

“Poonhill” Nepal Trek 2022

Length of trip: 12 days

Price: \$3400 AUD Per Person.

When: 22nd October-2nd

November 2022

Grade: Moderate

Highest Alt: 3221m

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Poonhill Summit – Photo from 2019 tour

Itinerary for 2022

Day 1: Arrive at Kathmandu airport (1345m) and transfer to hotel.

Day 2: Fly from Kathmandu to Pokhara by Plane and have the afternoon off to look around Pokhara

Day 3: One hour drive to Nayapul from Pokhara and Trek to Tikhedhunga. 5- 6 hours trek.

Day 4: Tikhedhunga to trek Ghorepani..5-6 hours Trek

Day 5: Hiking Poonhill for sunrise – then have remaining day to rest at hotel in Ghorepani.

Day 6: Ghorepani. Trek to Tadapani. 6-7 Hours Trek.

Day 7: Tadapani to Ghandruk 5-6 hours Trek

Day 8: Ghandruk to Birethanti 4 hours Trek

Day 9: Birethanti Trek to Nayapul and drive to Pokhara

Day 10: Pokhara Fly back to Kathmandu, and have the afternoon off to shopping for souvenirs

Day 11: Sightseeing tour with guide in Kathmandu- Visit the sacred temples and also get PCR test

Day 12: Departure from Nepal



Buddhist Monastery we will see on day 11.
Photo from 2019 tour

Tour Highlights

Poonhill Trekking is a colorful short foray into the Annapurna region. The trail winds through patchwork valleys, dense mossy forests and past icy waterfalls where you can stop to cool your face. Around every corner is a tantalizing glimpse of the high mountains, whole horizons of which will be revealed to you as you reach the high points of your trek.

This trek in the Annapurna foothills to the view point on Poon Hill offers all the best of trekking in Nepal. Enjoy trekking in the spectacular mountain scenery through charming villages inhabited by the Gurungs, Magars dense rhododendron forests full of birds and deep sub-tropical valleys, all set below the Annapurna with the picturesque peak of Machhapuchhare (Fish Tail Peak) dominating the skyline. At the climax of this trek you will climb Poon Hill at dawn to enjoy one of the most spectacular mountain scapes on Earth. As the sun touches the snow-capped summits the Himalayan giants, Dhaulagiri (8,167m) and Annapurna (8,091m) along with a maze of other peaks, slowly begin to appear, like magic, before our eyes. A rewarding trek that can be enjoyed by every lover of nature and beautiful landscape.

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On the trail- Photo taken from 2019 tour



Lookout from hotel. Photo taken on 2019 tour

How much will it cost?

Price is AUD (Australian Dollar) \$3400 Per Person

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Tour Inclusions

All airport and hotel transfers (Tribhuvan International Airport)

All accommodation

Flight from Kathmandu to Pokhara and Return

All meals **during the Trekking** (Breakfast, lunch ,dinner ,breakfast with tea/coffee three times a day). (Please note, this doesn't include lunch and dinner in Kathmandu or Pokhara- We like to let our customers enjoy there lunch and dinner where they feel suits them. Some customers will eat at hotels while others like to explore to little cafes and eatery's on those days)

An experienced trekking guide, assistant trek leader and porters to carry luggage (2 trekkers:2 porter) including their salary, insurance, equipment, flight, food and lodging

Annapurna Conservation Area project (ACAP) entry permit

kathmandu-pokhara-kathmandu by tourist bus.

All necessary paper work and permits (National park permit, TIMS (Trekking Information Management System))

Aussie Bike or Hike T shirt and Beanie

Emergency rescue arrangement (Makes sure your insurance will cover it)

Necessary equipment for guide & porter

First aid kits

Boiled water for drink bottle. (If you want to use only sealed bottles water- you can purchase in any town for around \$1-2 USD per litre bottle)

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Crossing a bridge, Photo from 2019 tour

Tour Exclusions

- Nepal Visa fee (\$50 USD)
- PCR Covid 19 tests
- • International airfare to and from Kathmandu
- • Excess baggage charges
- • Lunch and evening meals in Kathmandu and Pokhara
- • Travel and rescue insurance
- • Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle etc)
- • Tips for guides and porters (around \$100 USD).
- • Alcohol drinks on trek, sealed water, soft drinks etc
- • All expenses of a personal nature e.g. toilet paper, medicines, confectionery etc
- Anything else not listed in Inclusions



Kathmandu city. Photo taken on 2019 tour

Country Information (About Nepal):

Nepal is located in the Himalayas and bordered to the north by the People's Republic of China, and to the south, east, and west by the Republic of India. With an area of 147,181 square kilometers (56,827 sq mi) and a population of approximately 20 million. Nepal is the world's 93rd largest country by land mass and the 41st most populous country. Kathmandu is the capital of the nation and a treasure house of ancient art and culture.

From the garland of white snowcapped Himalayas in the North, the calm blue Indian Ocean in the South, the Burmese and Sulaiman arcs in the east and west respectively, a flourishing culture has survived since the dawn of Civilisation.

There is the elixir of Ganga-Brahmaputra-Indus water and the whole encompasses six sovereign states (Pakistan, Nepal, Bhutan, Bangladesh, Sri Lanka and Maldives) from the countries of South Asia.

Geologically the major part lies on the edge of the Indian plate and the minor part of the northern region on the Euro-asian plate.

The Mechi river runs along the eastern border between Darjeeling district of west Bengal of India and Nepal, while the Mahakali river (Sarda) runs along the western border between Garhwal of India and Nepal. The southern border lies on the northern edge of the Indo-Gangetic plain ie about 20 to 40 km south from the edge of the hill range.

Geometrically the country has roughly a rectangular outline located between Latitude 26°22' and 30°27;' and longitude between 80°4' and 88° 12', with average east-west axis being 885 km and north south being 193 km. The total area of the country is 147181 sq km (83% of hill and 17% of the flat terrain of Terai).

Nepal is one of the richest countries in the world in terms of bio-diversity, due to its unique geographical position and altitude variation. The elevation of the country ranges from 60 meters above sea level to the highest point on earth, Mt. Everest at 8,848 meters, all within a distance of 150 kilometres, resulting in climatic conditions from sub-tropical to arctic.

Country Information (About Nepal):

- Nepal Visa and Entry Information:
- **COVID 19 Entry.**
- **This tour will only run if Nepal keeps its borders open to international travel. This is allowed if you are double vaccinated and trekking, if of course the borders close and aren't open 90 days before tour departure. All deposits and payments will be refunded in full, or a credit will be issued if you want to join another tour.**
- **It is highly likely that entry into Nepal will be only allowed if you are double vaccinated and you'll also need to hold a valid visa to enter. You will also need a negative PCR test 72 hours prior to entry in Nepal**

Nepal makes things easy for foreign travellers. Visas are available on arrival at the international airport in Kathmandu and at all land border crossings that are open to foreigners, as long as you have passport photos to hand and can pay the visa fee in foreign currency (some crossings insist on payment in US dollars). Your passport must be valid for at least six months and you will need a whole free page for your visa.

- Customs Regulations:

All baggage is X-rayed on arrival and departure, though it's a pretty haphazard process. In addition to the import and export of drugs, customs is concerned with the illegal export of antiques.

You may not import Nepali rupees, and only nationals of Nepal and India may import Indian currency. There are no other restrictions on bringing in either cash or travellers cheques, but the amount taken out at departure should not exceed the amount brought in.

Officially you should declare cash or travellers cheques in excess of US\$2000

Country Information (About Nepal):

- **About Travel Insurance**

Nepal is one of the most popular trekking havens on the planet & the mighty Himalayas beckon the bold & the brave year in & year out. Kathmandu is the capital and the primary base for backpackers and offers everything & anything you would need for a trek in the outback...

Nevertheless, Nepal does have her own problems & is not an entirely safe destination. Travel insurance is essential and you should also consider that many travel insurance policies will only cover you up to 4000m in altitude if trekking.

For many of the more popular treks such as the Everest Base camp Trek or the Annapurna Circuit Trek you will need travel insurance that will cover treks that go over 5000m.

- **Best Time to Visit Nepal**

Nepal's climate varies with its topography and altitude. It ranges from the tropical to the arctic. The low-land Terai region with its maximum altitude to approximately 305m, which lies in the tropical southern part of the country, for instance, has a hot and humid climate that can rise above 45 Degree Celsius (113 Degree Fahrenheit) during summer. The mid-land regions are pleasant almost all the year round, although winter nights are cool. The northern mountain region, around an altitude above 3,300m has an alpine climate with considerably lower temperature in winter as can be expected.

Country Information (About Nepal):

- **Seasons**

Nepal has four climatic seasons

Spring (between March – May): The temperature is mildly warm in low lands while moderate in higher altitudes with plenty of opportunities to enjoy the mountain views. It is also the time for flowers to blossom and the national flower of Nepal, rhododendron, sweeps the ascending altitudes with its magnanimous color and beauty.

Summer (between June – August): This is also the monsoon season in Nepal. The weather is hot and wet at times. It rains almost everyday with occasional thunderstorms in the evening. The rain spreads the pleasantness around with lush green vegetation.

Autumn (between September – November): This is the best tourist season in Nepal with the summer gone by and the winter to set in. The weather is highly pleasant so are the mountain views. This is the peak season for trekking as mountain views are guaranteed so better book your flight in advance. This is also the season of festivities as Nepal celebrates the biggest Hindu festivals Dashain followed by Tihar.

Winter (between December – February): The weather is cool and the sky is clear with occasional snowfalls at higher elevations. This season is good for trekking in lower elevations. The morning and night is cold and the days are warm when sunny.

- **Temperature and Rainfall**

Nepal is the country of extremes. The low-land plains of the Terai can have tropical temperatures and also the mosquitoes. The Himalayas can get to sub-zero temperatures, but the sun blaze can bring some warmth during the day, even in the mountains. The temperature of Kathmandu goes below 1 Degree Celsius (34 Degree Fahrenheit) in winter and rises to an average of 25 Degree Celsius (77 Degree Fahrenheit) in summer.

The average temperature in Kathmandu during the four seasons:

Spring season ranges between 16-23 Degree Celsius (61-73 Degree Fahrenheit)

Summer season ranges between 23-25 Degree Celsius (73-77 Degree Fahrenheit)

Autumn season ranges between 15-24 Degree Celsius (59-75 Degree Fahrenheit)

Winter season ranges between 9-12 Degree Celsius (48-54 Degree Fahrenheit)

Country Information (About Nepal):

- Travel Tips

Monsoon in Nepal is not the typical monsoon of Asia. Rains usually occur during the night-time leaving the sky clean and clear by the morning making the Himalayan view even more dramatic. Some parts of the Himalayas in Manang, Mustang and Dolpo are in rain-shadow areas; the mountains are high enough to block the clouds. Tibet's high travel season also corresponds to Nepal's monsoon.

- Accommodation Types

Guesthouses

Many tourist-oriented places to stay in Nepal call themselves Guesthouses. This category covers everything from primitive flophouses to well-appointed small hotels. Most places offer a spread of rooms at different prices, and sometimes dorm beds too. By and large, those that cater to foreigners do so efficiently: most innkeepers speak excellent English, and can arrange anything for you from laundry to trekking/porter hire.

Despite assurances to the contrary, you can't necessarily count on constant hot water (many places rely on solar panels) nor uninterrupted electricity (power cuts are a daily occurrence, though some establishments have generators).

Kathmandu and Pokhara have their own tourist quarters where fierce competition among budget guesthouses ensures great value. In these enclaves, all but the very cheapest places provide hot running water (though perhaps only sporadically), flush toilets, foam mattresses and clean sheets and blankets. Elsewhere in Nepal, expect rooms to be plainer. Most guesthouses also offer some sort of roof-terrace or garden, a phone and TV. They're rarely heated, however, making them rather cold in winter.

Country Information (About Nepal):

- Trekking in Nepal

The Himalaya, the "abode of snows", extends from Assam in eastern India west to Afghanistan. It is a chain of the highest and youngest mountains on earth and it encompasses a region of deep religious and cultural traditions and an amazing diversity of people. A trek in Nepal is a special and rewarding mountain holiday.

Just as New York is not representative of the USA, so Kathmandu is not representative of Nepal. If you have the time and energy to trek, don't miss the opportunity to leave Kathmandu and see the spectacular beauty and the unique culture of Nepal.

Fortunately for the visitor, there are still only a few roads extending deeply into the hills, so the only way to truly visit the remote regions of the kingdom is in the slowest and most intimate manner - walking. It requires more time and effort, but the rewards are also greater. Instead of zipping down a freeway, racing to the next "point of interest," each step provides new and intriguing viewpoints. You will perceive your day as an entity rather than a few highlights strung together by a ribbon of concrete. For the romanticist, each step follows the footsteps of Hillary, Tenzing, Herzog and other Himalayan explorers. If you have neither the patience nor the physical stamina to visit the hills of Nepal on foot, a helicopter flight provides an expensive and unsatisfactory substitute.

Many of the values associated with a hiking trip at home do not have the same importance during a trek in Nepal. Isolation is traditionally a crucial element of any wilderness experience but in Nepal it is impossible to get completely away from people, except for short times or at extremely high elevations. Environmental concerns must include the effects of conservation measures on rural people and the economic effects of tourism on indigenous populations. Even traditional national park management must be adapted because there are significant population centres within Sagarmatha (Mt Everest) and Langtang national parks.

While trekking you will see the great diversity of Nepal. Villages embrace many ethnic groups and cultures. The terrain changes from tropical jungle to high glaciated peaks in only 150 km. From the start, the towering peaks of the Himalaya provide one of the highlights of a trek.

As your plane approaches Kathmandu these peaks appear to be small clouds on the horizon. The mountains become more definable and seem to reach impossible heights as you get closer and finally land at Kathmandu's Tribhuvan Airport.

During a trek, the Himalaya disappears behind Nepal's continual hills, but dominates the northern skyline at each pass. Annapurna, Manaslu, Langtang, Gauri Shankar and Everest will become familiar names.

Nepal is bestowed with immense natural and cultural beauties. Such geographical and cultural diversity within a small breadth is remarkable indeed. Equally interesting are its people renowned the world over for their festive mood and hospitality.

Other **Important** Information

- International Flights

You will have to arrange your own airfares yourself or through a travel agent. If your agent isn't up to scratch booking your flights, let us know and we can recommend our local agent.

- Food & Health

Food and staying healthy is obviously a concern when traveling overseas. We take our time in choosing the best and cleanest restaurant in the town we are in.

Our clients are often pleasantly surprised by the delicious meals available. Even so, an occasional upset stomach cannot always be avoided in remote areas, so we advise initial caution.

- Twin Share Accomodation

Accommodation is provided on a twin-share basis and if you're on your own we'll do our best to bunk you in with an acceptable roommate. But if you're the last person to book, there's obviously a 50-50 chance you'll have to take a room on your own and will therefore be liable for the single room supplement. So the moral of the story is, book early or bring your own roommate with you.

Detailed **Daily** Itinerary

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Customers playing dress up's in local clothing.
Picture taken on 2019 tour

What are we doing **today?**

- **Day 01:** Arrival at Kathmandu, overnight at hotel
- As you arrive at Tribhuvan International Airport in Kathmandu, one of our representatives will be there at the airport to welcome you to Nepal, pick you up and transfer you to the hotel. Stay overnight at a hotel in Kathmandu.
- **Day 02:** Fly to Pokhara, 25 Mins Flight, overnight at hotel
- **Fly to Pokhara, 25 minutes flight, overnight at hotel**
- After having breakfast, we will drive to the airport to catch a flight to Pokhara. The 25 minutes flight offers panoramic Langtang, Ganesh Himal, Manaslu, Annapurna and Dhaulagiri ranges. Check in at the hotel and leisure the rest of the afternoon.
- Pokhara is known as the Byron Bay of Nepal. Its a relaxed city with great bars and chilled out people.
- **Day 03:** Drive to Nayapul and trek to Tikhedhunga, 1.30 hours drive and 5 hours walk, overnight at guesthouse
- Today, a 42 km drive for nearly 1.5 hours will take you to a place called Naya Pul. Then, the trek begins by ascending through the beautiful rice, millet and maze farms of local people. Walking all along the major trail of Birethanti allows us to pass through beautiful petite waterfalls. The path takes us to Sudame and then we gradually walk by the side of valley and reach at Hile (1495 meter). Eventually, we will reach at Tikhedhunga (1525 meter) for overnight stay.

What are we doing **today**?

- **Day 04:** Trek to Ghorepani 4.30 hours walk, overnight at guesthouse
- Today, we start climb 3500 stone steps to reach Ulleri (2073 meter) from Tikhedhunga. We will then walk from Ulleri to reach Ghorepani, one of the renowned spot of Annapurna region situated at an altitude of 2856 meter. Our hike simply moves up to Banthanti (which is 2250 meter above the sea level) going across oak and rhododendron forest. We keep on trekking until we reach to our ultimate destination Ghorepani through Nangethanti (2460 meter).
- **Day 05:** Poon Hill Sunrise View and back to Ghorepani, 2 hours walk, overnight at guesthouse
- Early morning we march to Poonhill (3210 meter) where nature allows us to view the striking mountains and beautiful sunrise. After a few hours, we descend from Poonhill and enjoy rest of the day at Ghorepani and explore surrounding.
- **Day 06:** Trek to Tadapani, 5 hours walk, overnight at guesthouse
- We continuously walk to Tadapani taking around 5 hours. Tadapani exactly refers to 'Far water' which means water is provided in this village from far away. The track rise all along ridges and through rhododendron, pine woods to Deurali. We descend arrive at Banthanti, walk further on the twisting way to Tadapani.

What are we doing **today**?

- **Day 07:** Trek to Ghandruk, overnight at guesthouse
- Our journey continues to Ghandruk which takes almost 2.5 hours. It is considered as one of the most inspiring village, the home of Gurung people. The track primarily passes through forest. And we stay overnight at Ghandruk.
- **Day 08:** Trek to Birethanti, overnight at guesthouse
- Today we move ahead from Ghandruk to Birethanti with the view of Annapurna south and the gigantic Himalayan peaks.
- **Day 09:** Trek to Nayapul and drive to Pokhara, overnight at hotel
- We move ahead from Birethanti. The trail continues Naya pul where the transportation are available. You can see the breathtaking Annapurna South and Machhapuchhre during the walk. We then return back to Pokhara by car.

What are we doing **today?**

- **Day 10:** Fly back to Kathmandu, 25 Mins flight
- Today, we will have scenic flight back to Kathmandu and then enjoy the afternoon shopping for souvenirs.
- **Day 11:** Sightseeing tour in Kathmandu, overnight at hotel
- After having breakfast, head out for a sightseeing trip around Kathmandu. Visit Pashupatinath, the most sacred Hindu temple of Nepal. Then head to the second largest stupa in the world, Boudhanath. Next, visit Swayambhunath Temple, which is believed to be self born. An elegant view of entire Kathmandu valley can be observed from Swayambhunath Temple area. Also visit Kathmandu Durbar squares, which are utterly preserved and elucidate the prehistoric era of Nepal.
- We will also have our PCR tests to be able to depart Nepal the following day.
- **Day 12:** Departure from Nepal
- Today, our airport representative will drop you to the airport and then you will depart from Nepal.



Frequently Asked Questions

Nepal porters are happy people! Photo taken on 2019 tour

What about this **or** that?

Q: Do you supply transfer from airport to Hiking start point?

Yes, we provide all the transport service from the airport. Simply walk out into the foyer on the airport and you will find one of our staff with an Aussie Bike or Hike sign.

Q: What Insurance Do I Need?

Travel insurance for a trip like this is a complete essential. We all know that trekking carries a certain amount of risk, so getting proper travel insurance that covers you for trekking abroad is a no-brainer. If things go awry, you need to know that you have the correct cover to get you home safely such as emergency evacuation, medical bills, repatriation etc. You need to have travel insurance which covers helicopter rescue up to 4000m and trekking in Nepal. There are lots of insurance companies that can help you with this. Speak with your Travel agent

Q: What currency should I bring with me?

This one is both simple and complicated. The local currency is Nepalese rupee

However, unless you are a resident of nepal, importing rupees is prohibited so you cannot actually obtain the notes outside the country itself like you can for other countries.

You can either bring in other currencies to exchange when in Nepal, or simply withdraw rupees from ATMs as you would back at home. Well we say that, but if you are in a remote village with only three residents, a yak and an elderly donkey, there may not be an ATM, so don't expect universal coverage through the entire trek.! Best to bring some cash with you.

What about this **or** that?

Q: Do I need a visa for Nepal?

You'll need a visa to enter Nepal. You can get a tourist visa-on-arrival. A single-entry visa can be for 15, 30 or 90 days. At Tribhuvan International Airport, the fee is payable in major currencies. Land borders only accept US dollars. Children under 10 years of age require a visa but aren't charged a fee. More information: Government of Nepal Department of Immigration

In other circumstances, you'll need to get a visa before you travel.

You may be able to extend your visa by applying to Nepal's Department of Immigration in Kathmandu. The maximum stay in Nepal on a tourist visa is 150 days per calendar year, regardless of the number of entries made or visa extensions received.

You must have a valid visa in your passport to leave Nepal. If your visa has expired, extend it at the Department of Immigration before you depart. If you overstay your visa, you can be detained or refused permission to leave until a fine is paid. The amount of the fine is based on the number of days you overstayed.

Q: Where do I fly into?

You will need to book return flights to Tribhuvan International Airport Kathmandu Nepal. We will send someone to meet you at the airport – so be sure to give us your full flight details.

Q: How do I carry my main luggage during the hike?

There will be a porter who carry all the luggage during the trek. Remember they will be carrying a lot of bags. So maximum weight for each bag is 10kg.

You just need to carry your small hiking backpack to put things like your money, water bottle or camera or medication in it.

You can also leave your non trekking bags and clothing in the hotel at Pokhara, so on return to the hotel after the trek, you'll have clean clothes to wear.

What about this **or** that?

Q: How big is the group maximum

The average group size is between five and ten trekkers as that's about the manageable amount for a mixed group. If you are booking a private tour with a group of friends, we can be a bit more flexible on the upper number as it's easier to coordinate a group that already know each other.

Q: Will we have a local guide?

Yes – definitely. All of our tours are accompanied by at least one local guide and all-round fixer who can smooth our passage through Nepal. He is a trekking expert and local guide who is friendly. Knows a lot about the region and speaks good English.

Q: How many guides on the hike per customer?

There will be one guide and one assistance guide and three porters for up to five customers, they are directly in touch with company whenever they need any support.

Q: Will A First Aid Dr be Hiking with us?

Our guides are trained first Aid with a vast medical kit. Also along the trekking route there is high altitude health posts and hospitals.

What about this **or** that?

Q: Do I need to take water with me?

Regular hydration is a good idea when you trek, so many of our trekkers will take a Camelbak or drinks reservoir with them. There's plenty of water along the tour route at teahouses and lodges.

They will sell to you for around \$1- \$2 USD per bottle.

Our suggestion would be to carry bottled water rather than camelbak. If by chance, your camelbak bladder gets contaminated with a bug on the first day. The rest of the trip it may stay that way. I suggest carry a sealed bottle of water. Once you have drank it, throw it out and carry another bottle

Q: Is there any medical support?

Yes, our guide and assistance are trained first Aid with a vast medical kit. Also, along the trekking route there is high altitude health posts and hospitals.

Every tour is equipped with a GPS tracker, so that our staff can identify the precise location at any time.

What about this **or** that?

Q: What happens in case of an emergency?

Our medic will choose the best course of action depending on the situation. He will have a medical kit with him and he can use our satellite messenger device to contact our office. We will assist from our office – we can see your location from the GPS tracker and we'll have the details of your travel insurance company. We can arrange helicopter rescue instantly in case of emergency. This is why it's important to have travel insurance to cover helicopter evacuation.

Q: How can I avoid altitude sickness?

To avoid altitude sickness, we arrange acclimatizing days in the trekking itinerary. But we also recommend

1. Stay hydrated. Caffeine and alcohol impacts hydration, so maybe keep intake to a minimum until you are acclimatised.
2. Apparently a high potassium diet helps.
3. Make a conscious effort to breathe properly as we climb to higher altitudes – you want to saturate your blood with oxygen. Your tour leader will explain this in more detail in your welcome briefing.
4. Diamox is an altitude sickness tablet – please do your own research on this – if you decide you would like to take these, You'll want to start taking these in Kathmandu before we start climbing.
5. Ibuprofen if you start to feel a headache coming on, but please notify the tour medic beforehand.

What about this **or** that?

Q: What Hiking kit should I Bring with me for the tour?

attached is a packing list.

Q: Can my family see where I am, Do you have tracking system like Spottracker”?

We always travel with a GPS tracker that tracks our location throughout the trip. The staff in the office will send you a link to the online map and you can share this with your family, so that they know exactly where you are

Q: Do you supply Hikers with a map each morning of the Hike, in case the Hikers get split from the group?

Yes, we provide daily briefing and day by day itinerary to them and maps to them.

Q: Do I need any immunizations for Nepal?

Yes, you may do, but clearly it depends on what you’ve already had. The usual suspects that our trekkers normally get is Tetanus, Hepatitis A & B, Typhoid, and Polio. These diseases

still exist in many parts of the world and Nepal is one of them, so getting adequately immunised is a wise precaution.

Please contact your local doctor or your country’s national health advisory service to see what they recommend for the area you are visiting. Some on the immunisations are free, some you will need to pay for.

What about this **or** that?

Q: How much spending money will I need to bring with me?

So, this is up to you, but as this is a largely inclusive tour, then you don't need that much. All the food (**apart from Kathmandu and Pokhara Lunch and Dinner**), accommodation, permits and are sorted by us, so you just need cash for (mentioned lunch and dinners) souvenirs, tips, soft drinks, sealed water, alcoholic drinks, (some guesthouses charge for bottled water, using there power to Re-charge battery, or even use there wifi-heck some even charge to use toilet paper. However the cost is usually very low. No more then \$5) .

Unless you go absolutely mad in the gift shops and bars, then around \$300 – \$500 should be adequate. Shopping in Nepal tends to be very reasonable, so you can get quite a lot for not much!

On the beer front, we encourage a bit of restraint – this is a trekking tour after all, and last thing you want to be doing is climbing a mountain hungover.

Q: What is the level of accommodation like?

The accommodation on this trip is deliberately varied to give you a wide experience of the region. Sometimes we'll be in top nice hotels (Kathmandu) with all the facilities you'd expect, sometimes we'll be in individual yurts at campsites miles away from anywhere or guesthouses.

But wherever we stay, bear in mind this is Nepal and things are not necessarily the same as back home. And that's exactly the point – that's what adventure travel is about

What about this **or** that?

Q: How do I charge my camera?

All the hotels or guesthouses have plug sockets in the main dining area. So yes, you will be able to charge your gadgets most nights, however bear in mind that the owner of the guesthouses may ask you to pay, as power there isn't easy to come by. Generally, they charge \$2 -5\$ USD for full charge.

Q: Is Wi-Fi available throughout the tour?

Yes, in theory, although in practice, Wi-Fi coverage can be slow at best, slow on average and non-existent on many occasions. They will also charge a few dollars for the privilege. When you are trekking in some of the most epic landscapes in the world, then just enjoying it for yourself is beautifully liberating – you can show your photos when you get back home.

Q: Can I get a Nepal SIM card?

You can buy a local sim card in Kathmandu; however, this will only give you coverage for some of the trip, but far from all! Most trekkers just wait to use the Wi-Fi at the guesthouses that have it. Again, the Wi-Fi isn't great, enough to message people but not watch YouTube videos or downloading. We recommend you set the 'out-of-office auto-reply' for your emails!

What about this **or** that?

Q: Is it safe to drink the tap water?

In a word No! Although the locals may be drinking tap water, doing the same has a strong possibility of playing havoc with your insides.

We recommend that you drink only boiled water or bottled water and that you check the seal before drinking. If you chose canned drinks, give the lid a good wipe beforehand just to be sure. And for tooth brushing, rinsing with bottled water is a good idea too.

Q: Can you cater for vegetarians / food allergies?

As most of the population is vegetarian, then avoiding meat is no problem at all. As to food allergies that's much harder to control, especially in restaurants with small kitchens and limited experience as to the complications of lactose or gluten intolerance. We will make every effort possible to communicate your requirements to the places we visit, but we are unable to make cast iron guarantees. If you are going to go into a life-threatening spasm if you touch a stray peanut, then share it with your tour medic – we need to know that stuff.

What about this **or** that?

Q: Who operates this tour?

This tour is operated by Aussie Bike or Hike in collaboration with our local partner based in Nepal.

Q: How do I book?

To secure your place we simply need a AUD \$1000 non-refundable deposit Unless covid border entrys change and make it impossible for us to enter.. The remainder does not need to be paid until 90 days prior to the tour start date.

Q: What payment methods do you accept?

We accept direct bank transfers.

We also accept Paypal but there is an 8% surcharge for that.

Price for trekkers is AUD (Australian Dollar) \$3400-00.

Bank Details are: We require a deposit of AUD\$1000 Sent to

- Alexander Kenneth Josef Cudlin,
- Account 693666509
- BSB: 082603
- Swift Code: NATAAU3302S
- National Australia Bank
- Forster NSW 2428 Australia
- We shall then raise an invoice in AUD\$ for the remaining balance and this may be converted and paid at your discretion in consideration of daily foreign exchange rates, at any time up until Due Date, which is 90 days before the tour commencement.

What do I **pack**?

Head:

Sun hat or scarf

Light balaclava or warm fleece hat

Sunglasses with UV protection

Lower Body:

Under Garments

Hiking shorts

Lightweight cotton long pants

Light and expedition weight thermal bottoms

Waterproof (preferably breathable fabric) shell pants

Feet:

Thin, lightweight inner socks

Hiking boots

Camp shoes (sneakers and/or sandals)

What do I **pack**?

- **Upper Body:**
 - T-shirts
 - Light and expedition weight thermal tops
 - Fleece Wind-Stopper jacket
 - Down vest and/or jacket
- **Hands:**
 - Lightweight gloves
- **Accessories:**
 - Sleeping bag rated to zero DC * (These can be hired in Nepal- How ever most people are more comfortable in there own)
 - Headlamp with spare batteries
 - Small Trekking Bag
 - Large plastic bags - for keeping items dry inside trek bag
 - Water bottle 1 or camel bag
 - Toiletries (Small wash towel, Toilet papers etc)
 - Ear Plugs

Who is your **Guide**

Alex Cudlin, the owner and head guide of "Aussie Bike or Hike".

Alex Cudlin's love for the great outdoors was built from a very young age, having grown up on a small farm in Australia with his parents and an older brother and sister. After completing his apprenticeship as a motorcycle mechanic in his parent's country motorcycle dealership, at just 17 years of age, Alex moved to Europe to follow his dream and become a professional motorcycle racer.

Alex competed in the World Endurance Championships all over Europe, Asia and Middle East, becoming World Champion in 2010 and 2013.

Alex lived and raced in Europe, Asia and the Middle East, for a total of 12 years winning a total of 2 World championships, top 3 finish in the World championship 5 times, 7 national championships and a lot of race wins.

Throughout this journey of traveling the world racing motorcycles, Alex's love for mountain biking and hiking grew.

Using it as part of his training regime for his motorcycle racing career, Alex cycled roads in Qatar (Middle east), pedaled the hills of the French Alps, Mountain biked in England and Scotland, trekked the mountain region of Lebanon, hiked the hills of Switzerland, walked the roads of India, and visited monuments in Indonesia and many other countries throughout his travels.

Alex then returned to Australia and decided to start an adventure company that brought together those 3 loves - Motorcycles, Mountain Biking and Hiking.

Alex has a wealth of experience and expertise and wants to share his love of these 3 pur-suits.



Photo from 2019 India Motorcycle tour

What the customers are saying:

ROOF OF THE WORLD - INDIA 2019

I have had an unbelievably great time in India. Never in a million years would I have attempted to do this trip on my own, let alone attempt the highest motorable pass in THE WORLD!!!!

Alex and Shane Cudlin have been an absolute wealth of knowledge and experience and managed to get this road rider, through some of the toughest roads and trickiest conditions in India.

Many, many thanks for the insane, magical and crazy experience, Ill never forget. Highly, highly recommend!!

Ashley Debakker (First female customer)

Aussie Bike or Hike



Photo from 2019 India Motorcycle tour

What other tours do we run?

Aussie Bike or Hike runs a huge ranges of tours in Australia and overseas.

They run Motorcycle tours in India and Peru,

Hiking tours in Australia and Nepal

Mountain bike tours in Australia and Indonesia.

If you are interested in joining another type of tour.

Check out our website www.aussiebikeorhike.com


Aussie Bike or Hike



Taj Mahal -Photo from 2019 India Motorcycle tour



 **Alex Cudlin - Aussie bike or hike**

 +61 (0) 408 692 990

 info@aussiebikeorhike.com

Thank you.
See you in Nepal!



AUSSIE
BIKE OR HIKE
www.aussiebikeorhike.com

ABH