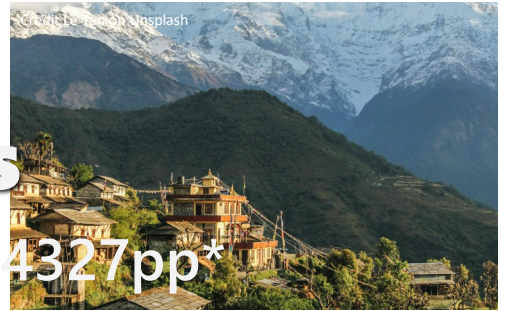


Credit: Chandan chaurasia on Unsplash

Regent  
TRAVEL

Credit: alex invanos at unsplash



# Walking in the Himalayas

1st November 2027 - 14 Days from £4327pp\*

*Join Regent on a unique small group walking tour, with a backdrop of the glorious Annapurna Mountain Range.*

## Exclusively Regent

- ◇ Fully escorted by a Regent Tour Manager (subject to minimum numbers)
- ◇ Return Economy flights - Manchester airport to Nepal - 1 change en-route
- ◇ 12 nights' accommodation on a varied board basis with 1 overnight flight
- ◇ Small group tour with a maximum of 18 passengers (exact numbers subject to change)
- ◇ Highlights include guided tours of Kathmandu and Pokhara
- ◇ Varied programme of walks as per itinerary, with glorious views of Annapurna Mountain Range throughout
- ◇ Entrance fees to all sights included as per itinerary
- ◇ Includes cost of airport taxes
- ◇ Return airport transfers to Manchester airport available from local departure points

## Tour Itinerary

### Monday 1st November 2027

Meet your travelling companions today as we fly from Manchester Airport, via Doha, on this small group tour.

### Tuesday 2nd November 2027

We arrive late morning in vibrant Kathmandu, Nepal's incredible capital city. Transfer to our first hotel, **5\* Soaltee Hotel**, our home for the next 3 nights. Enjoy the remainder of the day to relax at leisure. Opened in 1966, the hotel has played a major role in shaping Nepal's hospitality industry and is often considered a landmark in Kathmandu. It sits on about 12 acres of landscaped gardens in the Tahachal area, offering a calm, resort-like environment within the capital. It is pleasantly secluded from the busiest parts of the city, making it a tranquil place to relax, but still has a central location, so feel free to venture out to see the city's sights if you wish. (D)

### Wednesday 3rd November 2027

Welcome to Kathmandu! Immerse yourself in the city's highlights with our sightseeing tour this morning, as we see the melting-pot of various cultures and Hindu and Buddhist features here first hand. See the impressive Buddhist stupa of Swayambhunath and the famous Durbar Square, a UNESCO World Heritage Site that incorporates the temples of Kastha Mandap and Kumara Devi. This afternoon we explore the ancient city of Patan and browse the local Tibetan handicraft market. (B,D)

### Thursday 4th November 2027

Enjoy another day of sightseeing visiting Bhadgaon, also known as Bhaktapur, meaning 'place of devotees', an ancient and skilfully crafted Newari city just a short drive from Kathmandu. We see the Boudanath Stupa and Pashupatinath. Evening at leisure. (B,D)



Credit: Wendy Birch

**\*Single Room Supplement: 970pp**

**\*Business Class Upgrades available**

**Continued Overleaf .....**

**A deposit of £800pp is required to reserve your place on this tour**

FOR MORE INFORMATION ON THIS DEPARTURE PLEASE CONTACT:-

**Regent Tel 01785 818202**

tours@regent-travel.co.uk www.regent-travel.co.uk 63 High Street, Stone, Staffordshire ST15 8AD

Regent (ABTA 89283) act as agent for Transindus ATOL 3429, ABTA V0705, AITO 5131. Bookings are all subject to Transindus booking conditions, please ask in store for their brochure or see www.transindus.co.uk. Prices and itinerary details are correct at time of going to print but are prepared in advance and are subject to change. Regent reserve the right to make changes. UK transport provided by Regent and their suppliers. Regent ABTA 89283. Leaflet issue 1 - 28/05/26 - EW



## Itinerary Continued .....

### Friday 5th November 2027

We depart Kathmandu Valley for Pokhara this morning, on a journey lasting around 6 hours. Pokhara is a smaller, more relaxed area than Kathmandu, and beautifully situated on the banks of Lake Phewa. Situated at an altitude of around 1000 metres, on a clear day you can see the snow-capped peaks of the Annapurna Range, including Machhapuchhre - known as ' Fishtail Mountain'. Overnight at **4\* Hotel Barahi**, Pokhara. (B,D)

### Saturday 6th November 2027

Meet our local guide this morning for a briefing, before we take a short drive to the start of our walk at Ghattekhola. Today's short walk takes us to Dhampus and towards the **Dhampus Lodge**, our home for the night at 1525m On a clear day, the Phedi and Mardi Valleys are spread out before you, along with the Annapurna range and the closest and most impressive of the range, Machapuchare - Fishtail Mountain. Comprising rooms, restaurant, bar, and a beautifully landscaped garden terrace, Dhampus lodge feels like a mountainside secret. Gather on the grassy terrace for drinks and foot massages as the sun sets over the mountains then head into the cozy dining room with fire and fully stoked bar for dinner. (B,L,D)

### Sunday 7th November 2027

We set off from our lodge up through Pothana village (a former Tibetan settlement) and then along the ridge or through forests down towards Majgaon (approx. 1,400m) with rhododendron forests, magnolia trees, and panoramic views. As we walk through local Gurung villages, we glimpse an insight into traditional lifestyles. We stay this evening at the delightful **Majgaon Lodge**. Evening at leisure. (B,L,D)

### Monday 8th November 2027

We leave Majgaon this morning. The trek from Majgaon Lodge to Landruk will typically pass through traditional villages and farms, reaching the village of Landruk. We stay the night at the **Landruk Lodge** (B,L,D)

### Tuesday 9th November 2027

It takes about 3 to 4 hours to trek between the two villages of Landruk and Ghandruk. This area is renowned for its honey hunters, who scale the cliffs

**Continued overleaf.....**



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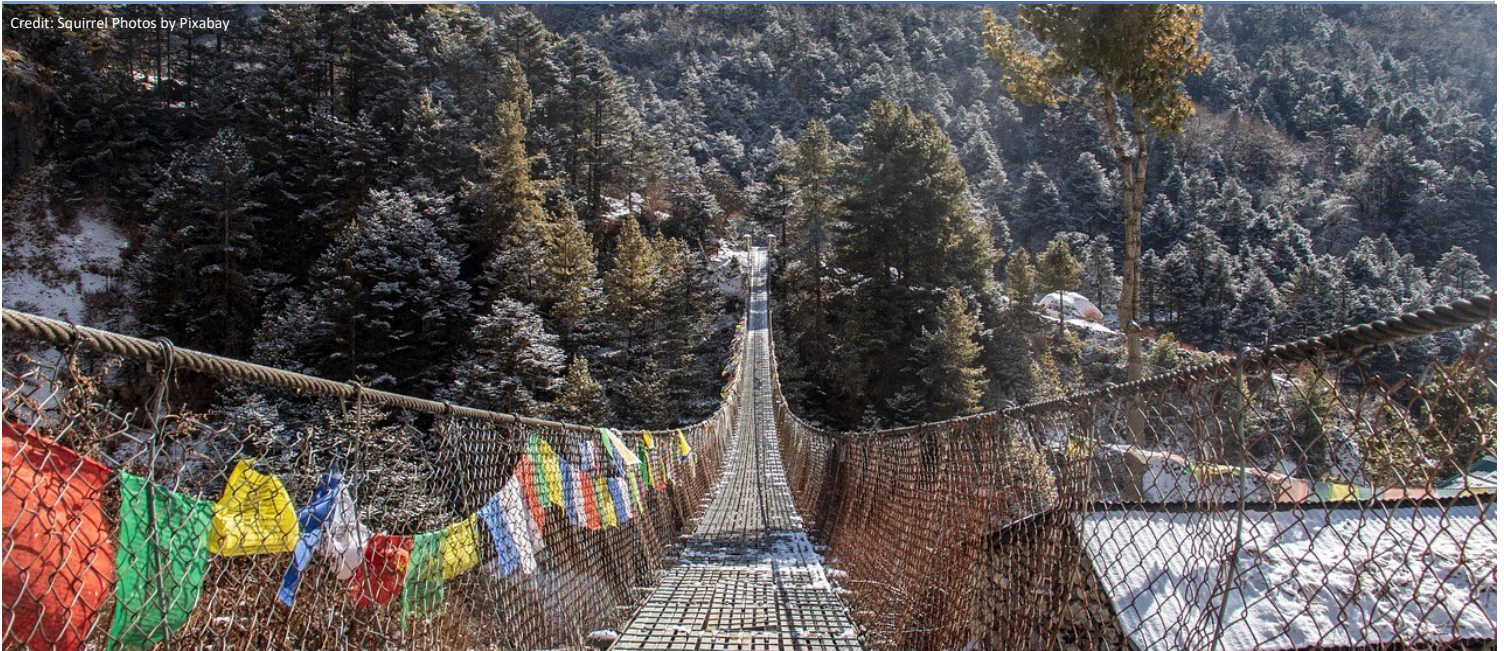
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Credit: Squirrel Photos by Pixabay



### Itinerary Continued...

on ropes to collect honey. Crossing a sturdy suspension bridge to the opposite bank of the Modi River, we will then embark on a hike up switchbacks and steps to reach the village of Ghandruk, where we stay at the **Ghandruk Lodge**. (B,L,D)

### Wednesday 10th November 2027

We leave our lodge to hike through terraced hills down to Syauli Bazaar, then follow the river path to Birethanti. Enjoy great views of the valley, forests, and terrace farms, finishing our day at the **Birethanti Lodge**. (B,L,D)

### Thursday 11th November 2027

After breakfast we take a short trek to Nayapol heading along the ridge and descend through a wooded hillside and terraced farmland to reach the valley floor. The walk lasts around 90 minutes, followed by a vehicle transfer to Pokhara (approx. 40 mins). We return to **4\* Hotel Barahi** for the next 2 nights. Remainder of the day at leisure. (B,D)

### Friday 12th November 2027

We have a full day tour of Pokhara, including a visit to the Gurkha Museum this morning for an insight into the history of the famous Nepali soldiers, who fought alongside British and Indian armies. See photographs, letters, uniforms and medals, including the esteemed Victoria Cross - the highest accolade given for bravery. Additionally we visit the Tashiling Tibetan refugee camp, Davi's Fall and Jangchub Choeling Monastery. (B, D)

### Saturday 13th November 2027

We drive back to Kathmandu this morning (journey approx. 6 hours), staying at the **5\* Soaltee Hotel** again for the night. The afternoon is free for you to relax and have lunch at leisure, before we dine as a group at a traditional local restaurant this evening, for an authentic taste of Nepal. (B,D)

### Sunday 14th November 2027

After breakfast we transfer to Kathmandu airport for our mid-day flight via Doha with memories of this fantastic tour. Arriving back into Manchester mid evening. (B)



Credit: Transindus



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## Important Information

**REGENT WALKING:** Trekking will be at a comfortable pace along well-worn paths. Although this trek is gentle by Himalayan standards, you will need to be prepared to negotiate steep inclines at certain points during the trip. Travel will be between mountain lodges. Short breaks can be taken and you can look forward to usually arrive at your lodge in time for lunch, although please bear in mind the pace may vary depending on the abilities of the group.

**ALTITUDE:** Altitudes vary and while most walks will be between 1060 and 1680 metres, the highest altitude you reach will be around 2000 metres. Altitude sickness can affect all fitness levels and the group ascend gradually to assist acclimatisation.

**HEALTH & MOBILITY:** You must consult your local GP or health professional prior to travel for the latest health and medical advice. This tour is not suitable for passengers with mobility issues. Regent must be informed of all special requests at the time of booking, including health, mobility, flight and dietary requests, and if personal ability or health declines over the booking period. Requests will be noted but cannot be guaranteed.

**LOCAL CUISINE:** Nepali cuisine involves mainly vegetable-based dishes, often with meat mixed in. Few will be solely meat-based. Restaurants do cater to the western palate, so there will be plenty of non-spiced food options. Nepali cuisine is based around ingredients grown locally in mountainous areas, with typical dishes incorporating different spices and seasoning, so please keep an open mind and be adventurous!

**VISA INFORMATION:** Visas are required for entry to Nepal. These are not included in the tour cost and will be at additional expense of approx. £25pp. You will also require 2 additional passport sized photographs for your entrance permit to the Annapurna Conservation Area.

**PRE-TOUR Meeting:** A pre-tour meeting will be given for this departure approximately 3 months prior to departure date, detailing your itinerary, a recommended packing list and other useful information.

## Accommodation:

### 5\* Soaltee Hotel, Kathmandu

Located in the Tahachal area. En-suite rooms, set in 12 acres of garden. Tea & coffee making facilities, hairdryer, outdoor pool and use of spa (chargeable) Choice of fine-dining restaurants and atmospheric bars.

### 4\* Hotel Barathi, Pohara

Situated directly in the bustling Lakeside area, deluxe rooms featuring air conditioning, minibar, safes, and balconies. Main restaurant with live cultural shows, plus multiple dining options and a cafe. Large outdoor swimming pool, spa offering Ayurvedic treatments and massages (chargeable)

## Mountain Lodges of Nepal

### Dhampus, Majgaon, Landruk, Ghanruk & Birethanti

'Mountain Lodges of Nepal' are a premium lodge network across Nepal. Each lodge is unique but offers simple but high quality rooms with en-suite facilities and unlimited boiled and filtered drinking water. All Lodge stays are on a full board basis.



Credit: Wendy Birch

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