



# NEPAL TOUR AND ANNAPURNA-POON HILL TREK



Fundraising Charity Trek  
for Awasuka Program

BY SACRED HIMALAYA AND  
EL CAMI DE LA SOLIDARITAT

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# Nepal Tour and Annapurna-Poon Hill Trek

This trip is a must for those who want to experience the amazing beauty of Nepal's wildlife.

However, this is not the classic Everest trek: yes, it will take you to the highest mountains on earth, but it will also have a big impact on the lives of many Nepalese rural families.

**All proceeds from this trip will be donated to the AWASUKA program**, which installs improved chimney-hood stoves for the poorest communities in rural Nepal. Through this trip, you will not only **experience Nepal and its mountainous beauty**, but you will be able to support a humanitarian project. Most importantly, you will be able to visit the Program office in Bhimphedi, speak with the beneficiaries, and get a guided tour by the Program Director to **see with your own eyes how the funds are being used and what their impact is**. Additionally, you'll also get a chance to know the history of Bhimphedi, a little village in the Mahabarat range which was the gateway to Kathmandu Valley until the 50s, once the first plane landed in Nepal.



## essentials

Trip start **March 28th 2023**

March 28th - April 10th\*

**14 Days**

Cost for Trip **€1499.00 Per Person**

**6 People Minimum**

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\*Your arrival and departure days may differ depending on your flight times. You may need to book additional accommodation if your flight days don't align with the trip dates. More info on page 10.



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## Testimonial

“We trekked to Annapurna Base Camp with Sacred Himalaya, and had the most amazing time. Our guide Binay was very knowledgeable and funny and we were well looked after. Everything was planned perfectly and even when we added extra days on at the end of the trek, it was easily sorted out for us. Would definitely use this company again.

**Soraya Hawke-Perry, UK**

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## THIS TRIP IS FOR YOU IF:

- You want to see flora and fauna of Nepal
- You want to see local culture, both urban and rural
- You prefer a light and not demanding trek

## Adventure-filled itinerary

This trip will be a 14-days itinerary which will give you a general overview on the **natural marvels Nepal** has to offer. After arriving in Kathmandu, you will visit the main attractions like the **Hindu temple in Manakamana**, and then go Pokhara. Our experienced guides will then guide you on the Annapurna-Poon Hill trek, a relatively easy walk meandering through villages and **rhododendron forests**. This invigorating trek showcases some of **the best views of Annapurna and neighboring Himalayas especially from the Poon Hill**, a photographer's paradise. You will then trek to the **beautiful Gurung village of Ghandruk** and enjoy the local hospitality along with the cultural magnificence of Gurung Museum. Trekking through **rhododendron forests that bloom in springtime**, descending to Birethanti, passing by waterfalls, few small villages and settlements will be a thrilling experience. You will then reach Naya Pul, the end of this marvelous trek, and then drive to Pokhara. You will then be taken to Bandipur and later to **Chitwan National Park**, to enjoy its incredible flora, fauna and its cultural activities. You will finally be taken to the **AWASUKA Program project area in Bhimphedi**, where you will be able to visit our beneficiaries, talk to them, as well as to discover the historical heritage of this village.

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# Trip Itinerary

## 1. Kathmandu Arrival

On your arrival at Kathmandu, Tribhuvan International Airport, you will be met by a representative of Sacred Himalaya and taken to your hotel in the Thamel district of Kathmandu. Overnight in Kathmandu.

## 2. Swayambhunath Temple – Kathmandu Durbar Square

This will be the first of your sightseeing days in Kathmandu. In the morning we will head for Swayambhunath (Monkey) Temple.

Swayambhunath is a UNESCO, World Heritage and one of the must see sights of the Valley. We will walk the 365 steps up to the Stupa. There is much to see, not least the three large Buddha statues of Shakyamuni Buddha, Chenrezig and Guru Rinpoche, in the park to the rear. In the afternoon we visit the Durbar square in Kathmandu. Overnight in Kathmandu.

## 3. Kathmandu to Manakamana

After breakfast we leave Kathmandu for our next destination: Manakamana Temple. Manakamana Temple is a Hindu temple dedicated to goddess Bhagwati, an incarnation of Parvati and it is situated in the village of Manakamana. Overnight at Manakamana.



## 4. Manakamana to Pokhara

After breakfast we drive towards the beautiful lake city Pokhara. We will be in Pokhara at lunch time. After lunch you will have the opportunity to explore one of the many local attractions:

– **The Phewa Lake**, the second largest lake in Nepal, adds to the enthralling beauty of Pokhara. The changing light of the sun on the Phewa Lake provides aesthetic calmness to the lovers of nature. On the eastern side of the lake, visitors can find a cluster of restaurants and pubs. Along with these attractions, boating, sailing, kayaking, canoeing, swimming, bird watching, fishing and angling are some of the activities which you can participate in at Phewa Lake. In the midst of the lake stands the Varahi Temple, where animal and bird sacrifices are offered to the goddess Varahi by Hindu worshippers every Saturday.

– **Davi's Fall** is a charming little waterfall located about 2 km southwest of the Pokhara Airport on the Siddhartha Highway. Also located very close to Davi's Fall is Gupteswar Gupha, a mysteriously sacred cave that holds special value for Hindus since a phallic symbol of Lord Shiva is perfectly preserved here in the condition it was discovered in. Locally, it is also named as Gupteswar Mahadev.

– **World Peace Pagoda**, a massive Buddhist stupa, is an impressive site in Pokhara situated on top of a hill on the southern shore of Phewa Lake. Besides being an impressive sight in itself, the Buddhist shrine is a great vantage point which offers spectacular views of the Annapurna range and Pokhara City.

## 5. Pokhara – Ulleri

After Breakfast it's an hour drive to Nayapul (50km). We pass through sub-tropical valley forests, sometimes on the carved trail on the side of the cliff. After lunch, we cross the Bhurungdi Khola river via a bridge to the village of Thike Dhunga. The Ulleri Hill with thousands of steps and boulders that continually go upward will really prove a test of our stamina. We reach Ulleri by late afternoon. Overnight in Ulleri.

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## **6. Ulleri to Ghorepani (4-5 hours trek)**

After breakfast, we ascend to the Ghorepani village. The name Ghorepani in Nepali means 'horse-water' due to it being an important campsite for traders before it became a trekker's stop. Ghorepani is an interesting place with small shops and stalls for selling local products and crafts. The town has two parts: one in a saddle and the other a few hundred feet lower. We stop at the higher part of the Ghorepani village that offers panoramic views of the surrounding mountains including Annapurna South and Nilgiri mountains. Since Ghorepani lies quite higher than our previous stop, we begin to feel the chilly weather especially in the evenings. Overnight in Ghorepani.

## **7. Ghorepani to Tadapani with a visit to Poon Hill (6-7 hours)**

We get up early in the morning to reach Poon Hill just in time to see the sunrise over the Himalayas. Poon Hill is the most popular destination to enjoy close up views of Annapurna and Dhaulagiri ranges and enjoy the sunrise from these majestic mountains. From Poon Hill, we also get incredible views of Mustang, Pokhara and more than 20 of the highest mountains. After enjoying a cup of coffee, we trek back to Ghorepani. We have breakfast here then walk towards the east and climb a ridge. Our trail descends through rhododendron forests and waterfalls before we reach Tadapani. Overnight in Tadapani.

## **8. Tadapani to Ghandruk and Drive back to Pokhara**

From Tadapani, we make a steep descent through the dense and dark forest. This part of the trek will be through a thick forest of old rhododendron trees. When the rhododendron trees are in bloom, these forests actually turn into amazing gardens. By afternoon, depending upon the season of travel, we also get to enjoy cherry blossoms in bloom on the slopes on the other side of the ravine. After trekking some more minutes, we enter the village of Ghandruk, a slope settlement with stone houses mostly inhabited by the Gurung people. Along with enjoying the stunningly close-up towering views of Fishtail, Annapurna South, and Hiunchuli mountains, we also acquaint ourselves with the simple but rich cultural traditions of the Gurung people at the Gurung Museum in Ghandruk. After lunch in Ghandruk we will visit around the Gurung Museum and we will descend to Chuile and drive back to Pokhara by Jeep. Overnight at Pokhara

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## 9. Pokhara to Bandipur

After breakfast we will drive from Pokhara to Bandipur. It will take around 3-4 hours up to Bandipur., where we will visit this well-preserved old town. Overnight at Bandipur.

## 10. Bandipur to Chitwan

Early in the morning we have breakfast and drive from the beautiful old town of Bandipur to Chitwan. After checking in to the hotel, there will be a briefing on the activities we will be engaging in during our stay here. We will then walk on the banks of the Rapti River to enjoy the sunset in the sub-tropical jungles of Chitwan and the bird-watching, as Chitwan National Park is also home to a large variety of resident and migratory birds. An evening dinner with a brief cultural program showcasing the tribal dances - unique to this region of Nepal- will end our day. Overnight at Chitwan.

## 11. Chitwan Jungle Safari Activities

Early in the morning, we will be mounted on elephants for a jungle safari through dense grasslands to witness wildlife in its natural habitat. After breakfast, we visit the elephant stables and even enjoy bathing the elephants. During the afternoon we can drive through the jungles followed by a canoe ride down the Rapti River. While canoeing, we may get a close look at the Gharial and Mugger crocodiles along with fresh water dolphins, otters and varieties of water birds. We may even go bird watching or go on a nature walk and see rhinos, sloth bears, tigers or pythons. There is a beautiful variety of wild flora and fauna found in the park. Overnight in Chitwan.





**12. Chitwan – Bhimphedi AWASUKA Project site**  
Early in the morning we will take a 3-4 hour drive to Bhimphedi, the rural village where the AWASUKA Program, which installs improved cooking stoves for rural communities, is based. This is a special occasion, as both of Awasuka trips will coincide in Bhimphedi, in order to end the trip together. The whole day will be spent in this village, talking to the Program Director – who will explain the project and will give you a cultural tour of Bhimphedi – and the beneficiaries in the area. Overnight night at Bhimphedi on Camping.

**13. Bhimphedi to Kathmandu**  
After breakfast we leave Bhimphedi towards Kathmandu. We will arrive in Kathmandu in the afternoon, at around 1pm. We enjoy the day leisurely or catch up on some last minute shopping or explore any landmarks we missed during our first day in Kathmandu. To celebrate the successful completion of our journey, we will have a farewell dinner in the evening, with the possibility of a concert by the Awasuka program director, featuring some Awasuka songs and some Nepali traditional music you need to know. Overnight in Kathmandu.

**14. Depart Kathmandu**  
Our journey in Nepal comes to an end today! Depending on the time of your flight departure, you may have time for a little more sightseeing or shopping in Kathmandu. We will then take you to Tribhuvan airport 3 hours before the departure time of your flight home and see you to your departure terminal where we will say goodbye and hope very much that you will have enjoyed your time with Sacred Himalaya. On your way home, you will have plenty of time to plan your next adventure in the wonderful country of Nepal.

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# Cost breakdown

€1499.00 Per Person

6 People Minimum

## What does the price include?

- Accommodation\*
- All the meals (breakfast, lunch, dinner)
- Airport pickups and drops to and from hotels
- Kathmandu Sightseeing with tour guide
- Heritage site entry fee
- All the Chitwan Jungle Activities.
- Annapurna Conservation trekking permit.
- An experienced English-speaking trekking guide and porter including their salary, insurance, equipment, food and lodging with all the transportation.
- All transport in Nepal
- All government and local taxes
- Bhimphedi: All the ground Transportation by private vehicle

## Not included

- Nepalese Visa fee
- Your travel and rescue insurance.
- International airfare to and from Kathmandu (\*)
- Personal expenses (phone calls, laundry, bar bills, mineral water, cold drinks, Wifi/internet, etc.)
- Tips for guide, porter and driver
- Awasuka Concert ticket

(\*) Please note that, depending on your country of origin, the arrival date to Nepal may not coincide with the flight date you have to purchase. Usually flying from Europe or the States may require to leave a day earlier. The accommodation included in the price only covers the duration of the organised trip - you may need to book additional days if you plan to arrive earlier or leave later.

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# What to take with you?

## Important documents and items:

- Valid passport (minimum 6 months remaining at the end of your adventure), 2 extra passport size photos, airline tickets
- Separate photocopies of passport, visa form (easily obtained at Kathmandu airport), proof of insurance.
- Dollars, pounds or Euros in cash for purchasing Nepalese visa at Kathmandu airport for paying for restaurants and hotels, for gratuities, snacks, and to purchase your own drinks and gifts.\*
- Credit or debit cards for use at Bank/ATM/Cash machines for withdrawing additional funds if required from cash machines (bring a photocopy of your cards etc).

## Sleeping

- 1 sleeping bag (good to -10 degrees C or 14 degrees F)
- Fleece or silk sleeping bag liner (optional)

## Packing (rucksack and travel bags)

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carry-on)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables, should have good shoulder padding
- Small padlocks for duffle-kit bags
- 2 large waterproof rucksack covers (optional)

## Practical Items

- 1 metal water bottle (1 liter each)\*
- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighter, 1 small box of matches
- 1 digital camera with extra cards and batteries
- large Ziplocs
- 4 large, waterproof, disposable rubbish sacks



# What to take with you?

## **Clothing**

### **Head**

- Bandana or head scarf, also useful for dusty conditions
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries
- Sunglasses with UV protection
- Prescription sunglasses (if required)

### **Upper Body**

- Wicking (polypropylene) shirts (1 short sleeve and 2 long sleeves)
- Lightweight thermal tops
- Fleece wind-stopper jacket or pullover
- Windproof & waterproof (preferably breathable fabric) jacket with hood
- Down jacket

### **Hands**

- 1 pair of lightweight wool or fleece gloves

### **Lower Body**

- Non-cotton underwear briefs
- 1 pair of hiking shorts
- 1 pair of hiking trousers
- 1 pair of fleece or woolen (thermal) leggings
- 1 pair of windproof & waterproof (preferably breathable fabric) trousers

### **Feet**

- 2 pairs of thin, lightweight inner socks
- 2 pairs of heavy poly or wool socks
- 1 pair of hiking boots (sturdy soles, water resistant, good ankle & arch support, “broken in”) with spare laces
- 1 pair of trainers or running shoes and/or sandals/sliders
- Cotton socks (optional)

### **Extras/Luxuries**

- Reading book
  - Trail Map/guide book
  - Journal/notebook and pen
  - Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses and/or camps)
  - Plug adapter (UK to 2 round pegs) & Extra pre-charged battery packs to recharge phones / cameras, multi-plug extension cord
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# What to take with you?

## Toiletries & Personal Hygiene

- Sun lotion
- Nail clippers
- 1 medium-sized quick drying towel
- Toothbrush/paste (preferably biodegradable)\*
- Multi-purpose soap (preferably biodegradable)\*
- Deodorants
- Face and body moisturiser
- Female hygiene products as appropriate\*
- Small mirror
- Reusable Wet wipes (baby wipes)\*
- Tissue /toilet roll (preferably biodegradable)\*
- Anti-bacterial hand wash



## Medical

- Small, personal first-aid kit (simple and light)
  - Aspirin, first-aid tape and plasters (Band-Aids)
  - 1 skin-blister repair kit
  - Anti-diarrhea pills
  - Anti-headache pills (Paracetamol / Ibuprofen)
  - Cough and/or cold medicine
  - Anti-altitude sickness pills (where available): Diamox or Acetylzolamide
  - Stomach antibiotic: Ciprofloxacin, etc. (can be bought very cheaply and easily in Kathmandu).
  - 1 set of earplugs
  - Extra pair of prescription glasses, contact lens supplies
  - Multi Vitamin tablets (optional)
  - Water purification tablets or Steripen (optional)\*
  - **Do not bring sleeping pills as they are a respiratory depressant.**
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## IMPORTANT NOTES

### Currency

The currency in Nepal is Nepalese Rupee. It is recommended you do not exchange currency for Nepalese rupees at the airport, rather wait until you meet your arrival staff who will be able to arrange a better exchange rate at an exchange bureau close to your hotel in Thamel – Kathmandu.

### Care for the environment

Considering that this is a **charity trip for Awasuka**, we highly recommend using biodegradable products. This is not only for ecological reasons, but also because **Nepal doesn't have a waste management policy**. All non-recyclable / non-biodegradable waste you produce could end up in the Nepalese scenic landscape or be burned in households, producing **highly toxic fumes**. It's our responsibility to avoid this, as we support the smokeless kitchens program.

**DRINKING WATER.** We suggest a **metal water bottle** for your own personal use to avoid the purchase of many plastic bottles. For drinking water you can use different **purification methods** (solid tablets, liquid chlorine, etc...) or refill your bottle from the jars provided by Sacred Himalaya agency. Clean water awareness is one of Awasuka's main projects, as shown in the [Water Paani song video in Youtube](#).

**HYGIENE PRODUCTS.** We suggest the use of **biodegradable hygiene products** for the aforementioned reasons. You may find many of them in the market, usually liquid multipurpose soaps, but we strongly recommend **solid soaps**, which do not come in a plastic bottle.

**FEMALE HYGIENE.** Many Awasuka Program's female volunteers decide to make a change in their lives before traveling to Nepal: they switch from single-use-pads to **menstrual cup**. This makes them feel more comfortable, self-reliant and environmentally conscious. An equally environment friendly option are reusable washable pads.

**WET WIPES.** We suggest using **reusable wipes** for aforementioned reasons; in the internet there are many types of reusable wipes that you can purchase to support the environment.

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# Trip co-organisers

## About AWASUKA program

AWASUKA program is a Catalan-Nepalese social organization tackling the indoor air pollution crisis in rural Nepal.

Currently, they are locally manufacturing and installing smokeless kitchens to improve the living conditions and health of women & children.



## About Sacred Himalaya

Sacred Himalaya is a Nepal based trekking agency specialising trekking, peak climbing, mountain expedition and pilgrimage tours in the Himalayan regions of Nepal, Bhutan and Tibet. They provide intimate personalised tours, tailor-made to ensure our clients get the very most out of each trip they undertake with us. The team is composed of local government certified guides.



# How to book your trip

1. Choose your trip at [elcami.eu](http://elcami.eu)
2. Pay for your trip via bank transfer
3. Enter your receipt details on [elcami.eu](http://elcami.eu)
4. Start packing!



“El Camí de la Solidaritat” is a non-profit, non-governmental organization created in 2013 in Cambrils, Spain. We promote and defend social transformation aimed at improving living conditions, empowering the most vulnerable groups of local communities, and incorporating a gender perspective with each of our projects. We fight for human rights and inspire social consciousness of our obligations as a collective society.

*Thank you!*



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