



Nepal

ANNAPURNA PANCHASE TREK + BABAI RIVER CAMP

10 DAYS

HIMALAYAN CLIMBS

We run ethical, professionally led climbs. Our operations focuses foremost on responsible tourism:

Safety: All guides carry satellite phones in case of an emergency or helicopter rescue. Carried on all treks are comprehensive emergency kits. High altitude trips require bringing a Portable Altitude Chamber (PAC) and supplemental oxygen.

Responsibility: All rubbish is disposed of properly, adhering to 'trash in trash out' practices. Any non-biodegradable items are taken back to the head office to make sure they're disposed of properly. To help the local economy all vegetables, rice, kerosene, chicken, and sheep is bought from local villages en route to where guests are trekking.

Teams: Like most of our teams, the porters have been working with us for almost 10 years. Porters are provided with adequate warm gear and tents, are paid timely, and are never overloaded. In addition, porters are insured and never left on the mountain. In fact, most insurance benefits are extended to their families as well. Teams are paid above industry average and training programs and English courses are conducted in the low seasons; their knowledge goes beyond just trekking but also into history, flora, fauna, and politics.

Client Experience: Our treks proudly introduce fantastic food. Cooks undergo refresher courses every season to ensure that menus are new and exciting. All food is very hygienically cared for. By providing private toilets, shower tents, mess tents, tables, chairs, Thermarest mattresses, sleeping bags, liners and carefully choosing campsites for location in terms of safety, distance, space, availability of water and the views – our guests are sure to have a comfortable and enjoyable experience!



SAFETY DEVICES

Portable Altitude Chamber
[on crater ascents]

First Aid Kits

Oxygen + regulator + mask

Pulse Oximeters



Neck
brace

Stethoscope

Portable
stretcher

Water Filter

Mobile Phone

Satelite Phone
(on Shira + Crater)

Guest + Crew AMS
Monitoring sheets

ANNAPURNA PANCHASE TREK & BABAI RIVER CAMP

Overview

With stunning view of no fewer than 5 massive mountains in the heart of the Himalayas, all but one well above 7,000 m, and home of Machapuchhare (6,997m) “The Fish Tail” one of the most spectacular mountains in the world. This is the Annapurna Panchase trek, a beautiful trek along the hills overlooking the beautiful Phewa lake not far from the beautiful resort lakeside city of Pokhara. Our journey into this amazing region begins from Pokhara, a trekkers trail-head whose views of the Annapurnas, Machapuchhare and Manaslu are enough to captivate anyone’s attention. After walking along the Kaski Ridge with villages inhabited by the friendly and brave Gurungs, a tribe whose men form a large portion of the famed British Gurkhas, we return to the lakeside city of Pokhara. A spectacular experience awaits at Babai River Camp located in Bardia National park, home to the endangered one-horned rhino and the elusive Royal Bengal tiger. Bardia, formerly a Royal hunting reserve, is famous for its wildlife which include tiger, leopard, rhino, wild elephant, seven species of deer and antelope, marsh-muggar and gharial crocodiles and many other animals. Over 400 bird species have been recorded within the National Park. After the jungle safari experience you will return to Kathmandu fully rejuvenated ready to explore the busy streets of Kathmandu city. Finally, with all these wonderful memories it is time to bid Nepal goodbye with the plan to return one day back to the country of smiles.



ANNAPURNA PANCHASE TREK & BABAI RIVER CAMP: ITINERARY AT-A-GLANCE

DAY 1

Kathmandu

Arrival into International Airport, welcome + briefing. Overnight Dwarika's Hotel

DAY 2

Pokhara/Bhadaure

Scheduled flight to Pokhara, trek to village of Bhadaure, Overnight Private Camp

DAY 3

Danda Katero

Panchase Trek, Overnight Private Camp

DAY 4

Jungle Camp

Panchase Trek, Overnight Private Camp

DAY 5

Phewa Lake

Trek to Phewa Lake, Overnight Pavilions Lake View Tented Villas

DAY 6

Babai River Camp

Private helicopter to Bardia National Park, Overnight Babai River Camp

DAY 7

Babai River Camp

Jeep drive, wildlife spotting, Ghuti Elephant Camp, Overnight Babai River Camp

DAY 8

Babai River Camp

Safari drive to Gaida Tal in pursuit of spotting a Royal Bengal Tiger, Three course dinner and drinks, Overnight Babai River Camp

DAY 9

Kathmandu

Transfer to Nepalgunj Airport, return flight to Kathmandu, Overnight Dwarika's.

DAY 10

Kathmandu

Full day guided city tour, Farewell Dinner, Overnight Dwarika's.

DAY 11

Depart Kathmandu



DAY 1: KATHMANDU

Upon arrival into Kathmandu Tribhuvan International Airport you are personally met and transferred to your hotel. Tonight there is a welcome dinner and briefing.

Overnight Dwarika's Hotel (Dinner)



DAY 2: POKHARA / BHADAURE

We catch the morning scheduled flight to Pokhara. Meet and start our drive north of the city to Kahray (2 hrs), just before the old British Agriculture Farm at Lumle. On a clear day the views of Mt Fishtail and the Annapurna mountains on this drive is stunning. You then trek for 3 hrs to the village of Bhadaure (1,530m) on a saddle before ascending to camp on the ridge just above the village. This campsite offers spectacular views of the Annapurna South, Hiunchuli and the Fishtail. It is also a good spot to see the Lammergier Vultures. Walking: 3 hours.

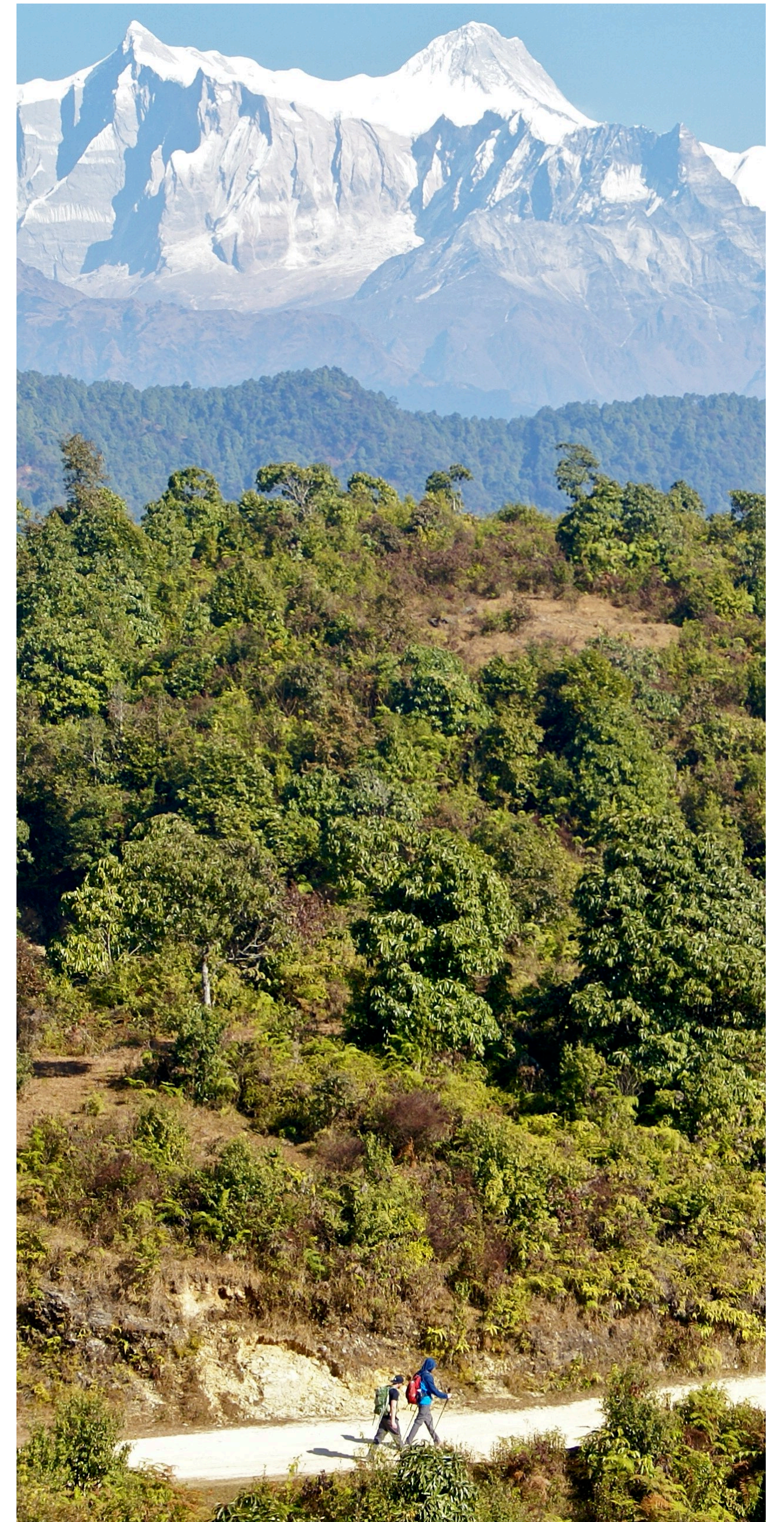
Overnight Private Camp (Breakfast, Lunch, Dinner)



DAY 3: DANDA KATERO

Leaving the campsite, we ascend on an ancient stone path trail up to the ridge then on an undulating trail continue to the saddle at Panchase Bhanjyang (2,030m) below Panchase Hill (2,500m). All along the trail the views of the Himalaya are breathtaking. It is a few hours walk to the top of the hill where there are temple ruins that used to be used by travelling hermits years ago. Camp for the evening is an hour away at Danda Katero - Lonely hut on the ridge. Walking: 5-6 hours.

Overnight Private Camp (Breakfast, Lunch, Dinner)

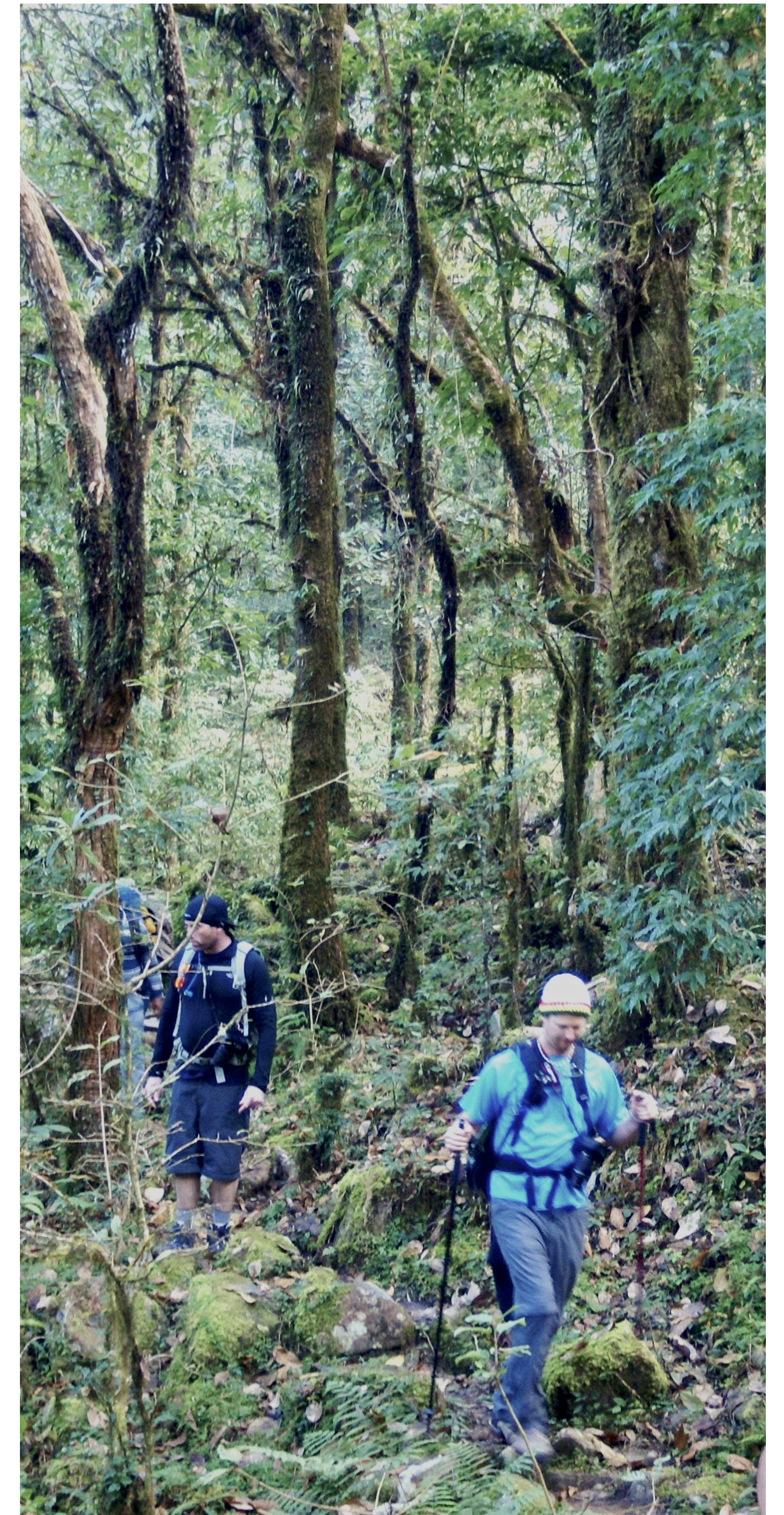




DAY 4: JUNGLE CAMP

Today we start our descend along the ridges through some beautiful forest that rewards you with views of Himalchuli, Annapurnas and magnificent Mt Fishtail, through the rhododendron trees. This is a good day to be looking out for wild orchids and birds. We come across Gurung settlements and finally a beautiful spot where we will be camping for the night. Our campsite perched right on ridge with stunning view of the Annapurna range to the north and a beautiful valley behind. Walking: 5-6 hours.

Overnight Private Camp (Breakfast, Lunch, Dinner)



DAY 5: PHEWA LAKE

Enjoying a superb wide panoramic view of the Annapurna Range you descend and trek along the ridge making your way down to the beautiful Phewa lake where tonight's hotel is situated at a stunning lakefront location. Arrive at the charming Pavilions Lake View Resort. Rest of the day you are free to relax and enjoy optional SPA facilities available at the resort.

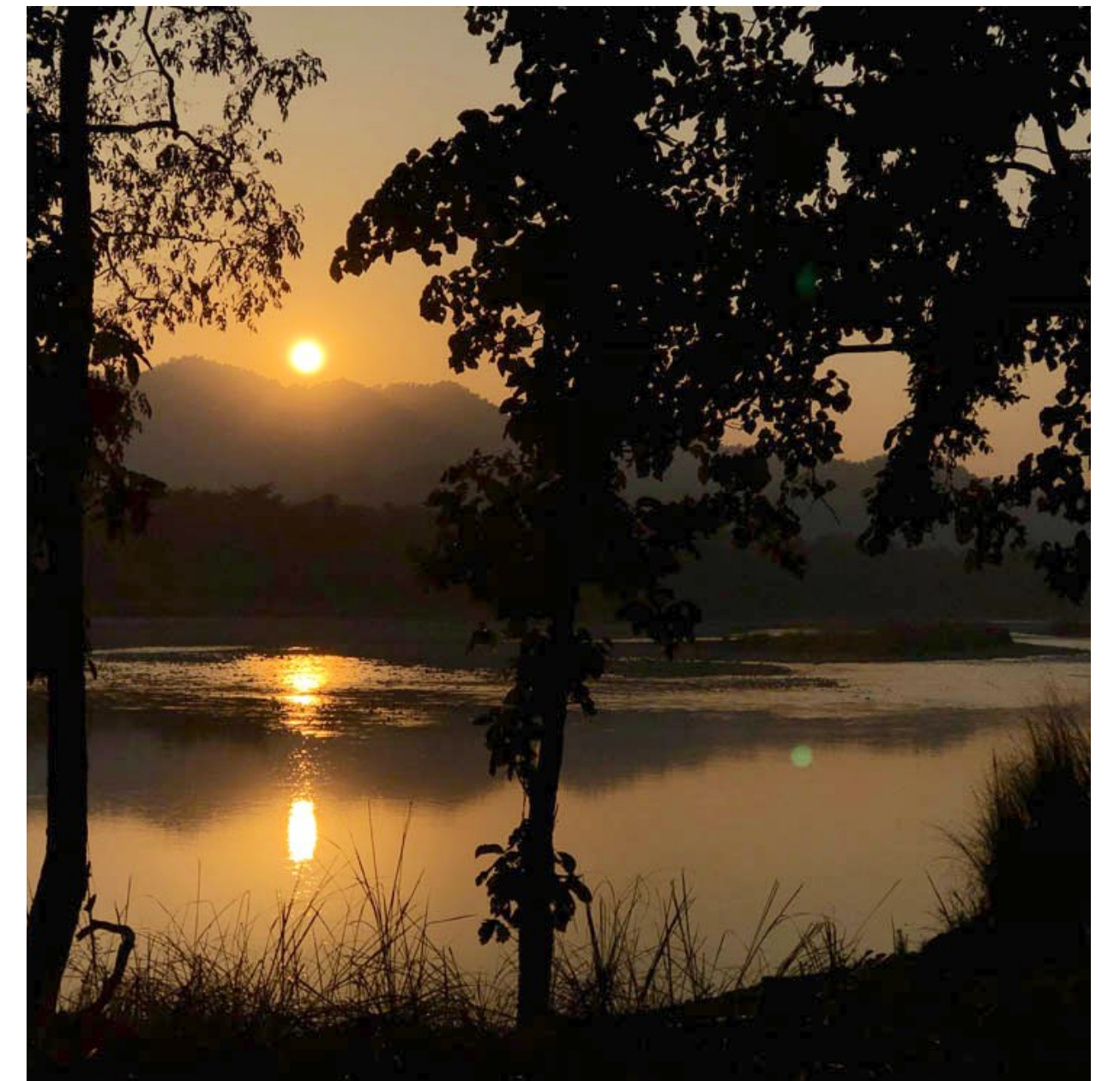
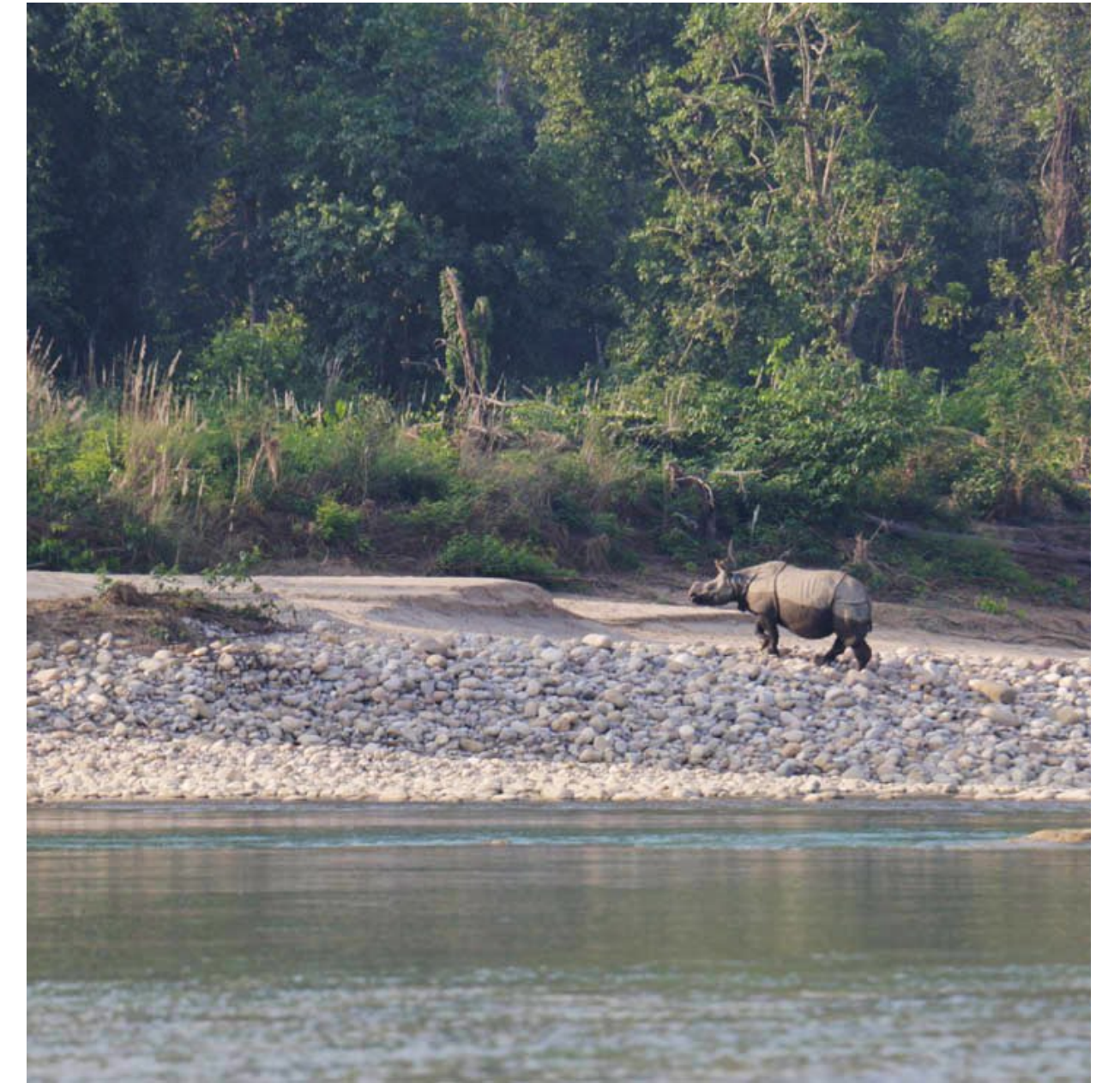
Overnight Pavilions Lake View Tented Villas (Breakfast, Lunch, Dinner)



DAY 6: BABAI RIVER CAMP

Today after breakfast we are picked up by our private helicopter to fly west towards Thakurdwar at Bardia National Park. Met by our team and drive to Babai River Camp. We stop at a scenic point to enjoy a picnic lunch on the way. You will be greeted with a cup of tea or coffee upon arrival and then led to your superior tented accommodation with proper bedding and eco camp facilities. After a refreshing shower there will be a briefing by the Camp Manager. There will be no activities today but there is the option to enjoy the sunset while fishing on the nearby Babai River, or explore around camp looking for birds especially the rare Brown Fish Owl which nests close to our camp.

Overnight Babai River Camp (Breakfast, Lunch, Dinner)



DAY 7: BABAI RIVER CAMP

We start early with a Safari drive up to Gaida Tal, and then head across the river to Thulo Shree as our pursuit of spotting the rare Royal Bengal tiger continues. After scouring the area for any signs of tiger activity, we drive back to camp for a much deserved breakfast followed by leisure time at camp. After lunch, we begin our drive to Ghuti for Elephant Safari through forest and grassland, followed by another Safari drive to Guthi Machan for spotting spotted deer, wild boar, rhino and wild peacocks. After a dramatic day in the wild we return to our camp to enjoy a full three course dinner and drinks.

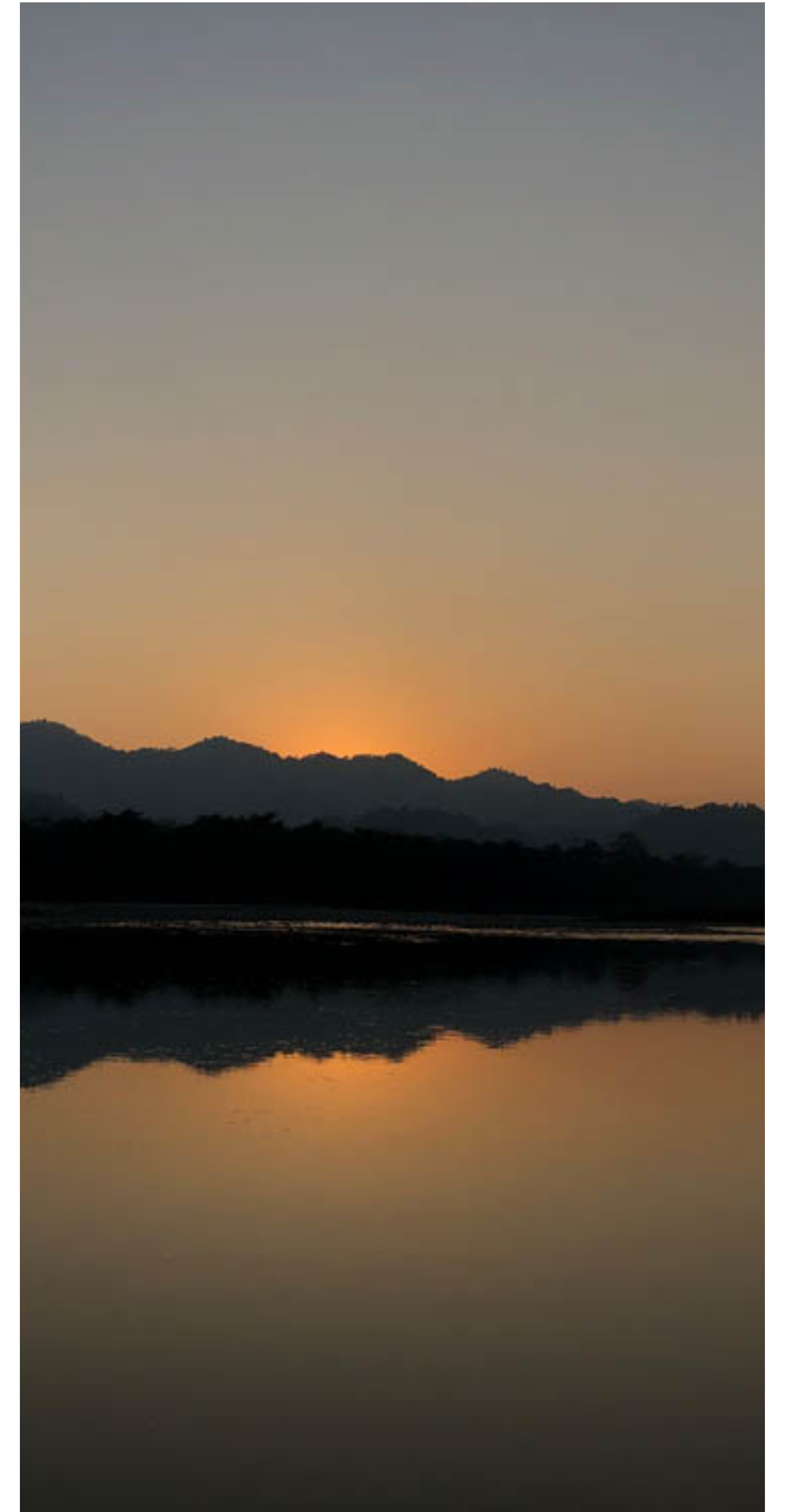
Overnight Babai River Camp (Breakfast, Lunch, Dinner)



DAY 8: BABAI RIVER CAMP

We start early with a Safari drive up to Gaida Tal, and then head across the river to Thulo Shree as our pursuit of spotting the rare Royal Bengal tiger continues. After scouring the area for any signs of tiger activity, we drive back to camp for a much deserved breakfast followed by leisure time at camp. After lunch, we begin our drive to Ghuti for Elephant Safari through forest and grassland, followed by another Safari drive to Guthi Machan for spotting spotted deer, wild boar, rhino and wild peacocks. After a dramatic day in the wild we return to our camp to enjoy a full three course dinner and drinks.

Overnight Babai River Camp (Breakfast, Lunch, Dinner)





DAY 9: KATHMANDU

We leave camp and drive to Nepalgunj Airport to catch the return flight to Kathmandu. After landing, we are met and transferred to the hotel. Enjoy a day of rest, exploration or shopping.

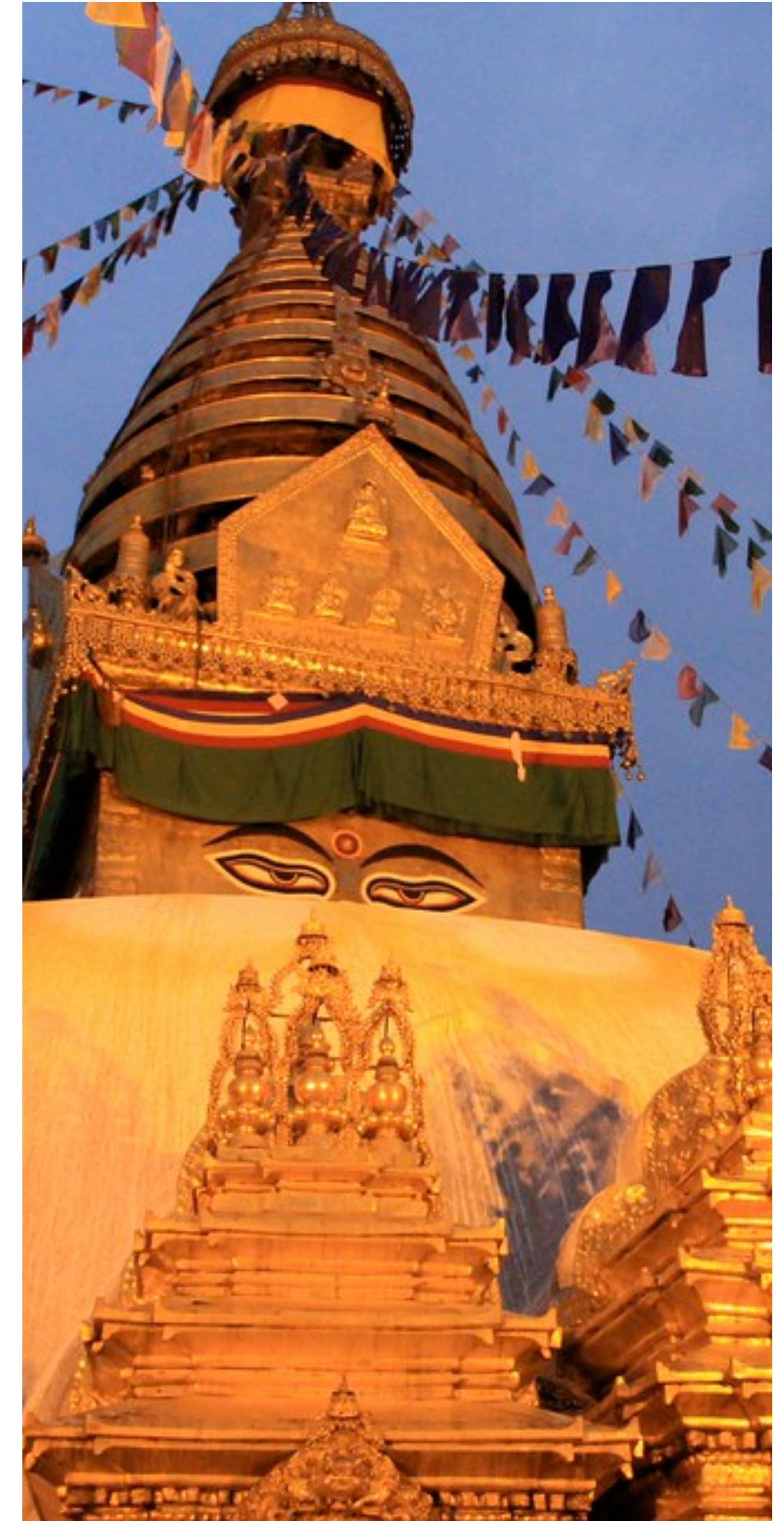
Overnight at Dwarika's Hotel (Breakfast, Lunch)



DAY 10: KATHMANDU

Enjoy a full day of guided city tour of the exotic Kathmandu city. You will be visiting the various important Buddhist and hindu shrines like Baudhanath stupa, the biggest in Nepal and the holy temple of Pashupatinath. You will also explore the ancient durbar (palace) of Patan, strolling through it's narrow lanes that meander through this city as you discover old temples and palaces that are still worshipped by locals followed by a meeting with the living goddess Kumari. Tonight there is a farewell dinner.

Overnight at Dwarika's Hotel (Breakfast, Lunch)



DAY 11: DEPART KATHMANDU

Transfer to Kathmandu international airport for departure







ACCOMMODATIONS

DWARIKA'S HOTEL is built upon a rich tradition of Nepali hospitality and incorporating some of the country's most exquisite architectural traditions, the Dwarika's Hotel in Kathmandu is an authentic experience of Nepal's ancient cultural heritage. A boutique hotel located in the heart of the city with spacious rooms, elegant setting and Nepali warmth make it a luxurious retreat.



HIMALAYAN PRIVATE CAMP is set up every step of the way and ready for when you arrive into camp in the afternoon. A mess tent contains a table, chairs, and all cutlery. Whenever possible, our Himalayan crews like to have guests eat outside to enjoy the splendid views. Guest tents fit 2 people comfortably with bed cots, sleeping bag, all set up for a comfortable sleep. A separate toilet tent is also set up on the perimeter for private and cleaner bathroom facilities. We also have a shower tent!



ACCOMMODATIONS

PAVILIONS LAKE VIEW TENTED VILLAS A harmonious hideaway perched above Phewa Lake and surrounded by cascading rice fields and the Annapurna Himalayas, The Pavilions Himalayas Lake View tented villas offer a truly unique opportunity to reconnect with nature without sacrificing luxurious comforts. Revel in the laid-back charm of Pokhara in our uniquely styled tented villas that capture the essence of getting back to nature and experience the lush, green and tranquil surroundings without the actual hassle that comes along with traditional camping. At The Pavilions Himalayas Lake Views, take the path less travelled!



BABAI RIVER CAMP Situated deep in the Jungle of West Nepal is a river valley that has become the last refuge of the Big Game animals of the Indian Subcontinent. In this quiet corner of the world only reachable by four wheel drive lies the Babai River Camp. A camp that is totally mobile. Setup just a few days before your arrival and then dismantled immediately after to leave the place as it was, back to the wild. The camp lies in an idyllic spot beside the Babai River. Situated inside a Sal (Shorea Robusta) forest the African Style tents stay secluded yet overlook the river and the open southern bank of the Babai where herds of elephants, tiger, deer, otters, etc can be spotted. The spacious canvas tents have comfortable mattresses, crisp cotton linen with ensuite portable toilets and a beautiful handmade brass sink. Just behind the tents are day time toilets and private showers with herbal shower products. 3 course freshly prepared meals are prepared by a team of cooks with many years of experience cooking in the Himalayan Outdoors.



A wide-angle landscape photograph of a mountain range in Nepal, South Asia. The foreground shows the dark silhouettes of trees. The middle ground features several layers of mountain ridges, with the most prominent ones covered in snow and partially illuminated by a warm, golden light, likely from the setting or rising sun. The sky is a pale, hazy blue with some light clouds. The text 'DESTINATION: NEPAL, SOUTH ASIA' is overlaid in the center in a white, sans-serif font.

DESTINATION:
NEPAL, SOUTH ASIA

DESTINATION: NEPAL, SOUTH ASIA

The Federal Democratic Republic of Nepal, is a landlocked country in South Asia. It is located in the Himalayas and bordered to the north by the People's Republic of China, and to the south, east, and west by the Republic of India. Kathmandu is the nation's capital and the country's largest metropolis. Nepal has rich geography. Nepal is popular for mountaineering, containing some of the world's highest and most challenging peaks. The mountainous north has 8 of the world's 10 tallest mountains, including the highest point on Earth, Mount Everest 29,029ft (8848m), called Sagarmatha in Nepali. It contains more than 240 peaks over 20,000ft (6096m) above sea level. The fertile and humid south is heavily urbanized. By some measures, Hinduism is practiced by a larger majority of people in Nepal than in any other nation. Buddhism, though a minority faith in the country, is linked historically with Nepal as the birthplace of the Buddha. A monarchy throughout most of its history, Nepal was ruled by the Shah dynasty of kings from 1768, when Prithvi Narayan Shah unified its many small kingdoms. In 2006, however, a decade-long Civil War by the Communist Party of Nepal (Maoist) along with several weeks of mass protests by all major political parties of Nepal culminated in a peace accord, and the ensuing elections for the constituent assembly voted overwhelmingly in favor of the abdication of the last Nepali monarch Gyanendra Shah and the establishment of a federal democratic republic on May 28 2008. The first President of Nepal, Ram Baran Yadav was sworn in on July 23 2008. Neolithic tools found in the Kathmandu Valley indicate that people have been living in the Himalayan region for at least 9,000 years. Nepal has been highlighted in many scriptures; small kingdoms and confederations arose in the region, from these a prince named Siddharta Gautama renounced his loyalty to lead an ascetic life and came to be known as the Buddha ("the enlightened one"). After some disputes over bordering territories with the British East India company and China, in 1923 the UK formerly recognized Nepal's independence. In 1924 slavery was abolished, nevertheless debt bondage even involving debtor's children has been a persistent social problem. In 1991, Bhutan expelled roughly 100,000 ethnic Nepalis, most of whom have been living in refugee camps in eastern Nepal ever since.



DESTINATION: NEPAL, SOUTH ASIA

Entry Requirements

Nepal Visas should be obtained beforehand, but can be obtained upon arrival. US Citizens pay \$40 per person for single entry for 30 days. A passport valid for six months after date of entry is required. Visitors must hold return/onward tickets and all documents required for their next destination.

Vaccinations

Hepatitis A and B, Tetanus, and Typhoid immunizations are recommended for all travelers. Malaria prophylaxis is recommended for travel in the southern Nepal regions of Terai during the hot and rainy months. Malaria is low risk in the mountain and trekking areas. You should consult your local doctor or physician to advise which malaria medication is best suited for you. Information on vaccinations and other health precautions, such as safe food and water precautions and insect bite protection, may be obtained from the CDC's Internet site at <http://www.cdc.gov/travel>

Weather

Kathmandu, Nepal

MONTH	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
AVE. HIGH	62	70	77	86	84	84	82	84	82	82	75	70
AVE. LOW	37	35	44	48	59	66	66	66	64	55	42	35

Communication

Nepal – country code +977. Most areas will have mobile access and Internet is very limited. Some areas while trekking or on safari may not have mobile access.

Electricity

India - Electrical current is 230 volts, 50Hz (Type C; electrical plug with two circular pins) (Type D; electrical plug has three circular pins) (Type M; electrical plug has three large circular pins)

Travel Advisories

Make two photocopies of valuables such as your passport, tickets, visas and travelers' cheques. Keep one copy with you in a separate place to the original and

leave another copy with someone at home. Be sure to inform your credit card company as well as your bank you will travel internationally into India. This will eliminate any credit card holds for fraudulent activity.

Currency

Carrying cash, an ATM or traveler's check card and also a credit card that can be used for cash advances in case of emergency is advisable. The best places to exchange money are normally bureau de change, which are fast, have longer hours and often give slightly better rates than banks. Local currency is Nepalese Rupee (NPR), however most urban places accept USD. Better hotels, lodges, and camps will accept credit cards, however it is advised to withdraw cash when visiting remote areas and villages.

Government

Nepal functions within a framework of a republic with a multi-party system. President is the head of state.

Religion

Nepal – 80% Hindu, 10% Buddhist, 4.4% Muslim, 3.6% Kirat, 0.5% Christian, and 0.4% other such as Bon.

Ethnic Groups

Nepalis are descendants of migrants from parts of earlier Greater Nepal, Tibet, India and parts of Burma and Yunnan along with native tribal population. Among the earliest inhabitants were the Kirat of east mid-region, Newar of the Kathmandu Valley and aboriginal Tharu in the malarial southern Terai region. The ancestors of the Khas migrated eastward along the Himalayan foothills out of Kashmir, Kumaon, Garhwal – parts of then Greater Nepal, Karnali Praadesh and perhaps also north from the Gangeatic Plains during invasions. Other ethnic groups trace their origins to North Burma, Yunnan and Tibet. In Terai, much of the population is physically and culturally similar to Indo-Aryans of northern India. Indo-Aryan and East Asian looking mixed people live in the hill region. Central and western Nepal ethnic Tibetans inhabit even higher semi-arid valleys north of the high Himalaya.

Languages

Nepali is the official and de facto language of Nepal and also spoken in Bhutan,

parts of India and parts of Myanmar (Burma).

Economy

Nepal – an isolated, agrarian society until the mid-20th century, Nepal entered the modern era in 1951 without schools, hospitals, roads, telecommunications, electric power, industry, or civil service. The country has, however, made progress toward sustainable economic growth since the 1950's and is committed to a program of economic liberalization. Foreign aid accounts for more than half of the development budget. Agriculture remains Nepal's principal economic activity, employing 80% of the population and providing 37% of GDP. Only about 20% of the total area is cultivable; another 33% is forested; most of the rest is mountainous. Rice and wheat are the main food crops. The lowland Terai region produces an agricultural surplus, part of which supplies the food-deficient hill areas. Economic development in social services and infrastructure has not made dramatic progress due to GDP dependency on India. Major towns are connected to the capital by telephone and domestic air services. The export-oriented carpet and garment industries have grown rapidly in recent years and together now account for approximately 70% of merchandise exports. Nepal was ranked 29th worst country on the Global Hunger Index, between Tanzania and Kenya.

Climate

The climate of Nepal varies from warm summers with mild winters in the low-lying southern region, to alpine conditions with very severe winters in the mountains. Between December and February temperatures drop well below freezing in the mountains. The best time to travel to Nepal for trekking is in early spring or late autumn, when the weather is dry and temperatures mild. The monsoon season on the coast occurs between June and September.