



Earthbound Expeditions

Nepal Soft Adventure

12 days, from US\$1,087 per person

Duration

12 days

Start and end

Kathmandu

Accommodation

Hotels and teahouses

Getting around

Vehicle, raft and flight

Grade

Easy to moderate

On the trail

4 to 7 hours a day

Meals

All meals on the trek

Max altitude

3,210 m

Best season

Oct to Apr

Group size

Private, from 2

Contact us

Phone

+977 9851017772

Email

earthboundnpl@gmail.com

Office

G.P.O. Box 5801, Thamel, Kathmandu, Nepal

WhatsApp

+9779851017772

Website

enepaltrekking.com

Nepal Soft Adventure Overview

Two days in the cities of the Kathmandu Valley, a day rafting the Trishuli with a night camping on the riverbank, and five days on the Ghorepani trail with a sunrise view of ten peaks from 3,210 m.

Trek overview

This twelve-day trip combines three different experiences of Nepal: two days in the medieval cities of the Kathmandu Valley, two days rafting the Trishuli with a night on a sandy beach, and five days on the Ghorepani and Ghandruk teahouse trail, with a sunrise at 3,210 m. No previous experience is needed, but you need a reasonable level of fitness.

Why the itinerary is in this order

Many travellers arrive tired and start walking too soon. On this trip the cities come first, and the rafting day requires little effort. By the time you reach the trailhead on day 5, you have been in the country for four days and have recovered from jet lag, which makes the trek more enjoyable.

Why this trail

The Ghorepani and Ghandruk trail is one of the most welcoming in Nepal. There is a teahouse every hour, views of the Annapurnas from many of them, two days of rhododendron forest, hot springs at the end, and no altitude high enough to cause illness. More people have made their first Himalayan trek on this route than on any other in the country.

Who this trip is for

First-time visitors, couples, families with teenagers, and anyone who wants to walk in Nepal without spending three weeks on it. If you have never trekked before, this is the trip we recommend, although day 6 is demanding.

Itinerary

Day	Route	Hours	Distance	Altitude
1	Arrive Kathmandu	–	–	1,400 m
2	The valley: three squares and Boudhanath	4	–	1,400 m
3	Raft the Trishuli to the river camp	4 to 5	27 km	300 m
4	River to Kurintar, drive to Pokhara	4	125 km	820 m
5	Nayapul to Tikhedhunga	4	9 km	1,540 m
6	Tikhedhunga to Ghorepani	6 to 7	12 km	2,850 m
7	Poon Hill, then Tadapani	6	13 km	2,630 m
8	Tadapani to Jhinu Danda	6	14 km	1,780 m
9	Jhinu to Nayapul, drive to Pokhara	4 to 5	13 km	820 m
10	Pokhara, the lake and the pagoda	2	–	820 m
11	Fly to Kathmandu, afternoon in Bhaktapur	25 min	–	1,400 m
12	Fly home	–	–	1,400 m

Day 1

Arrive in Kathmandu

We meet you at the airport and take you to your hotel. There are no activities today. In the evening we brief you on the trip over dinner and check your equipment, as the trekking section needs boots and a warm layer and the rafting section needs neither.

Altitude: 1,400 m On foot: None, arrival day Night: Hotel, Kathmandu Meals: Dinner

Day 2

Kathmandu Valley sightseeing

Swayambhunath early in the morning while the pilgrims walk around it, Kathmandu Durbar Square in the late morning, and Patan in the afternoon, the finest and least crowded of the three squares. We finish at Boudhanath at the time the lamps are lit, when several thousand people walk the kora together.

Altitude: 1,400 m On foot: 4 hours on foot Night: Hotel, Kathmandu Meals: Breakfast

Day 3

Raft the Trishuli and camp on the riverbank

A three-hour drive west out of the valley to the starting point at Charaudi, followed by a thorough safety briefing and then four or five hours on grade two and three water, with rapids named Upset and Ladies' Delight. In the late afternoon we stop at a beach, pitch tents on the sand and eat around a campfire.

Altitude: 300 m On foot: None, 3 hr drive, then rafting Night: River camp, Trishuli Meals: Breakfast, lunch, dinner

Day 4

Raft to Kurintar and drive to Pokhara

A shorter morning on the water to the finishing point at Kurintar, then a four-hour drive north-west to Pokhara along the Seti river. The afternoon is free by the lake, where you can walk to the water's edge to see whether the mountains are visible.

Altitude: 820 m On foot: None, 4 hr drive Night: Hotel by the lake, Pokhara Meals: Breakfast, lunch

Day 5

Drive to Nayapul and trek to Tikhedhunga

A ninety-minute drive to the trailhead at Nayapul and the permit check at Birethanti, followed by an easy first afternoon up the Bhurungdi Khola through rice terraces and villages. The walk takes four hours with no significant climbing, and the first teahouse of the trip has a view up the valley.

Altitude: 1,540 m On foot: 4 hours Night: Teahouse, Tikhedhunga Meals: Breakfast, lunch, dinner

Day 6

Trek from Tikhedhunga to Ghorepani via Ulleri

This is the hardest day of the trek, early in the route. The first two hours climb 3,300 stone steps to Ulleri, taken slowly, followed by an easier afternoon through rhododendron forest to Ghorepani at 2,850 m. It is cold at night, there is a wood stove in the dining room, and most people are in bed by half past eight.

Altitude: 2,850 m On foot: 6 to 7 hours Night: Teahouse, Ghorepani Meals: Breakfast, lunch, dinner

Day 7

Sunrise at Poon Hill and trek to Tadapani

We get up at half past four for the forty-five-minute climb to Poon Hill at 3,210 m, the most photographed sunrise viewpoint in Nepal. The view covers two hundred degrees and includes Dhaulagiri, Annapurna South, Hiunchuli, Machhapuchhre and other peaks. We return for breakfast and then walk east along the ridge through moss-covered forest to Tadapani.

Altitude: 2,630 m On foot: 6 hours Night: Teahouse, Tadapani Meals: Breakfast, lunch, dinner

Day 8

Trek from Tadapani to Jhinu Danda and the hot springs

A long descent through Gurung villages to Chhomrong, with Machhapuchhre close on your left all morning, and then down to Jhinu. Twenty minutes further down the gorge are three stone pools of hot water beside the Modi Khola, a welcome rest after four days of walking.

Altitude: 1,780 m On foot: 6 hours Night: Teahouse, Jhinu Danda Meals: Breakfast, lunch, dinner

Day 9

Trek from Jhinu to Nayapul and drive to Pokhara

An easy final morning down the Modi Khola to the road, mostly on level ground, passing the terraces of Ghandruk on the far bank. The jeep meets us at Nayapul and we are back at the lake by mid-afternoon, with time for a shower, a boat trip and a meal other than dal bhat.

Altitude: 820 m On foot: 4 to 5 hours Night: Hotel by the lake, Pokhara Meals: Breakfast, lunch

Day 10

Free day in Pokhara

You can watch the sunrise from Sarangkot for one more mountain view, or have a late start. Options include a boat across Phewa Tal to the World Peace Pagoda, the Tibetan settlement at Tashiling, Devi's Fall, or simply relaxing. Paragliding from Sarangkot is a popular extra, and we book it the day before.

Altitude: 820 m On foot: 2 hours Night: Hotel by the lake, Pokhara Meals: Breakfast

Day 11

Fly to Kathmandu and visit Bhaktapur

A twenty-five-minute flight with the mountains visible from the left-hand windows. Instead of returning to Thamel, we spend the afternoon in Bhaktapur, the best-preserved of the three cities, which most visitors see only briefly. A final dinner in Kathmandu in the evening.

Altitude: 1,400 m On foot: 2 hours on foot Night: Hotel, Kathmandu Meals: Breakfast, dinner

Day 12

Departure

A free morning for anything you have not yet seen, and a transfer to the airport three hours before your flight. If you are staying longer, this is a good day for the Everest scenic flight or a Chitwan extension.

Altitude: 1,400 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- Airport transfers and all land transport in a private vehicle with a driver
- The Pokhara to Kathmandu flight on day 11, with travel by road if the flight cannot operate
- Eleven nights: three in Kathmandu, one at the Trishuli river camp, three in Pokhara and four in teahouses
- The Trishuli rafting day with a licensed river guide, safety kayaker and all equipment
- All meals from day 3 to day 9, and breakfast on all other days
- A licensed trekking guide for the five trail days, and a porter for every two trekkers
- ACAP permit and TIMS card for the trek
- A licensed cultural guide and all monument entry fees for the Kathmandu Valley days
- The boat on Phewa Tal, and the Jhinu hot springs fee

Not included

- International flights and the Nepal visa
- Lunch and dinner in Kathmandu and Pokhara
- Drinks, hot showers, wifi and battery charging in the teahouses
- Travel insurance, which should cover trekking to 4,000 m
- Sleeping bag, which can be hired in Kathmandu or Pokhara for about \$2 a day
- Tips for the guide, porters and river crew
- Optional extras: paragliding, the Everest scenic flight and a Chitwan extension

Packing list

Packing for rafting and trekking

You need to pack for two different activities in one bag. For the Trishuli you need quick-drying clothes, a dry bag and clothes you do not mind getting wet; for Ghorepani in January you need a down jacket and a sleeping bag. Anything you do not need on the trail can be left at the Pokhara hotel, so bring both and divide your luggage there.

Headwear and eyewear

- A warm hat for the morning on Poon Hill, the coldest hour of the trip
- A sun hat with a brim, for the river and the lower trail
- Sunglasses, with a strap for rafting
- A head torch, for the 4.30 am start on day 7

Clothing

- A down or synthetic jacket for Ghorepani and Poon Hill
- A waterproof jacket and trousers
- Two base layers and a fleece
- Trekking trousers, plus shorts and a quick-drying top for the river
- Swimwear, for rafting and the Jhinu hot springs

Footwear and hands

- Boots broken in over at least 60 km, with ankle support for the stone steps
- Four pairs of trekking socks
- Thin gloves for the morning on Poon Hill
- Two trekking poles, which protect your knees on the descent
- Sandals or trainers for the camp, teahouse evenings and the hot springs

Sleeping

- A sleeping bag rated to minus 5 Celsius, which you can hire in Kathmandu or Pokhara if you prefer not to bring one
- A silk liner, which is useful with the teahouse blankets
- Earplugs, as teahouse walls are made of plywood
- A power bank, because charging on the trail costs money and there is no power at the river camp

Health

- Blister kit, used before a blister forms
- Sun cream, factor 30 or above, and lip balm
- Rehydration salts and your usual remedy for stomach upsets
- Insect repellent for the river camp
- Your own prescription medicines in their original packaging

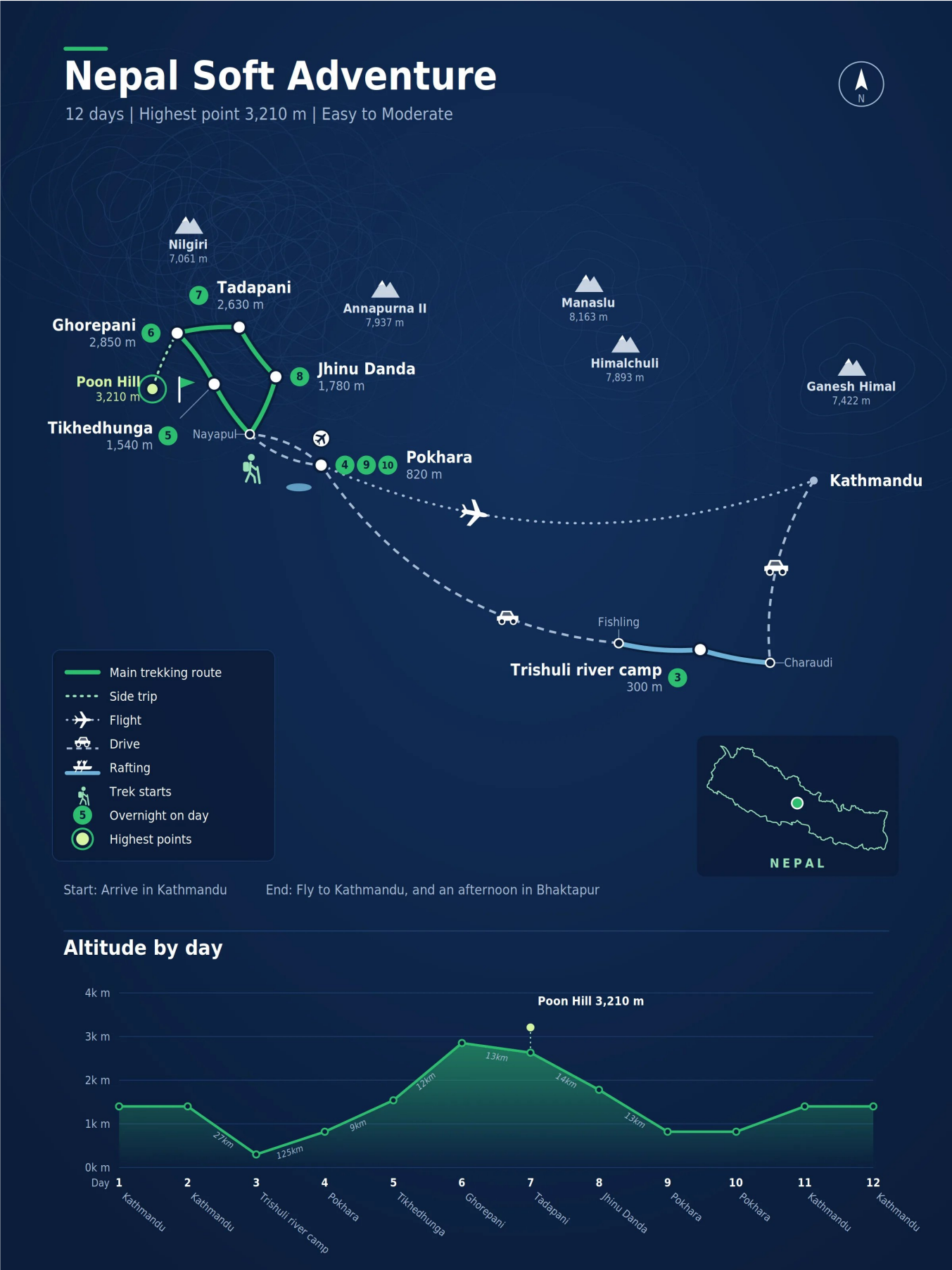
Bags

- One duffel of up to 15 kg for the porter
- A 25 to 30 litre daypack with a rain cover
- A dry bag for items that must stay dry on the raft, including your phone
- A refillable water bottle, with a total capacity of two litres between bottle and bladder

Documents

- Passport valid for six months, and four passport photographs for the permits
- Travel insurance with trekking cover to 4,000 m, with the policy number on paper
- US dollars in clean notes for the visa counter
- Enough rupees, withdrawn in Pokhara, for the trail, where there are no cash machines

Route map



Optional extras

Chitwan National Park, two nights

\$290, 2 extra days

This extension fits well, because the Trishuli finishing point is already on the road south. It includes a jungle lodge, a dugout canoe trip at first light, a guided walk and a jeep drive into the grassland where the rhinos live.

Paragliding from Sarangkot

\$90, 1 morning

A twenty to thirty-minute tandem flight, launching from the ridge above Pokhara and landing by the lake. It is added to the morning of day 10 and refunded if the flight cannot go ahead.

Everest scenic flight

\$220, 1 morning

A one-hour flight along the range from Kathmandu with a guaranteed window seat, returning before eight. It fits on day 2 or day 12 without changing anything else.

Extension to Annapurna Base Camp

\$340, adds 3 days

Instead of descending the gorge at Chhomrong, you continue up it. The extension adds three days, including a night in the sanctuary at 4,130 m, with much bigger mountain scenery. It makes the trip considerably harder.

A second night at the river camp

\$110, 1 extra day

A full second day on the water down to Mugling instead of finishing at Kurintar, with more rapids and another night on a beach. Many travellers say they would have liked this part of the trip to be longer.

Four-star hotel upgrade

from \$260, same length

Better rooms in Kathmandu and a lakeside resort in Pokhara. The teahouses and the river camp cannot be upgraded.

Photos, videos and reviews of this trip: enepaltrekking.com/nepal-soft-adventure-tour