

# Step Forward Give Back

## Explore Nepal & Lake Goyko trek



**Price: AUD \$5,999 per person**

**Dates:** 13 – 28<sup>th</sup> May 2024

**Trip duration:** 16 days

**Trek duration:** 8 days

**Trek difficulty:** Moderate

**Bookings close:** 25<sup>th</sup> April 2024

**Payment due:** 1<sup>st</sup> May 2024

**Group size:** 2-12

**Maximum altitude:** 5,357m

### Trip overview

This 16 day trip in Nepal offers a wide arrangement of experiences, spanning from discovering historic Kathmandu to trekking in the Himalayan terrain, participating in lively vibrant festivals, and encountering the wildlife in Chitwan. You will traverse through Nepal's captivating landscapes and rich cultural tapestry. On day 11 (March 23rd) the group will meet with the Explore Nepal and Panchase trek participants and complete the remainder of the trip together.

Kathmandu, a bustling vibrant city which serves as Nepal's capital, is located in the Kathmandu Valley. It's a place where historical customs and contemporary modern life coexist harmoniously. You may find a treasure trove of ancient temples, palaces, and fine woodwork in Kathmandu. The city's thriving marketplaces provide visitors a true experience of Nepali culture with its amazing selection of local products and street food. Kathmandu is a fantastic spot to immerse yourself in the rich tapestry of Nepal's heritage since its residents are very friendly and hospitable.

Pokhara, also known as Nepal's "City of Lakes," is a tranquil and beautiful location hidden in the shadows of the majestic Himalayas. It's renowned for its stunning lakes, notably Phewa Lake, where you can enjoy peaceful boat rides against a backdrop of majestic mountains. Pokhara serves as the starting point for a number

of popular Himalayan hikes, such as the Annapurna Circuit. After a day of trekking, the city's laid-back vibe makes it the perfect location to unwind. With its vibrant nightlife, charming cafes, and adventurous activities like paragliding, Pokhara has something for every traveler seeking peace and adventure.

Chitwan is a region in southern Nepal famed for its beautiful jungles and plentiful wildlife. Chitwan National Park is located here, and you may go on thrilling safaris to see creatures like rhinoceroses and tigers. The Rapti River adds to the natural beauty by providing canoeing rides and wildlife watching possibilities. Chitwan also offers a glimpse into local culture through traditional Tharu performances. This is a nature lover's dream and an excellent choice for people looking for wildlife activities in Nepal.

## **Highlights**

- Explore historic Kathmandu, its interesting craftsmanship, vibrant market and cultural richness
- Trek through the stunning Himalayan landscapes to Gokyo, enjoying closer views of the beautifully standing Himalayan peaks
- Reach the summit of Gokyo Ri for a breathtaking mountain view of Everest, Lhotse, Makalu, and Cho Oyu
- Take a scenic helicopter tour of the Everest region
- Enjoy adventures like paragliding or relaxation in Pokhara's lakeside setting
- Encounter wildlife in Chitwan National Park, and take the chance to spot rhinoceroses, tigers, and exotic bird species
- Immerse yourself in the traditions of Nepal with intriguing cultural performances and understand Nepal's diverse heritage

## Itinerary

<b>Day 1</b> <b>Monday 13<sup>th</sup> May</b>	<b>Arrival in Kathmandu</b> Your adventure begins as you arrive at Kathmandu's Tribhuvan International Airport. You will be warmly greeted by the local team and transferred to your hotel. After check-in, you can rest and recover from your journey or explore the vibrant streets of Kathmandu on your own.
<b>Day 2</b> <b>Tuesday 14<sup>th</sup> May</b>	<b>Trip preparation day in Kathmandu</b> With the new day, you'll gather over breakfast for an exciting tour briefing that sets the stage for your upcoming adventures. Following that, you'll dive into the local culture, exploring markets and shops to prepare for your journey ahead
<b>Day 3</b> <b>Wednesday 15<sup>th</sup> May</b>	<b>Fly to Lukla (2,840m, 35 minutes) and trek to Phakding (2,660m, 4 hours)</b> You'll take a short flight to Lukla, which gives you a fantastic view of the hills and mountains. Then, you'll start walking to Phakding. The path goes through forests and over swinging bridges above clear rivers. You'll start to see big mountains from a distance.
<b>Day 4</b> <b>Thursday 16<sup>th</sup> May</b>	<b>Trek to Namche (3,440m, 6-8 hours)</b> Namche is a special village surrounded by tall mountains. You'll walk through pretty forests and get your first glimpses of Mount Everest. When you reach Namche, it's a lively place with colorful flags and a busy market.
<b>Day 5</b> <b>Friday 17<sup>th</sup> May</b>	<b>Trek to Kyanjuma (3,550m, 5-6 hours)</b> This day is comparably short. We will be passing through the Hotel Everest view and the old village of Khumjung. The village of Kyanjuma is perched on a ridge, affording unparalleled views of Ama

	Dablam and the deep valleys below.
<b>Day 6 Saturday 18<sup>th</sup> May</b>	<b>Trek to Dole (4,100m, 5-6 hours)</b> Today, the landscape changes as you climb higher. The mountains get closer, and the forests become less lush. Dole is a peaceful village surrounded by rocky terrain
<b>Day 7 Sunday 19<sup>th</sup> May</b>	<b>Trek to Machhermo (4,400m, 3-4 hours)</b> The air gets thinner as you go higher. Machhermo is a quiet village surrounded by snowy peaks. It's like a peaceful oasis in the high mountains.
<b>Day 8 Monday 20<sup>th</sup> May</b>	<b>Trek to Gokyo (4,800m, 4-5 hours)</b> Gokyo Lake is a stunning highlight. The water is a beautiful turquoise color, and it reflects the towering Cho Oyu mountain. The village of Gokyo is right next to the lake, and the views are simply breathtaking.
<b>Day 9 Tuesday 21<sup>st</sup> May</b>	<b>Hike to Gokyo Ri for sunrise (5,357m, 4-5 hours)</b> You'll climb a small mountain called Gokyo Ri. From the top, you can see all around you, including Mount Everest, Lhotse, Makalu, and Cho Oyu. The sunrise makes the mountains look even more magical.
<b>Day 10 Wednesday 22<sup>nd</sup> May</b>	<b>Fly to Lukla on Helicopter and take a plane to Kathmandu</b> You'll say goodbye to the mountains and return to Kathmandu. The city's energy and culture might feel different after the peaceful mountains, but a nice contrast. You'll leave Nepal with unforgettable memories of the beautiful natural wonders and the warm hospitality of the Sherpa people.
<b>Day 11 Thursday 23<sup>rd</sup> May</b>	<b>You'll meet up with the Explore Nepal and Panchase Region trek participants and do the rest of the trip together</b>

	<p><b>Fly to Pokhara</b></p> <p>In the afternoon, you'll take a scenic flight to Pokhara, which offers breathtaking views of the Himalayan mountains. Upon arrival in Pokhara, you'll have some free time to settle into your accommodation and soak in the tranquil atmosphere of this lakeside city. In the evening, you'll have the exciting opportunity to meet the other group for dinner.</p>
<p><b>Day 12</b> <b>Friday 24<sup>th</sup> May</b></p>	<p><b>Explore Pokhara</b></p> <p>Today, you'll have the chance to explore Pokhara. You can also try some adventure sports such as bungee, paragliding, swing, zipline if it interests you.</p>
<p><b>Day 13</b> <b>Saturday 25<sup>th</sup> May</b></p>	<p><b>Fly to Chitwan</b></p> <p>You'll leave Pokhara and travel to Chitwan, a region known for its wildlife and lush forests. In Chitwan National Park, you can go on a jungle safari to spot rhinoceroses, tigers, and various bird species. The day ends with a cultural performance by the indigenous Tharu people.</p>
<p><b>Day 14</b> <b>Sunday 26<sup>th</sup> May</b></p>	<p><b>Activity day in Chitwan</b></p> <p>Another exciting day in Chitwan includes activities like jungle safaris, canoe rides along the Rapti River, and a visit to the Gharial Breeding Center to see a unique crocodile species.</p>
<p><b>Day 15</b> <b>Monday 27<sup>th</sup> May</b></p>	<p><b>Fly to Kathmandu</b></p> <p>You'll travel back to Kathmandu, where you can explore any remaining sights or do some last-minute shopping for souvenirs.</p>
<p><b>Day 16</b> <b>Tuesday 28<sup>th</sup> May</b></p>	<p><b>Fly back home</b></p> <p>On this day, you'll bid farewell to Nepal and fly back to your home country, taking with you cherished memories of the stunning landscapes, rich culture, and diverse wildlife that you experienced during</p>

	your journey through Nepal.
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## **What's Included**

### **Transportation:**

- Airport transfers
- All internal flights

### **Accommodation:**

- 4 nights in Kathmandu at [Nepali Ghar Hotel](#)
- 7 nights in mountain lodges
- 2 nights in Pokhara at [Hotel Barahi](#)
- 2 nights in Chitwan at [Barahi Jungle Lodge](#)

### **Meals:**

- Breakfasts in Kathmandu and Pokhara
- All meals in Chitwan
- All meals during the trek
- Welcome and farewell dinner

### **Staff**

- Experienced and qualified guides
- Support staff to carry your luggage during the trek
- All staff salaries and insurances

### **Permits:**

- Trekking permits
- Sightseeing permits
- Safari permits

### **Equipment:**

- Duffle bag
- Trekking poles
- Sleeping bag
- Water bottle
- Sanitary kit

## **What's excluded?**

- International flight
- Nepal visa fee
- Lunch and dinner in Kathmandu and Pokhara
- Beverage, snacks and alcohol/bar tab
- Extra meals and personal expenses during the trek
- Tips and gratuities (10-15%)

## **Important notes:**

### **Money and budget:**

It is best to bring extra of cash along with you to avoid any problems that might occur due to technical issues. The Adventure Kora representatives will assist you with money exchange. You are required to carry Nepalese currency during the trek to cover your personal expenses. Please be aware to carry some extra funds for tipping, emergency scenarios like flight cancellations or rescue.

### **Meals during trek:**

There is a wide variety of food items available from the mountain lodge menu's. You can choose breakfast, lunch and dinner from the menu provided at the lodges. Your guides will help you to place your orders. Please let us know if you have any dietary requirements.

### **Health and safety:**

If you have any health conditions, please let us know in full detail before the trek starts. Our expert experienced team of guides will be monitoring your health on the trek. Make sure to follow the instructions of guides to avoid any health and safety issues. Please communicate with your guide on a daily basis about the changes you have been experiencing in your body or if you have any problems to avoid the chance of getting altitude sickness as much as possible.

### **Insurance:**

All trek participants should have travel and rescue insurance. Please make sure it covers high altitude trekking and helicopter rescue.

### **Support staff:**

A trekking porter will support you with carrying 15kg of belongings maximum. One porter will be shared among two trekkers. Duffle bags will be provided to pack your belongings which are to be carried by the support staff.

### **Tips and gratuities:**

It is customary in Nepal, especially in the tourism industry, to tip the guides, porters, drivers and other service providers after the service is received. It's up to you to tip as much as you want if you are happy with their service.

### **Single supplement:**

20 % extra charges will be applicable if you choose not to share rooms during the trip. There will be certain areas where the option is not available to have a single room during high season time.

### **Change and adaptations:**

The trip leaders will make changes and adapt the itinerary upon your best interest if any unavoidable circumstances like bad weather, natural disaster, political activity, health issues, change of rules etc. occurs.

## **What to pack for the trek:**

### **Head and hands**

- Cap or hat to wear while walking in the bright sun
- Wool or fleece cap or hat to keep your head warm
- Neck warmer to protect your throat from catching a cold
- UV protection sunglasses
- Warm wind and waterproof gloves

### **Upper body:**

- Dri fit trekking shirts
- Thermals
- Warm trekking shirts
- Hiking hoodie
- Wind and waterproof jacket
- Down jacket

### **Lower body:**

- Trekking pants
- Trekking shorts
- Thermals and inners
- Trekking socks
- Waterproof trekking boots with ankle support
- Slippers or sandals

### **Other items:**

- Day rucksack to be carried personally
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag
- One or two-liter water bottle



- Personal first aid kit to include essential items
- Torch, ideally head torch
- Digital Camera and a spare battery and battery charger
- Toilet paper, quick-dry towel
- Toothbrush
- Large handkerchief/bandana for neck
- Rain poncho