



Walking in the Himalayas

23rd October 2020

15 Days From £2795pp*



Join David to experience a unique small group walking tour, with a backdrop of the glorious Annapurna Mountain Range.

Exclusively Regent Tour Itinerary

- ◇ Fully escorted by David Barrett (subject to minimum numbers)
- ◇ Return Economy flights from Manchester Airport to Nepal with Etihad Airways (stopping at Abu Dhabi en route)
- ◇ 12 nights' accommodation on a varied board basis with 2 overnight flights
- ◇ Small group tour with a maximum of 16 passengers (exact numbers subject to change)
- ◇ Highlights include guided tours of Kathmandu and Bhadgaon
- ◇ Varied programme of walks as per itinerary, with glorious views of the Annapurna Mountain Range throughout
- ◇ Entrance fees to all sights included as per itinerary
- ◇ Includes cost of airport taxes
- ◇ Return airport transfers available, £45pp
- ◇ Commission-free currency & comprehensive travel insurance available in-store

Friday 23rd October 2020

Meet your travelling companions today as we fly from Manchester Airport to Abu Dhabi on this small group tour.

Saturday 24th October 2020

Arrive at Abu Dhabi airport early this morning, transferring to a flight to Kathmandu. We arrive mid-afternoon in vibrant Kathmandu, Nepal's incredible capital city. Transfer to our first hotel, 4* **Hotel Yak & Yeti**, our home for the next 3 nights. Enjoy the remainder of the day to relax at leisure. This hotel lies at an altitude of 1302 metres, with a pleasant garden and swimming pool, a bar and a couple of great restaurants. It is pleasantly secluded from the busiest parts of the city, making it a tranquil place to relax, but still has a central location, so feel free to venture out to see the city's sights of your wish. (D)

Sunday 25th October 2020

Welcome to Kathmandu! Immerse yourself in the city's highlights with our sightseeing tour this morning, as we see the melting-pot of various cultures and Hindu and Buddhist features here first hand. See the impressive Buddhist stupa of Swayambhunath and the famous Durbar Square, a UNESCO World Heritage Site that incorporates the temples of Kastha Mandap and Kumara Devi. This afternoon we explore the ancient city of Patan and browse the local Tibetan handicraft market. (B)

Monday 26th October 2020

Enjoy a half-day sightseeing tour of Bhadgaon (also known as Bhaktapur, meaning 'place of devotees'), an ancient and skillfully crafted Newari city just a short drive from Kathmandu. This afternoon is free to explore the markets of Thamel. (B)

Tuesday 27th October 2020

We depart Kathmandu Valley for Pokhara this morning, on a journey lasting around 6 hours. Pokhara is a smaller, more relaxed area than Kathmandu, and is beautifully situated on the banks of Lake Phewa. Situated at an altitude of around 1000 metres, on a clear day you can see the snow-capped peaks of the Annapurna Range, including Machhapuchhre - known as 'Fishtail Mountain'. Overnight at 4* **Hotel Barahi**, Pokhara. (B)

Wednesday 28th October 2020

Meet our local guide this morning for a briefing before we take an hour-long transfer to our walk starting point. Today's walk lasts 3-4 hours in total and will follow a ridgeline into the lower foothills of the Annapurna Range, with surrounding views of the Pokhara Valley. The route drops into the Modi River Valley as we head towards 4* **Sanctuary Lodge**, our home for the night. The lodge lies at 1100 metres in altitude, giving magnificent views of the sacred and unclimbed Fishtail Mountain. Enjoy a picnic lunch upon arrival, with the remainder of the day at leisure. You may wish to rest at the lodge and explore the pretty gardens, watch local darting birds and extravagantly-coloured butterflies or peruse the small library, or join our local guide for an optional guided walk to the nearby village of Birethanti, with its paved streets, suspension bridge, riverside cafes and waterfall. Enjoy a 3-course evening meal at our lodge this evening. (B,L,D)

* £890pp Single Room Supplement

Continued Overleaf ...

A deposit of £500pp is required to reserve your place on this tour

FOR MORE INFORMATION ON THIS DEPARTURE PLEASE CONTACT:-

Regent Tel 01785 818202

tours@regent-travel.co.uk www.regent-travel.co.uk 63 High Street, Stone, Staffordshire ST15 8AD
Regent (ABTA 89283) act as Agent for Transindus, ATOL 3429, ABTA V0705, AITO 5131. Bookings are each subject to Transindus booking conditions, please ask in store for their brochure or see www.transindus.co.uk. Tour itineraries are prepared in advance of travel. Prices and itinerary details are correct at time of going to print. Regent reserve the right to make changes. Final price will be given once flight prices are issued approx. 11 months prior to departure date. Regent do not accept credit cards as payment. Regent Travel are GDPR compliant. Leaflet Issue 1 - 19 September 2018 - RA.





Itinerary Continued...

Thursday 29th October 2020

After breakfast our journey begins, as we walk through scattered small farms following the Modi Khola, a small creek in the middle of the Annapurna Range. Today's walking will involve 5-6 hours' of walking and is slightly more strenuous, including some steeper slopes. We will have plenty of rest breaks en route. Enjoy constant views of Fishtail Mountain as we climb the valley towards the Annapurna Range, passing through rice fields and forest. We arrive at 4* **Himalaya Lodge** in Ghandruk early this afternoon, which lies at an altitude of 2000 metres. Ghandruk village has strong links to the Gurkha people and soldiers, famed for their military prowess. Enjoy a hot lunch upon arrival at the lodge, with spectacular views of the surrounding Annapurna Massif. The lodge is constructed around a traditional 19th-century Gurung village house, with a relaxing dining area and lovely open fireplace. All bedrooms lie in a pleasant wing with a veranda. Evening at leisure. (B,L,D)

Friday 30th October 2020

We leave Ghandruk this morning. Our walk today will last 4-5 hours, descending steeply to the banks of the Modi River, where we cross the suspension bridge. Head onwards to Landruk village, again enjoying glorious mountain views throughout. Pass the cliffs where honey hunters climb up on ropes to source honey from wild bees, a local tradition which inspired the name of our next lodge. We head to 3* **La Bee Lodge** in Landruk for the night, which lies at an altitude of 1600 metres. Set in a beautiful location in the Annapurna foothills, lunch is provided upon arrival followed by free time. Perhaps join our guide for a sightseeing tour of the local village. We dine as a group again this evening. The hotel has two large fire pits in the lounge where meals are served, a lovely place to relax after a day's walking. (B,L,D)

Saturday 31st October 2020

Today's walk passes through local villages and farmland as we take a 4-5 hour trail following the contours of the foothills on a route to Majgaon City. Arrive at 4* **Gurung Lodge** in time for lunch and either rest and relax in the gardens or join our guide to stroll into the local village. The...

... lodge lies at an altitude of 1417 metres and each room has antique carved windows giving incredible views of the surrounding valley and mountains. (B,L,D)

Sunday 1st November 2020

Our day begins with a walk through Patlekhel, a small village which overlooks the Panchkal Valley. Today's 4-5 hour walk is mostly uphill, passing through forests full of rhododendrons and orchids. We stop at Pothana, where Tibetan traders often sell souvenirs to tourists trekking up and down the Annapurna Base Camp. Our next lodge is in Dhampus, which sits on a ridge and is one of the first villages on the Annapurna Circuit Trek. Heading towards 4* **Basanta Lodge**, which sits at an altitude of 1500 metres, encounter incredible mountain views. Enjoy a hot lunch upon arrival, with free time to rest or take a walk into the local village. All rooms enjoy panoramic views of the Annapurna Range and the lodge has a large terrace overlooking the valley, a great place to watch the sun set. Dine as a group this evening. (B,L,D)

Monday 2nd November 2020

After breakfast we head along the ridge and descend through a wooded hillside and terraced farmland to reach the valley floor. The walk lasts around 90 minutes, followed by a vehicle transfer to Pokhara (approx. 40 mins). We return to **Hotel Barahi** for the next 2 nights. Remainder of the day at leisure. (B)

Tuesday 3rd November 2020

Visit the Gurkha Museum this morning for an insight into the history of the famous Nepali soldiers who fought alongside British and Indian armies. See photographs, letters, uniforms and medals, including the esteemed Victoria Cross - the highest accolade given for bravery. Afternoon at leisure. (B)

Wednesday 4th November 2020

We drive back to Kathmandu this morning (journey approx. 6 hours), staying at the **Hotel Yak & Yeti** again for the night. The afternoon is free for you to relax and have lunch at leisure before we dine as a group at a traditional local restaurant this evening, for an authentic taste of Nepal. (B,D)

Thursday 5th November 2020

After breakfast we transfer to Kathmandu airport, taking a flight back to Abu Dhabi. (B)

Friday 6th November 2020

Head from Abu Dhabi on a flight back to Manchester Airport, arriving in England early this morning with wonderful memories of a unique walking tour.

Important Information

REGENT WALKING: Trekking will be at a comfortable pace along well-worn paths. Although this trek is gentle by Himalayan standards, you will need to be prepared to negotiate steep inclines at certain points during the trip. Travel will be between mountain lodges. Short breaks can be taken and you can look forward to usually arrive at your lodge in time for lunch, although please bear in mind the pace may vary depending on the abilities of the group.

ALTITUDE: Altitudes vary and while most walks will be between 1060 and 1680 metres, the highest altitude you reach will be around 2000 metres.

HEALTH & MOBILITY: You must consult your local GP or health professional prior to travel for the latest health and medical advice. This tour is not suitable for passengers with mobility issues. Regent must be informed of all special requests at time of booking, including health, mobility, flight and dietary requests, and if personal ability or health declines over the booking period. Requests will be noted but cannot be guaranteed.

LOCAL CUISINE: Nepali cuisine involves mainly vegetable-based dishes, often with meat mixed in. Few will be solely meat-based. Restaurants do cater to the western palate, so there will be plenty of non-spiced food options. Nepali cuisine is based around ingredients grown locally in mountainous areas, with typical dishes incorporating different spices and seasoning, so please keep an open mind and be adventurous!

VISA INFORMATION: Visas are required for entry to Nepal. These are not included in the tour cost and will be at additional expense of approx. £35pp. You will also require 2 additional passport sized photographs for your entrance permit to the Annapurna Conservation Area.

PRE-TOUR MEETING: A pre-tour meeting will be given for this departure approximately 3 months prior to departure date, detailing your daily itinerary, a recommended packing list and suchlike.

Accommodation

Our hotels and lodges on this tour are as follows :

KATHMANDU

4* Hotel Yak & Yeti, Deluxe Rooms

POKHARA

4* Hotel Barahi, Deluxe Rooms

MODI RIVER VALLEY

4* Sanctuary Lodge, Standard Rooms

GHANDRUK

4* Himalaya Lodge, Standard Rooms

LANDRUK

3* La Bee Lodge, Standard Rooms

MAJGAON CITY

4* Gurung Lodge, Standard Rooms

DHAMPUS

4* Basanta Lodge, Standard Rooms

All bedrooms at our hotels and lodges have ensuite facilities. The lodges we will be staying in are welcoming and offer beautiful views.

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