



Nepal

# Pokhara, Lwang Trek and Mountain Flight

A small but complete program that takes you to a short trek with one of the most amazing sunrise behind the beautiful Machhapuchhre, to the Lakeside neighbourhood of Pokhara, with a very different feeling than Kathmandu, where you can enjoy its peaceful and its lake, to finally flight over the Everest summit and other high peaks of the Himalayas.

6 days program in Nepal

3 days' trek

Local guide English-speaking

Meals and overnight in lodges during the trek

Accommodation in hotel in Pokhara and Kathmandu

Transfers in private vehicle

Flights Kathmandu Pokhara and Mountain flight

From Australian Camp you can enjoy one of the most amazing sunrises, watching the Machhapuchhre and Annapurna South getting coloured with the first sun light. This is a beautiful place and a beautiful short trek to the small Gurung village of Lwang, on the feet of Machhapuchhre mountain. Pokhara and the quarter of Lakeside are very quiet place, we you can hang around beside the lake. On the other hand, you can see the summit of Everest and other high mountains in a "Mountain Flight", a great experience.

## NOTES ABOUT THIS ITINERARY

In the case you do this program before the retirement, you can also go to Vishuddhi Alaya the afternoon of day 6.

You can shorten this itinerary deleting Mountain Flight and/or the day in Pokhara.

## PROGRAM

1 Flight to Pokhara. Drive to Kande (1770m) 35km ~1h - Trek to Australian Camp (2165m) ~1h/2h	      
2 Trek to Lwang (1550m) ~3h/4h	     
3 Trek to Lumre ~1.30h. Drive to Pokhara 25km ~1h. Free afternoon.	   
4 World Peace Pagoda. Hike & Boat in Phewa Lake. Flight to Kathmandu	    
5 Mountain Flight. Free morning. Afternoon visit Pashupatinath and Bouddhanath	     
6 Swambunath & Patan. Free afternoon	    



## ITINERARY

**1 Flight to Pokhara. Drive to Kande (1770m) 35km ~1h - Trek to Australian Camp (2165m) ~1h/2h**

We take a morning flight to Pokhara. We transfer to our accommodation in order to arrange the luggage we leave in the hotel and those one which we need to carry during our short trek.

After lunch in the hotel, we drive to Kande, the starting point of our route. We will climb up the wooded area and some more open stretches to gain about 400 meters in altitude to the idyllic place of the Australian Camp.

- Transfer to Kathmandu Airport
- Flight Kathmandu Pokhara
- Transfer to Lakeside (Pokhara)
- Mountain guide starting service
- Private vehicle from your accommodation in Pokhara to Kande
- Breakfast, lunch and dinner
- Lodge at Australian Camp (or Pothana)

**2 Trek to Lwang (1550m) ~3h/4h**

The sunrises from here are beautiful, and therefore it is more than advisable to get up at dawn to enjoy this amazing moment. The Annapurna South with Hiunchuli and Machhapuchhre dominate get our attention right in front of us.

After breakfast we start our journey. Our path is gently downhill and we turn right before we reach Pothana. The way is mostly downhill through forest, terrace crops and some farms. Later, we start some soft uphill until we reach the Gurung village of Lwang.

Lwang is a very beautiful village of traditional houses with stone slab roofs, which enjoys a good view of the Machhapuchhre. The community has organized itself to offer accommodation in homestay. Austere but well-arranged rooms and a more familiar treatment is what makes them different. Lwang has also developing tea-growing projects in the surrounding area that we could visit.

- Breakfast, lunch and dinner
- "Homestay" in Lwang

**3 Trek to Lumre (1210m) ~1.30h. Drive to Pokhara 25km ~1h. Free afternoon.**

We have a short hiking day down to reach the rough-road in Lumre, where our jeep will wait for us. We will drive back to Pokhara to enjoy a free and relaxing afternoon.

Pokhara is the second city of Nepal, but whenever we talk about Pokhara we talk about the Lakeside neighbourhood, next to Fewa-Tal (lake), where tourism is concentrated and where you will find many hotels, guest-houses, restaurants of all kinds and conditions, cafes, bars and live music, shops, bookstores and "german bakery" distributed by its main avenue and adjacent streets, so it is very difficult to get lost.

It is a quiet town, just the opposite of Kathmandu. You can relax on any of its terraces, walk around the lake, take a gentle bike ride, take a boat in the lake or, if you want a more intense experience, go tandem-paragliding from Sarangkot in what is one of the star activities of Pokhara.

Around the promenade of the lake, there are some chill-out terraces to eat, have a tea, a drink, etc. Sometimes there is someone who plays music on the spot, or there may be a performance. Some parts of Lakeside still maintain their "hippie" or alternative atmosphere or whatever you want to call it. We could say that the northern part is more "grass-smoky" and the southern part is more "upper level", but without being strict.

- Private transfer from Lumre to your accommodation
- Local mountain guide and porter/s ending service
- Breakfast
- Hotel at Pokhara

**4 World Peace Pagoda. Hike & Boat in Phewa Lake. Flight to Kathmandu**

Early morning, we drive to the World Peace Pagoda, this white stupa that you probably saw in the ridge at the other side of the lake. This pagoda was a gift from Japan to spread the peace around the world. If the sky is clear, we have a very good view over Himalaya mountains.

From Peace Pagoda we walk down to the lake for about one hour or less. Once in the lake we take a boat to Barahi Mandir temple, a small Hindu temple sited in an island. After visit we get back to the boat to reach Lakeside.

After lunch we will go to Pokhara Airport to get our flight back to Kathmandu, where we can enjoy free time.

- Private vehicle to Peace Pagoda
- Local English-speaking guide
- Boat in Phewa Lake for each 2 travelers
- Transfer to Pokhara Airport
- Flight Pokhara Kathmandu
- Transfer to your accommodation
- Breakfast
- Hotel in Kathmandu



##### 5 Mountain Flight. Free morning. Afternoon visit Pashupatinath and Bouddhanath

We wake up very early today. We can take some cold and small breakfast before we leave to Kathmandu airport to get our Mountain Flight. During the one-hour flight you will traverse the Eastern Nepal Himalaya which comprises some of the Earth's loftiest summits. Between Langtang and Everest, you will see 21 mountains of which 6 are over 8,000 meters. Each of the mountains you pass has a mythical past. You will see Everest, the highest mountain in the world. You are also invited one at a time to the cockpit by the captain from where you have an exceptional view.

After landing again in Kathmandu Airport, we will drive back to our accommodation to have a proper breakfast and enjoy a free morning to explore Thamel.

Afternoon you are going to meet with your guide and you are going to drive to Pashupatinath. Pashupatinath is the most sacred and important Hindu temple in Nepal, with a main temple where non-Hindus are not allowed to enter, and it is the most frequent place to celebrate the funerals in its "ghats", the crematoriums of the deceased, located on the sacred and polluted Baghmati River. Keep in mind that this is a sacred space, where funerals are being held, so be discreet and respectful, keeping your distance. In the afternoon most of the large groups of tourists already left. Outside there are quite a few little shops selling offerings, flowers, and other cult-related products.

We will cross Pashupatinath area walking up to the hill fully of small temples and where some sadus and gurus offer their services to leave by the "back" door. Then we can walk during about 45 minutes towards Bouddhanath, passing by a non-touristic Kathmandu.

Bouddhanath or Bouddha, as it is also known and which gives its name to the neighbourhood, is the great iconographic stupa of the city that you have seen in many pictures. It is located inside a large square full of life, with devotees praying and surrounding it clockwise, tourists, dogs, pigeons, ... There are some restaurants and cafes with terraces on the upper floors with good views over the square and the stupa, which can also be seen from the Guru Lhakhang temple. But Bouddha is much more than its stupa, it is the neighbourhood that hosts a large part of the Tibetan refugees in Kathmandu, and its alleys are always full of people up and down, shops and Buddhist monasteries and temples that can be visited freely. Bouddha has a special atmosphere at night, so it's a good idea to have dinner here.

- Private vehicle to Kathmandu Airport and back to your accommodation
- Mountain Flight
- Private vehicle to Pashupatinath and back from Bouddha
- Local English-speaking guide
- Breakfast and dinner
- Hotel in Kathmandu

##### 6 Swambunath & Patan. Free afternoon

Swayambhunath, perched on a hill, is a cluster of Hindu and Buddhist temples and has the city's second great stupa at its centre. It is also known as the monkey temple, for obvious reasons. It offers interesting views over the city, especially at night or in the morning, and is also much more than its stupa. The whole compound has interesting nooks and crannies, and just its eastern access up the steep stairs from Swayambhu Marg is worth the effort. The area extends into Amideva Park on the western side, just off the Ring Road where the bus parking area is located and where there are three giant Buddha figures.

After visit we drive to Patan. Patan, along with Bhaktapur and Kathmandu, is also a former royal city. Although it is attached to the south of Kathmandu as if it were a neighbourhood, it is an independent city and is much quieter than the capital, with a different rhythm and atmosphere. Its Sanskrit name is Lalitpur, which means "city of beauty". The old center is what is known as Patan Dhoka and there are still many houses half propped up with timbers from the street because of the effects of the 2015 earthquake. The whole neighbourhood is full of shops selling religious art in bronze or other metals.

In the old quarter of Patan, everything is within walking distance. After the restoration work, Durbar Square is beautiful, especially at night, as it has been well lit. The square is dominated by the façade of the Patan Museum, a very welcoming and well-kept building that apart from containing a good collection of religious art also occasionally hosts other interesting art exhibitions.

What is more different and therefore very interesting to visit are the Golden Temple, the Mahabuddha Temple and the Rudravarna Maharivar. They are not very big buildings, with different styles and structures, and in general, they are much less visited than Durbar Square.

Patan is a good place to have our lunch today, before we come back to Thamel to enjoy a free afternoon.

- Private vehicle to Swambhunath, Patan and back to Thamel
- Local English-speaking guide
- Breakfast and lunch
- Hotel in Kathmandu





### PRICE per person in US\$

	Travellers in the group:			
	1*	2	4	6
<b>FULL TRIP</b>		\$ 1.220,00	\$ 1.135,00	\$ 1.080,00

\* One-person travellers have specific conditions. Ask us.

### SUPPLEMENTS IN OPTION

Single room (not applicable during the trek)				\$ 120,00
Keep a room during last day before flight (price per room)				\$ 60,00
Rent sleeping bag			thick	\$ 4,00/day
			medium	\$ 3,00/day

**NOTE:** Be aware about the tips for the staff.

### INTERNATIONAL FLIGHT SCHEDULE

Programs may have to be adapted according to the schedules of your flights to Nepal. The itineraries are designed taking into account that the international flight arrives at Kathmandu in the morning or noon. If you arrive to Nepal afternoon or later it would be better to have a margin day before starting your trek, although it is not essential.

### DO YOU WANT TO CUSTOMIZE YOUR TRIP?

Related to the trek itinerary and Kathmandu and/or Pokhara staying we plan the "minimum days recommended" to have a comfortable and safe trip and trek. But always is a good idea to add some extra day during the trek (for rest or as safety extra day) or in your days in Kathmandu or Pokhara. Like all our tours, the itinerary can be customized and adapted to the taste, needs and preferences of the traveller, especially when it comes to staying in Nepal outside the trek route.

You can opt for the full trip or just hiring the trek and travel on your own in Nepal.

### EXPERIENCES TO NEPAL OUTSIDE THE PROGRAM

Whether for free days in Kathmandu or Pokhara, as if you want to add more days to your trip, we offer a number of options and extensions. With them you can add and complete activities and experiences on your trip. Some are already included in some program, but in general we prefer that you choose them on your own, if you are interested in any, depending on your tastes and way of traveling. Ask us for more information if you are interested.

**PLEASE READ CAREFULLY THE DOCUMENT "FOUR THINGS ABOUT NEPAL" WITH INFORMATION, TIPS AND NOTES, BOTH FOR THE JOURNEY IN GENERAL AND SPECIFICALLY ON THE TREKS.**

Available online in [fourthingsaboutnepal/](http://fourthingsaboutnepal/) (password: open)

Please, read carefully the contract conditions: [planhimalaya.com/blog/contract-conditions](http://planhimalaya.com/blog/contract-conditions)

