



EARTHBOUND EXPEDITIONS

Himalayan adventure travel and trekking

18 Days Annapurna Circuit Charity Trek, Rafting & Lumbini

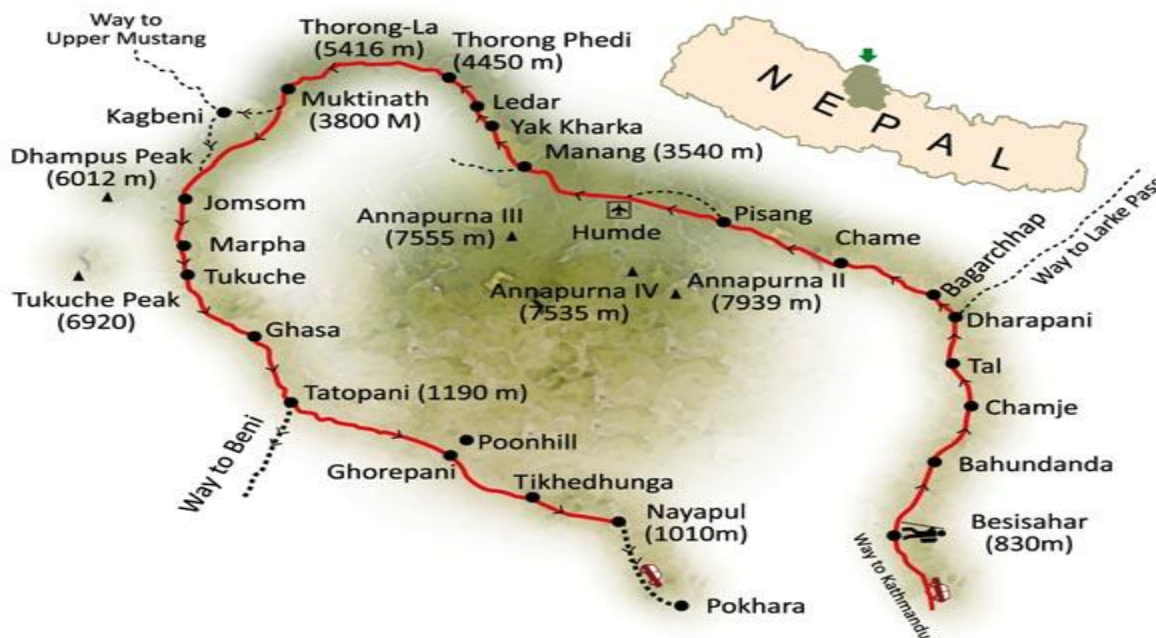
Annapurna circuit trek in Nepal is known as one of best trekking trail in the world. The Annapurna Circuit trek goes through Marshyangdi River valley which brings you almost to the base of Gangapurna mountain and into the Manang valley known as the Himalayan Shangri-La, where you will spend two remarkable days gazing at the snow-covered peaks above you and the beauty of the landscapes around you. An amazing trekking route that circles around the magnificent Annapurna mountain range, the experience this Annapurna circuit trek offers is unbeatable.

The adventurous climb of Thorong-la pass the highest pass in this trek – at 5416 meters is the highlight of the whole Annapurna circuit trek and once you are on the top, it has the perfect 360-degree views which takes your breath away and leaves you wondering with your jaws open!

Once we descend from the pass, we will witness the views of Mustang Region which is a colorful landscape that is home to Tibetan Buddhist and numerous friendly Buddhist people.

We will then follow the deepest gorge on earth – the Kali Gandaki River Gorge- which is guarded by the giant 8,000 peaks of Mt. Dhaulagiri – 8,167 meters and Mt. Annapurna I – 8,091 meters.

The adventure trekking experience along with a rich cultural immersion that you experience in this Annapurna Circuit Trekking is unparalleled in the world. Annapurna circuit trek was voted as one of the best trekking trail in the world.





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B = Breakfast, L = Lunch, D = Dinner

Day 01: 11th October: Depart UK

Day 02: 12th Oct: Arrival Day Kathmandu - 1400 meters - D

You will be welcomed on your arrival by our representative at Tribhuvan International Airport, Kathmandu. You will be transferred to your hotel. Once you check into the hotel, find some free and relaxing time until we meet for the briefing at some point in the evening. You will be informed about the time for the briefing at your hotel.

Day 03: 13th Oct: Kathmandu Exploration Day – B/L/D

After breakfast in the morning we go for the Kathmandu sightseeing tour. We are going to do the UNESCO CULTURAL HERITAGE TOUR today which includes:

Swoyambhunath - The oldest Buddhist Stupa in Kathmandu Valley, a beautiful abode for lots of monkeys thus also known as Monkey Temple, is also a perfect vantage point to see Kathmandu valley.



Pashupatinath- A holy pilgrimage for Hindus and Hindu Crematorium, watch as the Hindu dead bodies are cremated in the most unique way in the world; we come across men with ash rubbed body, matted locks and dreaded look which is typical look of a Hindu Holy Men known as Sadhus.

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Boudhanath- the biggest Buddhist temple in the world; a site for Tibetan Buddhism where we can visit monasteries, watch the Holy Monks busy in their chanting ritual going around the temple.
Patan Durbar Square- A Medieval Royal Palace area which is also known as the city of fine arts, we can see the finest example of metal and stone carving back to 14th century and also the amazing Nepali Architecture. Stay in hotel.

Day 04: 14th Oct: Kathmandu - Drive to Besisahar B/L/D

Early morning driving to Besisahar on Private Coach,

Day 05: 15th Oct: Morning jeep to Chame. B/L/D

After breakfast take a Jeep to Chame. You are heading towards Chame, the headquarters of Manang, the district beyond the Himalayas, as it is famously known as in Nepal. You will, undoubtedly, enjoy your stay in the mountain town in the lap of Annapurna II - 7937 m / 26040 ft.

5 hour bumpy ride but offers you some breathtaking views.

Check into a guest house in Chame and relax.



Day 06: 16th Oct: Chame - Pisang 3190m - B/L/D

Hike from Chame to Pisang . Approx. walking 5 to 6 hours, O/N at guest house



Day 07: 17th Oct: Pisang - Manang 3520 m - B/L/D

An about five hours trek today takes you to the mountain village of Manang where you can see the prevalent Tibetan Buddhist culture. The walk itself offers a magnificent view of the mountain peaks in the famous Annapurna range. Serene mountain atmosphere is an additional bonus for your walk.





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Day 08: 18th Oct: Manang Acclimatization Day - 3520 m - B/L/D

Take a day break in Manang to acclimatize to the altitude. Explore the local area of Gangapurna glacier and Gangapurna lake; be comfortable adjusting in the high altitude climate.

Stay in Manang

Day 09: 19th Oct: Manang - Yak Kharka 4010 m - B/L/D

Head towards Yak Kharka, today's destination after having breakfast. Yak Kharka literally means the Yak pasture land. You come across those mountain giants - yaks - along the trail. Enjoy the mountain view and beautiful atmosphere on your six hours walk today.

Once in Yak Kharka, check into a tea house.

Day 10: 20th Oct: Yak Kharka - Thorong Phedi 4400 m - B/L/D

After having breakfast in the morning, start your walk of the day to Thorong Phedi - the base of the Thorong-la Pass. A five hours slow paced walk takes you to the place where you are staying overnight today. Enjoy and relax in the cool mountain environment.



Day 11: 21th Oct: Thorong Phedi - Thorong pass 5416 m - Muktinath 3800 m B/L/D

Today is a long day of walk and the highlight of this trip. Wake up very early in the morning to start your adventure towards the highest pass - Thorong pass. A slow paced uphill walk takes you about 4-5 hours to reach the pass. When you are at the top, you feel like you have conquered everything and the view from there makes you forget all the effort and difficulties you went through to make it there. You have conquered the highlight of this trip. Now, you walk starts descending towards Muktinath for about another six hours.



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Day 12: 22th Oct: Muktinath - Jomsom 2800 m - B/L/D

A five hours long nice downhill walk takes you to an exceptionally beautiful town of Jomsom. You have some free time to explore the town.

Stay in a hotel in Jomsom.

Approximate Distance - 9 km

Approximate Trekking Duration - 5 Hrs

Day 13: 23th Oct: Jomsom - Pokhara 900 m - B/L/D

Fly to Pokhara from Jomsom in the morning. It is a very beautiful and adventurous flight through the series of mountain peaks in Annapurna region. Have a leisure time in Pokhara to explore the beautiful lake city. Go for boating, massage and explore the lake side.



Day 14: 24th Oct: Pokhara – Lumbani- 200m B.L.D

After breakfast we drive to Lumbani (a birth place of Lord Buddha). Although it is a narrow drive but it is scenic and this in route also a trekking starting point of most of the Annapurna Himalaya ranges. Overnight stay in Hotel. B.L.D

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Day 15: 25th Oct: Full day sightseeing in Lumbani- 200m B.L.D

We will have a whole day sightseeing in Lumbani. Overnight stay at the same hotel. B.L.D



Lord Buddha was born in Lumbini while his mother was on her way to her parental home from Kapilvastu. He was born during the full moon day in the month of Baisakh in 623 B.C and is believed to have been born under a Saal tree (Shorea Robusta) when Maya Devi (his mother) was going to her maternal town on the occasion of the delivery. After his birth, Buddha took seven steps towards north, which is now shown as seven lotus flowers and looking in all directions, he declared that “I am the foremost of all creatures to cross the riddle of the ocean of the existence, this is my last birth and here after, I will not be born again”.

This newly born Hindu Prince named Siddhartha had supernatural birth signs, which indicated that the new born child will bring deliverance to the world. Ascetic (Rishis) warned the king that the boy might renounce the world anytime if he happens to come across, the diseased, an old man, dead body or the ascetic.

The king, alarmed to hear this, married Prince Siddhartha at an early age and almost imprisoned him in pleasure palaces, providing therein all kinds of enjoyments so he will be happy and stay there. However, the prophecy came true and he became **The Buddha**.

Day 16: 26th: Drive from Lumbani River Rafting, O/n at Tented Camp. B/L/D

After breakfast 4 hours' drive to start rafting in Trishuli River, an experience of Himalayan white water. Once we reach to the river bank we will have some briefing about rafting and on the equipment start doing rafting for about 3 hour and stop for lunch and continue raft about an hour and stay in the River bank. Tented camp, camp firing music etc at river bank. B, L, D
(People who don't want to join the rafting have option of going to the river bank camp early, swim, rest and stay there until the group arrive)



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Day 17: 27th Oct: Drive Back to Kathmandu 1400 m - B/D

Drive for about 2 and half hours from rafting place to Kathmandu. It's a scenic drive. Once you are in Kathmandu, check into hotel and take a leisurely and relaxing time.
We take you for the dinner with cultural show in the evening.

Day 18: 28th Oct: Departure Day - B

As today is the last day of the trip, we transfer you to airport for departure. Namaste!

Total Cost of the Trip per Person GBP £800

The above cost includes

Accommodation Hotel in Kathmandu 3 star hotel on twin sharing basis.
Basic Tea House Accommodation during the Trek
All Meal Through-out the trip [Dinner on Arrival Day, Breakfast on Departure Day]
Professional guide and necessary number of porter for the trek with their meal,
Insurance and flight and Salary for Nepali Staff
All National park fee, Tims,
Jomsom – Pokhara flight with Fix wing aircraft
Kathmandu sightseeing with Entry Fees, airport pick up and drop
One night cultural show and dinner
Group First Aid Medical Kit
Full Day guided City Tour in Kathmandu
Tips to the Guides, Porters and the drivers

The Cost Exclude

Any Table Drinks, Tea/ Coffee, Water, Chocolets, Beer etc.
Extra Meals or Snacks
Personal Insurance & emergency rescue charges if necessary
Extra porter & transport charges in the event of landslides
Personal Expenses, Medical and evacuation Cost, Travel Insurance and Laundry
Cost raised by re-routing, cancellation, political disturbance which are not under our control etc

Other then which are not mentioned above.



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GENERAL CONDITIONS:

- The prices are on Per Person basis, Nett & Non Commissionable.
- Upon confirmation of the booking we would require 50% of the total invoice and the balance amount can be paid 60 days prior to the date of arrival.
- Class of travel on trains may change based on availability at the time of booking
- All flight/train timings are based on current schedule and are strictly subject to change
- All prices are subject to any revision of tax and tariff structure
- Earthbound Expeditions will not be responsible of any tour which has to be cancelled because of the political unrest, natural disaster, or any other disruptions.
- The cost is subject to change at the time of booking.

CANCELLATION POLICY:

Cancellation Charges: Notice of cancellation must be made in writing in the name of Earthbound Expeditions Ltd.

For cancellation made 4 weeks prior to the scheduled departure, there will be a cancellation fee of 50% of the invoice. For cancellation made within 4 weeks of scheduled departure, there will be cancellation charge of 100% of the invoice.

In certain cases the cancellation policy (including conditions applicable on the advance deposit made/required for holding the reservation) may differ & would be applicable as per the cancellation policy of that hotel / Service provider. This will be charged over & in addition to the cancellation policy.

UNUSED SERVICES & REFUND

No refund will be made for any unused services or other arrangements due to any changes in schedule made by passenger while traveling. However, in certain cases, the refund will be considered as per the policy of the carrier/ hotel/ tour company / or other suppliers used for providing services.

Refund request must be made within 2 weeks of the completion of the trip.

If there is any additional expenses due to bad weather or any other reason beyond the control of the tour operator on account of hotel stay, transportation, and meals etc. extra bill will be raised, neither Earthbound Expeditions Ltd nor the participating suppliers/hotels will be responsible for the additional expenses.

Responsibility & Liability

All the packages are sold under the business management of Earthbound Expeditions Ltd. reserves the right to cancel or alter any package as conditions require. Neither Earthbound Expeditions Ltd. nor the participating suppliers/hotels will be responsible for the additional expenses due to loss, delay or damage caused by accident, illness, bad weather, strikes / riots, road block etc.

For Earthbound Expeditions Ltd

Guest