

# Old Nepal Treks

luxury trekking

with

BASANTA ADVENTURE  
TREKS & EXPEDITIONS



Our Old Nepal itineraries capture the unique feeling of trekking in Nepal in the early days. Staying at our truly comfortable 'hidden gem' locations we access the 'real Nepal' that the tourist trails miss: unspoilt villages, traditional foothill farmland, stunning forests and panoramic views of the whole Himalaya. Be in no doubt - this is the greatest mountain landscape on the planet, and you really don't have to stick to the tourist trails to see the very best of it. Our secret Nepal is as gorgeous as ever. Walking days are designed to be easy enough for all casual walkers, linking our wonderful night stops through beautiful countryside and stunning views. Every detail of these itineraries is carefully crafted to give the richest experience of the gorgeous foothills and culture that only Nepal has to offer. Being here... in these incredible inspiring landscapes... staying in such fabulous locations - surely the most rewarding holiday available on earth. This is our beloved Old Nepal.

## the warm heart of old nepal

*panoramic mountain views on route to the best unspoilt Newari villages*

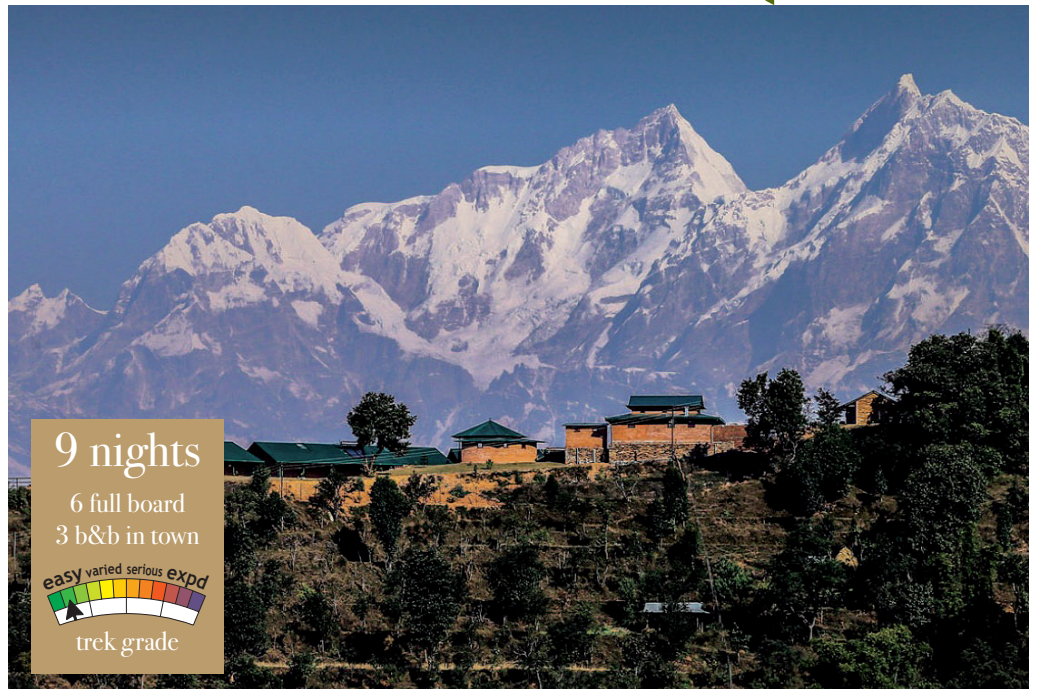
Our little trek to the 'Warm Heart of Nepal' uncovers many secret gems, fabulous locations bypassed by the trekking herds. It is the perfect temperature lowland trek for a winter escape with typically clear views.

First, Patan Durbar Square, the best in the Kathmandu valley, staying at the delightful Patan Inn, a fantastic converted Newari house, richly carved with the artisan skills

that this little town is world famous for. Leaving the valley for the historical capital of Nuwakot and our amazing converted farmhouse floating high above the wide lush Trishuli river valley - this is Old Nepal in essence. Down river next, a peaceful gem tucked away in quiet farmland accessed only on foot. Welcoming local villagers work their traditional farms - a real delight. Then maybe a dip in the infinity pool - integration on multiple levels!

Then an easy two day trek, well off the tourist trail, stopping the night at the wonderful Three Mountain Lodge with fantastic views of 8000 metre peaks Manaslu, Annapurna and Dhaulagiri from every gorgeous room. On to Nepal's most unspoilt village, Bandipur, traffic free streets with amazingly preserved Newari town houses and temples. The Old Inn where we stay in comfort, is one of the nicest merchant's houses on this old pedestrian trade route, beautifully converted. Two nights here, there is nowhere quite like it for soaking up the easy pace of real village life in Old Nepal.

Then ever nearer to the stunning Annapurna peaks, we stay at the wonderful Fishtail Lodge, the original hotel in gorgeous lakeside Pokhara, rafted across to it's unique location across the lake to watch the magical sunset on the pyramid peak of Machapuchare - sundowners like nowhere else. Flying back we still have one last hidden gem in the Kathmandu valley - the serene Gokarna Forest Resort where, for all the enjoyment of it's fantastic facilities, the highlight is the forest itself, the former hunting reserve of Nepal's rulers. A dawn walk here with the roaming deer makes our departure day truly memorable.



9 nights

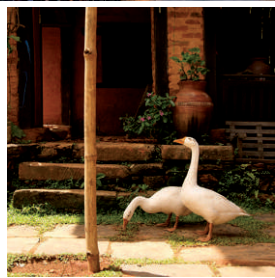
6 full board  
3 b&b in town



trek grade

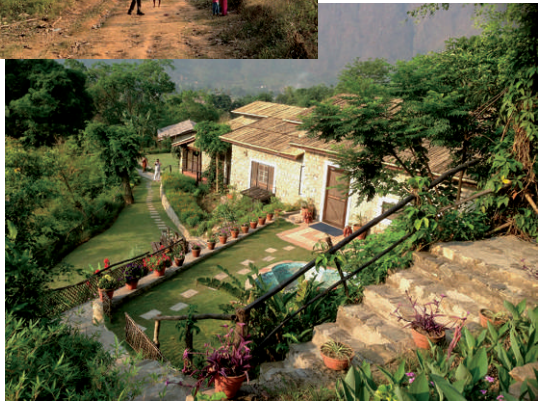
**Best season for this trek:**

November to March when the lowland temperature is perfect for walking, and the mountain views are typically crystal clear.



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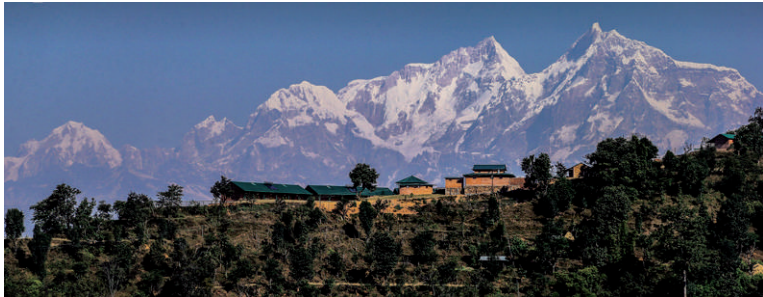
Nuwakot: खिलगुड खिलगुड



on trek: 3 लामुना तरेड



Kathmandu: गोकर्ण फरेस्ट  
& थे पतान इन



### day 1: arrive Kathmandu, transfer to Patan Inn (B&B)

Patan is the most rewarding of the old cities of Kathmandu with the best preserved Durbar Square, small streets rich in traditional architecture, a marvellous museum and the very best of the beautifully restored Newari inns for us to stay in. If your international flight is an afternoon arrival it is well worth adding an extra night at the wonderful Patan Inn to really make the most of it. This fabulous converted Newari town house has delightful rooms centred around a richly carved traditional courtyard with an excellent restaurant, one of many that are highly recommended in Patan.

### day 2: drive to Nuwakot, Famous Farmhouse

We drive out of the Kathmandu valley and up the Trishuli River, with the last section on a jeep-trail to reach the historical town of Nuwakot, the original capital of unified Nepal under the Gorkhali king Prithivi Narayan Shah, on the trade route from Tibet to India. Just beyond the town is our delightful hotel, a beautifully converted traditional farmhouse, stone walls and intricately carved woodwork, looking out over the lush green valley below. This is Old Nepal at it's very best, a place just to enjoy existence, sitting out on our balconies or the terrace draped in bougainvillea and orange trumpet vine. And did we mention that the food here is simply fantastic?

### day 3: visit historic Nuwakot, drive Brigand's Bend, afternoon farmland walk

After a gorgeous breakfast we stroll down to the old town and visit the fabulous 7-storey Nuwakot Durbar and its surrounding Malla style architecture. From here we are picked up to drive the short distance to our fantastic relaxing lodge back on the Trishuli river. We leave the vehicle and cross the river by a pedestrian bridge for a short walk to the hotel through paddy fields and banana plantations. We might take a dip in the pool, and after a delicious lunch, our guide can take us on an afternoon walk around the traditional farmland near the lodge. The benign Nepali climate allows multiple annual crops in these lush valleys, so there is always likely to be traditional ploughing, sowing or harvesting of one of the many crops to see. The villagers, with so little invasive tourism here, are ever so welcoming to any visitor who takes an interest in their lives and work.

### day 4: drive up the Seti Khola river, walk to Ker & Downey Three Mountain Lodge

A short drive, ending on a jeep-track alongside the beautiful Seti Khola river, gets us to the start of today's 4 hour walk through farmland and forest. As we gradually gain height the views of the mountains ahead open out until, approaching our lodge, we can see the full range of three spectacular 8000 metre peaks: Manaslu, Annapurna and Dhaulagiri. It is called Three Mountain Lodge for good reason. It is wonderfully located to maximise this incredible view, with all the comfortable bedroom windows all focused on the peaks.

### day 5: walk to Bandipur Old Inn

We are usually in for a fantastic sunrise, and a hearty breakfast sets us up for our simple ridge walk on toward the peaks. A leisurely 4 hours brings us to the most delightful and best preserved village in Nepal, Bandipur. Though accessed by a good road from Pokhara, the success of this important Newari trading village now lies in the forethought of blocking traffic from its fantastic stone paved streets. The result is something of a rural idyll, the ebb and flow of village life; every town-house, every intricately carved temple adding to the perfect Old Nepal destination. Our hotel, the Old Inn distills this experience, cleverly converted to retain all the features of this important Newari merchant's house. This means low doorways, intricate stairs, and cunningly converted bathrooms tucked into unexpected niches - very much part of the charm. Again the food is fantastic.

### day 6: rest day in Bandipur Old Inn

Our recommendation for this rest day? Rest. There really is no better place for it. Wander round the village. Just be here - it's fabulous. You won't even miss the fantastic mountain views we have had in coming here - you can still see them pretty well just drinking coffee on the back terrace of the hotel. If you need to stretch your legs, maybe wander over to the wide 'tundikel' park area with it's fabulous bodhi fig trees, especially if the sunset promises to tinge the whole range in pink.



# Bandipur: the old inn



# Pokhara: the fihitbhai lodge



### day 7: drive to Pokhara, Fishtail Lodge (B&B)

The short drive to Pokhara brings us even nearer to the stunning peaks of the Annapurna range, particularly the perfect pyramid of sacred Machapuchare, the fishtail mountain. Along the shore of beautiful Phewa Tal lake, Pokhara has a laid-back atmosphere and an abundance of very good restaurants. However, the famous Fishtail Lodge was the original lakeside hotel, so is genuinely Old Nepal, with its design-classic roundhouse rooms. This hotel established the town as the relaxed centre for Annapurna trekking. Now excellently restored, its unique location just across the lake, accessed by its own raftsmen, sets it apart as a haven of lakeside tranquility. Sunset sitting out on the terrace with the backdrop of the mountains will be a lasting memory - mine's a Campari Soda, thank you.

### day 8: Pokhara rest or activity day, Fishtail Lodge (B&B)

Today there are many things that we could do if we want to - hiking, biking or driving to local viewpoints. Leisurely paddling around the beautiful lake in the traditional Pokhara-style boats has to be high up the list, the lush forested shores full of mysterious wildlife, cranes, monkeys and buffalo coming down to drink. Or we could equally do little but enjoy the lakeside town itself, garden bars and terraced restaurants, maybe some light shopping for souvenirs? Pokhara has it all.

### day 9: fly Ktm, Gokarna Forest Resort

The morning flight to Kathmandu and a short drive brings us to one last fabulous destination, the protected 470 acre Gokarna Forest, a haven of peace and beauty nestled in the Kathmandu valley. The hotel is comfortable and luxurious, with indoor pool, spas, golf course and fantastic restaurants, but the highlight will always be the forest itself. Huge mature fig trees dominate the site, and fallow deer and myriad other wildlife roam these former private hunting grounds of Nepal's rulers.

### departure day: early forest walk, drive to airport and depart Kathmandu

The dawn walk in the forest, the best time to see wildlife, makes one last fantastic memory of this unforgettable Old Nepal itinerary.



The **Centre for Environment Education Nepal (CEEN)** is a charitable organisation dedicated to improving environmental awareness in the beautiful country of Nepal. The challenge, as with many developing nations, is to redress behavioural norms to contemporary environmental issues, through education and motivation of Nepal's next generation. **Basanta Adventure**, as an ongoing contributor to CEEN, is particularly involved with its Smart Eco Task Force students working on environmental clean-up projects. **We donate at least \$20 for every client on our Old Nepal treks.** When you join you are already contributing through us to the solution to Nepal's environmental issues, and we are always happy to give and receive any further interest or contributions, as many past clients have so generously pledged.

#### Some extension options for this trek to complete your perfect personal itinerary:

- **Tiger Mountain** A night or two at the premier Pokhara retreat - a haven of luxurious post-trek tranquility and wildlife
- **Helicopter to Annapurna Base Camp** Get right into the incredible Annapurna Sanctuary the easy way
- **Everest Mountain Flight** Add another night in Kathmandu to see the Everest range close up

See our Old Nepal Extensions sheet for many other ideas