

Nepal

Tracking and Trekking

March 13 to 30, 2025



View of Annapurna from Ghandruk
© Steve Martin

SAFARI OVERVIEW

Uncover the multidimensional beauty of Nepal alongside Sherpa Tashi Tenzing, who proudly carries the legacy of his renown grandfather, Tenzing Norgay. Nepal's irresistible charm emanates from its vibrant culture, flourishing jungles, and the majestically towering Himalayas. Embrace Nepalese traditions as you traverse cities, villages, and rural areas. Encounter Nepal's abundant wildlife on game drives in Bardia National Park where animals thrive in their natural habitats spanning woodlands, plains, and rivers. Spend four days in the Annapurna region trekking through enchanting, forested river valleys at elevations from 3,000ft to 7,000ft. Wind down in charming mountain lodges and savor the sunset over sacred Fishtail Mountain. Tashi will unveil the heart of his homeland to you by weaving captivating narratives as he guides you through the diverse regions of Nepal.

HIGHLIGHTS

- Explore the cultural highlights of Kathmandu and Pokhara as well smaller villages along your journey.
- Track tigers, rhinos, elephants, and other wildlife in Bardia National Park.
- Trek (with the assistance of porters) for four days in the mystical Himalayas.
- Take flight on a magnificent helicopter ride to and from your lodge in Pokhara to Annapurna basecamp.

LEADER: Tashi Tenzing, assisted by resident porters, naturalists, and cultural guides.

DAYS: 18, including estimated travel time.

GROUP SIZE: 10.

COST: \$9,225 per person, double occupancy, not including airfare (except for 3 internal flights), singles extra. See the *Costs* section on page 6.

Date	Description	Accommodation	Meals
Mar 13-14	Travel to Kathmandu, Nepal.		
Mar 15	Arrive in Kathmandu from home or our India trip.	Marriott, Kathmandu	D
Mar 16	Visit cultural highlights in the Kathmandu Valley including Monkey Temple, Boudhanath Stupa, Pashupatinath Temple, and Patan City.	Marriott, Kathmandu	B, L, D
Mar 17 - 20	Spend three full days on game drives in the heart of Bardia National Park enjoying bountiful monkeys while you search for elusive tigers.	Karnali Lodge, Bardia National Park	B, L, D
Mar 21-22	Fly to Pokhara and trek to Majgaon at about 4,600ft. Hike trails around your lodge, pause to take in the beauty of the Himalayas, and walk to the local villages of Tanchowk, Majhgaun, and Patlekhet.	Gurung Lodge, Majgaon	B, L, D
Mar 23	Trek through Gurung villages, past waving school children, to Landruk at about 5,200ft.	La Bee Lodge, Landruk	B, L, D
Mar 24 - 25	Trek down the mountainside, across the river, and back up to Ghandruk at about 6,700ft. Explore the bustling village.	Himalaya Lodge, Ghandruk	B, L, D
Mar 26	Trek from Ghandruk to the main road and drive back to Pokhara for lunch and sightseeing.	Tiger Mountain Lodge	B, L, D
Mar 27	Take early morning helicopter flight to Annapurna Base Camp; then take a village walk and birdwatch after lunch.	Tiger Mountain Lodge	B, L, D
Mar 28	Fly back to Kathmandu and enjoy dinner at Tashi and Nima's home.	Marriott, Kathmandu	B, L, D
Mar 29	Join optional morning scenic Everest flight before heading to the airport for flights home or join our Tibet trip.		B
Mar 30	Arrive home if not joining Tibet trip.		

OPTIONS

- Begin your journey early on our [India](#) trip from February 23 to March 14, 2025. Journey to the heart of India visiting famous national parks with magnificent tigers and other mammals as well as cultural highlights including the wondrous Taj Mahal.
- Continue your journey on our [Tibet](#) trip from March 26 to April 9. Traverse the sacred land of Tibet visiting holy sites and natural wonders.

LEADER



Tashi Tenzing

Tashi is a Nepalese Sherpa mountaineer and naturalist with an in-depth knowledge of Nepal's wildlife, including where to find birds and tigers in Nepal. He is the grandson of the famous Tenzing Norgay, who made the first complete ascent of Mount Everest in 1953. Tashi grew up in Darjeeling and earned a degree from the University of New Delhi. He has successfully summited Mount Everest (3 times) as well as numerous other challenging peaks and has guided trips, including in the Antarctic, for decades. Based in Kathmandu, his family also runs mountain lodges, builds schools, administers a medical facility, and awards scholarships for young people.

DETAILED ITINERARY

May 13 – 14 ~ Travel to Kathmandu, Nepal from our [India](#) trip or from home

May 15 ~ Arrive in Kathmandu

Meet Tashi at the airport, and he will accompany you to the Kathmandu Marriott. If you would like to arrive earlier, we can arrange divergent airport transfers and extra nights.

May 16 ~ Cultural highlights of Kathmandu Valley

Meet Tashi after breakfast for introductions and a briefing about the trip, and then depart for a full-day city tour with his guide to see the most important cultural sights in the city. You'll visit the Boudhanath Stupa and the Pashupatinath Temple, which highlight Hindu and Buddhist architecture. You will enjoy expansive city views from the Monkey Temple, then spend the afternoon visiting the old city of Patan, where you will find beautiful crafts made by local artisans. In the evening, Tashi will host a wonderful Nepalese welcome dinner at a restaurant close to your hotel where you will also enjoy a traditional dance performance.



Buddhist Temple
© Natalie Brown

Mar 17 - 20 ~ Bardia National Park

Fly to Nepalgunj in the lowlands of Nepal – a striking shift in scenery from your previous days. Upon arrival, you'll be welcomed with refreshments and then transferred to your lodge, a journey of approximately two hours. Along the way, you'll get a sense of life in the Terai, Nepal's southern lowlands bordering India. As you approach the lodge, you'll cross the Babai River, where you might spot sunbathing marsh mugger crocodiles. Upon reaching the lodge, savor a delightful Nepali lunch in the serene outdoor garden.

In the late afternoon, embark on a thrilling jeep safari hoping to spot elusive tigers and leopards in Bardia National Park. Dusk, when the day cools down, is an opportune time to catch a glimpse of these majestic cats as they patrol their territories. After the safari, gather around an inviting outdoor fireplace before transitioning to the Golghar (Nepalese for dining room) for a satisfying dinner.

Bardia, the largest national park in the lowland Terai region, was originally established to protect tigers and their prey. It began as a wildlife reserve and expanded in 1988 to ensure ample deer habitat, fostering a thriving tiger population. In 1997, additional surrounding areas, forests, and private lands managed by park authorities and local communities were designated as a buffer zone.

Over the next three days, you'll have ample time for jeep safaris across Bardia National Park's grasslands, woodlands, and riverbanks. Early breakfasts set the tone for full days spent in the park, complete with picnic lunches along the picturesque riverbanks – a prime location for tigers to suddenly emerge from the towering elephant grass (reaching heights of up to 8 meters!). Keep an eye out for shy, smooth-coated otters that occasionally appear along the rivers. Your knowledgeable guides will track tiger footprints from the jeep, as these creatures are known to stroll along the park's roads. As you explore, you'll encounter herds of exquisite chital (also known as spotted deer), a favored prey of tigers. Additionally, black-faced langurs and rhesus macaques will likely make appearances along your route.

Mar 21 - 22 ~ Fly to Pokhara and trek to Majgaon at 4,600ft

Fly to Pokhara, the second largest city in Nepal. Pokhara has a great range of altitudes within the city, from 2,700ft in the south to 5,700ft in the north, and offers spectacular views of several majestic mountain chains including Lantang, Manaslu, and Annapurna.

Tashi's assistant, your main trek guide, will meet you at the airport to drive one hour to your starting point in Lumle at about 6,500ft. During the drive, you'll stop to photograph the breathtaking panoramas of the Annapurnas. Local porters will transport your luggage as you trek from Lumle, walking about one hour to the village of Chandrakot, situated at about 5,200ft. From this village, take in spectacular views of Annapurna South, the sacred and unclimbed Fishtail Mountain (locally known as Machapuchare). From Chandrakot, you will walk through a forested area along a well-worn trail for about one hour to your lodge in Majgaon, situated at about 4,600ft.



Tiger
© Fay Evans-Martin

On your second day in Majgaon, you can relax and absorb the views. If you'd like to explore more, you may walk to the local villages of Tanchowk, Majhgaun, and Patlekhet. Your local guides will offer you other spectacular day hikes as well.

During your four days of trekking, look for resident and migrant birds including shrikes, magpies, treepies, orioles, drongos, flycatchers, bulbuls, warblers, and sunbirds. Spot Himalayan vulture and other raptors, including eagles and hawks, in flight. Perhaps the unafraid Himalayan whistling thrush (also known as blue whistling thrush) will sing from the lodge's roof during dawn and dusk. The most common birds in the area are the Himalayan bulbul and the crimson sunbird.

Mar 23 ~ Trek to Landruk at 5,200ft

After breakfast, bid farewell to Majgaon and depart for Landruk. The trail passes through blooming rhododendrons and forests punctuated with Gurung villages. After about four hours, you will arrive in the beautiful village of Landruk where you'll enjoy lunch and then visit a Gurung village and watch the birds found there.

Mar 24 - 25 ~ Trek to Ghandruk at 6,700ft

In the morning, soak in the view of the majestic mountains, and after breakfast, begin your last day of trekking. You'll descend the steep trail towards Modi Khola through scattered villages with beautiful views of the Himalayas, and then a steep ascent to reach Ghandruk. The lodge respects the Gurung architecture with a large common dining room with a friendly fireplace and spectacular views of the mountains, including Gangapurna, Machapuchare (Fishtail), Mount Annapurna, and other snow-capped peaks. On your second day, explore the fascinating village and visit the local museum.



Trekking to Ghandruk
© Steve Martin

Mar 26 ~ Drive to Pokhara for lunch, lake walk, and Peace Pagoda

After a walk to the main road, return to vehicle transportation and drive to Pokhara, about one hour away. After lunch, walk along the lakeside to find the special birds in the hotel gardens. You'll see abundant waterbirds and perhaps even an osprey fishing. Drive up to the famous Peace Pagoda for beautiful views of the surrounding mountains and Pokhara, and watch overhead for raptors, such as eagles and vultures, riding the thermals.

Mar 27 ~ Annapurna helicopter flight and leisurely afternoon village walk

Board a helicopter at your lodge and fly through the snowcapped Himalayan range to Annapurna Base Camp. This flight is both thrilling and peaceful as you soar above the snowy peaks and the vast drop offs. Take in an ariel view of the mountains, valleys, lake, and town. This experience puts an exclamation point on your journey though Nepal. Later take a pleasant village walk, go birding, and enjoy the luxury of your lodge.



Helicopter at Annapurna Base Camp
© Cheesemans Ecology Safaris

Mar 28 ~ Return to Kathmandu

Fly back to Kathmandu and enjoy some free time to reflect on this amazing experience and prepare for your journey onward. Dine with the Tenzing family in the evening at their lovely home.

Mar 29 ~ Optional Everest Flight, then join our [Tibet](#) trip or depart for home

Mar 30 ~ Arrive home if not joining [Tibet](#) trip

COSTS (ALL COSTS ARE IN US DOLLARS)

Cost

Type	Cost per Person
Trip Cost, double occupancy	\$9,225
Single Supplement	\$1,390

Costs are per person, double occupancy, not including airfare (except for 3 internal flights), singles extra. See *Included* and *Not Included* sections for more details.

If you are a single traveler, we will try to find a roommate for you, but if we cannot pair you with a roommate, we may charge you a single supplement. Single rooms cost extra and are subject to availability.

Payment Schedule

Payment	Due Date	Amount per Person
Deposit	Due now to reserve your space	\$500
Final	Sep 15, 2024	Remaining Balance

Payments are due based on the schedule above. All reservations require a deposit to confirm reservation of your space.

Cancellations

Until the Final Payment due date, deposits are refundable except for a cancellation fee of \$150 per person, which can be applied toward another trip if reserved within six months of the cancelled trip's departure date. Cancellations are non-transferrable. No refunds are given after the Final Payment due date.

Included

- Carbon offsets for the duration of this trip.
- All leaders, transport, park entry fees, and permits for all activities unless described as optional.
- Annapurna helicopter experience.
- Three internal flights.
- Accommodations (double occupancy) for the nights of March 15 through March 28.
- Meals from dinner on March 15 through breakfast on March 29.
- Happy hour Mar 21 to 25 at the mountain lodges.
- Transfers on March 15 and March 29 between the Kathmandu Marriott and the Kathmandu airport.
- Trip Planning Materials – information about entry requirements, flights, packing, gratuities, etc.

Not Included

- Carbon offsets for your flights to/from this trip.
- All airfare (except flights listed as included), airport and departure taxes, and excess baggage fees. Round-trip airfare is approximately \$1,200 to \$1,500 between the US and Kathmandu.
- Optional scenic Everest flight (\$350).
- Passport and visa fees.
- COVID tests.
- Divergent airport transfers (arranged by us) and extra hotel nights.
- Gratuities – tipping is always discretionary. However, we will add a gratuity of \$300 per participant (\$15 per participant per day for March 15 to 29 with our local guides) to your final payment.
- Mandatory [emergency evacuation insurance](#).
- Items of a personal nature such as laundry, telephone calls, medical costs or hospitalization, room service, alcoholic and other beverages, items not on the regular menu, etc. If you have special dietary needs, please indicate them on your Traveler Form.

SIGN UP

Please contact us first to check availability, reserve your space, and obtain a Traveler Form. To confirm your reservation, we require a deposit and signed form from each participant.

[Cheesemans' Ecology Safaris](#)

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OTHER DETAILS

Climate

When in the highlands, daytime temperatures generally range from around 55°F (13°C) to 80°F (26°C). When in the lowlands, daytime temperatures are generally in the 70s°F (low- to mid-20s°C). In both regions, overnights and mornings are much cooler. Although it is the dry season, rain is possible. We cannot predict cold snaps or heatwaves, so dress in layers and pack clothes for changing conditions.

Fitness Level

Good fitness level is required. The game drives require high energy levels as some days are long. Trekking is from around 5 to 6.5mi per day, taking around 4 to 6hrs to arrive to your lodges. Elevation range while trekking is from 3,000 to 7,000ft. You will be walking up and down hills, sometimes on unsteady tread, in addition to up and down many stone steps. Please contact us if you have any health concerns that may make this trip challenging.

Accommodations

You will stay in luxury hotels and charming lodges.

Transportation

You will travel by private bus with air conditioning between locations and by open four-wheel drive jeeps in Bardia. You will have ample space for your gear. Be prepared to experience bumpy, unpaved roads, and although the vehicles are comfortable, you will be jostled around. You'll take a scenic helicopter flight to Annapurna Basecamp.

Flights

Detailed logistical information is included in the Trip Planning Materials we will send you.

Flights you book

- Arrive in Kathmandu, Nepal (KTM) by 11:59pm on March 15.
- **If you are arriving from our [India trip](#)**, see the *Flights* section in its itinerary for arrival information.
- Depart from Kathmandu, Nepal (KTM) after 12:00am on March 29. **If you are continuing on our [Tibet trip](#)**, see the *Flights* section in its itinerary for departure information.
- Three internal flights are included in the trip cost.

Terms and Conditions

Read our current [Terms and Conditions](#).

Conservation

Our company ethos has always regarded conservation as inseparable from responsible tourism. We struggle with the dilemma that traveling worldwide expends climate-changing carbon. However, we wholeheartedly believe that traveling with us will cultivate your passion for conserving our beautiful world while stimulating each destination's local economy. We encourage you to explore the various ways in which Cheesemans' operates within this context:

- **Ecotourism and Conservation for [Nepal](#).**
- **Cheesemans' Trips are [Carbon Neutral](#).**
- **Offsetting your Travel to/from our Trip:** We ask you to pledge to offset the carbon emissions for your travel to and from our trips. You can purchase offsets with most airlines (Delta includes them automatically), use our handy [carbon calculator](#) and donate to Sustainable Travel International, or contribute to your favorite offsetting organization.