



# Nepal Chitwan to Annapurna Multi-Adventure

**Breathtaking Trails, Trisuli River Rafting & Cultural Wonders of Kathmandu**

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary and accommodations may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

**We love talking travel!**  
Contact us at [info@mtsobek.com](mailto:info@mtsobek.com)  
or call **800-974-0300**



# Feel the difference

with **Mountain Travel Sobek**

## Unrivaled Expertise

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Travel Company by Newsweek Readers' Choice Awards.

## Unique Trip Design

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

## Small Groups

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.





## Leading the Way

### World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.





# Why take this trip with us?

## REASON 1

MT Sobek is a legendary outfitter in Nepal, offering pioneering adventure travel experiences in the Everest and Kathmandu regions since 1969.

## REASON 2

Intended to make Nepal an accessible destination, this trip combines two activity levels to offer everyone an experience that suits them best with flexible daily activities.

## REASON 3

Our team of local, seasoned guides know your destination best and have extensive experience leading authentic journeys in Nepal. Feel immersed as they share knowledge of the region's culture and traditions.

## At A Glance

### ACTIVITIES

Easy to moderate walking and hiking for up to 4 hours and 4 miles. River rafting on Class II and II+ rapids. Cultural touring of historic sites, bazaars, and temples.



### LODGING

Scenic and comfortable accommodation in Nepalese inns and lodges, plus two nights at Kathmandu's comfortable Yak and Yeti Hotel.



### CLIMATE

Autumn daytime temperatures: 70°F-80°F; autumn nighttime temperatures 40°F - 65°F. Rain or snow possible. Spring temperatures 5°F-10°F warmer than autumn.



### KNOW BEFORE YOU BOOK

*"What a total comfort to know that with MT Sobek, you're in the hands of professionals who have been doing it so long and so well. That was part of why we landed on them as our operators for our dream trip, and everything about the experience they gave us—from tailored expertise to unswerving professionalism—confirmed the company's emphasis on excellence." - Alex M.*

# Nepal Chitwan to Annapurna Multi-Adventure

## Breathtaking Trails, Trisuli River Rafting & Cultural Wonders of Kathmandu

Nepal, a land of stark contrasts and rich heritage, cradles an astonishing variety of landscapes within its small borders. Embark on this thrilling journey from Kathmandu, traversing a path that weaves through rivers, jungles, mountains, and UNESCO World Heritage Sites. Raft the Trisuli River's scenic gorges and venture on to Chitwan, where amazing wildlife encounters await. From there, the journey takes you to Pokhara, where you can watch the sun set from the hilltop town of Sarangkot, sail across Phewa Lake, and hike to the Peace Stupa, rewarded with stunning vistas of the Annapurna range, the city, and the serene lake below. This new flexible adventure includes daily activity options ranging from easy to moderate, making it the perfect option for first-time travelers to Nepal.

### 9 Days

**Start:** Kathmandu, Nepal

**End:** Kathmandu, Nepal

**Departing:** March, October, November

**Activities:** Multi-Adventure

**Lodging:** Comfortable Hotels

**Group Size:** 4-14 Guests

#### ACTIVITY:



Check [mtsobek.com](https://www.mtsobek.com) for date-specific pricing.

“

*“We have traveled throughout the world, but never experienced a level of service and attention to detail as we did with MT Sobek.”*

- Dennis G.

# The Itinerary

DAY  
01

## Arrive in Kathmandu

Welcome to Kathmandu! Meet your MT Sobek guide and transfer to the comfortable Yak and Yeti Hotel. Take some time to settle in before your afternoon trip briefing, then enjoy a welcome dinner with your group.

**MEALS:** Dinner

**TRANSPORTATION:** 30-minute private transfer

---

DAY  
02

## Raft the Trisuli River

After breakfast, check out of the hotel and start the drive out of the Kathmandu Valley, enjoying panoramic views of the Langtang, Ganesh, Manaslu, and Annapurna mountain ranges. Descend along a scenic, winding road through the foothills and drive along the Trisuli River to your whitewater rafting starting point near Fishling (the starting point may vary according to season and water level). Meet your rafting crew, gear up and start paddling! Look for monkeys and water birds along the way in between exciting Class II and II+ rapids such as Surprise, Butterfly, Electric, Monsoon, Rock Garden, and more. Once you've reached the endpoint in Kurintar (853'), hike about 10 minutes to your lodge, known for its great views of the forest, river, and surrounding hillsides.

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 3-hour private transfer

**ACTIVITY:** 3 hours/6.2 miles rafting (levels 2 & 3)

---

DAY  
03

## Drive to Chitwan National Park

Start off on foot today with a short hike across Trisuli River via a suspension bridge. From here, drive to Chitwan National Park through the tropical town of Mugling. After checking in, savor a leisurely lunch before heading out on a relaxing canoe safari (no paddling required) with a sundowner experience at the confluence of the Marsyangdi and Trisuli Rivers. Enjoy a traditional Tharu cultural performance later this evening.

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 2.5-hour private transfer

**ACTIVITY:** 2-hour canoe safari (levels 2 & 3)

---

A circular icon with a red border and a dark red background. The text "DAY" is in a smaller font above the number "04", both in white.

## Discover Wildlife Wonders in Chitwan National Park

Rise early this morning to delve further into the natural treasures of Chitwan National Park, hopping into a jeep for a jungle safari, the best way to search for wildlife in Chitwan. Sit comfortably behind your experienced driver and naturalist guide, watching for wildlife such as wild boar, sambar, rhesus and hanuman monkeys, and the rare one-horned rhino! Stop for a delightful picnic breakfast at a scenic spot in the park. Take pictures to your heart's content along the game drive, returning to the lodge around midday. After time to relax and use the pool or spa facilities, gear up and choose your afternoon adventure.

Activity Level 2 Option: Enjoy an easy village walk that takes you on foot to experience the daily life of the Tharu people in the company of an experienced local guide.

Activity Level 3 Option: Explore a less densely forested part of the park on a walking safari with birdwatching alongside trained naturalists. You'll likely see smaller animals and a variety of birds in this ornithologist's paradise.

**MEALS:** Breakfast | Lunch | Dinner

**ACTIVITY:** 3.5-4 hour Jeep safari (levels 2 & 3); 2-hour village walk (level 2 option) OR 2-3 hour walking safari (level 3 option)

---

A circular icon with a red border and a dark red background. The text "DAY" is in a smaller font above the number "05", both in white.

## Journey to Pokhara

After breakfast, drive to lively Pokhara at 2,690 feet, set beside Phewa Lake at the foot of the Annapurna range. Enjoy some free time at the lakeside, then choose from two afternoon hike options.

Activity Level 2 Option: The easier option is to take the 10-minute cable car to Sarangkot (5,222') and enjoy a short hike to the View Tower for panoramic vistas of the Himalayas, Pokhara, and Phewa Lake. Continue hiking past Sarangkot to the Mountain Lodge, where you'll reconnect with the group.

Activity Level 3 Option: This longer hike starts at Naudanda (4,690'), where you will be hiking mostly along the ridgeline and through a small forest to Kaskikot Deurali (4,756'). From there, drive on to Sarangkot and hike about 15 minutes to the View Tower for panoramic Himalayan vistas and views of Pokhara and Phewa Lake. Continue hiking past Sarangkot to the Mountain Lodge, where you'll reconnect with the group.

Watch the sunset over the Annapurna range together and enjoy dinner with the whole group before returning to Pokhara.

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 6-hour private transfer, 10-minute cable-car ride (level 2 option) OR 6.75-hour private transfer (level 3 option)

**ACTIVITY:** 1-1.5 hours/1-1.5 miles hiking with no elevation gain or loss (level 2 option) OR 2-2.5 hours/2-2.5 miles hiking with 66' elevation gain (level 3 option)

---



## DAY 06

### Explore the Pokhara Region

After breakfast, journey to the starting point of one of two spectacular Annapurna hiking options. Take the flatter village-to-village route on tackle the harder “Royal Trek.”

Activity Level 2 Option: Drive to the hike starting point at Phewa Power House (2,601'). Walk on mostly flat terrain through agricultural land and paddy fields, crossing suspension bridges and passing through Damsadi and Ambote villages. While enjoying a glimpse of local life, you'll also get spectacular views of the Annapurna and Manaslu mountain ranges, the Pokhara Valley, and the Phusre Khola river gorge. End the hike at the Phewa Power House, have lunch by the lake, and return to the hotel.

Activity Level 3 Option: Drive to the hike starting point at Kalikasthan (3,838'). Trek up to Thulokot (4,100') and an open grassy ridge with panoramic views stretching from Dhaulagiri (26,804') in the west to the Annapurnas and Manaslu (6,775') in the east. Descend through scenic villages, enjoying fine views along the way until reaching the valley floor at Begnas Lake (2,152') for lunch. This hike is part of the route known as the “Royal Trek,” named in honor of King Charles III, who hiked this path when he visited Nepal in the early 1980s. After lunch, drive back to the hotel.

Enjoy dinner together, discussing your day's adventures and making plans for tomorrow.

**MEALS:** Breakfast | Lunch | Dinner

**TRANSPORTATION:** 30-minute private transfer (level 2 option) OR 1.5-hour private transfer (level 3 option)

**ACTIVITY:** 2.5-3 hours/3-3.5 miles hiking with no elevation gain or loss (level 2 option) OR 3.5-4 hours/3.5-4 miles hiking with 262' elevation gain and 1,948' elevation loss (level 3 option)



## Visit the Peace Stupa & International Mountain Museum

In the morning, take a boat ride on Phewa Lake to a small island that is home to the double-roofed Barahi Temple, dedicated to Lord Vishnu. After crossing the lake, hike up through the forest on stone steps to the white Peace Stupa (3,618'). This symbol of peace sits atop Ananda Hill and was built by a Japanese Buddhist monk named Morioka Sonin, along with local supporters. From here, you'll have excellent views of the Annapurna mountain range, Pokhara, and Phewa Lake.

Activity Level 2 Option: Take the easy descent from Peace Stupa, mostly via paved steps, passing souvenir shops and small eateries and meet up with your waiting van to return to the hotel or lakeside.

Activity Level 3 Option: Hike down through diverse forests to the village of Dam Side (2,624') where your van will be waiting to take you back to the hotel or lakeside.

In the afternoon, both groups will visit the International Mountain Museum, which records, documents, and chronicles the past and present development of mountaineering activities, particularly in the Himalayas. You'll find records of successful climbs, regional flora and fauna, and exhibits on human activities in the area.

**MEALS:** Breakfast | Dinner

**TRANSPORTATION:** 1-hour private transfer (level 2 option) OR 45-minute private transfer (level 3 option)

**ACTIVITY:** 45-minute boat ride, half-day museum visit; 1.5-2 hours/1.5-2 miles hiking with 1,017' elevation gain and 148' foot loss (level 2 option) OR 3-3.5 hours/3-3.5 miles hiking with 1,017' elevation gain and 994' foot loss (level 3 option)

---



## Cultural Exploration in Kathmandu

Your group will take the morning flight to Kathmandu today, then transfer to the Yak and Yeti Hotel. Lunch is on your own in one of Kathmandu's many tempting eateries. In the afternoon, you can choose to tour the temples or visit the bazaar in Kathmandu.

Activity Level 2 Option: Drive to Pashupatinath temple for a walking tour of the temple and its ghats (ceremony platforms) on the Bagmati River. This is the holiest Hindu shrine in all of Nepal. Next, you'll drive to Boudhanath, the largest stupa in Nepal and the center of Buddhist culture in Kathmandu. Both temples are part of the Kathmandu Valley UNESCO World Heritage Site. After touring the temples, join your group for a farewell dinner.

Activity Level 3 Option: Take a walking tour to the lively bazaar and Durbar Square area, the center of old Kathmandu and part of the Kathmandu Valley UNESCO World Heritage Site. Pass through Thamel and Asan Tole Bazaar on the way. Much of day-to-day life in the city takes place here at the bazaar. Soak up the fascinating mixture of people selling fruit, vegetables, and spices, devotees visiting their favorite gods at temples, and small shrines dotted along the sides of alleyways—if you are lucky, you might even catch a glimpse of the Living Goddess Kumari. Walk back to the hotel along a different route.

Gather this evening with the whole group for a celebratory farewell dinner.

**MEALS:** Breakfast | Dinner

**TRANSPORTATION:** 25-minute flight, 30-minute private car/van transfer

**ACTIVITY:** Half day cultural tour by van (level 2 option) OR Half day cultural tour by foot (level 3 option)

---



## Depart from Kathmandu

After breakfast, say goodbye to Kathmandu as you transfer to the airport for your homeward-bound flight.

**MEALS:** Breakfast

**TRANSPORTATION:** 30-minute private car/van transfer



# Where You'll Stay

**These accommodations may be subject to change depending on your date of travel.**

## **Yak and Yeti Hotel**

A five-star oasis in the heart of Kathmandu, the Yak & Yeti is the perfect blend of contemporary international standards and time-honored Nepali tradition. Guests will find refuge among antique fountains, gilded temples, and emerald gardens while enjoying a state-of-the-art gymnasium, spa features, shopping arcades, atrium, tennis courts, and swimming pools.

## **Summit River Lodge**

Seamlessly integrated into the mid-hills of Nepal, this cottage-like, eco-friendly oasis is located between Kathmandu and Pokhara. Each of the 16 comfortably rustic, ensuite rooms offers air-conditioning and complimentary amenities such as a hydration, tea and coffee station outside. Fuel up for adventures on freshly prepared food cooked in an open-air kitchen.

## **Barahi Jungle Lodge**

Soak in the stone-paved pool, cozy up in the Fig Tree Library, or sip a sundowner at the Tiger Den, listening to the sounds of the jungle at the Barahi Jungle Lodge, set on the banks of the Rapti River opposite Chitwan National Park. Thatched accommodations, all with a private balcony, line the riverbank and dot the jungle for a secluded, private experience. Interconnected huts area available for families or groups.



# Where You'll Stay

**These accommodations may be subject to change depending on your date of travel.**

## **Temple Tree Resort and Spa**

Temple Tree Resort & Spa combines western creature comforts with the architecture and culture of Nepal's Western Himalayas. Within the peaceful atmosphere close to Fewa Lake in the Pokhara Valley, the resort offers 46 climate-controlled rooms housed in two-story cottages with en-suite bathrooms, satellite television, free Wi-Fi, and other thoughtful amenities. Dine at the casual Tree House or on global cuisine at the Bay Leaf Restaurant. The Island Bar by the outdoor swimming pool serves tapas and cocktails. The Spa at Temple Tree offers a variety of treatments based on traditional Asian medicine.

# Departure Dates

This trip is available to run in: March, October, November

**Book early for a greater choice of available dates.**  
Once you book, your price is GUARANTEED!

October 27-November 4, 2025

November 10-18, 2025

November 24-December 2, 2025

March 16-24, 2026

October 19-27, 2026

November 2-10, 2026

November 16-24, 2026

# What's Included

## PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portorage

## PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses



**MT SOBEK™**

The Adventure Company | Est. 1969

# YOUR ADVENTURE AWAITS.

**70 Countries | 150+ Destinations | Infinite Possibilities**

Call **800.974.0300** or visit **mtsobek.com**  
**AND BOOK TODAY!**

