



Natraj Trekking since 1967

One of the leading trekking agency in Nepal for Tibet, Bhutan & India tour packages

FAMILY ADVENTURE TOUR- 12 DAYS

HIGHLIGHTS OF FAMILY ADVENTURE TOUR

- ❖ Guided tours of UNESCO World Heritage Site in Kathmandu.
- ❖ 04 Days amazing trek of Ghandruk Village in Annapurna Region
- ❖ Explore the beauty of Pokhara enhances by its lovely lakes, which have their source in the glacial region of the Annapurna range of the Himalayas
- ❖ Rafting at Seti River – one of the best rafting for family passes through stunning jungle scenery, green hills and valleys
- ❖ Chitwan National Park- one of Asia's most famous national parks (Jungle safari on elephant back)
- ❖ Taste of Nepali cuisine with an ethnic cultural show at Kathmandu

Family Adventure Tour has been designed especially for families with children which are the perfect way to introduce your kids to the joys of the Himalaya. The young travellers will learn to enjoy discovering the world through our guided Himalayan adventures, exotic wildlife viewing, cultural exploration and more. Daily activities are varied and tiring travel is kept to a minimum, with added features catered to the entire family.



Join us in Nepal, a fascinating destination for a **family adventure**. We discover the heart of this historic country, visiting bazaars, sacred ghats (steps leading down to the waterway) and mountain temples. During the teahouse trekking in the Annapurna, we experience outstanding views of some of the world's highest peaks. In the jungle of Chitwan National Park we ride elephants and look out for one-horned rhinos. We also enjoy the thrill of white-water rafting at **Seti River**. Explore the beauty of Pokhara enhances by its lovely lakes, which have their source in the glacial region of the Annapurna range of the Himalayas

TRIP FACTS

| | | |
|------------------|---|---|
| Trip Duration | : | 12 Days (Kathmandu to Kathmandu) |
| Trip destination | : | Ghandruk Village trek, Pokhara, Rafting in Seti River & Chitwan |
| Trip Grade | : | Easy |
| Altitude | : | Minimum 1350 m (Kathmandu) & Maximum 1940 m |
| Best Seasons | : | February/March/April/May/Sept/Oct/Nov |
| Accommodations | : | 3 nights at Kathmandu, 2 nights at Chitwan, 1 night at tented camp and 3 nights at lodge |
| Meals | : | As mentioned in the itinerary |
| Trip Starts/Ends | : | Kathmandu (Capital of Nepal) |
| Transportation | : | Private vehicle/aero plane |
| Group Size | : | Minimum 2 pax & maximum 14 pax |
| Price | : | USD 1405 (For Adult) - Please refer to our cost section for more details USD 1124 (12 years below with extra bed) - Please refer to our cost section for more details USD 1053 ((12 years below without extra bed) - Please refer to our cost section for more details |

Explore the beauty of Nepal through Natraj Trekking

Designed by Anil Blon

DETAILED DAY BY DAY ITINERARY

DAY 01

Arrive Kathmandu

- ❖ Arrive Kathmandu & transfer to the hotel
- ❖ Welcome to Nepal Dinner with local cultural
- ❖ Overnight at the hotel

Arrive Kathmandu Tribhuvan International Airport, you will be met and welcomed by our representative. Please look for signage of **Natraj Trekking with your name** once you come out of Arrival Terminal Hall after collecting your luggage. You will be escorted by our representative to the hotel

Welcome to Kathmandu, capital of the ancient Mountain Kingdom of Nepal. Kathmandu has the air of a medieval city with a maze of narrow streets, wooden temples and beautifully decorated palaces.

Upon arrival at the hotel, guest will be provided welcome drinks along with the room key.

In the evening we will organize a Welcome Dinner at a traditional Nepalese Restaurant where you will enjoy a Nepalese cultural program as well as a fine local Nepali meal.

Overnight at the hotel

Meals included: Dinner

DAY 02

In Kathmandu

- ❖ Breakfast at the hotel
- ❖ Full day visit of UNESCO World Heritage Site (Kathmandu Durbar Square, Swayambhu Stupa and Patan Durbar Square)
- ❖ Overnight at the hotel

After breakfast we have arranged a walking tour, visiting the bazaar and temples of old Kathmandu in accompanying of local a Nepali guide. Nepal's bustling capital is a captivating mix of spice sellers and potters, rickshaws and sacred cows, all crowded together amidst a city of vibrant noise and color. Today we visit 3 UNESCO World Heritage Sites. Our sightseeing this morning takes in the sumptuous majesty of Durbar Square and its collection of ornate palaces, courtyards and temples, as well as the Ason Bazaar and the Kumari Ghar, home to the living goddess of the Kumari Devi.

Visiting **Swayambhunath Stupa** (also known as the **Monkey Temple**) The world's most glorious Buddhist Chaityas built 2000 years ago situated on a hillock about 77 m above the level of the Kathmandu valley. Visitors will also have a grand view of the valley from this spot.

Afternoon visit **Patan Durbar Square**

Next you will drive to Patan, a beautiful city in its own right which rivalled Kathmandu in terms of the splendor of its temples and squares and is now better preserved, less polluted and less crowded. You cross a bridge over the Bagmati River that links Kathmandu with the city of Patan, its neighbour to the south.

Patan boasts of many famous sites and unique architecture. Krishna Mandir in this Square was built to honor an incarnation of Vishnu. One of the best examples of stone architecture in the world, scenes from Mahabharat, Asia's greatest mythological war, are carved on the temple's walls.

Overnight at the hotel

Meals Included: Breakfast

DAY 03

Fly to Pokhara and trek to Dhampus (1650m)

- ❖ Breakfast at the hotel
- ❖ Fly to Pokhara and trek to Dhampus

Fly to Pokhara and drive to Phedi (approx 1 hr drive). Trek to Dhampus- About 3 hrs walking

After breakfast, you will be driven in a private vehicle to the domestic terminal of Kathmandu Airport for flight to Pokhara (25 minutes flight). During the flight, we get to savor the most mesmerizing views of the magnificent 8000 meter Mount Manaslu and the snow-capped Annapurna mountain range. Soon after touchdown in Pokhara, you will be met by our trekking crew and we take a leisurely approx 1 hour drive to Phedi (1130m) along the graceful Modi Khola Valley. On reaching our destination, we begin our highly panoramic Annapurna trek. The route skirts through lush forest and countryside to the hill top village of Dhampus. The mountains we see from Dhampus include Annapurna South, the Fishtail, Dhaulagiri, Hiunchuli and Lamjung. We spend our first night in Dhampus

Dinner and overnight at the local lodge (Teahouse)

Meals included: Breakfast, lunch and dinner

DAY 04

Dhampus to Landruk (1620m)

Trek from Dhampus to Landruk -About 5-6 hrs walking

Beyond Dhampus we get our first clear views of the mountains ahead, as we ascend through forest on a trail which is often made up of stone steps on the steeper sections. Passing through Pothana, we reach a clearing on a pass, at a place called Deurali (pass). At this point we are high up on the east side of the Modi Khola, the river which flows out of the Annapurna Sanctuary. From Deurali we

descend steeply down through forest then contour around through villages and terraced fields to camp in the picturesque Gurung settlement of Landruk, which affords spectacular views of Annapurna South and Hiunchuli.

Dinner and overnight at the local lodge (Teahouse)

Meals include: Breakfast, lunch and dinner

DAY 05

Landruk to Ghandruk (1940m)

Trek from Landruk to Ghandruk—about 3 ½ hrs walking

The trail goes steeply down towards the river for an hour, and then there is a steep ascent for about 2-3 hours through scattered villages with beautiful views of the Himalayas. Eventually, reach Ghandruk, one of the largest Gurung settlements in Western Nepal. You can have good views of Gangapura, Machhapuchhre (Fishtail), Mount Annapurna and other snow-capped mountains. If time permits, visit the Annapurna Mountain Conservation Area Project (ACAP) headquarters, the local museum and the village.

Dinner and overnight at the local lodge (Teahouse)

Meals include: Breakfast, lunch and dinner

DAY 06

Ghandruk to Nayapul and drive to Pokhara

Trek from Ghandruk to Nayapul (1070m)- about 4 ½ hrs walking and drive to Pokhara(827m)

After breakfast, we walk from Ghandruk all the way down hill through village and terraced fields to Syauli Bazaar. It takes approx: 2 hours walking. Along the way you can see good views Annapurna South and Machhapuchhare too. From Syauli Bazaar, the trails follow the Modi River till Nayapul.

You will be picked up from Nayapul and transferred to Pokhara (approx 1 hr 30 minutes drive) in a private vehicle.

Pokhara is one of the most picturesque spot of Nepal. The beauty of Pokhara is enhanced by its lovely lakes, which have their source in the glacial region of the Annapurna range of the Himalayas. For the mountain viewers Pokhara offers a magnificent view of Dhaulagiri, Machapuchre (Fishtail), five peaks of Annapurna and others. Pokhara is the only place in the world to provide such a dramatic views in a sub-tropical setting.

Overnight at the hotel in Pokhara

Meals include: Breakfast & lunch

DAY 07

In Pokhara

- ❖ Breakfast at the hotel
- ❖ One hour boat ride and visit Barahi temple
- ❖ Afternoon free
- ❖ Overnight at the hotel

Breakfast at the hotel

Morning one hour boat ride at Phewa Lake including visit Barahi Temple (island temple) located middle of lake.

Phewa Lake, the second largest lake in the country, is the center of all attraction in Pokhara. It is the largest and most enchanting of the three lakes that add to the resplendence of Pokhara. Here, you will be on the boat across the lake to visit the island temple in its middle.

Walking tour of Lakeside Market

The eastern shore, popularly known as lakeside or Baidam, is the favorite home base for travelers and is where most of the hotels, restaurants and handicraft shops are located.

Afternoon is kept for free for own activities. You explore the interesting town of Pokhara. You could visit Tashiling, a thriving village of Tibetan refugees with its own schools and monastery, where you can watch Tibetan carpets being made

Overnight at the hotel

Meals include: Breakfast, lunch and dinner

DAY 08

Drive to Damauli and raft to Saranghat

- ❖ Breakfast at the hotel
- ❖ Drive to Damauli and raft to Seti River
- ❖ Dinner and overnight at camp

We leave Pokhara in the early morning and drive to Damauli, our put in point. After the rafts are rigged we will set off down the **Seti River**. We spend the whole day within its forested canyon. The luxuriant vegetation we see is a remnant of the vast forested area, which once covered the middle hills of Nepal.

Even now we are objects of curiosity to the villagers. Traveling by rafts is a perfect way to view undisturbed wildlife. When we stop for lunch we have time to explore, photograph, bird watching, swim or relax. Later in the afternoon we encounter a small but technical rapid near the village of Saranghat. Inhabited by Magars, who are renowned for generations of service with the Gurkha Forces Saranghat, is a colorful middle hill village. Our first night we will set up camp on a spacious beach below the village.

Raft time: approx 3.5 hrs during spring season

Dinner and overnight at Camp

Meals include: Breakfast, lunch and dinner**DAY 09****Raft to Narayanghat & drive to Chitwan**

- ❖ Breakfast at camp
- ❖ Raft to Narayanghat and drive to Chitwan
- ❖ Dinner and overnight at the lodge

After we have finished our breakfast and repacked the raft, we will set off down the Seti. Later we encounter the technical rapid grade 3 shortly after the rapid we leave Seti River and enter Trisuli River. Here the middle hills recede and the Terai plain opens before us. The topography has changed dramatically. After lunch we float further down to a small town Narayanghat, where we end our raft.

From Narayanghat, we drive to Chitwan which takes about one hour enjoyable and scenic drive through the Tharu Villages of Chitwan. The ethnic tribe of the Tharu's is the local inhabitants of Chitwan and is agriculturists by profession. Then drive finally brings us to our lodge

Upon arrival at lodge, the guests will be met and briefed by the Guest Relation officer regarding the park and the programs available.

Later in the afternoon, the guests will be taken for elephant safari or nature/jungle walks on the time of arrival at the lodge.

In the evening before dinner, the slide presentation about the flora and fauna of Chitwan national park will be organized by our well trained senior naturalists. This will be time when the guests can gather more information about the flora and fauna of Chitwan National Park.

Overnight at the lodge

Meals include: Breakfast, lunch and dinner**DAY 10****In Chitwan**

- ❖ Full day at Chitwan
- ❖ All meals and overnight at lodge

Early morning guests will be mounted on elephant back and taken for a jungle safari for approx 2 hours penetrating through dense grasslands to view wildlife in their natural habitat. (Elephant Safari is provided only one time for 2 nights/ 3 days package)

After breakfast, you are taken to our elephant stables where a senior naturalist briefs about the interesting and unbelievable habits of elephant. Here one may witness the rare scene of the elephants at bath.

Lunch at the lodge

In the afternoon you may choose to relax around the resort or take a drive for canoe ride down the Rapti River. The river ride provides opportunity of viewing the gharial crocodiles as well as the mugger crocodiles, fresh water dolphins, otters and varieties of water birds. OR, you may also feel like going for a nature walk with one of our naturalists to know more about the flora of the Chitwan National Park. Those on canoe ride are taken back to the resort by drive from the end-point.
Dinner and overnight at the lodge

Meals included: Breakfast, lunch and dinner**DAY 11****Chitwan to Kathmandu by fly**

- ❖ Breakfast at Tigerland Safari Resort
- ❖ Fly to Kathmandu
- ❖ Overnight in Kathmandu

Breakfast at the lodge

After breakfast in the morning, since Chitwan is a bird paradise of resident and migratory birds, making it a delightful and educational experience for every bird watcher. Special bird watching tour can be arranged too.

Then after, the guests will be transferred to Bharatpur Airport for flight to Kathmandu. It will be just a 20 minutes flight depending on the weather condition

Arrive Kathmandu Domestic Airport, you will be met by our representative and transferred to the hotel

Overnight at the hotel

Meals included: Breakfast, lunch and dinner**DAY 12****Depart Kathmandu**

- ❖ Breakfast at the hotel
- ❖ Free time till departure
- ❖ Transfer to airport for final departure

You are saying good bye to the mountains as your journey in Nepal comes to an end today! We hope you enjoyed the tour with us and we expect that you plan your next adventure in the wonderful country of Nepal again.

Approximately 3 hours before your scheduled flight time, a representative from **Natraj Trekking** will transfer you to the airport.

Meals included: Breakfast**PRACTICAL INFORMATION****Suggested clothing and equipment checklist for Family Adventure Nepal Tour**

The following is a list of clothing and accessories that we suggest that you take with you. This is not intended to be a comprehensive clothing and equipment list, rather it is intended to act as a reminder of those items that we feel are essential for your comfort and convenience. However we recognize that you may have your own personal preferences for clothing which may be equally as suitable. You can find variety of these gears to hire or buy in Kathmandu. Please remember that at the start of the trek, apart from your day pack, your luggage that will be carried by porters should have weight limitation of approximately 12 kg.

Head

- ❖ Sun hat or scarf
- ❖ Light balaclava or warm fleece hat
- ❖ Sunglasses with UV protection

Clothing

- ❖ Hiking pants
- ❖ Sun hat, Some pair of shorts
- ❖ Fleece Jacket / Warm Jacket

Footwear

- ❖ Trekking or running comfortable shoe
- ❖ Sandals (lodge)
- ❖ Some pair of socks

Toiletries

- ❖ 1 medium sized quick drying towel
- ❖ Tooth brush/paste (preferably biodegradable)
- ❖ Multipurpose soap (preferably biodegradable)
- ❖ Deodorants & Nail clippers
- ❖ Face and body moisturizer
- ❖ Feminine hygiene products
- ❖ Personal Hygiene
- ❖ Wet wipes (baby wipes) & Tissue
- ❖ Anti bacterial hands wash
- ❖ Sleeping bag (can be hired in Kathmandu and Pokhara)

Miscellaneous

- ❖ Sunscreen lotion
- ❖ Sun glass, lip bam
- ❖ Ear Plug
- ❖ Personal medicines (Most)

Other equipments

- ❖ Day bag pack
- ❖ Camera /Trekking Poles
- ❖ Water bottle/Head Torch

Walking Grades and Fitness

Annapurna Panorama Trek is graded as Easy Trek and suitable for all walkers who have the capability to walk 4-5 hours a day with a light day pack. Some days, you may even need to walk more than above. Exercising and jogging regularly for some weeks prior of the trip is a good idea to improve your strength and stability. No technical skill is required for this trip. Participants with pre-existing medical conditions such as heart, lung, and blood disease

should inform Natraj Trekking before booking the trek.

Lodges/teahouses in trekking

Our accommodation whilst on trek on twin room sharing basis in a simple locally run lodges, known as teahouses and it's a great pleasure to support these small local businesses. Rooms are simply furnished with just a bed and occasionally a small table. You will need to bring a sleeping bag. Only few lodges have attached toilet during the trek (we will try to provide attached toilets where available during trek). However, please note, normally washing and toilet facilities are shared and may be in a separate part of the teahouse or outside. It's great to enjoy the company of your fellow travellers and share a tale with other trekkers in the evening in the dining area.

If you are a solo traveler, you will share a room with someone else of same sex of your group. If you prefer a single room, you may indicate your preference and get single rooms on request by paying extra as indicated on cost section. But, you need to understand that in teahouses/lodges of higher elevation area single room is not always possible. We guarantee single room in Kathmandu, Pokhara and during trek in lower elevation areas but towards higher elevation single room is may not be always possible, although we try our best to provide you with single room.

Meals & drinking water

On this trek we provide standard breakfast, lunch and dinner, tea or coffee will also be included with each meal. Your guide will help with menu selection and ensure that you get the best value meals possible. Although the food is usually plentiful and delicious, you should be aware that the menu is not normally extensive. Most teahouses offer a variety of rice and noodle dishes, as well as soup and seasonal vegetables. You can buy packaged water (bottled mineral water) from local lodge and shop en route or you can also ask your guide to fill your water bottle with boiled water (extra cost to be paid) and treat with water purification pills.

Luggage while trekking

During the trek, your main luggage will be carried by porter or yaks. Please keep your luggage as light as possible around 12 kg. You simply carry a day pack with water bottle, camera, sun-screen, spare jacket etc. You can leave your valuable items at your hotel while trekking. Many hotels have a locker system and provide a deposit slip for the valuables kept under the hotel's safekeeping. You may also leave your extra things at your hotel which is not required for your trek in your main luggage. Please note that we will provide complimentary kit bag for you before your trek starts so that you can pack all your necessary things.

Trekking crew

On tea house trek you will be accompanied by a team of local crew whose aim is to make the trek as comfortable and enjoyable as much possible. The crew consists of a trek guide/leader and a team of porters to carry all your

gear. On average, there will be a ratio of one porter to every two trekkers.

The most important thing that makes your Trek successful, enjoyable and memorable is the skilled, experienced, courteous and helpful trek guide and the crew members with ability of operating your days in the mountain smoothly. Your trip will be led by experienced trek guide. All of our trekking guides/leaders are carefully selected on the basis of their appropriate experience, leadership skills and personal aptitude.

Typical day on trek

Each morning after packing our bags and having a good breakfast, we set off on the day's walk. After walking for 3-4 hours we stop for lunch at around midday. The afternoon's walk is generally shorter and we usually arrive at our destination in time for afternoon tea. The remainder of the afternoon can be spent exploring the village, doing a bit of washing or simply relaxing with a good book. On some days we will arrive at our destination by lunchtime and the entire afternoon will be free. After dinner, the evening will often be spent playing cards and reliving the day's adventures, before heading off to bed for a well-earned sleep.

Personal expenses

On this trek breakfast, lunch and dinner will be provided during your trek. You only need money for table drinks (alcoholic/non alcoholic beverages), snacks while walking (a few smaller shops are available along the trail in some areas) tips, souvenirs, hot shower (available in some places).

Meeting and greeting in Kathmandu

You need to pass on your International flight details to us for a 'meeting and greeting' service at the Kathmandu Airport. You just pass through the Customs and come out of the Arrival Terminal Hall after collecting your baggage where you will see our representative /guide standing with a placard that states Natraj Trekking' with your own name.

Climate & best time to go

Autumn (mid Sept to mid Dec) and Spring (March to May) are the best seasons for the Annapurna Base Camp Trek. The weather is sunny and warm, with outstanding views but the nights are cold and can fall to freezing. Winter (Dec, Jan, Feb) is also good for Annapurna Sanctuary Trek, only colder (obviously). The trekking routes are crowded during spring and autumn but during winter the routes are not packed and you could enjoy rather best of nature.

Itinerary changes

Depending on the prevailing situation, itinerary can be modified to some extent after consulting with your trek guide. However, the date of trek completion should always coincide with the original itinerary. You should keep in mind that this is an adventure trip into the remotest region, where many unforeseen events may contribute to the need for a change in itinerary. In such cases, we or your guide will suggest the best alternative similar to your original.

Nepal Visa

All visitors except the Indian nationals must hold passport and valid visa. Visa can be obtained at the Nepalese diplomatic missions and consulates abroad. Visa is also issued at the entry points. It can be extended at the Department of Immigration, Bhrikutimandap, Kathmandu. Children under 10 years need not pay any visa fee. People willing to get entry Visa at the air port or any of the land entry points are required to fill a visa form with passport photograph.

If you are obtaining Nepal Visa upon arrival (**please note that some of nationalities cannot get visa upon arrival**), please be noted that Nepal Visa Application Form can be received through us by e-mail. Two passport size photo graphs are required and following visa fee to be paid at the airport as per your stay in Nepal

| Visa Facility | Duration | Fee |
|----------------|----------|---|
| Multiple Entry | 15 days | US\$ 25 or equivalent convertible currency |
| Multiple Entry | 30 Days | US\$ 40 or equivalent convertible currency |
| Multiple Entry | 90 Days | US\$ 100 or equivalent convertible currency |

Note: Please note that visa fees and rules are subject to change.

Rescue/evacuations

In case of a serious sickness or a casualty, which we hope will not happen; you shall be rescued by a helicopter. Since you are entirely liable for all the expenses incurred in evacuation please make sure that it is covered by your insurance before assigning for it or be prepared to pay on your own after getting back in Kathmandu.

Insurance

It is recommended of joining any of Natraj Trekking trips that be protected against comprehensive expenses potential to incur due to medical issues or accidents (to include air ambulance, helicopter rescue, and treatment costs). Please be noted that we do not arrange or sell insurance.

Responsible travel

The beautiful environment of the Himalayas is also an extremely fragile one. At Natraj Trekking, we are extremely conscious about the environment and aim to minimize the detrimental impact on the environment as much as possible.

Care for porters and staffs

We make sure that all porters and all other staff climbing in high altitude conditions are provided with adequate clothing and equipment. We also ensure that the porters we hire are insured. We run the trek according to the guidelines of the International Porter Protection group (IPPG- www.ippg.net).

Why with Natraj Trekking

Natraj Trekking is the one of the leading and oldest trekking agency in Nepal since 1967. We organize Tibet, Bhutan &

India tour as well. We excel in this field because we genuinely love what we do and are committed to providing you with the best services as we commit you.

Pre-Trip Meeting

On the second day of the itinerary, we host a Pre-Trip short Meeting at the hotel by your trek guide, The primary purpose of the meeting is to provide brief information on your trek and equipments hiring if needed.

Please bring the following thing on the meeting-

- ❖ Passport.
- ❖ Two copies of Passport size photos each.
- ❖ Travel Insurance Policy.

Electricity in Nepal

Nepal's Electricity is 220-240 Volts and 50 MHZ (some countries like U.S and Canada are 110-120 volts/60 MHZ).

In Nepal electric Plugs are of two or three round prongs, but not flat prongs as found in use in the United States or in other countries.

If your appliance's plug doesn't match the shape of these sockets, you will need a travel plug adapter in order to plug in. Travel plug adapters simply change the shape of your appliance's plug to match whatever type of socket you need to plug into. If it's crucial to be able to plug in no matter what, bring an adapter for both types.

If you are planning on taking a hair dryer, electric shaver, curling iron, laptop computer or other electrical devices on your travels, in these cases, you will need to obtain either a voltage adapter (electrical converter) or a plug adapter for your travels, most often both. Most voltage adapters for travel convert 220-240 to 110-120, usable by your American and similar appliance. A plug adapter, on the other hand, allows you to plug into a foreign outlet.

Communication

There are a couple of telephone facilities in the Annapurna Region. Cell phones work fine up to most of the our planned trekking routes

Know before you go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs, including advice re: the legality of and local attitudes towards same-sex relationships.

Departure Dates

We will easily organize this trip on the dates requested by you. Please contact us for your customized departure date

Tipping

Tipping is the accepted way of saying 'thank you' for good service. Tips do not form part of the wages of your guides, porters and trek crew but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. Normally the tips

are given at the end of the trek and this is best done as a group. Most groups will give the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the trip. The amount depends on your budget and appreciation of their work.

Information Seti River Rafting

Facts Sheet

| | |
|-----------------------|---------------------------|
| River Name | Seti River |
| River Days | 2 |
| River Distance: | 35 Km./19 miles (Approx) |
| Difficulty: | 3 - |
| Rafting put in point: | Damauli |
| Rafting ending point: | Gaighat |
| Water Volume (Cumecs) | 40 |
| Best Season: | Spring & Autumn |

Seti River (2-days) "Family Classic Wildness & Warm water course"

This beautiful Himalayan river passes through stunning jungle scenery, green hills and valleys. The warm and beautiful Seti river can be consider as an excellent river for bird-watchers and those interested in the abundance of nature found on this trip.

The gentle river follow from the Himalayan peaks having plenty lots of small and straightforward rapids. During the monsoon the intensity of the rapids increases and attracts a radically different set of rafters.

Seti River can offer an ideal trip for those wanting to experience their first time river trip with the stunning river scenery in Nepal and without the intensity of complex or challenging rapids. It is also very well recommended to family trips and best river to learn kayaking in Nepal.

Accessibility and Location

The put in point of the Seti River is Madi River Bridge at Damauli and after 2-day River rafting action take out at Gaighat below the Trishuli River confluence. Transferring at Damauli is accessible form Pokhara (approx. 2 hr.). After end of your the trip, you will transfer to Chitwan National Park (approx.1hr.)

River Description

The family classic wildness warm water river "Seti" passes through the lime stone gorge of beautiful Pokhara valley. It has unspoilt greenish jungle scenery, excellent bird watching site, local cultural heritage and beautiful clean beaches, many small and undemanding rapids. In the monsoon season, water volume level rises up so the strength of the rapids increases and attracts rafters to challenge with its real adrenaline.

The **Seti River** is an ideal rafting destination for those who are looking to experience some of the spectacular riverine forest scenery in mid-west of Nepal without rushing of big challenging rapids. It is also very famous for family rafting trips and one of the best spot to learn kayaking in Nepal.

| Season/Months | Difficulties/Grade | Water volume |
|---------------|--------------------|--------------------|
| Sept- Dec | IV | Approx. 300 cumecs |
| January - May | IV- | Approx. 200 cumecs |
| June - August | IV+ | Approx. 450 cumecs |

Equipments and services we provide for the trip

Best quality self-bailing inflatable raft, Whitewater safety helmet, modern plastic paddle, neoprene-wetsuit, PFD-lifejacket, Dry top Jacket, Waterproof Container/Barrel for camera and valuables things, Dry bag, First-Aid Kits and Tents/mass fly sheet and sleeping mat, other necessary camping gear cooking utensils, hygienically prepared food and drinks.

Things you need to bring for the trip

River wear gear: shorts- half pant, T-shirts (long sleep for sun protection), swim wear, Sun Cap/Glass/Cream, personal water bottle, a pair of river sandals.

For the camp site wear:

Personal sleeping bag, lightweight shirts, Trouser/pant, under garments socks, a towel, light shoe, Fleece type pullover, flash light, personal toiletries, camera, reading and writing materials, medication recommended by your doctor.

What you need to tell us

Please tell us if you are a non-swimmer, or not very confident in the water. Also it is essential that you inform us of any medical conditions that may affect your well being on the trip. Don't forget to request vegetarian meals if required.

Safety Issue

Our Rafting team takes safety issues very seriously for every rafting trip and believe every happy outdoor trip is a safe one. Our team members have updated training courses - AR/CPR, Wildness First-Aid and Whitewater Rescue Technician conducted by Rescue 3 International. Besides in every trip also provides expert safety kayaker for rescue and make your rafting journey with us more comfort and enjoyable.

Detail Cost of the above package

| Group Size | Cost in US\$ Per Person | Child Cost 12 years Below |
|-------------------|-------------------------|---------------------------|
| 02 – Person | US\$1405 | US\$1124 |
| 03 - 05 Person | US\$1395 | US\$1124 |
| 06 - 09 Person | US\$1210 | US\$1124 |
| 10 - 14 Person | US\$1145 | US\$1124 |
| 15 & Above | US\$1080 | US\$1124 |
| Single Supplement | US\$275 | |

The above cost includes the following items: Transport, Entrance Fee, Guide, etc

- ✓ Welcome with flower garland by our representative upon arrival
- ✓ All tours and transfers in a private vehicle as per the program
- ✓ Services of an English speaking guide in Kathmandu
- ✓ Services of a local station English guide in Pokhara
- ✓ Monument entrance fees as mentioned in the itinerary
- ✓ One hour boat ride at Phewa Lake in Pokhara
- ✓ One bottle of mineral water per person per day

Accommodations

- ✓ 3 nights accommodation with breakfast in Kathmandu
- ✓ 2 nights accommodation with breakfast in Pokhara
- ✓ 2 nights accommodation with all meals in Chitwan
- ✓ 24.3% VAT and Service Charge

Airfare

- ✓ Kathmandu/ Pokhara by flight
- ✓ Chitwan/Kathmandu by flight

Trekking Portion

- ✓ 3 nights accommodation at local lodge (Teahouse) during the trek
- ✓ All tours and transfers to and from trekking point by a private vehicle
- ✓ All meals (breakfast, lunch and dinner) during trek
- ✓ Services of an experienced trekking guide and one porter to every two trekkers during the trek
- ✓ TIMS CARD FEE
- ✓ Annapurna Area Conservation Fee (ACAP)
- ✓ Insurance for trek guide and porters

Rafting at Seti River

- ✓ 1 night accommodation at tented river camp
- ✓ 1 Breakfast, 2 lunches and 1 dinner during rafting
- ✓ All rafting gears except sleeping bags
- ✓ Guide Fee, Allowances, captain bar, etc

Cost excludes

- ✓ International Airfare
- ✓ Nepal Visa Fee
- ✓ Personal expenses (Tips, beverage, laundry, telephone call, etc)
- ✓ Travel Insurance/ Emergency Evacuation Cost
- ✓ Lunch and dinner in Kathmandu, Bandipur, Pokhara, Tansen, Lumbini and Nagarkot

The above rates are valid till December 31, 2013

Note: The price does not include: undue escalation in fuel prices, new taxes levies on hotels and transportation services or any hikes in entrance fees. Any large tax hikes and new levies shall be payable extra and shall be billed accordingly with prior notice.

Hotel to be used for above tour

| | |
|-----------|------------------------------------|
| Kathmandu | Hotel Manaslu Or Similar |
| Pokhara | Hotel Barahi or Similar |
| Chitwan | Tigerland Safari Resort Or Similar |