



The Sacred Mountain Trek
 Ker and Downey Trekking Lodges
 11 Days
 Kathmandu-Pokhara-Kathmandu

Starting and ending in Kathmandu, this 11 day/10 night itinerary features the main reason why most people come to Nepal: Trekking in the Himalayas.

The trek is not too long or too high on trails that are well used and within relatively easy reach of Pokhara and Kathmandu. Accommodation on trek is in comfortable Ker & Downey Lodges with ample staff always at hand to look after you. All rooms are tastefully decorated and have attached bathrooms with hot and cold running water.

- Duration** : **11 days/10 nights**
- Grade** : **Easy-Moderate (also suitable for children 5 years and over)**
- Accommodation** : **Comfortable lodges on trek**

The price based on a minimum of 2 persons in the group is US\$ 1325.00 per person. Child discounts are available. Please ask us for details.

Price Includes:	Price Excludes:
All airport transfers and long drives as mentioned in the itinerary ½ day sightseeing of Kathmandu city Transfer by road Pokhara to trek start point and vice versa Domestic flights Kathmandu/Pokhara/Kathmandu x6 day fully inclusive trek arrangements with accommodation and all meals in comfortable Lodges X4 nights accommodation in Kathmandu inclusive of breakfast	Kathmandu arrangements Personal insurance Price rises beyond our control (e.g.; increase in permit fees, airfares) Charges for unexpected expenses Personal expenses such as gratuities, laundry etc. Personal clothing and equipment International departure airport tax Visa fees International airfare



Day 01: **Arrival in Kathmandu**



Upon arrival you will be met and assisted by an Escape 2 Nepal representative and transferred to Shangri-la Hotel which is located 15 minutes from the airport and 5-10 minutes from the tourist district of Thamel.

This Hotel provides comfortable accommodation and excellent facilities as well as one of Kathmandu's best gardens.

Day 02: **Kathmandu**

A pre-trek briefing will be conducted today in which maps and other general information will be distributed. This will also offer you the ideal opportunity to ask any last minute questions that you may have. A half day sightseeing tour will also be arranged. **Overnight Shangri-la Hotel.**



Day 03: **Fly Kathmandu-Pokhara and begin trek**

Transferred to the airport for the 30min flight to Pokhara. After arrival in Pokhara, transfer by road with guides & porters to the trek start point {1-hour}. The walk will follow a ridgeline in the lower foothills of the Annapurnas with surrounding views of the Pokhara Valley. This route then drops to the Modi River Valley, where Ker & Downey's Sanctuary Lodge is located at 3470 ft/1060 meters. The lodge has magnificent views of the sacred and unclimbed Fishtail Mountain, or Machhapuchhre, as it is locally known. Lunch is at the lodge followed by an optional walk to the nearby village of Birethanti or the afternoon is free to explore the surrounding river valley. (Trek time 3 hours)

Overnight Sanctuary Lodge, breakfast, lunch, and dinner



Day 04: **Sanctuary Lodge – Himalaya Lodge**

In the morning, leave the lodge walking out through the outlying farms following the Modi River Valley. Soon you begin to climb out of the valley & up towards the mountains. Lunch is a picnic en route with spectacular views of the surrounding valleys. The trail passes through small hamlets, terraced rice fields and forests. Arrive in the afternoon at Ker & Downey's Himalaya Lodge in Ghandruk at 6600 ft / 2000 meters (Trek time 5 hours). It is from this lodge that there are magnificent close up views of the surrounding mountains.

Overnight Himalaya Lodge, breakfast, lunch, and dinner

Day 05: **Himalaya Lodge**

Wake up this morning with tea and coffee served in the garden and watch the sunrise over Annapurna South, Annapurna 1, Hiunchuli, Gangapurna, and the Fishtail. After enjoying a relaxing breakfast and the glorious views from the Himalaya Lodge, the guide will take you on an exploration of this mountain village and the surrounding countryside. The maximum altitude will be about 8000 ft or 2400 m. Ghandruk is a major recruitment centre for the famous Gurkha soldiers. The women of Ghandruk maintain a local industry of weaving traditional Nepalese rugs.

Overnight Himalaya Lodge, breakfast, lunch, and dinner





Day 06: Himalaya Lodge – Gurung Lodge

After breakfast, leave the Himalaya Lodge walking out through the village of Ghandruk towards the Modi River. Midway down, we pass through the village of Kimche. After about 3 hours, reach the village of Lamakhet where you will have a picnic by the banks of the river. After lunch, cross the Modi river and trek to the Gurung Lodge in the village of Majhgaun at 4750 ft / 1450 m. The uphill trek to the Gurung Lodge takes about 2 hours and passes through the village of Patlekhet and terraced farmland. (Total trek time 5 hours.). The Gurung Lodge is built along the lines of a traditional Nepalese village. Every room has spectacular views of Annapurna South and Hiunchuli.

Overnight Gurung Lodge, breakfast, lunch, and dinner

Day 07: Gurung Lodge – Basanta Lodge

This morning start out trekking through the unspoilt village of Majhgaun. Our walk then takes us through sub-tropical forests that include tree orchids, rhododendrons and magnolias. You will also pass through the village of Pothana where many Tibetan traders live and sell their souvenirs. After about 4 hours, reach the Basanta Lodge in time for lunch. After lunch there will be an optional trek to the old village of Dhampus. From the lodge, there are sweeping views of the entire Annapurna Range. The altitude of Dhampus is 5000 ft / 1525 meters.

Overnight Basanta Lodge, breakfast, lunch, and dinner



Day 08: Basanta Lodge – Pokhara

After an early breakfast, depart along the ridge & descend through the wooded hillside and terraced farmland to the valley floor. Trek time 1 ½ hours. We then transfer by vehicle to Pokhara (30 minutes) and on to the Shangri-la Village Resort which boasts a swimming pool and offers excellent facilities.

Day 09: Pokhara- Kathmandu

Transferred to Pokhara airport for your 30 minutes flight back to Kathmandu. Upon arrival back in Kathmandu you will be met and transferred to the Shangri-la Hotel.

This afternoon is at leisure to give you ample time for last minute shopping.

Overnight at the Shangri-la Hotel, Breakfast

Day 10: Day in Kathmandu



Morning at leisure and then after lunch you will be transferred to the Shivapuri Heights Cottage.

The cottage is an ideal escape from the hustle and bustle of Kathmandu whilst having the advantage of being only 30 minutes drive plus a short walk away from the city centre. It's the ideal venue for a last night in Kathmandu and to reflect on your adventure in Nepal

Overnight at Shivapuri Heights Cottage, All meals

Day 11: International flight

Transfer to the International airport for your final departure from Kathmandu.