



Smiling Albino's
Nepal Trek & Trail

Kathmandu, wild mountain biking, intense rafting, top-notch trekking, & Himalayan bliss

a physical and cultural odyssey



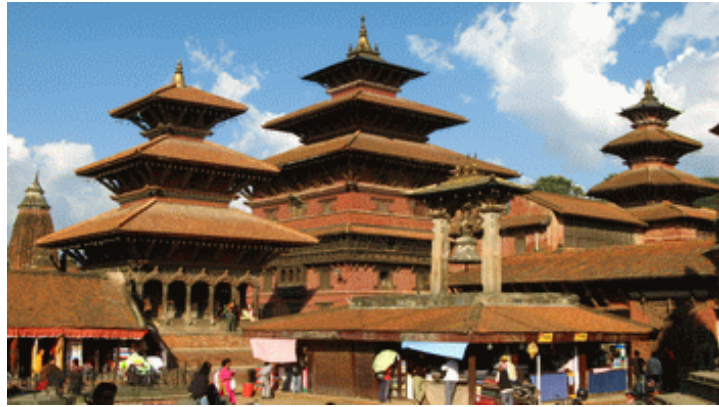
Background



This is the ultimate high-intensity, athletic, multi-sport adventure in Nepal. Designed for travellers who like to work up a hearty sweat on vacation, are well-versed in mountain biking and fit trekkers, this is an incredible, active Himalayan trip.

You'll start by staying at the coolest hotel in Kathmandu, see the sites in style, then head out on mountain bikes for three days, riding the mountains along the rim of the Kathmandu valley, then head north towards the border with Tibet. From here you'll enjoy two wild nights at a tented resort, bungee jumping from one of the world's highest platforms over a raging river (optional), experience an incredible day white water rafting then head out for five days trekking in a very remote area with a fully supported crew. Top things off with a final hurrah in Kathmandu and you're sure to be planning your next trip to Nepal. Get ready for the ultimate Himalayan ride!

Day 1:
Arrival Kathmandu



Flight: TBA
Meals: D
[Dwarika's Hotel](#)

Today you arrive in a different world, the fascinating Hindu/Buddhist kingdom that is Nepal. A Smiling Albino host will meet you at the airport and introduce you to your incredible digs at the award-winning Dwarika's Hotel. Every brick and piece of wood in this stunning property was laid by hand, creating the perfect environment to soak in the very soul of the country. Tonight it's out on the town for a traditional Newari dinner (Newars are the original inhabitants of the Kathmandu valley) at one of the city's tastiest restaurants.



About Dwarika's Hotel

A truly amazing Nepali hotel that oozes culture, every brick and piece of wood has been laid by hand, creating a mystical environment and the ultimate place to hang your hat in the capital. Sure to be one of the most memorable places you've ever called home while traveling.

Day 2:
Into the Thick of It



Meals: B, L, D
[Park Village Hotel and Resort](#)

Stepping out into Kathmandu's alleys is like stepping back in time. Today we'll focus on exploring lesser-visited bazaars and nooks in Kathmandu and neighbouring Patan. From the ancient Patan mint, to brass dealers and the old trade route from Nepal to Tibet this is something you've never seen. Tonight we transfer to a cool mountaintop hotel on the edge of the Kathmandu Valley.

Day 3:
Biking Bliss



Meals: B, L, D
Local Teahouse (mountain
guesthouse)

On your mountain bike for an epic day in the saddle! We'll enjoy challenging climbs, awesome ridges and even the odd downhill as we make our way along forested jeep trails and singletrack through Rhododendron forests. The Himalayas manifest themselves as you scoot through mountain villages, through terraced rice fields and you're rewarded with a stay in a traditional 'teahouse' with incredible mountain views at the village of Chiopani.

**Day 4:
To Nagarkot**



Meals: B,L,D
[Club Himalaya](#)

It's another big day as we ride down from Chisopani blasting through villages to the north eastern corner of the greater Kathmandu valley. We'll ride jeep and singletrack and finally a short steep climb brings us up to the forest station of Nagarkot where morning views of the Himalayas abound.

**Day 5:
The Ultimate Down**



Meals: B, L, D
[The Last Resort](#)

Today is an epic single-track descent through terraced paddy fields and small villages to the Indrawati River way below. With the Himalayas as our backdrop we plummet 1000 vertical meters, stopping along the way at mountain temples and for Nepali tea. At the bottom we join the Friendship Highway, the main road to Tibet, which we ride to The Last Resort, where you might even throw yourself off a 160m bungee jump (optional)!

Day 6:
White Water Rafting



Meals: B, L, D
The Last Resort

Get ready for a wild ride on the Bhoté Kosi River; one of Nepal's most thrilling. Rafting the Bhoté Kosi is a full body experience, with one of the most common paddle commands being "hold on!" During low water flows it's a classic run on a steep mountain river, while when the water runs high it becomes a solid Class 4+ ride, requiring a serious commitment from all team members.

Day 7:
Let the Trek Begin



Meals: B, L, D
Full Service Trekking

A short drive brings you to the village of Barahbishe (800m) and the start of our trek. Don't let the first 20 flat minutes fool you as we soon cross an awesome little suspension bridge and start climbing through a mix of jungle and fields to the village of Duskun which is mostly inhabited by Chhetri people. Enjoy a cup of tea before climbing onwards to Duskum, then Patle - the first Gurung village on our trek. Our final stop is the Gurung village of Lungurpa where we'll camp.

Day 8:
Trek to Nangapa



Meals: B, L, D
Full Service Camping

Today's walk is incredible. We go around mountains, down to rivers, across small suspension bridges then climb way up to Thami and Chhetri villages. Another suspension bridge and heart-pounding climb takes us to the quaint village of Nangapa where we camp at a school.

**Day 9:
To the Land of Cheese**



Meals: B,L,D
Full Service Camping

Make sure you're good and hydrated today as we have a lot of climbing ahead. We see Buddhist villages, passing stupas along the trail and then the Sherpa village of Tenasa. Lunch will be taken at a little Gompa (monastery) then another couple hours of climbing takes us to just over 3,000m and the herders' camp of Kyi Dorje just below the ridgeline. There is a little cheese and butter factory here where we'll hopefully purchase a snack while marvelling at great views back down the valley which we came from.

**Day 10:
The High Point**



Meals: B,L,D
Full Service Camping

Today is not for the fainthearted! We have one of Nepal's greatest ridgeline walks ahead. An hour climbing takes us to the ridge where you'll be rewarded with grand mountain views. For the next four to five hours it's up and down along the top of the ridge, with amazing views down the valley we came up and big mountains on the other side. The high point is Kalinchowk (3,790m), which is a rocky spire with 360-degree views of Mani Himal, Tibet, Langtang Himal and the Mahabarat Range flattening out into the Northern Indian Plain. A steep descent takes us to lower altitude and our camp.

Day 11:
Into Sherpa Country



Meals: B,L,D
[Charikot Resort](#)

It's mostly downhill through gorgeous Rhododendron and Oak forests with spectacular views of surrounding hillsides and Sherpa villages. By mid-afternoon we reach Charikot, a little hill town at 2000 meters where we spend the night at a charming resort (hot shower!) with stunning mountain views.

Day 12:
Back to Kathmandu



Meals: B,L,D
[Dwarika's Hotel](#)

A six hour drive along amazing Swiss-built mountain roads brings us back to Dwarikas, Kathmandu, a final feast together and night on the town. We're bound to be sharing tall tales of the adventures we've just had.

Day 13:
Depart Kathmandu



Transfer:
Flight: TBA
Meals: B

Enjoy a huge breakfast of champions, tell one final round of tales about the trip, then transfer you'll to the airport where we bid farewell and look forward to our paths crossing again.

Upon your arrival at the Bangkok airport, go to Door 3 and met the representative from the Convenient Resort. Rest-up before your early morning flight to Krabi.

Price: \$x,xxxUS/pp

INCLUDING:

12-nights of quality accommodations, most meals, top-notch Nepali hosts, Smiling Albino Adventure Kit, all transport, mountain bike, white water rafting, all admissions, full-service trekking, snacks and drinks while touring, trekking permits, and outdoor memories to last a lifetime

EXCLUDING:

flights to/from Nepal, meals not mentioned, alcohol & specialty drinks at meals, excess baggage charges, travel insurance, laundry expenses, travel insurance, rescue/evacuation costs (to be covered by your insurance), costs incurred due to changes in programs and reservations due to unforeseen events (landslides, strikes, fuel shortages, etc)



The Smiling Albino Service Difference

We understand implicitly that a perfect adventure is much more than nice hotels, great meals and hassle-free logistics. For a travel experience to be perfect, all pieces must work together like a symphony. It is the fine details which our guests appreciate most, like cold face towels after a hike, electrolyte beverages for your day cycling, and wine uncorked when the moment is right. From local maps to bottled water and colorful anecdotes on the areas we visit, a Smiling Albino adventure is a thorough, intimately hosted experience. We will also provide you with a complimentary mobile phone for your use throughout your stay. You'll be treated with executive care during your Smiling Albino adventure.

We look forward to hosting you!

The Team at Smiling Albino

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"See a different part of the world, differently."