



**Children's Medical Aid Foundation**  
*Bridging healthcare needs and services in Nepal.*

## **Itinerary for Nepal Tour** **October 19-29, 2011**

*Please note: the itinerary may change due to changes in weather or other conditions beyond our control. Presentation topics will be finalized in summer 2011.*

### **Wed., Oct. 19 & Thurs., Oct. 20**

Travel to Kathmandu

### **Day 1: Friday, Oct. 21**

Arrival in Kathmandu and transfer to the hotel

### **Day 2: Saturday, Oct. 22**

- 8:00a Breakfast followed by orientation
- 9:00a Presentation by Debendra Karki, PhD Public Health
- 10:00a Travel to Bhaktapur for tour of UNESCO World Heritage Site
- 12:30p Lunch on your own in Bhaktapur
- 1:30p Van leaves for Pasupatinath, a Hindu temple dedicated to Lord Shiva
- 3:30p Van leaves Pasupatinath to return to hotel for R&R
- 6:00p Cocktails at Garden of Dreams followed by dinner (walk from hotel)

### **Day 3: Sunday, Oct. 23**

- 6:30a Mountain flight in the early morning (optional)
- 8:00a Breakfast followed by orientation
- 9:00a Presentation/Discussion
- 10:30a Leave for tour of Kopan Monastery
- 11:00a Tour and introduction to Buddhism
- 12:00p Lunch with the Tibetan monks at Kopan Monastery
- 1:00p Leave for Boudhanath, a UNESCO World Heritage Site. Free time for exploring, shopping or enjoying a Tibetan massage.
- 4:00p Return to hotel

- 6:00p Presentation/Discussion
- 7:00p Meet in lobby to join others for dinner on your own (Selection of recommended restaurants will be provided)

**Day 4: Monday, Oct. 24**

- 8:00a Breakfast followed by orientation
- 9:00a Kathmandu Model Hospital tour
- 11:00a Leave for Durbar Square
- 12:00p Lunch on your own with time for shopping at Durbar Square
- 1:00p Guided tour of Durbar Square, a UNESCO World Heritage Site
- 2:00p Van leaves for Swayambunath, aka The Monkey Temple
- 2:30p Guided tour of Monkey Temple with time for shopping
- 4:00p Return to hotel
- 6:00p Guest Speaker Debendra Karki, PhD, Public Health, Anthropologist
- 7:00p Nepalese banquet and cultural entertainment at Bhansaghar

**Day 5: Tuesday, Oct. 25**

- 7:00a Breakfast followed by orientation
- 8:00a Surface transfer to Chitwan
- 12:00p Lunch stop
- 3:00p Arrival at Machan Paradise Resort in Chitwan. All-inclusive lodging with meal and jungle activities provided.
- 7:00p Presentation by Muslim healer before dinner

**Day 6: Wednesday, Oct. 26**

Full day of jungle activities, including Tharu dance, elephant ride, elephant breeding center visit, elephant bath, jungle walk, canoeing, bird watching, and sunset view from riverbank.

**Day 7: Thursday, Oct. 27**

- 8:00a Breakfast followed by orientation
- 9:00a Visit the CMAF surgical camp to meet with Dr. Shankar Rai and medical team, then leave for Pokhara.
- 5:00p Arrive in Pokhara before dinner
- 6:00p Gather in hotel bar for cocktails, dinner on your own.

**Day 8: Friday, Oct. 28**

- 6:00a Early morning trip to Sarangkot for the sunrise view
- 8:00a Breakfast followed by orientation
- 10:00a Presentation/discussion? Morning free after breakfast?
- 2:00p Pokhara 1-hour boat ride on Lake Phewa; paragliding (optional).
- 6:00p Presentation/discussion
- 7:00p Gather in hotel bar for cocktails; dinner on your own.

**Day 9: Saturday, Oct. 29**

- 8:00a Breakfast
- 9:00a Trekking group leaves for Poon Hill with lunch provided.
- 12:00 Lunch on your own. Afternoon flight back to Kathmandu, transfer from Kathmandu Airport to hotel.

**Day 10: Sunday, October 30**

All day free with late evening flight back to U.S. You are welcome to travel early or stay late. Zen Travel can arrange additional transfers, tours, and accommodations.

**Nepal Tour Cost - \$4,700*****Our trip cost includes:***

- Round trip airfare between SFO and KTM
- Arrival/Departure transfers
- Nepalese banquet with entertainment at the Bhanchaghar
- Group lunch at the Kopan Monastery
- Breakfast every morning
- 3 full days of sightseeing in Kathmandu
- 1 day of sightseeing in Pokhara with 1-hour boat ride and sunrise view from Sarangkot
- All jungle activities in Chitwan, including Tharu dance, elephant ride, elephant breeding center visit, elephant bath, jungle walk, canoeing, bird watching, and sunset view from riverbank.
- Surface transport from Kathmandu/Chitwan/Pokhara (private vehicle)
- Flight back from Pokhara/Kathmandu
- All applicable entrance fees for the above mentioned activities
- English-speaking guide for sightseeing activities

- All applicable government taxes/fees

***Our trip cost does not include:***

- Nepal visa fee
- Excess baggage charges
- Extra night accommodation in Kathmandu due to early arrival, late departure, and/or early return from the mountain for any reason other than what is on the scheduled itinerary.
- Alcoholic beverages
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottled or boiled water, shower, etc.)
- Tips for guides and porters
- Any optional tours or activities mentioned in the itinerary
- Anything not mentioned in the cost inclusive list above

***Payment requirements:***

Due with application by June 30, 2011 - \$700

Balance due by Sept. 1, 2011 - \$4,000

***Refund policy for cancelations:***

Cancel on or before July 19, 2011 – 75% refunded.

Cancel on or before Oct. 10, 2011 – 50% refunded.

***Note:***

*No refunds will be made for any unused or partially used services mentioned in the itinerary once the tour has started. An additional fee may be assessed if the airfare is more than \$1,500/person. The touring company, Zen Nepal, is not responsible for any change in the itinerary due to weather or other conditions beyond our control. Prices may change in accordance with any changes in government policies regarding taxes, fuel costs, vehicle charges and entrance fees.*

## **Itinerary for Poon Hill Trek (Optional) October 29-Nov. 2, 2011**

Trek to Poon Hill for spectacular Himalayan views. The highest point in the trek will be about 11,000 ft. on Poon Hill, but the highest sleeping elevation is only about 10,000 ft. at Ghorepani. The highlights are the panoramic views from Poon Hill, Gurung Hill and the beautiful villages of Ghandruk.

*Please note: the itinerary may change due to changes in weather or other conditions beyond our control.*

### **Day 1: Saturday, Oct. 29 - Pokhara - Birethati - Ghandruk**

After breakfast, we'll drive from Pokhara to Birethati (28 miles) on the Pokhara – Baglung road. This one-hour drive first goes north of Pokhara Valley, then climbs the winding road to Naudada, a wonderful view point to see Mt. Annapurna and Mt. Fish Tail. From Naudada the road drops down to the Modikhola Gorge. Soon we stop at the small market of Birethati (Nayapul) to start our trek.

After about two hours of trekking along the Modi Khola River through paddy rice fields, we arrive at Shyauli Bazaar with a few tea houses where we may stop for lunch. From there the trek starts climbing to Kimche and continues further up to reach Ghandruk at 6,500 ft. Ghandruk is one of the most charming places in Nepal, offering magnificent views of Mt. Fish Tail and the Annapurna range. It is filled with the traditional culture and architecture of the Gurung ethnic group who are well known for their service in the British Gurkha Army in World War I. The village has the Gurung Buddhist Monastery, the visitors' center of the Annapurna Conservation Area Project and a small museum.

*Driving time 1 hour, trekking time 5-6 hours, overnight in the lodge, sleeping elevation 6,500 ft.*

### **Day 2: Sunday, Oct. 30 - Ghandruk - Tadapani - Banthati**

From Ghandruk, the trek soon enters a large rhododendron forest where we can see different kinds of birds and possibly rhesus monkeys. Steady climbing through the forest brings us to a small group of lodges at Tadapani where we will stop for lunch. From Tadapani, the trail drops to a small stream and climbs back to a hillock before entering to Banthati Village nestled in the forest.

*Trekking time 7 hours, overnight in the lodge, sleeping elevation 8,200 ft.*

**Day 3: Monday, Oct. 31 - Banthati - Gurung Hill - Ghorepani**

From Banthati, our trek continues through a wilderness of mixed forest dominated by large rhododendron trees to Deurali. Near Deurali there is a view point called Gurung Hill from where we can observe stunning views of Mt. Annapurna South, Annapurna I, Fishtail and the Dhaulagiri range. Deurali is also our lunch stop before the short 1-1/2 hour trek to reach Ghorepani.

*Trekking time 4 hours; overnight in the lodge, sleeping elevation at 9,184 ft. Breakfast, lunch, and dinner included.*

**Day 4: Tuesday, Nov. 1 - Ghorepani - Poon Hill - Ulleri**

Ghorepani is a home village of the Magar people, an ethnic group of western Nepal. The village offers excellent views of both Annapurna and Dhaulagiri ranges, including the Kaligandaki Valley in the north towards upper Mustang and Tibet. Early in the morning we take a morning hike to Poon Hill at 10,000 ft. for sunrise views of Mt. Fishtail and the Himalayan range. Poon Hill is one of the most celebrated trekking view points in the entire Himalayas. After enjoying the view, we return to our lodge for breakfast. After breakfast, we start trekking down through the mixed forest to another big Magar Village, Ulleri.

*Morning hike 1-1/2 hrs; additional trek 4 hours, trekking distance 5 miles; overnight in the lodge, sleeping elevation at 6,500 ft. Breakfast, lunch, and dinner included.*

**Day 5: Wednesday, Nov. 2 - Ulleri - Hiley - Biorethati - Pokhara**

From Ulleri the trail descends steeply down to Tikhe Dhunga and heads through the paddy fields of Hiley, finally arriving at Biorethati, where we started our trek. After lunch there is only a short trek to meet our vehicle for the drive back to Pokhara. We arrive in Pokhara by late afternoon. In the evening, enjoy the lakeside and group dinner with staff.

*Driving time 1 hour, trekking distance 5 miles, overnight in the hotel, sleeping elevation 3,000 ft.*

**Thursday, Nov. 3**

Afternoon flight back to Kathmandu with transfer to hotel. Meet in bar for cocktails, dinner on your own.

**Friday, Nov. 4: Kathmandu**

Free day in Kathmandu with late evening flight home

### **Poon Hill Trek Cost - \$650/person**

Group Discount: For a group of six people or more the cost is \$360/person. Cost includes accommodations, food, round-trip transportation from Pokhara, ACAP entry fee and TIMS permit. See payment requirements under Nepal Tour Cost.