



# Himalayan Adventure Treks & Tours

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## *Short Annapurna Trek and Adventure Activities :- 10 Days - USD 2200 Per Person*

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## **Highlights**

- ***Kathmandu Arrival and Cultural Immersion:*** Start your journey in Nepal's bustling capital, Kathmandu, where you can explore its unique blend of history, spirituality, and vibrant culture.
- ***Trishuli River White-Water Rafting Adventure:*** Experience the thrill of white-water rafting for 3-4 hours on the Trishuli River, navigating through exciting rapids and scenic landscapes, perfect for adventure seekers.
- ***Pokhara – Nepal's "Queen City":*** Discover the beauty of Pokhara, known for its serene Fewa Lake, picturesque mountain views, and as the gateway to the Annapurna trekking region.
- ***Short Annapurna Trek to Australian Camp and Dhampus:*** Embark on a scenic trek through traditional villages, lush fields, and forests to Dhampus, a mountain village rich in Gurung culture, offering a taste of Nepal's rural lifestyle.
- ***Sunrise at Dhampus:*** Witness one of the most breathtaking sunrises in the world, as golden light illuminates the majestic Annapurna and Dhaulagiri mountain ranges from the famous Dhampus village.
- ***Adventure Activities in Pokhara – Zipline & Bungee Jump:*** Experience an adrenaline rush with Pokhara's thrilling zipline, one of the longest and steepest globally, and a bungee jump, giving you unforgettable views of the surrounding valley.
- ***Chitwan National Park Jungle Safari and Wildlife Encounters:*** Explore the UNESCO-listed Chitwan National Park, home to Bengal tigers, one-horned rhinos, and exotic bird species, on a jungle safari through lush landscapes and diverse ecosystems.
- ***Tharu Cultural Village Tour and Traditional Dance Performance:*** Gain insight into the rich cultural heritage of the indigenous Tharu people with a village tour, sunset view over the Rapti River, and an evening of traditional Tharu dance performances.
- ***Canoe Ride and Jungle Walk in Chitwan:*** Spot birds, crocodiles, and other wildlife on a canoe ride along the Rapti River, followed by a jungle walk to get closer to Chitwan's flora and fauna.
- ***Farewell in Kathmandu with Traditional Nepali Thali Dinner:*** Conclude your adventure with a farewell evening in Kathmandu, enjoying a traditional Nepali Thali meal with live cultural performances, capturing the essence of Nepal's hospitality and cuisine.

## **Overview**

*Your journey begins with your arrival at the vibrant city of Kathmandu, where you'll be welcomed and taken to your hotel to rest and prepare for an adventure-packed itinerary. The next day starts with a scenic drive to the Trishuli River, famous for its thrilling white-water rafting experience. Rafting for 3-4 hours through scenic landscapes and exciting rapids, you'll get a true taste of Nepal's adventure*

*scene. After a day of rafting, enjoy a relaxing evening at a Trishuli riverside resort. From here, the journey takes you to Pokhara, Nepal's "Queen City" renowned for its serene lakes and awe-inspiring views of the Annapurna and Machapuchare mountains. Here, the Annapurna Short Trek begins with a drive to Kande, a gateway to the Annapurna region, where the trekking adventure starts. This trek is designed to provide an immersive experience of Nepal's natural beauty and cultural heritage within a shorter time frame. Walking through beautiful villages, lush terraced fields, and forests, you'll make your way to Australian Camp 2055 meters, a charming village that offers a warm welcome and insight into local mountain life. The trek to Australian Camp and Dhampus Village is one of the highlights, as the trail offers enchanting views...*

## *Itinerary*

### *Outline itinerary:*

*Day 01: Arrival at Kathmandu Airport. (1334m)*

*Day 02: Drive from Kathmandu to Trishuli for Rafting, Overnight. 3-4 hours (B/L/D)*

*Day 03: Drive from Trishuli Resort to Pokhara, "Queen City". 4-5 hours (B)*

*Day 04: Drive to Kande and Trek to Australian Camp (2055m) 4-5 hours. (B/L/D)*

*Day 05: Trek from Australian Camp to Phedi via Dhampus, Drive to Pokhara, Sightseeing. 3-4 hours. (B)*

*Day 06: Adventure Activities in Pokhara – Zipline, Bungee Jump, Boating at Phewa Lake. (B)*

*Day 07: Drive from Pokhara to Chitwan for Jungle Activities. 4-5 hours. (B/L/D)*

*Day 08: Jungle Adventure in Chitwan National Park. (B/L/D)*

*Day 09: Drive from Chitwan to Kathmandu and visit Manakamana Temple (Cable Car). 5-6 hours. (B/D)*

*Day 10: Departure to Kathmandu Airport. (B)*

### *What's included?*

- *Pick up from the airport and transfer to the hotel.*
- *Two-night 3\* hotel in Kathmandu with Breakfast.*
- *Three Nights 3\* hotel in Pokhara with Breakfast.*
- *One Night 3\* Resort at Trishuli River side resort with Lunch, Dinner, and Breakfast.*
- *One Night Teahouse accommodation in an Australian Camp with Lunch, Dinner, and Breakfast.*

- *Two-night 3\* hotel in Chitwan with full board meals.*
- *Activities in Chitwan National Park.*
- *Full board meal in Chitwan National Park.*
- *National park fees for all activities in Chitwan National Park.*
- *An experienced, Government License holder helpful, and friendly Guide for Trek.*
- *Trekking Information Management System (TIMS) Permit.*
- *Trekking Permit (ACAP).*
- *Rafting equipment such as helmets, Paddles, etc.*
- *Zipline and Bungee jump activities with Photos and Video.*
- *All necessary paperwork.*
- *All overland transfers using a private vehicle. ( Zipline and Bungee for sharing jeep).*
- *Rafting and Chitwan activities accompanied by a local guide.*
- *Last Night's farewell dinner at an authentic Nepalese restaurant with a cultural performance.*

## *What's excluded?*

- *Beverages and alcoholic drinks.*
- *Entrance fees.*
- *Cable car fees.*
- *Extension of any other tours/accommodation.*
- *All kinds of personal expenses.*

## *Equipment*

### *Equipment List for Trishuli River Rafting (Overnight, 2 Days)*

*For an overnight rafting adventure on the Trishuli River, it's important to have a combination of personal comfort items, safety gear, and clothing suitable for water activities and camp. Rafting operators typically provide specific gear, but you'll need additional essentials to make your trip comfortable.*

### *Rafting Essentials (Provided by the Rafting Company)*

1. *Life Jacket: A high-quality, well-fitted life jacket to ensure safety in the water.*
2. *Helmet: Protects against any accidental bumps or falls.*
3. *Paddle: Often provided, along with basic paddling instructions.*
4. *Wet Suit (if required): For colder seasons, a wetsuit may be provided to retain warmth.*

### *Clothing & Personal Gear*

1. *Quick-Drying Clothes: Wear a synthetic or quick-drying T-shirt and shorts for the rafting*

*session, as these will dry faster and prevent chills.*

- 2. Swimwear: Worn under your clothes to keep you comfortable in the water.*
- 3. Waterproof Jacket/Windbreaker: Essential for protecting against wind and splashes, especially during cooler weather.*
- 4. Footwear: River sandals or water shoes with a strong grip. Avoid flip-flops as they can easily slip off.*
- 5. Dry Bag: To keep your phone, camera, and any other valuables dry.*
- 6. Sunscreen and Lip Balm: High SPF sunscreen to protect from UV rays and lip balm to prevent chapping.*
- 7. Sunglasses with Strap: Polarized glasses with a strap to reduce glare and avoid losing them in the water.*
- 8. Hat or Cap: To protect from sun exposure while rafting.*
- 9. Towel and Change of Clothes: For after the rafting, so you can change into dry clothes.*

## ***Overnight Camping Gear***

- 1. Sleeping Bag (if not provided): Depending on the season, bring an appropriate sleeping bag. Some operators provide bedding, but it's best to check in advance.*
- 2. Headlamp or Flashlight: Essential for navigating the camp area after dark.*
- 3. Personal Toiletries and Medications: Bring essentials like soap, toothbrush, toothpaste, and any personal medication.*
- 4. Insect Repellent: Particularly useful for riverside areas with mosquitoes or other insects.*
- 5. Snacks and Water Bottle: Although meals are usually provided, pack energy bars or snacks to stay fueled.*
- 6. Small First Aid Kit: Basic items like band-aids, antiseptic cream, and pain relievers can be helpful.*

## ***Equipment List for 2-Day Australian Camp and Dhampus Trek***

*For a short trek to Australian Camp and Dhampus, lightweight but durable gear is key to ensure comfort and flexibility.*

### ***Clothing***

- 1. Moisture-Wicking Base Layers: Lightweight, breathable T-shirts (preferably synthetic or merino wool) for comfort while hiking.*
- 2. Warm Mid-Layer: A fleece or light jacket, as temperatures can drop in the evenings or at higher altitudes.*
- 3. Trekking Pants: Quick-drying, comfortable pants for the trek, preferably with zip-off options in case the temperature changes.*
- 4. Insulated Jacket: Especially during cooler months, a down or synthetic insulated jacket is useful for warmth at camp.*
- 5. Rain Jacket or Poncho: A waterproof layer for unexpected rain showers.*
- 6. Comfortable Footwear: Sturdy hiking boots or shoes with good ankle support and grip, as trails may vary in condition.*
- 7. Socks: Moisture-wicking socks to prevent blisters; bring extra pairs in case of wet conditions.*

- 8. Hat and Gloves: A hat for sun protection and lightweight gloves for cooler conditions in the morning or evening.***

## ***Trekking Essentials***

- 1. Daypack (20-30L): To carry essentials like water, snacks, and extra clothing.***
- 2. Trekking Poles (optional): Useful for balance and reducing strain on knees, especially on downhill paths.***
- 3. Water Bottle or Hydration System: To stay hydrated; a 1-2 liter capacity is recommended.***
- 4. Sunglasses and Sunscreen: Essential for sun protection at higher altitudes.***
- 5. Headlamp or Flashlight: For navigating at night or in case of early starts.***
- 6. Personal First Aid Kit: Band-aids, blister treatment, antiseptic wipes, and pain relievers.***
- 7. Snacks: Energy bars, nuts, and dried fruits for quick energy boosts.***

## ***Optional but Recommended Items***

- 1. Camera or Smartphone with Power Bank: To capture the stunning views of the Annapurna range.***
- 2. Insect Repellent: For any bugs in the forested areas.***
- 3. Travel Towel: Lightweight and compact for quick drying.***
- 4. Sleeping Bag Liner: If you're staying in a basic lodge, this can add extra warmth and comfort.***

## ***Equipment List for Chitwan National Park***

***A trip to Chitwan National Park involves jungle activities, so packing appropriately for warmth, comfort, and protection from insects and wildlife is essential.***

## ***Clothing***

- 1. Lightweight, Long-Sleeve Shirt and Pants: Light-colored and breathable fabric that covers your skin to protect from sun and insects. Avoid dark colors to blend in with the environment and not startle animals.***
- 2. Warm Jacket or Fleece (Evening): Evenings can be cooler, so it's best to have a warm layer.***
- 3. Rain Jacket: Essential in case of sudden rain, particularly in the monsoon season.***
- 4. Comfortable Footwear: Sturdy hiking shoes or boots for jungle walks and safaris.***
- 5. Hat or Cap: For sun protection during day activities.***

## ***Jungle Activity Essentials***

- 1. Insect Repellent: A must-have to protect against mosquitoes and other insects, especially for jungle activities.***
- 2. Water Bottle: Carry at least 1 liter of water to stay hydrated throughout the day.***
- 3. Binoculars: To observe wildlife from a safe distance.***
- 4. Camera with Telephoto Lens (optional): For capturing wildlife up close without getting too near.***
- 5. Sunglasses and Sunscreen: Protect yourself from the tropical sun during the day.***



**6. Flashlight or Headlamp:** Useful for night walks and for moving around camp or the lodge in the evening.

### *Additional Items for Chitwan's Activities*

- 1. Small First Aid Kit:** Basic medications and band-aids for any minor injuries.
- 2. Snacks:** Although meals are generally provided, carry some energy bars or nuts.
- 3. Notebook and Pen:** To jot down observations, bird species, or details of your jungle adventure.
- 4. Guidebook or Wildlife Identification Book (optional):** To help identify the wildlife you may encounter.
- 5. Reusable Tote or Dry Bag:** For keeping belongings dry during activities near rivers or canoe rides.

### *Overnight Essentials*

- 1. Toiletries:** Basic items like toothpaste, soap, and personal hygiene items.
- 2. Portable Charger or Power Bank:** To keep devices charged, especially if you're using a camera or phone frequently.
- 3. Travel Towel:** Lightweight, quick-drying towel for use after activities.
- 4. Personal Hygiene Items and Medications:** Any necessary items, especially for overnight stays at jungle lodges.

## **Trip Notes**

### *Entrance fees of Heritage Sites of Nepal:*

*Nepal is famous for world heritage sites, Tourist attractions places, and monuments areas. Tourism is the second income source of the country. Entrance fees, National park fees, climbing royalties are the backbone of the Nepalese economy. Foreigner tourists visiting heritage sites, attraction places, and monuments of the country and have to pay a certain entrance fee to get inside the area. The people of South Asian countries (SAARC) have to pay fewer entrance fees in comparison to tourists from other countries. Many tourists want to see the typical Nepalese art and cultural places, happily paying the entrance fee because it is worth paying to visit.*

*The 7 heritage sites of Kathmandu valley are amazing. Boudhanath, Pashupatinath, Swayambhunath, Kathmandu Durbar Square, Patan Durbar Square, Bhaktapur Durbar Square, and Changunarayan have their own history. They are not only rich in art and architecture but also fountain spiritual places of Hinduism and Buddhism. Most of the constructions made have a tantric background and old history. Not only the Kathmandu valley but other parts of the country are also rich in nature and history. Lumbini (Birth Place of Gautam Buddha) Chitwan National park, Pokhara, Nagarkot, Trekking trails, Peak climbing, Expedition are the main tourist destination in Nepal and main income sources of the country. It is the government that keeps the price of priceless monuments and makes some money from tourists who visit them.*



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*Please find the attached PDF file for the Entrance fees of World heritage and other attraction places in Nepal.*

## [Entrance Fees of UNESCO World Heritage Sites in Nepal](#)

### *About Country*

*Popularly recognized worldwide for its majestic sky-dominating peaks, Nepal is one of the most sought-after nations for trekking and other adventure activities. This tiny Himalayan nation is home to eight of the world's tallest peaks, including Mt. Everest (8848.86m)- the highest mountain in the world. Moreover, the rugged and rural trekking trails to the massifs along the dense forest which is filled with exotic floras and faunas instills excitement and adventures to the travelers. However, traveling to Nepal is not only about the mountains and natural beauty. Unraveling the beauty that lies in the old monuments, palaces, and temples. Nepal has a diverse array of cultures, traditions, languages, and history which are reflected in the lifestyle of the people.*

### *Key Facts*

*Location: Nepal is located in South Asia; between two great giants the Republic of China to the north and India to the south, east, and west.*

*Geography: A landlocked country, Nepal is divided into three geographical regions, namely, the Himalayas, the Hills, and the Terai.*

*Capital: The capital city of Nepal is Kathmandu.*

*Area: The total area of Nepal is 147,181sq km.*

*Population: The current population of Nepal is 29 million.*

*Political system: Nepal is a federal republic country with a multi-party system.*

*Major religion: Nepal is a secular state but the majority of people follow Hinduism, followed by Buddhism and Christianity.*

*Time zone: The time zone of Nepal is GMT +5:45.*

*Official Language: The official language of Nepal is Nepali.*

*Working hours: The working hours in Nepal are from 10 am to 5 pm.*

*Electricity: Currently, all the major cities have electricity while electricity supply in some rural areas is limited. The standard voltage of electricity in Nepal is 220V.*

### *Visa Information*



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*All tourists visiting Nepal except tourists from India should have a valid passport and visa. An On-Arrival visa to enter can be obtained at the Tribhuvan International Airport or any other land entry/exit points at the Nepal-Tibet and Nepal-India border. During the peak season, there will be a long line of tourists here trying to get their visas. So, to avoid the endless waiting you should visit the nearest Nepalese diplomatic missions stationed in your country before your arrival.*

*An On-Arrival Tourist Visa costs USD 30 for 15 days, USD 50 for 30 days, and USD 125 for 90 days. Find more information regarding the updated visa fees at <http://www.nepalimmigration.gov.np/post/notice-regarding-visa-fee-updates>.*

*You can also extend your visa within a valid period which will cost you USD 3 per day. However, if you are visiting Nepal from SAARC countries you don't have to pay visa fees as gratis fee or free visa is applicable for 100 days. Regarding information about tourist visas, you can head to the information on the official website of the Department of Immigration at <http://www.nepalimmigration.gov.np/page/tourist-visa>.*

## *How to reach the country*

*Nepal is very well accessible via air, rail, and road. Tribhuvan International Airport is the only international airport and the entry point for those arriving by air. Nepal Airlines is the main operator in the nation. Other international airlines here are Air Arabia, Air Asia, Etihad airlines, Fly Dubai, Jet Airways, Malaysia Airlines, Qatar Airways, Silk Air, and Thai air. The rail and road service can only be used by those arriving from India.*

*In terms of land transport, there are several land entry/exit points at the Nepal-Tibet and Nepal-India borders. Kerung and Kodari are the entry/exit points at the Nepal-Tibet border whereas*

*Janakpur-Jainagar railway is the sole railway that connects Nepal with India, several buses connect Delhi and Kathmandu.*

## *Popular destinations to visit*

*There are many places you can visit in Nepal. Nepal is not only gifted with natural beauty but it is also culturally rich which means there are many heritages and sites you can visit. Kathmandu Valley is the first and foremost destination that you should not miss out on. The seven UNESCO world heritage sites in the valley, namely, Patan Durbar Square, Bhaktapur Durbar Square, Kathmandu Durbar Square, Pashupatinath, Swayambhunath, Boudhanath, and Changunarayan.*

*Other places you must visit while in Nepal are Pokhara, Chitwan, and Lumbini. Pokhara is a scenic lake city, located 6 hours' drive away from Kathmandu city. There you will be able to enjoy the serene and peaceful nature with the Annapurna ranges in the backdrop. Lumbini, the birthplace of Lord Buddha, is a historic destination whereas the Chitwan National Park is a natural haven for exotic flora and fauna. Both of these are also enlisted as world heritage sites by UNESCO. Palpa, Bandipur, Bardia National Park, and Ilam are some of the popular destinations.*

*As for trekking and mountaineering activities, Annapurna, Everest, Langtang, Manaslu, Upper*



*Mustang, and Dolpo regions are some of the most popular ones in Nepal.*

### *Internet and Communication in the country*

*You do not have to worry about not getting communication service or Internet service in Nepal. In recent years, the internet and communication services have drastically progressed and developed. While in the major cities and tourist destinations, you can use free Wi-Fi including many of the cafes and restaurants. Similarly, almost every hotel and some public areas provide Wi-Fi services. However, Wi-Fi is not always available in remote areas in the Himalayas and rural Hilly regions.*

*In such situations, a cellular connection is the best option for both Internet access and communication. NTC and Ncell at two of the biggest telecommunication corporations and offer sim cards with various packages at a reasonable price. These service providers have a wide reach over many parts of Nepal. You will easily be able to purchase any sim card with your passport or identity card.*

### *Local currency and foreign exchange*

*While in Nepal, you should use Nepali rupees (NRs) which is also the official currency of Nepal. You can easily exchange your currency into the Nepalese Rupee at the Tribhuvan International Airport or the exchange counters and banks around the major cities. Also, the major cities like Kathmandu, Pokhara, Chitwan, and Lumbini have a great availability of banks and ATMs. However, their availability becomes quite scarce when you head to the Himalayas and remote areas.*

*So, it is best if the travelers perform all their money-related activities while they are in the major cities.*

### *Weather and climate*

*The climate in Nepal varies according to altitude and the current season. The lowland of the Terai region in the southern part of the country is very hot and humid during the summer. The temperature there can get as high as 45 degrees Celsius. The middle part is also known as the hilly region has a pleasant and bearable climate all year long. However, in winter the nights and early mornings can get quite chilly. The Himalayan region is the northernmost part of the country and is above 3300m. This region usually has alpine climatic conditions and during the winter season, it experiences adverse weather conditions.*

*Nepal generally has four seasons, namely, spring, summer, autumn, and winter. The spring here means every part of the country has flowers blooming and summer means a lot of humidity and rainfall. While the autumn is neither too hot nor too cold and the skies are always clear. The winter season brings snow in the Himalayan region and some parts of the hilly region as well. Finally, during the monsoon season, the entire country experiences heavy rainfall except in the rain shadow areas of Upper Dolpo and Mustang.*

### *People, culture, and festivals*

*Nepalese are known to be one of the kindest people all over the world. With a smile on everyone's face,*

*you will be warmly welcomed and greeted. The word “Namaste” is used while they join their hands together which means a respectful greeting. Nepal is a culturally rich country with many different castes, languages, and traditions. The diverse culture and tradition result in many different festivals celebrated all around the nation. The major festivals celebrated are Dashain, Tihar, Holi, Sonam Losar, Gyalpo Losar, and many more. Especially in Newari settlements, people celebrate many colorful and radiant festivals. You will be able to experience wonderful and lifelong memory if you visit Nepal during the time of festivals.*

## **Kathmandu Valley**

*Kathmandu Valley is a historic and cultural heartland of Nepal, nestled at an altitude of around 1,400 meters. Encompassing the cities of Kathmandu, Patan, and Bhaktapur, the valley is renowned for its vibrant heritage and stunning architecture. The valley is home to seven UNESCO World Heritage Sites, making it one of the densest concentrations of heritage sites globally. Key landmarks include Kathmandu Durbar Square, a historical palace complex surrounded by pagoda-style temples and courtyards, and the Swayambhunath Stupa, also known as the “Monkey Temple,” a sacred Buddhist site that offers panoramic views of the valley.*

*Patan, known for its artistry, is famous for the Patan Durbar Square and the ancient Krishna Mandir. Bhaktapur, often considered a “living museum,” boasts well-preserved medieval architecture, with highlights like the 55-Window Palace and Nyatapola Temple. The valley also houses Pashupatinath, Nepal’s holiest Hindu temple dedicated to Lord Shiva, and the giant Boudhanath Stupa, a significant Buddhist pilgrimage site. The blend of Hinduism and Buddhism in Kathmandu Valley creates a unique spiritual atmosphere. Besides cultural sites, the valley has lush farmlands and forested hills that attract nature lovers. With its rich history, art, culture, and religious significance, Kathmandu Valley is the essence of Nepal’s heritage.*

## **Trishuli White Water Rafting**

*Trishuli River is a popular destination for white-water rafting, offering a thrilling experience set against beautiful landscapes. Named after the trident (“trishul”) of Lord Shiva, the river flows from the highlands of Tibet and eventually meets the Narayani River in Nepal. Trishuli rafting is ideal for both beginners and seasoned rafters due to its moderate rapids, usually ranging from class II to III, with occasional class IV rapids during the monsoon. The river features famous rapids like “Ladies Delight” and “Upset,” which add excitement to the journey.*

*The rafting trip offers a unique perspective of Nepal’s natural beauty, with hills, gorges, and small villages along the riverbanks. During the dry season, the river offers a gentle rafting experience, perfect for families. In contrast, the monsoon season increases water levels, making for a more challenging adventure. The Trishuli River is easily accessible from Kathmandu, making it a convenient day-trip or overnight adventure. Riverside campsites allow travelers to enjoy campfires, nature walks, and starry nights along the river, making the Trishuli rafting experience a perfect mix of adventure and nature.*

## **Pokhara Valley and its Sightseeing Places**

*Pokhara Valley, often called the “Queen of the Hills,” is Nepal’s adventure and tourism capital, known for its stunning natural scenery, serene lakes, and towering mountains. The valley is framed by the Annapurna Range, with peaks like Machapuchare (Fishtail) creating a dramatic backdrop. Phewa Lake, the second-largest lake in Nepal, is the heart of Pokhara, where visitors can enjoy boating while admiring reflections of the mountains. The lake is also home to Tal Barahi Temple, a two-story pagoda located on an island in the lake.*

*Pokhara is famous for its adventure sports, including paragliding, zip-lining, and bungee jumping. It’s also the starting point for treks to Annapurna Base Camp and other popular trails. Popular attractions include Davis Fall, a waterfall that disappears into a deep underground tunnel, and Gupteshwor Mahadev Cave, located across from Davis Fall, where a shrine dedicated to Lord Shiva sits within the cave. The Peace Pagoda, located on a hilltop, offers panoramic views of the valley, lakes, and Annapurna mountains. The mountain museum provides insights into Himalayan culture, mountaineering history, and the diversity of the region’s ethnic groups. With its serene landscape and thrilling activities, Pokhara is a must-visit destination.*

## **Dhampus Village**

*Dhampus Village, located about 18 km from Pokhara, is a beautiful Gurung settlement known for its scenic views and rich cultural heritage. Perched at an altitude of around 1,700 meters, Dhampus offers stunning vistas of Annapurna South, Machapuchare (Fishtail), and other snow-capped peaks. The village is accessible by a short trek, making it a popular destination for both beginners and seasoned trekkers seeking a taste of rural life and mountain culture.*

*The village is characterized by traditional stone houses, terraced fields, and lush rhododendron forests, which bloom spectacularly in the spring. Dhampus is part of the Annapurna Conservation Area and is home to a variety of flora and fauna, adding to its natural charm. The people of Dhampus are primarily of the Gurung ethnic group, known for their hospitality, colorful attire, and unique customs. Visitors can enjoy homestays, where they can experience Gurung culture, traditional cuisine, and local folklore. The village is a peaceful retreat, providing a glimpse into the traditional mountain lifestyle amidst breathtaking landscapes.*

## **Australian Camp**

*Australian Camp, located at an altitude of 2,055 meters, is a popular trekking destination near Pokhara, offering panoramic views of the Annapurna and Dhaulagiri ranges. The camp is known for its 360-degree views, which include Annapurna South, Machapuchare, Hiunchuli, and Lamjung Himal. Reached by a moderate hike from Kande or Phedi, Australian Camp is an ideal spot for trekkers seeking a shorter trek with high rewards in terms of scenery.*

*The camp is surrounded by dense forests, primarily of rhododendron and oak, which make the trek especially beautiful in spring when the rhododendrons bloom. At the camp, there are simple lodges where trekkers can stay and enjoy the peaceful mountain environment. The sunrise and sunset views from Australian Camp are particularly breathtaking, with the golden light casting a magical glow over the peaks. The camp serves as a popular stopover for trekkers heading to Poon Hill or other*



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*Annapurna trails. Its accessibility, natural beauty, and tranquil setting make Australian Camp a perfect escape for nature lovers.*

## *Chitwan National Park*

*Chitwan National Park, Nepal's first national park established in 1973, is a UNESCO World Heritage Site and one of Asia's best-preserved wildlife areas. Located in the subtropical lowlands of Nepal's Terai region, Chitwan covers an area of 932 square kilometers and is home to diverse flora and fauna, including endangered species like the one-horned rhinoceros and Bengal tiger. The park's lush landscape features forests, grasslands, marshes, and riverine areas, providing a habitat for over 500 species of birds, 68 species of mammals, and various reptiles, including gharials and crocodiles.*

*Visitors can enjoy several activities, including jeep safaris, elephant-back safaris, and canoe rides along the Rapti River, where they may spot marsh mugger crocodiles and water birds. The park is also known for its birdwatching opportunities, with species like the giant hornbill and paradise flycatcher drawing bird enthusiasts from around the world. Chitwan National Park is surrounded by Tharu villages, and visitors can experience Tharu culture through village tours and traditional dance performances. The park's diverse ecosystem and cultural experiences make it an unforgettable destination.*

## *Manakamana Temple and Cable Car*

*Manakamana Temple, a sacred Hindu pilgrimage site, is located on a hilltop in the Gorkha district. Dedicated to the goddess Bhagwati, an incarnation of Parvati, Manakamana is revered as a wish-fulfilling deity. The temple's location, at about 1,300 meters, provides stunning views of the surrounding hills, rivers, and even the Himalayas on clear days.*

*The journey to Manakamana has been made easier by the Manakamana Cable Car, which operates from Kurintar on the Prithvi Highway and covers a distance of 2.8 kilometers in about 10 minutes. This Swiss-made cable car system is one of the longest in Asia and offers visitors a scenic and thrilling ride over the Trishuli River and lush forests. The temple is especially busy during festivals like Dashain, attracting thousands of devotees from all over Nepal. Visitors often offer sacrifices, with animals like goats and chickens presented to the goddess in gratitude for fulfilled wishes. The combination of spiritual significance, natural beauty, and the modern convenience of the cable car makes Manakamana Temple a unique and popular pilgrimage destination.*