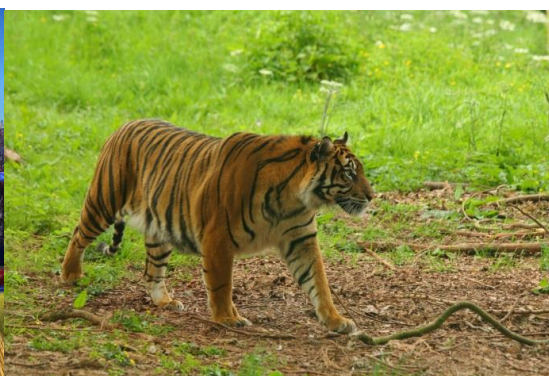


# Nepal Trek and Tiger Conservation Experience

Reg Charity  
203644 (England and Wales)  
SC037711 (Scotland)



## Trip Overview

You will fly from London on an indirect overnight flight to Kathmandu, the capital of Nepal where you will enjoy a welcome dinner and a good rest at a central hotel. The next day you transfer to the picturesque lakeside town of Pokhara from where your challenge begins.

Starting in nearby Nayapul you will commence a five-day trek in the stunning Annapurna area of Nepal where you will discover the local culture while enjoying views of the snowy peaks of the Annapurnas; a highlight will be the panoramic sunrise views which unfold from Poon Hill (3400m), the highest point on the trek. Staying in quaint locally-owned teahouses during the trek is also a fantastic opportunity to experience the incredible hospitality of the local people.

After completing your trek you will transfer to the famous Bardia National Park in the south of the country, reputed to be the best place in Nepal for potential tiger sightings. You will stay here for four nights taking part in a variety of activities including a minimum of three jeep safaris, talks from park officials, and even a chance to engage in a tiger awareness programme with the local community.

After completing your activities you will take a short domestic flight to Kathmandu and enjoy a farewell dinner and final night in Nepal before your flight home the next day.



## Trek details

### How tough is the trekking?

This trek is graded *challenging* because of the combination of long days trekking over varying terrain (including some days where you will trek uphill all day), the changeable climate and the basic conditions at the teahouse accommodation. Each day's trek is between 5 and 8 hours in duration (variable depending on group pace).

### What is the terrain like?

The first two days you will gain altitude so you will spend more time going uphill. On day three you will spend the morning ascending and the afternoon descending, and the final two days will be descending. It is essential that your training includes plenty of hillwalking and trekking up gradients over consecutive days in order to condition your muscles to this type of exertion. Underfoot you will find stony trails, muddy forest floors, rocky steps or scree slopes. In some places it will be very dusty (bring a 'Buff' to cover your nose/mouth). There are some suspension bridges to cross.

### Altitude

You will slowly ascend to an altitude of 2800m, then trek to the highest point on the trek at 3400m (Poon Hill) where you will spend a short period of time before descending back to 2800m. Despite 3400m being within the agreed threshold for high altitude (3000m+), your time at this altitude is very limited so you are unlikely to feel symptoms of altitude exposure. Your local guides are experienced in spotting altitude related symptoms but please speak up if you are concerned about how you feel.

## Support during the trip

### Who accompanies us?

You will be accompanied throughout the trek by English-speaking local Sherpa guides who have an excellent knowledge of hiking in the region. The guides are first aid trained and will support you throughout your journey, sharing their experience and wisdom with you. You will also be supported by a team of assistant guides and a Different Travel UK tour manager. Your luggage is carried by a team of local porters.

### Where will we stay?

You will stay at hotels in Kathmandu (2 nights) and Pokhara (2 nights) which have en-suite facilities; tea houses with shared bathroom facilities during the trek (4 nights); and a basic guesthouse or tents in Bardia National Park (4 nights).

### What about meals?

All your meals are included, as specified on the itinerary. During the trek the food is plentiful although the teahouses tend to offer similar menus so be prepared for a menu which is repeated. There will also be plenty of snacks and drinks available to purchase at each teahouse (prices vary). In tourist areas of Kathmandu you will find a wide range of restaurants catering for international and high-quality Nepalese food.



## Being part of the experience

### Who can join this trip?

An ideal candidate for the trek would be someone who enjoys trekking and being out of their comfort zone; is interested in different cultures and is willing to train for the challenge. The minimum age is 18, although 16-17 year olds may register if accompanied by a parent or legal guardian.

### Health considerations

We require a medical form to be completed by everyone upon registering, and any pre-existing conditions, medications used and other medical issues **must** be noted and (if relevant) signed by your GP. Any conditions that develop must be declared and a new medical form completed and signed.

### What does it cost?

To sign up you will pay a non-refundable, non-transferrable registration fee of **£330**. This may be payable in up to three instalments.

Once your place is confirmed you can start your fundraising which is a minimum target of **£4,400** for Cats Protection. A flexi pay and self-funded option is also available upon request.

The £330 registration fee is totally separate from, and in addition to, fundraising targets or self-funded balance payments. You will also need to budget for airport taxes and fuel surcharges not included (currently approx. £290-320). *See below for inclusions and exclusions.*

**The Events team at Cats Protection will help you every step of the way to reach, and most likely exceed, this target.**

### What is included?

Return flights from London, all transfers and transport in Nepal, domestic flight from Nepalgunj to Kathmandu, hotel accommodation in Kathmandu and Pokhara (four nights), teahouse accommodation for trek (four nights) and basic guesthouse or tents in Bardia National Park (four nights), all meals as specified, local English-speaking guides, porters and support crew, National Park entrance fees, trek permits.

### Trip Does Not Include:

Airport taxes and fuel surcharges (currently approx. £290-320), Nepal visa (US\$25 on arrival), transport to/from UK airport, bottled water, personal expenses (drinks, snacks, showers, souvenirs etc.), meals other than those specified, travel insurance, vaccinations, tips (approx. £40-45), personal trekking kit etc.



## Itinerary

# Nepal Trek and Tiger Conservation Experience

## Day 1-2 (Saturday 6 – Sunday 7 November 2021): London to Kathmandu

Depart for Kathmandu on an indirect overnight flight. Upon arrival in Kathmandu you will transfer to a central hotel. Depending on flight times there may be an opportunity to do some independent sightseeing before gathering together for a briefing on the days ahead. Welcome dinner at a local restaurant tonight.

Meals: Dinner



## Day 3 (Monday 8 November 2021): Kathmandu - Pokhara

After breakfast we depart for the scenic drive to Pokhara (approx. six hours). Upon arrival in this beautiful lakeside town we check into the hotel then the afternoon is free to take in the sights or even do some souvenir shopping.

Meals: Breakfast, lunch, dinner.



## Day 4 (Tuesday 9 November 2021): Pokhara - Nayapul - Ulleri

This morning we transfer to Nayapul (approx. 2 hours' drive) from where you commence the trek. You will follow the banks of the Bhurungdi Khola River as far as Tikhedhunga (1575m) where your final challenge for the day is a steep uphill walk to Ulleri where you stay the night in a teahouse (2073m).

Approx. 10km trek / 530m ascent.

Meals: Breakfast, lunch, dinner.

## Day 5 (Wednesday 10 November 2021): Ulleri - Ghorepani

A day of ascent! Today we will gradually gain more altitude as we walk for about 5 hours uphill to the overnight teahouse in Ghorepani (2800m). As we approach Ghorepani we will pass through stunning rhododendron forests.

Approx. 11km trek / 1400m ascent.

Meals: Breakfast, lunch, dinner.



## Day 6 (Thursday 11 November 2021): Ghorepani - Poon Hill - Tadapani

An hour-long pre-dawn ascent gives us the opportunity to see the fascinating views of the Annapurnas and Dhaulagiri glowing in the morning sun from Poon Hill (3400m). After breakfast back at the teahouse, it is a mostly downhill walk through magnificent oak and rhododendron forests, to reach our teahouse in Tadapani, where you will have another chance to enjoy views of Annapurna South and Machapuchare (Fishtail Mountain).

Approx. 11km trek / 330m ascent / 640m descent.

Meals: Breakfast, lunch, dinner.



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## **Day 7 (Friday 12 November 2021): Tadapani - Ghandruk**

The descent to Ghandruk is a shorter and easier walk, mostly downhill. From Tadapani you descend through mossy forests and deep gorges, before the scenery changes to a drier more sparse forest as we approach Ghandruk, where we will stay in a teahouse tonight. Ghandruk is a beautiful Gurung Village, where many of the inhabitants are Gurkhas.

Approx. 8km trek / 700m descent.  
Meals: Breakfast, lunch, dinner.



## **Day 8 (Saturday 13 November 2021): Ghandruk - Pokhara**

Today is our final day of trekking as we descend to Birethanti, from where we travel by road back to our hotel in Pokhara.  
Approx. 13km trek / 1000m descent.  
Meals: Breakfast, lunch, dinner.

## **Day 9 (Sunday 14 November 2021): Pokhara – Bardia National Park**

After breakfast we head off for the drive to Bardia National Park (approx. 8 hours). On arrival we settle in at our accommodation for the next four nights.  
Meals: Breakfast, lunch, dinner.

## **Day 10-12 (Monday 15 - Wednesday 17 November 2021): Bardia National Park**

We spend the next three days in Bardia National Park, the best place in Nepal for potential tiger sightings. We will enjoy a range of activities including a minimum of three jeep safaris, talks from park officials, and you will even have the chance to engage in a tiger awareness programme with the local community.  
Meals: Breakfast, lunch, dinner.



## **Day 13 (Thursday 18 November 2021): Bardia National Park - Kathmandu**

This morning we transfer to Nepalgunj airport for the domestic flight to Kathmandu. Upon arrival in Kathmandu we will transfer to our hotel to freshen up before a farewell dinner at a local restaurant this evening.  
Meals: Breakfast, lunch, dinner.

## **Day 14-15 (Friday 19 – Saturday 20 November 2021): Kathmandu - London**

Transfer to the airport for the return flight to London. You may arrive on Saturday 20 November depending on flight schedules.  
Meals: Breakfast.



# Nepal Trek and Tiger Conservation Experience

**N.B.** This itinerary has been prepared 30 months in advance so while we do not anticipate changes, this itinerary may be subject to alteration due to flight schedules, hotel availability and other factors outside our control. During the trip itself the itinerary will depend on the group ability, weather and the daily circumstances. Any changes in the itinerary will be made in the interest of group safety and enjoyment. In-country, your guide and tour manager will have the final say in the interest of the health and safety of the group.

## **ATOL Protection.**

This trip is operated by The Different Travel Company (ATOL 6706). The flights in this brochure are financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to: [www.caa.co.uk](http://www.caa.co.uk).



## Kit List

### ESSENTIALS

E-tickets + pre-departure info  
Passport + copy  
US\$25 + visa-on-arrival authorisation  
Passport photo for trek permit  
Travel insurance info  
Cash + credit/ATM card(s)  
LED head torch + spare batteries  
Plug adaptor (EU 2 round pins)  
Sunglasses (100% UV)  
Camera + spare batteries  
Mobile phone + charger

### CLOTHING & ACCESSORIES

Hiking boots\*  
Trainers/camp booties for evenings  
Trek socks + underwear  
Non-cotton base layer  
Non-cotton t-shirt  
Warm jacket (down/Primaloft)  
Warm mid layer or fleece  
Thermal top + bottoms  
Lightweight trek trousers  
Waterproof jacket + trousers  
Warm gloves  
Warm hat  
Sun hat  
Buff (for dust) buffwear.co.uk  
Casual attire for travel days  
Scarf or pashmina (for temples)  
Neutral colour clothes for Bardia NP  
Comfortable footwear for Bardia NP

### HYGIENE

☐ Shampoo + shower gel  
☐ Toothbrush + toothpaste  
☐ Antiperspirant deodorant  
☐ Wet wipes (small pack)  
☐ Toilet paper (1-2 rolls)  
☐ Nappy sacks (for used loo roll)  
☐ Hand sanitiser  
☐ Sun cream (SPF 30+)  
☐ Small travel towel  
☐ Feminine hygiene products

### FIRST AID KIT

☐ Prescription medicine  
☐ 50% DEET insect repellent  
☐ Ibuprofen  
☐ Paracetamol  
☐ Anti-histamine tablets/cream  
☐ Imodium (Loperamide)  
☐ Plasters  
☐ Blister plasters (Compeed)  
☐ Rehydration (e.g. Dioralyte)  
☐ Muscle rub (e.g. Deep Heat)  
☐ Lip balm with SPF protection  
☐ Indigestion remedy (Gaviscon)  
☐ Antiseptic cream (e.g. Savlon)  
☐ Scissors/tweezers  
☐ Decongestant  
☐ Zinc oxide tape (optional)  
☐ Throat lozenges (optional)  
☐ Spare glasses/contact lenses

### OPTIONAL

☐ Video camera + charger  
☐ MP3 player/iPod  
☐ Playing cards  
☐ Diary/notebook and pen  
☐ Walking pole(s)  
☐ Packing cubes/luggage organiser

### LUGGAGE

☐ Suitcase for checked luggage  
☐ Daypack (25-30 litres)  
☐ Kit bag  
☐ Combination padlocks  
☐ Dry bag/rucksack liner

### EATING AND DRINKING

☐ Energy snacks  
☐ 2-litre water bottle e.g. CamelBak  
☐ *plus* 1-litre water bottle **or**  
☐ 3x 1-litre water bottles  
☐ Electrolyte tablets  
☐ Water purification  
☐ *Flask/Thermos (optional)*  
☐ *Favourite tea/coffee/choc (optional)*

### SLEEPING

☐ Ear plugs (essential)  
☐ Sleeping bag (comfort -5°C)  
☐ Silk sleeping bag liner  
☐ Pyjamas (use thermals for trek)

**PLEASE NOTE:** this list is just a guideline and is not exhaustive.

The items on this list do not take into account your personal preferences based on your previous trekking experience, or individual requirements. For information about items on this list please refer to the trip dossier or contact The Different Travel Company on [info@different-travel.com](mailto:info@different-travel.com)

\*Please ensure you pack your hiking boots into your hand baggage in the unlikely event your checked luggage goes missing or is delayed.