



Experience the *Best of Nepal*

See some of the world's highest mountains and try some of the best rivers adventures, experience the unique and rich biodiversity across this Himalayan country from jungle safari to mountain regions, and explore the vibrant cultures and kind hospitality that is part of the soul of Nepal.

We want to give you a great experience and taste of this amazing part of the world. Welcome you to our home.



DAILY ITINERARY

Day 1 | The Living Museum.

Arrive to Kathmandu and transportation to historical Patan.

Check into the charming Hotel and get settled. In the afternoon we take a guided tour through alley ways in the local area of Patan, famous for its traditional 17th century architecture. Known as a living museum, we visit Patan Durbar square and the former palace to learn about the rich cultural heritage.

In the evening enjoy a nice dinner at one of the nice restaurants, we recommend *Café Swotha* for nice ambiance or to try the *Mixed MoMo Platter* at one of the local MoMo restaurants for a typical Nepali dish.

Day 2 | Diversity and History of Nepali Culture.

Full day of city sightseeing with your own guide, who will pick you up at the hotel after breakfast. Today you see more of Kathmandu valley and visit the iconic Buddhist stupa *Boudhanath* and the famous hill top temple *Swayambhunath*, also called Monkey Temple, with nice views of the city. Learn about the history, experience examples of how cultural diversity is embraced in Nepal.

Dinner back in Patan at your own leisure.



Day 3 | Awesome Rafting!

Time to leave the city for our next adventure - heading to our eco-adventure centre *The Royal Beach Camp* by the Trisuli river.

After a few hours of driving, you arrive and get settled in your very own cottage, built with local materials and handcraft. After lunch it's time for our first river adventure – an awesome rafting trip!

We paddle together through the dramatic valley landscape and punch some fun class III+ challenging white water, including rapids like Ladies delight, Monsoon and Upset! Dinner will be served at our café with views over the lush garden below and surrounding hills.

Day 4 | Canyon Exploration.

Wake up to the sound of the river and take a moment to enjoy coup of coffee or tea- Breakfast is served at our café. Afterwards it is time to go canyoneering down some beautiful, jungle waterfalls!

The hike follow small trails up the hills and through thick forest into the gorge. We have a great time jumping and sliding down the smaller waterfalls, then abseiling with rope and harness down the biggest one. Hanging on a vertical cliff with water splashing on your head is a real thrill!

Spend the rest of the day relaxing with a good book, find a nice spot on our soft white sandy beach or go for a swim in our pool.

The Royal Beach Camp is also an educational centre and we train Nepali youth from vulnerable backgrounds to become internationally qualified adventure guides. As our guest you help make this possible.



Day 5 | Elephants & Tharu Culture.

The journey continues after breakfast to the south and our next destination is *Chitwan*. On the drive we can see the landscape change from dramatic hills and deep gorges to flat lowland. We check in at *Green Park Resort* and have a nice lunch.

Our first visit is to a small elephant rescue centre *Stand Up 4 Elephants* who will teach us about the Asian elephant and their wonderful work.

Afterwards we go on a cultural tour learning about the indigenous *Tharu* people and their culture, deeply connected to the jungle and life in this region.

Day 6 | Come Close to Nepali Wildlife.

Before breakfast we join an early morning canoe ride, spotting rare birds in the trees and lazy crocodiles on the river beds, the ride ends with a walk through the jungle buffer zone where our guide explains to us about local plants and how the area is used for community.

After a breakfast it's time to go into *Chitwan National Park* on a jeep jungle safari. As we travel into the jungle you will learn more about the wildlife. Perhaps we will spot some of the endangered animals that the park protects like the *Gaur (Indian Bison)*, *Pangolin* and *One Horned Rhino*. If we are very lucky, we might even get a glimpse of the elusive *Bengal Tiger*.

Day 7 | Time to go North.

After quite a long drive to *Pokhara*, check in to your hotel and meet with our trekking team for a trek brief and final check of your packing.

The rest of the afternoon is an opportunity to fix the final bits and pieces, or take a walk along the lake at your own pace. Have a delicious dinner at one of the many restaurants, we recommend *Moon Dance Restaurant* for tasty food made with fresh, local ingredients.



Day 8 | Peace Pagoda & Village Life.

After an early breakfast we meet with the trekking guide and team. This trek starts with a boat ride across *Phewa Lake*. The trail will lead us up the hills to the *World Peace Pagoda*, a quiet place for peaceful meditation with great views of the mountains, lake and the city below. The trail then continues by the steep up climbing through forest before we arrive at *Bumdi* village.

The *Panchase Trek* is calm and off the beaten track, giving us an opportunity to meet with locals and learn what life is like in rural Nepal. The name refers to the sacred number five with a unique relation to this area.

Located at the meeting point of five different hills and the source of five rivers, makes it an important watershed and confluence. This also holds a spiritual significance to the five elements, said to awaken the five sensory organs and the five layers of the soul according to local folklore.

Day 9 | Rhododendron Forests & Mountain Views.

Our trek continues through the beautiful forest from where you can see the view of mountains peeking out through the trees. We pass through old rhododendron forest, the national plant of Nepal. Classified as protected forest, where over 100 different species of orchids grow on the tree branches and rare birds can be heard chirping away in the tree tops.

The *Gurung* and *Brahmin* ethnic groups dominate the area, and you are walking along trails used by them for hundreds of years. We reach *Panchese Bhanjyang*, where we will stay for the night.



Day 11 | Sunrise Over the Himalayas.

We rise in the wee early morning hours and with our head torches make our way up to *Panchase Peak* at an altitude of 2517 m, the highest point of our trek. As the first rays of the sun paint the mountain peaks in gold and pink, blessing us with a magnificent sunrise over the Himalayas. Marvel at the views of the iconic *Machhapuchre* (“*Fishtail*”) and 3 of the 8000 m peaks: *Annapurna South*, *Dhaulagiri* and *Manaslu*.

After an invigorating morning and breakfast we start our ascent through the hills and villages to *Bhadaure*.

Day 12 | Lake Side Rest.

Our final day on the trail takes us through villages and terraced fields to *Sarankot*, another nice view point of the mountains. From here we then take the cable car back down to Pokhara.

Check in to our hotel and spend the afternoon at your own leisure, get a massage, do some shopping and have dinner at one of the lakeside restaurants.

Day 13 | Back to Kathmandu.

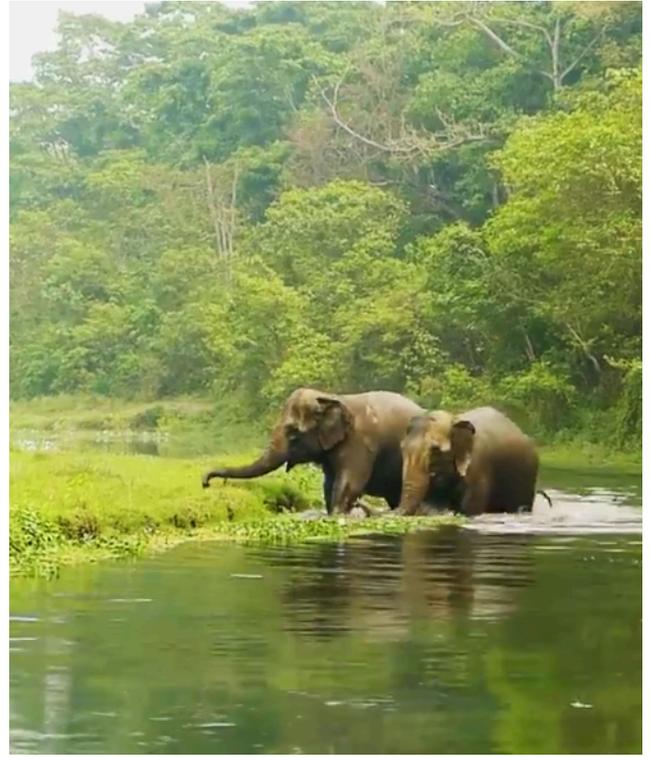
Early morning start as we have a long drive from Pokhara to Kathmandu, and arrive at your hotel in the afternoon.

This time you will be staying in the *Thamel* area, which offers an opportunity to do shopping for yourselves, friends and family at home. Check out *Woven Nepal-Fair Circle* shop for ethical, handmade bags and *Tibet Book Store* for interesting books.

There plenty of nice restaurants in the area, *RoadHouse Restaurant* is our favourite spot for nice ambiance and great pizza.

Day 14 | Good Bye – for this time.

Day of departure. We arrange airport drop from your hotel.



Canyoneering at The Royal Beach Camp & visit to Elephant Rescue Centre.

Thank you for travelling to Nepal with us. Your exploration of the country on this itinerary contributes to the continued protection of wildlife, important natural environments and cultural heritage. It also contributes to the livelihood of hundreds of people and directly supports our work to give quality education to Nepali youth.

HIGHLIGHTS

- Visit the sites and learn about the vibrant yet ancient cultures of the *Kathmandu* valley,
- Experience the thrills of river adventures like rafting and canyoneering on our eco-adventure centre *The Royal Beach Camp*.
- Go on jungle safari in *Chitwan National Park*, with the chance to see elephants, rhinos and if you are lucky the elusive Bengal tiger!
- Embark on a trek off the beaten trail in the *Annapurna Area*, with fantastic views of the Himalayan peaks and an intimate glimpse of rural life in Nepal.

PRACTICAL DETAILS

PRIVATE & FAMILY TRIPS:

Season October – April.

GROUP JOINING:

1st – 14th April or 28th Oct. – 10th Nov. 2023

WHAT TO BRING:

- Personal toiletries, incl. towel, soap, sunscreen etc. *Please use eco friendly, biodegradable products.*
- Clothing and shoes suitable for the activities.
- Walking poles, sleeping bag, flashlight and refillable water bottle.

A detailed pack list will be sent out after trip booking.

TO THINK ABOUT:

- Check your vaccinations and personal travel insurance.
- Apply for VISA to Nepal online or on arrival.
- The trek is easy by Nepali standards and suit adults and children of all ages. We trek for about 4 hours and 10 km per day in varied terrain. This give us ample opportunity to take in the scenery, meet locals and embrace the rhythm of rural Nepali life.

PRICE: 2150 USD / person.

Included:

- Accommodation in hotel, adventure camp, resort & tea house (room on shared basis),
- Full board, excl. lunch & dinner in Pokhara & Kathmandu.
- Private transportation, incl. airport pick up and drop.
- Half day guided cultural tour in Patan,
- Full day guided cultural tour of Boudhanath & Swayambhunath,
- Visit to Elephant Rescue Centre & Tharu Cultural Tour,
- Morning Canoe Ride & Jeep Safari,
- White Water Rafting,
- Canyoneering,
- 4 day 3 night Panchase Trek.

Not included:

- International flights,
- Personal travel insurance,
- Lunches & Dinners in Pokhara & Kathmandu,
- VISA fees, and
- Tips.

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