



Fernwood Tuggeranong trip to Nepal

26 April - 10 May 2025



Itinerary subject to change

Saturday 26 April

Day 1: Arrive in Kathmandu

Arrange for your flight to arrive in Kathmandu by Monday. Our local team will meet you at the airport and take you to the accommodation - Hotel Thrive, Thamel.

Sunday 27 April

Day 2: Kathmandu

Relaxing morning, followed by an orientation by Jigme, your guide, to Kathmandu. In the afternoon, we'll visit Bouddhanath, a World Heritage site and one of the holiest Buddhist sites in Kathmandu, followed by a welcome dinner.

Monday 28 April

Day 3: Kathmandu

Today we'll visit the vibrant Asan Tole markets, a collection of busy old streets and small shops that have been selling vegetables, sweets, teas, spices, brass and copperware for hundreds of years. You'll have the opportunity to visit a tailor and have a custom piece made in traditional Nepali dress. We'll also see the beautiful old temples of Kathmandu's Durbar Square. You'll have some free time in the afternoon to buy

anything you might need before we head off on our trek or do a bit of shopping in Thamel (think pashmina scarves, felt toys, handmade paper!).

Tuesday 29 April

Day 4: Kathmandu

We'll visit Project Didi's partner, Asha Nepal, a women-led organisation, supporting women and girls to rebuild after violence, through holistic care, education and pathways to employment. Here you'll see your donation at work. We'll learn about some of the challenges facing Nepali women and the solutions Asha Nepal is providing. We'll have a hands-on cooking lesson and share lunch with Asha Nepal's housemothers, who provide critical care for children recovering from trauma.

Wednesday 30 April

Day 5: Kathmandu

Today we'll head to Bhaktapur, one of the Kathmandu Valley's medieval Newari (the people of the valley) cities. It's known for its ancient architecture, handicrafts and unique Newari cuisine. We'll also visit Thimi on the way, a culturally rich town of artisans, famous for traditional pottery. We meet a ceramic producer and learn how he is adapting traditional ways to meet changes in modern markets.

Thursday 1 May

Day 6: Travel to Pokhara

Fly to Pokhara and then drive to Ghandruk 2 (1950m).

Friday 2 May

Day 7: Tadapani 2630m

Trek to Tadapani through a rhododendron forest, approximately 4 to 5 hours.

Saturday 3 May

Day 8: Dobato 3350m

Trek to Dobato, four and a half hours.

Sunday 4 May

Day 9: Chistibung 3420m

Early morning sunrise at Muldai Peak 3420m before we head down to the teahouse for breakfast, followed by a trek to Chistibung, around 5 hours.

Monday 5 May

Day 10: Khopra Ridge 3900m

Trek to Khopra Ridge, around 4 hours.

Tuesday 6 May

Day 11: Swanta 2350m

Trek to down to Swanta, around 5 hours.

Wednesday 7 May

Day 12: Pokhara

Trek to Bhanthati, then catch a jeep to Pokhara, around 5 hours.

Thursday 8 May

Day 13: Pokhara

Free day in Pokhara. Pokhara is set around the Phewa Lake with spectacular views of the Annapurnas on a clear day. It is known for its adventure sports, including paragliding and mountain biking, but it's also the perfect place to recover post-trek with good food, shopping and places for massage and yoga - or just spend the day at one of the many cafes on the lake!

Friday 9 May**Day 14: Kathmandu**

Today we return to Kathmandu and visit the UNESCO World Heritage listed Swyambunath, the Monkey Temple at dusk.

Saturday 10 May**Day 15: Kathmandu**

Check out of the hotel. If you are not travelling home today, we can recommend some options for the day.