



WXtrip - Women Adventure Challenge

To the Top of the World - Nepal Annapurna Range 2010

Adventurous Women from around the World team up to compete in Nepal's breathtaking wilderness along 1285 km of challenging on & off road trails, high mountains, roaring rivers and majestic cultures in an experience of a lifetime.

Nepal is located in the Himalayas, below the highest mountain peaks in the world. Thanks to its strategic position, between China and India, Nepal was regarded for thousands of years as a historical and cultural link between India and China's ancient cultures and civilizations, and Buddhism which spread north into Tibet.

WXtrip – Nepal 2010, will tour through majestic landscapes on an ethnic and cultural journey that ventures into ancient beliefs and religions endemic to areas once reachable only on foot. We will visit ancient cities, participate in white water rafting, and drive amid snow-capped, majestic peaks and lush, fertile pastures, trek up mountains and through local picturesque villages. Take deep breaths and fill your lungs with the fresh, pure, sweet mountain air, complements of the highest mountain range in the world – the Himalayas.

Itinerary 01-11.10.2010

Day 01, (01 Oct) Arrival at Kathmandu

Women arrive at Kathmandu and WXtrip staff will transfer them to the hotel. Welcome cocktails and lunch in a local restaurant, where the mission begins with an introduction and instructions for the adventure challenge. Teams will set out to locate a number of important sites in the city and meet back at a central point. Continue for a visit to the Swayambhu Monkey Temple. Light dinner and overnight in Kathmandu.

Day 02 (02 Oct) Kathmandu Valley - Kopan, Pashupatinath, Bhaktapur city

Full day in Kathmandu Valley. Treasure hunt by foot, bicycle, rickshaw, cars and taxis to explore Kathmandu Valley. Sites will include Kopan Monastery, Pashupatinath Temple, Changu Narayan Temple, Bhaktapur City and Kathmandu Old City. Evening dinner with local Nepali flavour.

Day 03 (03 Oct) Rafting – Manokamana – Pokhara (875 meters)

Teams will depart by bus for white water rafting on the Trisuli River, and then take a cable car ride up to Manokamana Temple, where local Nepalis come to offer sacrifices following the birth of their children. Continue for overnight at Pokhara.





Day 04 (04 Oct) Pokhara – Tatopani (1,150 meters)

This morning marks the kick – off of our 4x4 driving, leaving Pokhara by foot, boat, and walk to a secret location for the starting of the adventure challenge. Travel via Kushma for lunch at Beni, and continue on narrower and steeper roads to arrive at Tatopani, meaning "hot water", an unspoiled village with narrow alleys, stone houses and hot springs on the Kaligandaki River.

Day 05 (05 Oct) Tatopani – Titi lake (2,750 meters)

Drive from Tatopani to Ghasa along the Kaligandaki River, where we begin our overnight trek to Titi Lake. Hike through beautiful scenery amongst local farms and fields, hanging bridges, past waterfalls and river crossings to our overnight camp.

Day 06 (06 Oct) Titi – Jomson – Kagbeni (2,900 meters)

Morning trekking down from Lake Titi back to Larjung where we meet up with our 4x4 cars and continue to Jomson via high peaks covered in snow and to our overnight stop at Kagbeni, one of the most unique and beautiful villages in this area.

Day 07 (07 Oct) Kagbeni – Muktinath – Marpha (2,670 meters)

Undoubtedly one of the highlights on the trip is the climb to one of the most spectacular sites in the Himalaya Range. We will trek up to a height of 3,900m to the monastery of Muktinath. Vegetation turns to an alpine desert as we make our way to the pilgrimage site. We will return to Kagbeni for lunch and make our way to Marpha for overnight.

Day 08 (08 Oct) Marpha – Kalapani – Tatopani (1,150 meters)

We begin our day with a visit to the largest Tibetan monastery and meditation center in the Annapurna Region. Leaving Marpha, the teams will begin their descent by driving, hiking and climbing down through Kalapani to Tatopani for overnight.

Day 09 (09 Oct) End of off-road tour – Tatopani – Sarangkot - Pokhara

Depart from Tatopani, and drive down to Beni, Kusma and Naudanda, to reach Sarangkot. Teams will trek, bike and boat to the end of the Challenge at Lake Phewa in Pokhara. Evening gala dinner marking the end of our off road adventure and the announcement of the WXtrip Challenge winning team.

Day 10 (10 Oct) Pokhara - Himalaya flight Pokhara-Kathmandu

Quiet morning around Pokhara, with strolling among souvenir stalls, jewellery and craft shops, cafes and restaurants. Fly back to Kathmandu, over the stunning mountain scenery. Evening farewell party at the Rum Doodle Restaurant.

Day 11 (11 Oct) Kathmandu – Bouddhanath – departure

Depart from the hotel in Kathmandu for a special visit to the Giant Buddhist Stupa at Bouddhanath, one of the most important sites for Buddhism in Nepal. Continue to the airport for check in for the departure flights.

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The Adventure Price:

€2280 per person

Price Includes:

1. Transfers
Arrival & departure transfers
2. 11 days 10 nights in tour Nepal
3. Accommodation
Double room occupancy
Hotel in Kathmandu 5 stars
Hotel in Pokhara 4 stars
Best available accommodation in other places
Camping in double tents including sleeping bags and mattresses
4. Food
Full board meals throughout the tour including breakfast, lunch and dinner
Unlimited supply of bottled mineral water throughout the tour
5. Vehicles
Transport in cars, minibuses and busses
Self Drive Toyota / Mitsubishi 4x4 vehicles or similar (based on 4 in a car)
Fuel throughout the tour
6. Flight
Domestic flight from Pokhara to Kathmandu, including airport tax and fuel tax
7. Support Team
Professional Xtrip guide
Nepalese Xtrip guide and support team
Professional Xtrip organizer
Technical support vehicle and professional mechanic
Support and equipment vehicles
8. Entrance Fees
All historical and cultural sites as per the itinerary
Entrance permits to national parks and trekking permits
9. Adventure Activities
All adventure activities are included as per the itinerary such as biking, trekking, white water rafting, boating, cycling etc
10. Adventure Clothing
Participants will receive WXtrip adventure clothing (5 t-shirts, 3 trousers, 1 cap)
12. Gratuities
Tips are included for all local guides, drivers, crew and staff on the trip

Price Excludes:

- International flights and departure taxes to and from Kathmandu, Nepal
- Visa to Nepal: \$25 per person to be paid at Kathmandu Airport (visa stamp)
- Pre & Post land arrangements
- Travel , Luggage , and full Medical insurance (compulsory)
- Any personal expenses (telephone calls etc)

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