

# A World Away Travels

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## Mardi Himal and Seti Khola

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This trip explores Nepal's diverse landscapes and cultures. Created for intermediate kayakers and all rafters the Mardi Himal and Seti trip combines trekking and whitewater paddling. The trip travels from the snow covered Himalayas to Nepal's sub-tropical jungles. Limited to eight people, our goal is to interact with and learn about the places and people we pass. To insure this our trip is run differently; we travel on less trodden trails and down an isolated river. These choices allow us to enter areas that few tourists have visited, making the Mardi Himal and Seti Trip a unique adventure.

### **Day 1-2 *Fly to Nepal***

### **Day 3 *Arrive in Nepal***

We will spend the afternoon becoming acquainted to your new surroundings and going over your trip in Nepal. For the next two nights we will stay at the Vajra Hotel. The hotel was built with artifacts from all over the Kathmandu Valley and is very close to Swayambhunath, the Monkey Temple. Our first night dinner will be accompanied by the sounds of a group of local folk musicians. With the lights of the Kathmandu Valley glowing in the background this is a fantastic first evening in Nepal. Accommodations: Vajra Hotel *Dinner*

### **Day 4 *Kathmandu***

Today we will have an optional early start for people experiencing jet lag. We find that people are ready to get started quite early their first couple of days in Nepal. In the morning we will walk to Swayambhunath and take in the sights and sounds of Nepal's oldest Buddhist Stupa with Kathmandu's Tibetan community. In the early morning hours Swayambhunath is alive with activity-the perfect time to visit. The remaining portion of the morning is set aside for organizing gear and relaxing. In the afternoon, after a roof top lunch at Taleju we will visit Patan, one of the valley's original cities with a local historian. Tonight dinner will be on your own. There are a wonderful selection of restaurants to chose from near our hotel. Accommodations: Vajra Hotel *Breakfast, Lunch*

### **Day 5-10 *Mardi Himal Trek***

Fly to Pokhara and begin our trek. This is a spectacular flight. Departing in the morning before any clouds have a chance to build up, we fly beside a Himalayan panorama from Kathmandu to Pokhara. Out the plane's windows the mountains seem close enough to touch.

The Mardi Himal trek is a six-day hike through the southern foothills of the Annapurnas. This range with a dozen peaks over 20,000 feet sits in Central Nepal. Its southern flank receives over 157 inches of rain each year and its northern ridges hide behind the Himalayan rain shadow. Towering over 23,000 feet above the Pokhara and Lake Phewa the Annapurnas have astonishing ecological diversity from the sub-tropical Pokhara Valley to the frozen tips of some of the world's highest mountains; it is a region overflowing with incredible natural beauty and rich culture.

Trekking beneath Himalayan summits our path weaves its way across a ridge with sensational views in all directions. To the south, an endless vista of foothills and to the north an 87-mile skyline of glacier covered mountains; from Dhaulagiri (26,795 ft) in the west to Manaslu (26,781 ft) in the east. In fall, after Nepal's

three-month monsoon the blue-sky is crystal clear. Walking between 2,000 and 10,000 feet, in a sub-tropical environment, our route passes traditional villages off the regular route through the often-crowded Annapurna Region. A great chance to meet Nepali people and learn about their ancient lifestyles. Travelling with experienced guides and a crew of cooks and porters all of the arrangements are taken care of leaving you time to enjoy the spectacular scenery and absorb the colorful local culture.

Leaving the villages behind we will then climb to a high alpine pasture directly below the summit of Machhapuchhre (23,076 ft); one of Nepal's most beautiful and sacred summits. This is one of the few mountains in Nepal that mountaineers are not allowed to climb. Following a long rising ridge we will climb toward Mardi Himal immediately below the sheer southwesterly slope of Machhapuchhre. One of the best views in the Himalayas!

From our high point we will descend through a cloud forest of rhododendrons, tree ferns and orchids before reaching a valley of terraced rice fields and local villages. Following the contours of the valley we will travel through picturesque Gurung and Tamang villages before reaching Pokhara and the end of the trek.

*B,L,D*

*No Dinner Day 10*

### **Day 10 Evening in Pokhara**

Arriving at the end of our trail we drive back to the Shangri-La hotel. Enjoying a great meal we have the evening free to relax after our four days of trekking. *Dinner on your own tonight either at the Lake Side of if you prefer the hotel.*

### **Day 11-12 Raft or Kayak the Seti Khola**

Paddling in Nepal is a fascinating way to see the country. It's an incredible opportunity to travel to places very few tourists visit. Starting in an open valley beneath the Annapurnas our rafts and kayaks drift over the Seti's silty green waters into a lush jungle corridor. A warm water class 3 river the Seti is lined with beautiful white sand beaches and is overflowing with bird life. Our first day of boating begins with sections of class 2 and 3 whitewater. This will be an excellent chance for kayakers to warm up and fit their boats correctly. Our second day on the river continues down stream over class 2 and 3 water through a beautiful river canyon. The end of day 2 on the river features several thrilling wave trains before we reach the Seti's confluence with the Trisuli river and our take out. The Seti is an excellent taste of Nepal's whitewater and riverside cultures. *2B, 2L, 1D No Dinner on Day 13*

### **Day 12 Pokhara-Kathmandu**

In the late afternoon travel back to Kathmandu. The rest of the evening is free to relax. Dinner on your own. Accommodations: Vajra Hotel

### **Day 13 Kathmandu**

Today is free to explore Kathmandu and its many sites. In the evening the group will gather to visit Bodhnath. Followed by a walk around Bodhnath, our dinner will be back-lit by thousands of candles burning around the Stupa. Accommodations: Vajra Hotel *B,D*

**Option 2** If people are more interested in walking we will arrange an all day hike through Southern Kathmandu's settlements. Just a couple miles out of the city center our route travels through traditional Newari neighborhoods that have hardly changed since Kathmandu was first established.

**Day 14 Depart Nepal** or continue your vacation on an A World Away Travels Extension to Chitwan National Park. **PLEASE CALL FOR DETAILS –1-888-438-3612. B**

### **Day 15 Arrive Home**

All of our treks and river descents are fully supported with teams of safety kayakers, guides, cooks, porters and a trip leader making them safe, comfortable and unforgettable adventures. Our trekking and river combinations are limited to 8 participants.

**Including:**

- All trekking equipment (Sierra Designs or North Face Sleeping Tents / 3 man tents for every 2 trekkers, sleeping pads, dining tent with tables and chairs, and toilet tent with toilet seat, shower tent)
- Staff (Guide through out trip, cooks, porter and helpers during trek / raft and kayak guides and cooks on Seti River)
- All Tours and Entrance Fees
- Accommodations in charming hotels and top quality tents (4 nights Vajra, 1 night Shangri La Village Hotel, 6 nights camping)
- Meals noted in the itinerary (11 Breakfasts, 10 Lunches, 8 Dinners)
- Trekking and River Permits
- Ground Transportation

**Price does not include:**

- International Flights
- Visa Fees
- Domestic and International Airport Taxes
- Alcoholic and Bottled Beverages
- Tips
- Personal expenses (telephone, email, laundry, etc.)

**Days: 15**

***Moderate trekking and Class 3 whitewater rafting or kayaking***