



Gorkha Heritage Trek

Combines well with following programs:

- * Annapurna Base Camp - 7 days

- * Landruk/Gorepani/Poonhill - 6 days

- * Pokhara/Poonhill - 3 days

- * Muktinath/Annapurna Base Camp - 15 days

- * Manaslu - 14 days

Booking, further information and current pricing:

Asian Alpine Treks
www.asianalpinetreks.com
info@asianalpinetreks.com
oneworld33@ntc.net.np

Imprint:

pictures: R. Wenzel
 B. Kirsch, M. Protze
 text: B. Kirsch
 layout: B. Marx



Through the cultural heartland of Nepal around the historic Ligligkot to the old capital Gorkha

A part of the revenue will benefit the local population of the Gorkha district.



The Gorkha Heritage Trek offers you:

- * hiking in nature, off the beaten track
- * breathtaking views of Annapurna and Manaslu and cultural highlights
- * daytrips in pleasant length in moderate heights, suitable for the unexperienced hiker
- * accomodation with local families allows an authentic insight in the Nepalese country life
- * small groups with informal atmosphere
- * by the way you support a project against the rural depopulation

Program

Day 1	Kathmandu - Turture - Tatipokhari 3 hour walk along the river Chepe Khola
Day 2	Tatipokhari - Amppipal 4 to 5 hour walk mainly uphill until you reach the Amppipal Hospital. Accomodation with local families or in the hospital's guesthouse
Day 3	Rest day Opportunity to explore the area around the hospital. Do not miss to climb the Ligligkot (1.450m) - listen to its long and intriguing history and enjoy the gorgeous views of Manaslu and Annapurna.
Day 4	Amppipal - Harmi - Thalajung After a walk downhill to Harmi, you follow a long and fairly steep ascent to Thalajung, where you stay for the night with local Gurung families.
Day 5	Thalajung - Chhoprak A short climb to the top of Siransokot will be rewarded with stunning panorama view. Small temples and the ruins of former fortresses are waiting to be explored. Through dense jungle with unique Himalayan flora and fauna - even leopards might be cross your way - you hike downhill to Chhoprak. Overnight stay in a local lodge.

Day 6	Chhoprak - Gorkha Downhill hike to Surkate at the river Daraudi. An uphill walk will bring you to Gorkha, the district capital. The founder of modern Nepal, King Prithvi Narayan Shah, was born here.
Day 7	Gorkha - Bandipur After a visit of the former royal palace and the attached museum, you travel on to Bandipur. Bandipur is a picturesque crossing point of ancient trade routes, with breathtaking views of the massifs of Manaslu and Annapurna.
Day 8	Return journey to Kathmandu or travel on to Pokhara.

Group size:
minimum 2 guests, maximum 10 guests

Services:
Inclusive: All sightseeing as mentioned above, a learned guide and porters. Accomodation and catering during the trek.
Not inclusive: Transfer to Nepal, Visa, accomoda-tion and catering in Kathmandu, further individual program.

**Individual adjustments are always possible:
Ask your Guide!**

