley to the north, the Basanta Lodge enjoys breathtaking panoramic views of Machapuchare and the entire Annapurna Himal. With its comfortable accommodation and snug atmosphere, it provides a welcome haven at days end.

The lodge sleeps sixteen guests in spacious en suite rooms, and has cosy central sitting and dining rooms. There is much to occupy guest here, from learning about hill farming on the steeply terraced hillsides with methods that have remained unchanged for centuries, to nature walks through great stands of conifer, rhododendron and bamboo, which shelter a rich variety of flora and fauna.



Gurung Lodge, Majgaun (4,620 feet)

Built in the style of a traditional Gurung village, the buildings of the cosy and comfortable Gurung Lodge sit in extensive gardens on the edge of the village of Majgaun. The jaw-dropping views of the surrounding valley and mountains, in particular Annapurna South and Annapurna One, are incomparable.

The lodge has 10 simply appointed en suite rooms housed in tribal style houses, each with antique carved windows. There is also a centrally located dining area and bar with a large open fireplace around which guests congregate. Walks in the surrounding countryside provide superb photographic opportunities, and fascinating visits to local Gurung village houses may be arranged.



Sanctuary Lodge, Birethanti (3,600 feet)

Situated on a promontory overlooking the Modi River just north of the scenic village of Birethanti, the Sanctuary Lodge has half a mile of river frontage, dramatic views of Machapuchare - the sacred 'Fishtail' mountain, and beautifully landscaped gardens. The lodge offers an unusually high degree of style and comfort.

Hand-built by local craftsmen, the lodge accommodates just 16 guests in spacious and comfortable en suite rooms. There is also a central lounge / dining area with a library. Excursions can be made to the school at Birethanti and to watch colourful mule trains cross the suspension bridge over the Modi Khola. The nearby subtropical forests are excellent for botanical and bird watching expeditions.



Mountain Lodges of Everest

Yeti Mountain Homes have recently put the finishing touches to six deluxe trekking lodges in the Everest region of Nepal, each with 20 en suite rooms and wonderful views of the surrounding peaks. From Lukla up to Namche Bazaar, then on the beautiful Sherpa settlement of Thame at 3,800 metres, the lodges are spaced a short day's walk apart with gradual altitude gains to ensure that you have every chance to acclimatise to the thin mountain air.

No Everest trek is ever easy, but a comfortable lodge rather than the cramped confines of a tent at the end of each day will certainly ease the burden. And if time is short or you want to avoid the 2-day walk back down to Lukla, we can even arrange for a private charter from the airstrip at Syangboche.

Treks can be tailored to suit individual requirements, using some or all of the lodges, but for the ultimate Nepal adventure combine the Khumbu with a walk in the Annapurna foothills as featured on these pages.



annapurna treks

A glittering wall of ice soaring above the lakes of Pokhara, the Annapurna Himal is one of the world's most majestic mountain panoramas.

It stretches some 30 miles and has no less than eleven summits above 23,000 feet. The combination of magnificent views, accessibility and a choice of excellent trails make this one of the most popular trekking destinations in the Himalaya. There is something here for everybody, whatever their ability.

Annapurna Foothills Trek

A low level walk in the Pokhara region

The south-western foothills of the Annapurnas are justifiably popular and heavily trekked. Away from the main trails however, the region remains largely unspoilt.

Sample itinerary: (Trek Grade 2)

Day 1: Depart London. **2/3:** Arrive Kathmandu & prepare for trek. Overnights Summit Hotel. **4/12:** Fly to Pokhara and begin 10-day trek in the Annapurna foothills. **13/14:** End trek in Pokhara and fly to Kathmandu. Day at leisure. Overnights Summit Hotel. **15:** Fly to London.

Dates: Group and private departures - please ask for further information.
Price: From £1,375 per person (based on a group of 6 people travelling)

The Annapurna Sanctuary

Into 'the hall of the mountain gods'

Shorter, but equally spectacular, is the 16-day trek into the Annapurna Sanctuary, a magnificent glacial amphitheatre at the heart of the massif, guarded by the distinctive 'fish-tail' peak of Machapuchare, a sacred summit on which climbing is forbidden in deference to local wishes.

Sample itinerary: (Trek Grade 3)

Day 1: Depart London. **2/3:** Arrive Kathmandu & prepare for trek. Overnights Summit Hotel. **4/18:** Fly to Pokhara and begin 16-day trek to the Annapurna Sanctuary. **19:** End trek in Pokhara and fly to Kathmandu. Overnight Summit Hotel. **20:** Fly to London.

Dates: Group and private departures - please ask for further information.
Price: From £1,745 per person (based on a group of 6 people travelling)

Around Annapurna

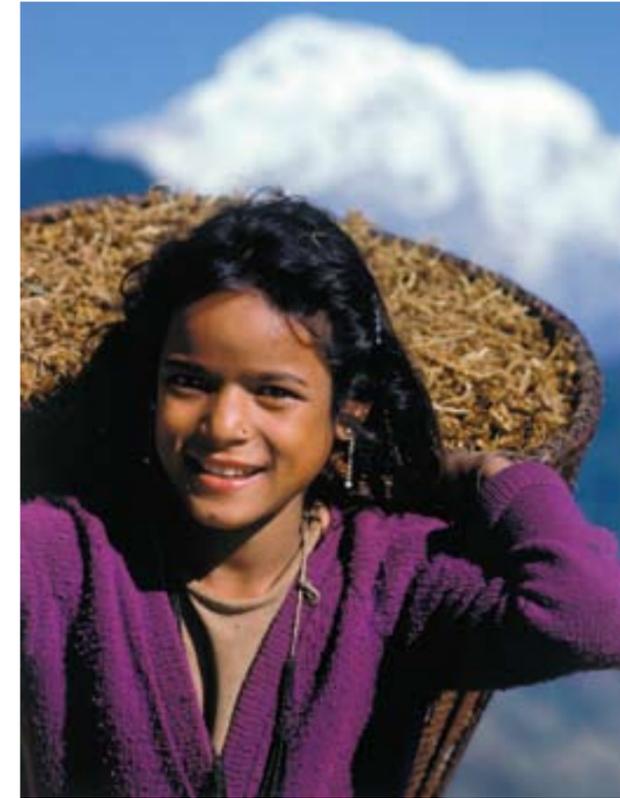
The classic Annapurnas circuit

The 200-mile circuit of the massif is the region's definitive trek and one of the great Himalayan journeys. The contrast between the fertile rain-washed valleys of the south and the high arid country to the north is the trek's most striking feature.

Sample itinerary: (Trek Grade 3-4)

Day 1: Depart London. **2/3:** Arrive Kathmandu & prepare for trek. Overnights Summit Hotel. **4/21:** Drive to Besisahar and begin 19-day Around Annapurna trek. **22:** End trek in Pokhara and fly to Kathmandu. Overnight Summit Hotel. **23:** Fly to London.

Dates: Group and private departures - please ask for further information.
Price: From £1,795 per person (based on a group of 6 people travelling)



everest treks

To most of us, Everest symbolises the pinnacle of human achievement, but to the Sherpas who farm the land in its shadow it is known simply as Chomolungma - 'Goddess Mother of the World'.

Whilst Everest is the obvious attraction, there is much more that draws climbers and trekkers to this unique area year after year: the ston-walled fields and houses of ancient villages steeped in history and tradition, golden-roofed monasteries set amid stunning mountain scenery, and perhaps above all the Sherpas themselves. One of the hardest and most egalitarian peoples in the world, their hospitality is an ingredient as essential as Everest itself to the success of our treks in the Solu Khumbu.

Mallory coined the now legendary epithet 'because it is there' as the reason for attempting Everest, and today the same simple philosophy undelies its magnetic draw.



Everest Expedition Route

The classic expedition route into the Khumbu

The traditional expedition route from Jiri to the Solo Khumbu is now less frequented, but offers fine walking, the benefits of gradual acclimatisation and many memorable Himalayan panoramas.

Sample itinerary: (Trek Grade 4)

Day 1: Depart London. **2/3:** Arrive Kathmandu & prepare for trek. Overnights Summit Hotel. **4/25:** Drive to Jiri and begin 23-day trek to Everest. **26/27:** End trek at Lukla and fly to Kathmandu. Day at leisure. Overnights Summit Hotel. **28:** Fly to London.

Dates: Group and private departures - please ask for further information.
Price: From £2,295 per person (based on a group of 6 people travelling).

Everest and Kala Pattar

Through the heart of the Khumbu to the foot of Everest

This shorter 16-day trek, from the airstrip at Lukla to the summit of Kala Pattar for the classic view of Everest, offers some of the finest high altitude trekking and mountain scenery in the world.

Sample itinerary: (Trek Grade 4)s

Day 1: Depart London. **2/3:** Arrive Kathmandu & prepare for trek. Overnights Summit Hotel. **4/18:** Fly to Lukla and begin 16-day trek in the Khumbu. **19/20:** End trek in Lukla and fly to Kathmandu. Day at leisure. Overnights Summit Hotel. **21:** Fly to London.

Dates: Group and private departures - please ask for further information.
Price: From £1,975 per person (based on a group of 6 people travelling).