

*Teresa Beall Expeditions presents*

# "Soul Train to Nepal"

**Twelve nights of Trekking, Treading & Tandem Paragliding**

... plus an optional extension in Hua Hin, Thailand (November 19 – 23)



**November 7-19, 2008 – \$2400 pp (\*)**

NOTE: You'll need to depart the USA on November 5 or 6, to arrive Nepal on November 7... and you won't arrive back to the USA until November 24 if you opt for the extension.

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## 27 Wanderlust Travelers

Anne Clark  
Deb Barshafsky  
Dick Donner  
Donna Brusaschetti  
Doug Baird  
Gayle Donahue  
Jennifer Gillham  
Judy Yamada  
Julia Bryant

Keith Donahue  
Curt Leo  
Leisa Ann Steele  
Lisa Leo  
Marcelo Silva  
Marge Nish  
Marian Gambrell  
Michael Chubon  
Nickie Alcalá

Paul Berry  
Raoul Perez  
Renee Lewis  
Roger Bunte  
Sallie Miller  
Sandy Daly  
Syd Donner  
Teresa Beall  
Virgil Williams

This is an invitation-only TBE journey! This discounted group land-only price of \$2400 is based on a minimum of 24 (max 28) passengers. Single occupancy rates are available for a \$750 supplement; there are no triple or quad occupancy rates. Please refer to itinerary Logistics (inclusions and exclusions) and terms of conditions. Reservations are first-come first-served and accepted immediately with a completed registration form along with a \$1500 pp deposit (\$750 of which is non-refundable); Final payment is due 1 August 2008. A valid passport with THREE empty pages and at least six months validation is required, as well as a single-entry Nepalese tourist visa (\$30 per person – this can be done either prior to departing the USA or upon arrival in Kathmandu. (\*) The \$2400 "Soul train to Nepal" is a land-only package within Nepal. International airfare between the USA and Nepal is not included in the price, neither is the optional extension in Thailand (for which you must route through BKK). Call me for details.

# Trekking, Treading & Tandem Paragliding

Draped along the spine of the Himalaya, Nepal is a land of sublime scenery, time-worn temples and some of the best hiking trails on earth. It's a poor country, but it is rich in scenic splendor and artistic treasures – a wondrous crossroads of religions, cultures and geography. Hinduism holds sway throughout the country's south while Buddhism flows across the northern border from the Tibetan Plateau. Both great faiths uniquely fuse ancient animist beliefs and shaman rituals, forming a rich and varied cultural mosaic. The kingdom has long exerted a pull on the Western imagination. It's the kind of country that lingers in your dreams long after you leave it. This is why so many travellers are drawn back to Nepal, armed the second time around with a greater appreciation of its natural and cultural complexity, a stout pair of walking boots and a desire for sculpted calf muscles.

A world of serendipitous adventure awaits you on this Nepalese adventure – from the hustle and bustle of Kathmandu's temple-strewn maze of streets, its gracious people and vibrant madly chromatic culture... to the majestic splendor of the Himalaya and the Annapurna range... to the emerald green and "white" rivers carved like ribbons through the country's wild west... Then, as an optional extension, visit an exotic beach in South East Asia for some post-trekking R&R. Among the quiet beauty of the Hindu and Buddhist culture days are packed with a number of sensory pleasures. You might just call this... "Nepal 101 – just short of heaven!"

This exclusive TBE journey begins with an immersion into the swirl of color that is **KATHMANDU**. The capital of Nepal is a hobbit land that hides in the cold shadow of the Himalaya. You'll have **TWO NIGHTS** to visit its nooks and crannies, stroll Durber Square in Bhaktapur and plunge the exotic bazaar of Asan Tole – the busiest, most colorful and oldest market in Kathmandu where negotiating, haggling, bartering have occurred for generations. It's a place where alleys and winding streets lead into backyard stables and communal shrines... carpets of red tomatoes, bushels of chilies, hills of turnips pattern the ground... butchers pile yak legs in bleeding pyramids... Madonna blares from cassette shops... mud-splattered windows display lapis, garnets and filigreed jewellery... silk scarves and tie-dyed trousers wave like flags in lanes... camping shops swap ice axes for army knives and handmade paper from the bark of the Daphne tree... meditation gongs hang from doorways... and aromas of saffron, curry, cumin and sandalwood spill from dark shops. Included is a one-hour flight over Mount Everest and a brief city culture afternoon tour on the second day. **Accommodations @ either DWARIKA'S HOTEL – [www.dwarikas.com](http://www.dwarikas.com) or @ YAK & YETI – [www.yakandyeti.com](http://www.yakandyeti.com).**

We then fly west to Pokhara and from there **HELICOPTER FLIGHT** up to the village of Chomrong – our starting point – where we meet our guides and sherpas for an **ALL-INCLUSIVE ANNAPURNA LODGE-TO-LODGE TREK** including easy-to-moderate trekking (read: easy to moderate is all relative, folks – we've learned all too well over our worldly travels). This **FIVE NIGHT** fully-guided and porter-supported trek takes us no higher than 8000 feet (mostly 6000 to 7500 feet), and the scenery is truly unbelievable. Views are magical with stunning panorama of Himalayan monarchs. A veritable outdoor cathedral of soaring peaks (including the 26,000-foot Himalayan ice giants) and the snowy flanks of Annapurna I and II as well as the famous "fishtail" spire of Machapuchare seem almost within arm's reach. Much of Nepal's landscape formed from the crash of two continental plates includes most of the world's highest and most dramatic peaks but there is more to Nepal than mountain grandeur. Lively villages and ancient monasteries are captivating and invite exploration. And it's the locals with hearts as big as the mountains themselves that you'll remember for a lifetime. Final descent on the last day is a **TANDEM PARAGLIDING FLIGHT** from 3500 feet to the valley floor of Pokhara. *NOTE: Trekking requires approximately 3-5 hours of easy to moderate hiking per day. Each couple has one sherpa who will carry supplies and day packs (your heavy luggage stays behind in Pokhara or Kathmandu). Since we have three guides for our group – although we will all trek the same trail – the group will probably naturally split up into three groups based on speed – those who "push the limit"... those who make a steady clip... and those who hike to the beat of a much slower drum with more water and pee breaks.*

Post trekking, enjoy **TWO NIGHTS** of R&R in **POKHARA**. 100 miles west of Kathmandu, Pokhara is nothing short of spectacular. Perfect, snow-capped mountain buffeted by icy Himalayan winds... a millpond calm lake reflecting the snowy peaks... a village on the shore, thronged by travellers and reverberating to the sound of 'Om Mani Padme Om' wafting from shops selling prayer flags, carpets, masks, singing bowls and CDs of Buddhist mantras. **Accommodations @ FISH TAIL LODGE – [www.fishtail-lodge.com](http://www.fishtail-lodge.com) or FULBARI RESORT – [www.fulbari.com](http://www.fulbari.com)**

Next, we set out on an **ALL-INCLUSIVE WHITE-WATER ADVENTURE**. With spectacular jungle scenery, abundant wildlife, cascading waterfalls, and technical class rapids Nepal has earned a reputation as one of the best destinations in the world for white water rafting through glacier runoff. Life on a Himalayan river raft is not all narrow escapes from the undertaker. Between its twists and rapids are long stretches of placid water, silver sand beaches and forests. Get ready to cruise down river for **TWO DAYS & NIGHTS** in an inflatable rubber raft on the Trishuli River over some gentle and swirling rapids – mostly class III with some III+ and a rare class IV for the excitement of a lifetime. Each evening we will settle into deluxe riverside campsites while Sherpas conjure up simple meals including buffalo schnitzel, pappadams, and banana custard, all prepared on a "stove" of three rocks and four aluminum pots. *NOTE: Rivers are graded I to VI: Class I – comparable to a swimming pool. Class II to III – gentle enough for children and those without rafting experience; Class IV – challenging, but not exceedingly dangerous to the novice; Class V – requires previous river experience. Class VI – a one-way ticket to your maker.*

Final stop: Kathmandu for one last night. **Accommodations @ YAK & YETI – [www.yakandyeti.com](http://www.yakandyeti.com).** Then, homeward bound, that is, unless you choose the **OPTIONAL EXTENSION in Hua Hin, Thailand** for some R&R at **ANANTARA RESORT AND SPA – [www.anantara.com](http://www.anantara.com)!** (see below for details)

# Nepalese Itinerary Logistics

This \$2400 per person 12-night "Soul Train to Nepal" package, beginning November 7 (upon arrival in Kathmandu) and ending November 19 (upon departure from Kathmandu), is INCLUSIVE of the following travel arrangements and services within Nepal:

- ★ Roundtrip airport arrival and departure ground transfers in Kathmandu as well as all surface transportation within Nepal.
- ★ Domestic flight between Kathmandu and Pokhara.
- ★ Helicopter flight from Pokhara to Chhomrong – the starting point of our trek.
- ★ One-hour scenic flight over Mount Everest aboard a small aircraft.
- ★ Tandem Paragliding from Sarangkot to Phewa Lake – the ending point of our trek. *(\*) For those opting out of this exciting 20-minute experience, you can either hike (3 hours) down a steep ascent or ride a horse for the journey. See you at the bottom!*
- ★ Accommodations as indicated: three nights in Kathmandu (4 and 5 star hotels), five nights on trek (local guest teahouses – basic accommodations), two nights in Pokhara (4 star hotel), and two nights camping along the Trishuli River (tents).
- ★ Three trekking guides for the entire group – three guides allow for three groups to proceed on the trek at different speeds.
- ★ One porter per each couple to handle supplies and lightweight packs. *(\*)* Each trekker will still be responsible to carry his/her own basic personal supplies (i.e. medications, toothpaste, brush, change of underwear, etc). Please pack two small bags (rather than one medium bag) and separate your belongings by activity – city stay, trekking, rafting, beach. Please, please – only carry what you absolutely need and leave the rest behind in Pokhara (or Kathmandu). This group's biggest challenge will not be the trek, but luggage restrictions. Your main luggage will be stored at the Pokhara and Kathmandu hotels (retrieved when we return).
- ★ Two-night rafting trip with camping (including cook and kitchen staff, sherpas and rafting crews).
- ★ Daily breakfast as well as lunches and dinners while trekking, rafting and at the Fish Tail Lodge.
- ★ Annapurna Conservation area permits.

The package is EXCLUSIVE of:

- ★ Nepalese visa (which can be purchased prior to departure or upon arrival at the KTM airport) – \$30 pp.
- ★ Guide and sherpa gratuities – estimated about \$100 pp total.
- ★ Personal expenses including bottled water, beverages of any kind, or meals where not specified in the itinerary.
- ★ Optional travel insurance – policies and prices vary.
- ★ International airfare between the USA and Kathmandu. You can fly directly to Kathmandu (KTM) or through Bangkok (BKK). If you opt for the optional extension in Hua Hin, you must route through Bangkok with a 3-4 day layover. Call me and we'll talk about the possibilities.
- ★ Pre-Nepal accommodations in Bangkok (11/6 – 11/7) @ \$20 pp/night; Post Nepal optional extension package in Hua Hin, Thailand (11/19 – 11/22) @ \$350-\$425 pp; Post-extension accommodations in Bangkok (11/22 – 11/23) @ \$20 pp/night.

## Optional Extension to Hua Hin, Thailand

This \$350 per person 3-night extension land package, beginning November 19 (upon return to BKK from Kathmandu) and ending November 21, is INCLUSIVE of the following travel arrangements and services within Nepal:

- ★ Roundtrip ground transfers between Bangkok and Hua Hin, Thailand (3-hour drive one way) in private chartered vans.
- ★ Accommodations as indicated: three nights at the 5-star Anantara Resort and Spa, including all taxes and daily breakfasts

The package is EXCLUSIVE of:

- ★ Optional room upgrade – \$75 more per person (\$425 pp, instead of \$350 pp).
- ★ Extra night \$100 per person (may be required depending on your flight schedule – 10 of us are extending one night for a total of 4 nights)
- ★ Personal expenses including bottled water, beverages of any kind, or meals where not specified in the itinerary.
- ★ Post-extension accommodations in Bangkok (11/22 – 11/23) @ \$20 pp/night. (may be required depending on your flight schedule)

## The Fine Print

- ★ **PRICE:** Tour price is based on a minimum of 24 (max 28), but if (due to unforeseen circumstances beyond Teresa Beall Expeditions control) our suppliers increase the price, we'll adjust price accordingly. Airfare is subject to change until ticketed. If participant numbers (90 days prior to departure) fall lower than the published minimum required to operate the tour, the price will be adjusted accordingly, or the tour will be canceled. \$1500 pp is due at the time of reservation (\$500 non-refundable). Final payment is due 8/1/08 – payable to Teresa Beall Expeditions (TBE).
- ★ **CANCELLATION & REFUNDS:** Deposit is totally non-refundable unless optional travel insurance is purchased. There are also no refunds for unused services such (transfers, sightseeing, meals, accommodations, entrance fees, etc listed in the tour program).
- ★ **LAND ARRANGEMENTS:** While we endeavor to make the itinerary as accurate as possible, it should be considered as an approximate schedule of activities rather than a rigid schedule of events. Trip itineraries are subject to revision due to weather, trail conditions, river levels, government restriction and other reasons beyond our control. In addition, frequent reconnaissance of trek routes sometimes determines a better routing to assure the most beautiful and best routes possible are taken into the area. We reserve the right to change the itinerary due to unforeseen circumstances. In all cases, we'll do our best to maintain tour content. We reserve the right to change hotels listed on the tour for others of similar quality.
- ★ **RESPONSIBILITY & LIABILITY:** Whereas TBE and the participating airlines and tour operators operate the land tours offered under this program only as agents of the aircraft, railroads, hotels, bus operators, sight-seeing contractors and others who provide the actual land arrangements, we are not liable for any act, omission, delay, injury, loss or damage or nonperformance occurring in connection with these tours. The Passenger contract in use by the airline concerned, when issued, shall constitute the sole contract between the airline and the purchaser of these tours and/or passenger. TBE reserves the right to bring legal action to collect damages in the event that purchaser fails to pay any fees due and owing for services, including cancellation fees as set out in the section entitled 'Cancellations & Refunds'. The parties agree that should legal action be commenced, the prevailing party will be entitled to his/her or its reasonable attorney fees and court costs in addition to the actual damages sustained and proven.

# Day-to-Day Itinerary

Nov 5 (Wed / Day 1) – Depart USA. Lose a day crossing the international date line.

Nov 6 (Thu/ Day 2) – Arrive Bangkok with short overnight at the Queen’s Garden Resort Hotel – [www.queensgardenresort.net](http://www.queensgardenresort.net).

Nov 7 (Fri/ Day 3) – Fly from BKK for KTM (TBA). Upon arrival in Kathmandu, transfer from airport to hotel in Kathmandu. FREE DAY. Overnight in Kathmandu at **DWARIKA’S HOTEL** – [www.dwarikas.com](http://www.dwarikas.com) or @ **YAK & YETI** – [www.yakandyeti.com](http://www.yakandyeti.com).

Nov 8 (Sat / Day 4) – Breakfast at Dwarika’s Hotel. Morning flight over Mt. Everest followed by brief afternoon sightseeing. Overnight in Kathmandu at DWARIKA’S HOTEL or YAK & YETI.

Nov 9 (Sun / Day 5) – Breakfast at Dwarikas’s Hotel. Flight from Katmandu to Pokhara with Helicopter from Pokhara to Chhomrong Village (2100 meters; 6900 feet). Lunch, dinner and overnight in Chhomrong Village at TWO TEA LODGES (*Hotel Excellent View and International Guest House*).

Nov 10 (Mon / Day 6) – Breakfast, lunch and dinner on trek from Chhomrong to Jhino Danda – 2.5 hour easy trek @ 1751 meters (5744 feet) with hot springs stop. Overnight in Jhino Danda at TWO TEA LODGES (Namaste Lodge and another nearby by tea lodge).

Nov 11 (Tue / Day 7) – Breakfast, lunch and dinner on trek from Jhino Danda to Landruk – 4 hour easy/moderate trek @ 1640 meters (5380 feet). Overnight in Landruk at a TEA LODGE (TBA)

Nov 12 (Wed / Day 8) – Breakfast, lunch and dinner on trek from Landruk to Pothana – 4 hour easy trek @ 1900 meters (6233 feet). Overnight in Pothana at a TEA LODGE (TBA)

Nov 13 (Thu / Day 9) – Breakfast, lunch and dinner on trek from Pothana to Dhampus Phedi – 3 hour trek @ 1400 meters (4600 feet), followed by a one hour drive from Dhampus Phedi to Sarangkot. Overnight in Sarangkot at TWO TEA LODGES (*View Top Lodge and Lake View Lodge*).

Nov 14 (Fri / Day 10) – Sarangkot sunrise with breakfast. Lunch and paragliding from Sarangkot to Pokhara, or 3-hour easy (but steep) downhill trek @ 1640 meters (5380 feet). (\*) Clients not Paragliding can either trek down the hill or ride a horse. Dinner and overnight in Pokhara at **FISH TAIL LODGE** – [www.fishtail-lodge.com](http://www.fishtail-lodge.com) or **FULBARI RESORT & SPA** - [www.fulbari.com](http://www.fulbari.com).

Nov 15 (Sat / Day 11) – Breakfast, lunch and dinner at Fish Tail Lodge. FREE DAY. Overnight in Pokhara at FISH TAIL LODGE

Nov 16 (Sun / Day 12) – Breakfast at Fish Tail Lodge. Depart Pokhara and drive to Charaundi to begin white water rafting on Trishuli River from Charaundi to Kurin Ghat. Lunch, dinner and overnight at Kurin Ghat in TENTED CAMP.

Nov 17 (Mon / Day 13) – Breakfast, lunch and dinner on rafting trip from Kurin Ghat to Simal Tal. Overnight in Simal Tal in TENTED CAMP.

Nov 18 (Tue / Day 14) – Breakfast. Drive from Simal Tal to Katmandu. FREE DAY. Overnight in Katmandu at the **YAK & YETI HOTEL** – [www.yakandyeti.com](http://www.yakandyeti.com) or **DWARIKA’S HOTEL** – [www.dwarikas.com](http://www.dwarikas.com)

Nov 19 (Wed / Day 15) – Breakfast. Ground transfer from hotel to airport for homebound (or Optional Extension in Hua Hin at the Anantara Resort and Spa – [www.anantara.com](http://www.anantara.com)).

Nov 20 (Thu / Day 16) – Free relaxing at the Anantara Resort and Spa.

Nov 21 (Fri / Day 17) – Free relaxing at the Anantara Resort and Spa.

Nov 22 (Sat / Day 18) – Free relaxing at the Anantara Resort and Spa until departing by ground transportation back to BKK (for those with a next morning flight back to the USA, with an over night at the Queen’s Garden Resort Hotel)... Or one more optional overnight in Hua Hin at \$100 pp (for those with next day evening flight back to the USA)

Nov 23 (Sun / Day 19) – Depart Nepal for the USA.



# Trekking Details

This customized short 5-night trek is situated in the foothills of the Annapurna region, which offers one of the most stunning views of Holy Mountain fish tail, Annapurna south, Himchuli, Annapurna II, III & IV, Lamjung Himal, and Dhaulagiri. The latter peak stands 8167 meters and is the sixth highest peak and biggest white mountain in the world. There are also spectacular views of hamlet. This region is inhabited mostly by Gurung and Magar people who practice a mixture of Hindu and Buddhist religion. Unlike some of the other classic treks in Nepal, there are few real villages on the Annapurna area. Most of the overnight stopping places have grown up to cater for trekkers and are little more than a collection of teahouses – nothing fancy by any means.

**TREK DAY 1: Helicopter from Pokhara to Chhomrong (2100 meters; 6900 feet) – No trekking, just preparation (easy day).** Chhomrong is a gateway to the Annapurna Sanctuary trek and inhabited by Gurung, one of the major ethnic groups of Nepal, which has evolved into two separate parts. This is the highest permanent settlement in the valley. There is a tremendous view of Annapurna South, which seems to tower above the village, and there are good views of Machhapuchhare (Machha "fish" and puchhare "tail") across the valley. You'll have time to visit and interact with Gurung ethnic people. B, L, D and stay overnight at a teahouse in Chhomrong.



**DAY 2: Trek from Chhomrong to Jhino Danda (1751 meters, 5744 feet) – 3 hour trek (easy day).** From Jhino Danda, trek down for about 60 minutes to reach the Hot Springs at the bank of the Modi Khola. This is the main attraction for the day – relax and enjoy. Following this, trek for about 60 to 90 minute to the lodge in Jhino. This Gurung village has evolved into three distinct parts – upper, lower and middle – spread out over a 300 meter elevation difference. Many of the lodges are excellent with slate patios, colorful flower gardens, private rooms and dining rooms with picture windows overlooking spectacular views of the mountains. B, L, D and stay overnight at a teahouse in Jhino Danda.





**TREK DAY 03: Trek from Jhino Danda to Landruk village (1640 meters; 5380 feet) – 4 hour trek (easy-to-moderate day).** The trek from Jhino Danda to Landruk village takes about 4-6 hours including a 2-hour climb up. The first part of the trek is downhill, followed by some flat land until you reach Himal Pani. Here you find a beautiful waterfall. Beyond this village, the trail ascends gently crossing numerous streams and terraces. After a short trek, you will be at Landruk, a pretty big village inhabited by a mixed community of Gurung, Magar and Brahmin. Finally, we will arrive at Landruk at 1640 m, which lies on the east canyon wall above the Modi River. From the picturesque village of Landruk, the views of Machhapuchhare (6920 m), Annapurna south (7219 m) and Hiunchuli (6441 m) are magnificent. Landruk is home to the Gurung people, an ethnic group renowned for bravery as the GURKHAS. They speak their own unwritten language. Landruk is also one of few the real villages, complete with rice terraces that

glow in the morning light. You'll have the chance to visit the Landruk village, interact with villagers, view the scenery and rest. Sunrise at Landruk is outstanding (see below). B, L, D and stay overnight at a teahouse in Landruk



**TREK DAY 04: Trek from Landruk village to Pothana (1900 meters; 6233 feet) – 4 hour trek (easy day).** From Pothana, the trail gently descends to Tolka and then ascends and levels out on a path to Bherikharka. From here, the trail goes steeply up to Deurali pass (2100 meters) through forests full of birds, ferns and orchids and with views of panoramic mountain peaks including Annapurna South and Hiunchuli before descending through oak forests to Pothana. Pothana is a small town resided by Gurung, an ethnic community of Nepal. Enjoy splendid views of the mountain peaks, including one of the best views of Mt. Machhapuchhare. You'll have free time to explore around the village and interact with locals. B, L, D and stay overnight at local lodge in Pothana.





**TREK DAY 05: Pothana to Dhampus Phedi – 3 hour trek (1400 meters; 4600 feet) plus 1 hour drive to Sarangkot (easy day).**

This morning is an early wake-up call to view the spectacular sunrise over Mt Annapurna, Mt Fishtail (Machhapuchhare) and enjoy panoramic views from Pothana. After a sunrise breakfast, the 3-hour trek from Pothana to Dhampus Phedi is a gentle descent through a rhododendron and orchid forest and through the Dhampus village mainly inhabited by the Gurung ethnic group. Enjoy the panoramic views of the western Himalayas such as Annapurna south (7219 m), Hiunchuli (6441 m), Holy mount Machhapuchhare (69920 m) Annapurna range and Lamjung Himal. After the trek, we have an hour drive to Sarangkot with overnight in local lodge.



**TREK DAY 06: Sunrise view at Sarangkot (1640 meters; 5383 feet) with 20-minute paraglide (or 3-hour trek) down to Pokhara (easy day).**

Sarangkot is a must-not-forget destination near the scenic city of Pokhara in Western Nepal. Situated on the northern shore of Phewa Lake and famous for the breath-taking views of Annapurna and the Himalayan range, Sarangkot (a hill station) lies at an elevation of 1,600 m. Upon reaching it, you can view the Pokhara Valley and the wide range of the Annapurna massif. You can also see Phewa Lake and its tributaries. After breakfast, you'll have the opportunity to paraglide 20 minutes to the bottom, or trek a very steep 3-hour trail down from Sarangkot to Phewa Lake in Pokhara. The trails lead through a series of large natural stone stairs and follow the Schima-Catonopsis forest back down to Pokhara. There are opportunities to watch birds along the way. Or you can make an exciting (yet peaceful) paraglide down, providing a bird's eye view of the Seti River, Phewa Lake, and the valley below. It's your choice. A third option is to ride a horse down hill to Pokhara.

Check out our paraglide: <http://www.youtube.com/watch?v=3GeQ8CWmlHk&feature=related>



# Rafting Details

This customized rafting trip provides an excellent opportunity to observe the diversity of landscapes, cultural heritage and flora and fauna in Nepal as well as experience the thrills of white-water on the Trishuli River. It is one of the most easily accessible rivers from both Kathmandu and Pokhara and offers scenic valleys and impressive gorges along with exhilarating rapids (and some easier sections) perfect for both the first-timer and the experienced rafter.

Rafting is highly dependent on the season. In Nepal, monsoon is the worst time for rafting as conditions are damp, trails are muddy and rivers are often too high. During this time, the Trishuli River promises a challenging ride with powerful rapids and whirlpools. The river is high and wild and there are hardly any rafters around.

When the monsoon ends (after October), the conditions become optimum, the weather superb and scenery green. There are numerous exciting rapids: Snail's nose, Teendevi, Malekhu rapid, Monkey rapid, Upset, Surprise, Monsoon, Cotton Pony, Ladies Delight, S-Bend, Highway, Monsoon and Pinball Rapid. This makes your fun more challenging during high flows with a good mixture of continuous rapids and pleasant calm water.



**RAFTING DAY 1: Drive from Pokhara to Charaundi and raft from Charaundi to Kuringhat.** From Pokhara, we drive roughly 115 km (4 hours) to the starting point of Charaundi. After a debriefing, we put in around 12:30 pm and hit a few class II and III rapids called "Ladies Delight", before stopping for rest and lunch. We then continue down hit a few more class II and III rapids called "Upset" and "Surprise", taking out at Kuringhat for snacks and beverages. The rafting journey will take about four hours. We return to our camp for a BBQ dinner and overnight. NOTE: Please bring your own alcoholic beverages.

**RAFTING DAY 2: Raft from Kuringhat to Simaltal.** After breakfast, we put in around 10:00 am and hit a few class II and III rapids called "Bijili Rapids" and "Tea Pot", taking out at Simaltal. The rafting journey will take about four hours. We return to our camp for lunch and a relaxing afternoon followed by a BBQ dinner and overnight. NOTE: Please bring your own alcoholic beverages.

**RAFTING DAY 3: Drive from Simaltal to Kathmandu.** After breakfast, we drive approximately 120 km (4 hours) to Kathmandu. We'll arrive in time for lunch and a full free afternoon to rest, relax or go to the shopping around the city. Later this night, we have a special surprise.



# Accommodations

## THE DWAIRKA'S HOTEL – KATHMANDU, Nepal

[www.dwarikas.com](http://www.dwarikas.com)

Dwarika's Hotel is an iconic reminder of how the meticulous preservation of local architecture and craftsmanship can create such an atmospheric yet subtly luxurious stay in stunning surrounding. Amidst the hustle and bustle of Kathmandu, this landmark hotel offers a secret side to the city and reveals the brilliance of Nepalese craftsmanship evident in the astounding carved wood and beautiful terracotta bricks that make up every inch of the hotel. Embracing age-old Nepalese treasures, Dwarika's is not just a hotel. It is a Heritage Award winner and a destination in itself. Dwarika's consists of a cluster of Newari-style buildings (including a lovely library, bar and pool) separated by brick-paved courtyards, incorporating carved pillars and Newari-style windows. The 72 rooms are spacious, comfortable and all unique – each having its own individual character. Some have sexy open-plan slate bathrooms and all incorporate hand-made local cloth and the odd antique, yet come with modern amenities. Famed for its



food, Dwarika's uses local cooking techniques to produce cuisine of highly original quality and taste. Huge festival cooking pots are filled with floating flowers and the whole hotel is infused with a hint of lemon balm. The end-result is a beautiful hybrid, somewhere between a museum and a boutique hotel with a lush, romantic feel. The Krishnarpan Restaurant serves up a blowout 22-course Newari feast (approximately \$40 pp) and also a great Friday night BBQ with Newari dancers (the night we arrive). The hotel has a glorious swimming pool with beautiful stone carved waterspouts, and the hotel also offers in-room massages. True, this hotel it is on a busy street and 15-20 minutes from downtown restaurants and shopping, but finding taxis are easy and the chauffeured journey won't cost you more than a couple of bucks. The hotel's unique charm will make up for the inconvenience.

## YAK AND YETI HOTEL – KATHMANDU, Nepal

[www.yakandyeti.com](http://www.yakandyeti.com)

The Yak & Yeti Hotel is probably the best-known hotel in Nepal due to its connections with the legendary Boris Lissanevitch. Boris was its original owner and the father of Nepal's tourism industry. Everyone from dusty long-distance cyclists to the tiara set have stayed and continue to stay here. The oldest section of the hotel is part of the Lal Durbar, a former Rana palace dating from the 1890s that retains an overblown but spectacular baroque decor. The guest rooms are in two modern wings; the Newari Wing is the older of the two and the rooms incorporate elements of carved wood and local textiles without being kitsch. The accommodations are elegant with attention to every detail. Even the elevator has a Sanskrit-engraved sculpture coming out of its walls. Room staff smiles accompany you down the carpeted corridors leading to the rooms, where copper engraved lamps guide you to your key-lock door. A fruit basket and cookies await each new guest on arrival. Black and white portrait photography hangs on the walls. Beds are fresh and baths well-lit and well-equipped. The hotel offers beautiful gardens with two pools, a little lake with a small bridge, and a 100-year-old temple consecrated to the Goddess Kumari. You can stroll around the gardens, lounge in the garden chairs, take a dip in the pool or swing a racket on one of the two tennis courts. The hotel's famous Chimney Restaurant, art gallery and 24-hour casino are also worth a visit



## ANNAPURNA TREK – VILLAGE TEAHOUSES

Local guesthouse lodges in Chhomrong (6889 ft); Jhino Danda (5744 ft); Landruk (5380 ft); Pothana (6233 ft); Sarangkot (4717 ft.). We will split into two smaller groups of 12-14 and stay at two VERY BASIC lodges with little, if any, amenities – be prepared!

### FISH TAIL LODGE – POKHARA, Nepal

[www.fishtail-lodge.com](http://www.fishtail-lodge.com)

Inaccessible by road, the Fish Tail Lodge is reached by a rope-drawn pontoon float boat across Phewa Tal. It is probably the most sensitively-designed building in Pokhara, located in a peaceful location on the edge of Phewa Tal Lake and just a few minutes walk from Pokhara. It's understated but still semi-luxurious. Facilities include an outdoor pool, an excellent restaurant and bar, and rooms in slate-roofed bungalows in a lush tropical garden. Guests have the best of both worlds – the resort is a haven of calm surrounded by lush woodland on the south lake shore, yet you can walk to lakeside amenities in minutes for a myriad of restaurants, bars, and shops. This is one of the most thoughtfully styled places in Nepal. 60 rooms are contained in elegant ring-shaped stone bungalows with gorgeous tropical gardens merging with the surrounding forest and with lake and mountain views from the terrace and pool. The central lodge, set around an open fire, has one of the best restaurants in Pokhara. Various activities available including boat trips, fishing, bird-watching and golf. Profits generated by Fish Tail Lodge are donated to the Princess Jayanti Memorial Trust which provides free cardiac care to underprivileged Nepalese people and conducts various programs to raise public awareness regarding the causes of heart diseases in Nepal.



### FULBARI RESORT – POKHARA, Nepal

[www.fulbari.com](http://www.fulbari.com)



### TRISHULI WHITE WATER RAFTING – RIVERSIDE TENT CAMPING

Overnight riverside camping en route – very basic, but comfortable, tent accommodations.

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### ANANTARA RESORT AND SPA

[www.anantara.com](http://www.anantara.com)





# "Soul Train to Nepal" Registration Form

## Passenger Responsibility:

Passenger has read the above exclusions, inclusions, and the fine print (terms and conditions) and agrees to each of them, and hereby warrants that he/she fully understands each of them. Specifically passenger understands that should he/she cancel their trip for any reason, passenger will be charged the cancellation fee set out in the 'Cancellations & Refunds'.

## Passport and Documentation:

Your passport must be valid for at least six months (with at least three empty pages for VISA stamps) and you must possess a Nepalese tourist visa (which can be pre-purchased either prior to departure from the USA or upon arrival in Nepal). For more specific visa requirements, please contact the Nepalese consulate for updated information.

## Entire Agreement Severability:

This is the entire agreement of the parties and it may be amended only by written agreement by both Teresa Beall Expeditions and the client. If any part of this agreement is held unenforceable by a court of law, the rest of this agreement will nevertheless remain in force and effect.

## Travel Insurance:

Travel insurance is not included in the tour price. It is the passenger's responsibility to verify whether his/her local health insurance provides coverage while out of the USA. Please contact your insurance carrier for details. Teresa Beall Expeditions highly recommends the purchase of comprehensive travel insurance, which covers health, luggage and trip cancellation. There is a variety of policies and coverage suitable to everyone. A waiver must be signed if declined.

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Last name \_\_\_\_\_ First name \_\_\_\_\_

Address \_\_\_\_\_ Date of Birth \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Nationality \_\_\_\_\_ Passport number \_\_\_\_\_ Valid until \_\_\_\_\_

Emergency Contact (relationship) \_\_\_\_\_ Phone \_\_\_\_\_

Need International Air? No \_\_\_ Yes, in/out KTM \_\_\_ Yes, in/out of BKK \_\_\_ US Gateway \_\_\_ FF# \_\_\_\_\_

Type of room? One Bed (Probably One Queen Bed or One King Bed) \_\_\_\_\_ Two Bed (Probably Two Twin Beds) \_\_\_\_\_  
→ Strong efforts will be made to request one large bed for couples, but cannot be guaranteed. Thanks for being flexible!!

Optional 3-night Extension to Hua Hin? \_\_\_ (\$350 pp) \_\_\_ (\$425 pp – upgraded room)

Travel insurance? Yes \_\_\_ No \_\_\_ If yes, please inquire about policies. If no, you will be responsible for any fees or costs associated with the tour due to cancellation/medical necessities/lost baggage/delayed flights, etc.

I hereby sign and agree to the terms and conditions attached to this form:

Signature \_\_\_\_\_ Date \_\_\_\_\_

**IMPORTANT: Please sign this form and return it with a check for \$1500 pp, payable to:**

Teresa Beall Expeditions @ 2724 Pillsbury Road – Chico, California 95973-0944  
530.342.6999 (p) – 530.342.6994 (f) – [Teresa@TeresaBeall.com](mailto:Teresa@TeresaBeall.com)