**AGP Dental Volunteer Nepal Holiday Package**

We decided to deliver Nepal at its authentic best with so much less! As a reward for your volunteering in Nepal. So here we are as your grateful host...offering you a unique holiday experience exclusive to the Around Good People Dental Volunteers!

Nepal is a great holiday destination and is hugely popular with young visitors.

Start exploring Nepal with AGP Nepal Travel guide to getting around, where to go and the top things to do while you’re there either before or after your volunteering placement.

**Nepal**

Ever since Nepal opened its borders to the world in the 1950s, this tiny mountain nation of snow peaks and Sherpa’s, yaks and yetis, monasteries and mantras has had an irresistible mystical allure for travellers.

Be it trekking in the Himalayas or riding on an elephant back for a safari, Paragliding off the mountain over the lake or taking a scenic flight to the Everest.

There is culture to soak in and adventure to enthrall your senses.

Nepal's bio-diversity is massive due to its geographic position and variations in altitudes. The sub-tropics of her lowlands is home to exotic bird species, one-horned rhinos, and tigers and in the high altitude regions, snow peaks stand in near-arctic conditions. This amazing diversity is known nowhere else on earth. Active travelers seek Nepal to
experience rafting, hiking, mountaineering, and other such adventures, and others come here for the spirituality and the peaceful qualities of this incredible Shangri-La.

However, bringing the best Nepal offers, has been very cumbersome, confusing and expensive for the first timers with less information and experience about Nepal. Many times we have had to intervene and fix the challenge only to find out, the students were literally clueless to the misinformation about the trip they were embarking upon. It was at this juncture that we decided to bring in ethical, eco-friendly, sustainable and value enriched holiday experience as a reward for their selfless volunteering placements in Nepal as a grateful host.

*All of our staff and guides related to the trip are responsible for your safety and care while you are out in the trail.*

**WHY BOOK WITH US?**

- Safety first
- Sustainable tourism
- Expert & professional local guides
- Fair prices
- Fair cancellation policy
- We run our own trips
- We’re a passionate adventure bunch as we are in our Outreaches
- Guaranteed trips

**The following 10 are the ‘Best of Nepal’:**

1. Mountain Flight *(CODE - MFI)*
2. Everest Base Camp Trek *(CODE - EBCI)*
3. Poon Hill Trek – the classic trek of Nepal! *(CODE – PHTI/ PHTII)*
4. Annapurna Base Camp Trek *(CODE – ABCI/ ABCII)*
5. Langtang Valley Trek *(CODE – LVTI)*
6. Royal Chitwan Safari *(CODE – RCSI)*
7. Trek around Kathmandu – The Chisapani Trek *(CODE – KCTI)*
9. 1 Day River Rafting from Kathmandu *(CODE - RRKI)*
10. Paragliding – One of the 5 best paragliding in the World! *(CODE - PI)*
1. **Mountain Flight (CODE - MFI)**

- **Flying Duration: 30 to 45 minutes**
- **AGP Volunteer Cost Price: USD $195 per person**

The Everest view mountain flight, one of the world’s most exclusive flight, is a lifetime experience. A flight that takes you deep into the Himalayas, flying into valleys close to the rock face, as close as five nautical miles from the Everest itself. Now you can see the stunning beauty of nature; raw, undiluted and truly majestic.

Up view of the Himalaya is very much worth the effort, this we have to confess is not for everyone, due to the physical and time requirements. Everest View flight is meant especially for those who don’t want to leave Nepal without touching the sacred and majestic Himalaya.

Those who trek up to the Everest Base Camp located at height of 5380m may proudly state that they have been there but viewing the Himalaya from onboard a mountain flight is another experience altogether. What would on the ground take days of travel can easily viewed in a matter of minutes and from within the safety and comfort of the Beech craft 1900D.

The first ones to come to view are the peaks straight north of Kathmandu Valley, starting with the 8013m high Shisha Pangma, the 14th highest mountain in the world, which is actually located in Tibet, a few kilometers from the border. Then come a series of several smaller peaks beginning with Dorje Lakpa (6966m) which looks like the figure eight and is located on the eastern edge of Langtang National Park, followed by Phurbi Ghyachu (6637m) on its right, the 5970m Choba Bhamare which remains unconquered, Gauri Shankar (7134m) named after Lord Shiva and his consort, Melungtse (7181m) all part of the Rolwaling range.
2. Everest Base Camp (CODE - EBCI)

- **Time Frame:** 18 Days
- **Highest altitude:** 5,365m
- **Average Walking:** 7hrs
- **Level of trek:** Moderate
- **AGP Volunteer Cost Price:** USD $1757 per person

**Everest.** Named after Sir George Everest, the British Surveyor General of India at the time when the mountain was first identified as ‘Point XV’ on the border with Nepal and Tibet. To the Sherpas and Tibetans however she is ‘Chomolungma’ – Mother Goddess of the Earth. And the Nepalese have their own name, ‘Sagarmartha’. But there is no dispute about the mountain – the highest in the world. Every year climbers from nations all around the world rendezvous at the Nepalese Base Camp, just beneath the infamous Ice Fall to plot a route up the mountain and to dare to dream. Our trek to the simple peak just beside Base Camp, the point known as ‘Kala Pattar’, follows in the footsteps of these mountaineers up the Khumbu valley, home to the most famous people in the Himalayas, the Sherpas. Traditionally traders, they have been associated with Everest ever since the first attempts on the North (Tibetan) side of the mountain in the 1920’s. Nowadays, few expeditions attempt the summit without a cohort of Sherpas in support – and often out in front. Join us on this 15-day, Grade 4 (strenuous) trek; the most famous trek in the world.
Price Includes

- All transfer as mentioned above itinerary in private vehicle.
- 15 days lodge trekking arrangement on twin sharing full board basis.
- Two nights’ accommodation in three star hotel in Kathmandu twin sharing bed and breakfast basis.
- English speaking Guide.
- Necessary porter
- Guide and porter insurance
- National Park permit.
- TIMS permit.

Price Excludes

- Airfare as mentioned above
- Lunch and dinner in Kathmandu
- Personnel insurance
- Tips
**Itinerary**

**Day 1: Kathmandu - Lukla (2880m) - Chumoa (2743m)**

Our early morning flight by Twin Otter aircraft rushes us to Lukla, the most renowned mountain airstrip in the world. Originally conceived by Sir Edmund Hillary’s Himalayan Trust as an emergency evacuation runway for casualties brought to the Trust’s hospital at nearby Kunde, Lukla is now one of the busiest runways in Nepal. On the flight we watch the rugged foothills give way to the snowline of the Himalaya; many of the world’s highest mountains, including Kanchenjunga, Lhotse and Makalu (the world’s 3rd, 4th, and 5th highest respectively) may sometimes be seen from the window of the plane. On arrival, we meet our Sherpas and after a cup of tea we pick up the trail out of Lukla. Surprisingly, this high-altitude trek begins by descending to the river at Phakding. Further on and we choose one of several good camp sites in a wooded area at Chumoa, close to the entrance to the Sagarmartha National Park.

**Day 2: Chumoa - Namche (3445m)**

The first day may have been surprisingly long for some, but camping at Chumoa allows us to begin the ascent to Namche Bazaar first thing in the morning. At about half-way up the hill, a gap in the trees allow us to spy Everest for the first time. If the weather is clear the top of the South-West Face will be just visible behind the long Lhotse-Nuptse ridge. A plume can often be seen stretching away from the very summit. Namche is the most prosperous and the largest town in the Khumbu. A bazaar is held here every Saturday. The wares on display include meat, grains and vegetables, tennis shoes and trinkets as well as hand woven aprons and Tibetan boots. The Sherpas play host to trader from the foothills, as well as Tibetans from over the border. Thamserku (6648m), Kwangde Ri (6187m) and Khumbila (5707m) surround the natural bowl that Namche sits in.

**Day 3: Namche - Rest/acclimatisation day**

We take the day off to allow our bodies to adjust to the rarefied atmosphere before ascending to higher altitudes. The secret of safe acclimatisation is to ‘climb high, sleep low’ so it is safe for the more energetic amongst us. For those who wish, there is a wonderful walk north west away from Namche to, or, towards the village of Thame. The mountains on the south side of the valley are beautiful with Kwangde dominating. For those who reach Thame the village is harsher and much more remote than Namche, To the west lies the route to the Tashi Lapcha (pass) to Rolwaling and to the north, the Nangpa La (pass) to Tibet,Then back down and along past the Thomo hydro electricity project which supplies the main Khumbu villages, to Namche. Those not doing this walk can either visit the Namche bazaar or simply rest and enjoy!
**Day 4: Namche - Thame (3801m)**

After our day off we traverse west, enjoying marvellous view of Kwangde Ri and the waterfalls that cascade off its flanks. The trail stay high up on the bank of the Bhote Khose, and we wander through a yellow and white rhododendron forest that comes into full bloom in May. As we cross the river, we look back down the valley for beautiful views of Thamserku and Kusum Kangru (6369m), before ascending through more rhododendron forest to pasture lands in front of Thame. This is the birth place of Tenzing Norgay, the Sherpa who made the first ascent of Everest with Hillary in 1953. We camp in meadows at the edge of the village. The hour-long climb to the cliff side monastery is well worth the effort. From this point, trekkers can skirt above the village to climb across the ridge in order to view the route to the Nangpa La, a pass to Tibet frequently used by the Sherpas and their yaks during the monsoon.

**Day 5: Thame - Khumjung (3,791m)**

We return back down the valley via Thamo, a hillside nunnery, and then take a high trail that by passes Namche and finally drops into Khumjung. This village is one of the most beautiful in Khumbu. The Himalayan Trust has a school here, as well as a medical post (for locals and trekkers) in nearby Khunde.

**Day 6: Khumjung - Tengboche (3863m)**

The trail this morning descends to the Dudh Khosi. There are spectacular views of Ama Dablam (6696m) and Kantega (6779m) as well as Everest (8848m) and Lhotse (8501m). Keep a look-out too for pheasant in the undergrowth. We cross the river at Phunki Thanga and climb through the afternoon amongst rhododendron forest to the saddle at the top
of the hill. Suddenly in front of us is Tengboche, the principal monastery of the Khumbu area; the views from here are unforgettable.

Day 7: Tengboche - Dingboche (4412m)

We follow the path down from Tengboche through the rhododendron forest to Deboche and cross an exciting bridge with the boiling, roaring Imja Khol beneath our feet. A gradual climb takes us to the village of Lower Pangboche. We are now in the heart of the Khumbu, with spectacular views across to Ama Dablam. The afternoon stroll takes us along a path that hugs the valley wall and then across wide plains to a split in the valley. The Khumbu breaks left, up to Periche, but we take a detour right to the hamlet at Dingboche at the start of the Imja Tse valley.

Day 8: Dingboche - Rest/acclimatisation day

Rather than just sitting around in the tents or tea house, we encourage you to attempt one of two hikes. The shorter option ascends the hill immediately behind Dingboche, to drop steeply down to Periche. The Himalayan Rescue Association operates a medical post here and the western doctors conduct excellent seminars on Altitude Mountain Sickness (AMS) here on most afternoons. The longer option is to trek up the Imja Tse valley towards Island Peak. The views of Lhotse, Ama Dablam and Cho Polu from here are outstanding. After a few hours the trekker terminus of Chukung is reached, and after a rest we return down the valley.

Day 9: Dingboche - Loboje (4931m)

We climb up to the ridge behind Periche and stay high, mesmerised by the views of Tawoche and Cholatse, until we reach the tea houses at Dughla. A steep, stiff ascent to the terminal moraine of the Khumbu glacier is now tackled. The top of the climb is marked by a series of stone monuments to commemorate some of the climbers that have not returned from expeditions to this region. A rough but obvious trail cuts across left, away from the glacier, to our camp site at Loboje, a windswept collection of huts tucked in a narrow meadow between the glacier and the Loboje Peak (6156m). The Lhotse ridge is simply awesome from this angle.

Day 10: Loboje - Kala Pattar (5545m) – Gorak Shep (5000m)

A long day and an early start. We trek along the rough path along the side of the Khumbu glacier to the tea shacks at Gorak Shep. Behind rises the attractive 7000m peak of Pumori
which dwarfs our trek’s summit of Kala Pattar. The route up is straightforward and takes most people between 90 minutes and 2 hours. On a clear day all the peaks - Everest, Lhotse, Nuptse, Changtse, Ama Dablam and scores of other lesser peaks can be seen from this wonderful vantage point.

**Day 11: Day trip to Everest base Camp**

Day trip to Everest base Camp is worthwhile when there are expeditions based there. If no expeditions then the route through the ice fall may be closed and impassable, then after the visit return to Loboje.

**Day12: Loboje - Phortse (3847m)**

We descend all morning via Periche to Pangboche, whereupon we stay high on the west bank of the river all the way to the Sherpa village of Phortse, which lies on the lower southern flank of Tawoche, directly across the valley from Tengboche.

**Day13: Phortse - Namche (3445m)**

We now descend through a forest to the Dudh Kosi. From the very pretty crossing point, we climb to a chorten where there are wonderful views back across the valley to Phortse, Tengboche and the surrounding mountains. Eventually we turn south off the main trail to Khunde and Khumjung, contouring past the Everest View Hotel. The route then leads down the hill to Namche and more cinnamon roll!

**Day14: Namche – Phakding**

Most people head down the Namche Hill with a heavy heart. There is something very special about the setting, the villages and the people of the high Khumbu hills and valleys. Then back along the valley past Chumoa and Jorsale to the ‘half way’ house at Phakding, Overnight.

**Day15: Phakding to Lukla**

Easy walking on down the valley before a long demanding climb back up to Lukla, A final steady plod will still get us there in good time for a sort out, and a final evening get together with the Sherpas.
Day 16: Another chance to enjoy this great flight

Please note that flights into Lukla are sometimes delayed due to un-flyable conditions either in fog-bound Kathmandu or windy Lukla; be reassured that our staff in Lukla and in Kathmandu will be doing everything possible to minimise the inconvenience caused if this happens. Your patience in the trying circumstances which can occur will be greatly appreciated. On arrival meet assist by Mountain Travel representative and transfer to hotel. Overnight at Hotel.

Day 17: Day at leisure

Overnight at Hotel.

Day 18: Transfer to international airport for your onward flight

Note: This itinerary is only a guideline, and is occasionally subject to change to suit local cond
3. **Poon Hill Trek – the classic trek of Nepal!**

(CODE - PHTI)

(This is short and a signature trek of Nepal. If you have 4-5 days this is the perfect trek to do.)

- **Time Frame:** 4 Nights 5 Days / 3 Nights 4 Days
- **Highest altitude:** 3210 m
- **Average Walking:** 7hrs
- **Level of trek:** Moderate
- **AGP Volunteer Cost Price:** USD $600 / $525 per person

**Ghorepani Poon Hill Trek** via Ghandruk is undoubtedly the best short trekking in Annapurna. Ghorepani Poon Hill Trek commences and concludes at lower elevation enabling every trekking enthusiasts to enjoy trekking in serene surrounding irrespective of age group and trekking experience. Ghorepani Poon Hill Trekking route continues through forest of blooming rhododendron, oak, maples and other alpine flowers. One should cross rivers and climb small hills. Homestay in Ghandruk is the major attraction of the trek where visitors are received by offering a shawl (khada) and the whole Gurung community gets involved in feast and dancing event in the evening. Visitors can participate in the
dance if they like. Getting sunrise view from Poon Hill is yet another highlight of this Trek. Poon Hill Trek offers breathtaking views of Dhaulagiri, Annapurna I, Annapurna South, Machhapuchhre, Nilgiri, Hiunchuli and other peaks and mountains.

I. 5 day Itinerary

Day 01: Drive from Kathmandu (1350m) to Pokhara (820m) 200km, 5hrs
Day 02: Drive to Nayapul 44km, (1hr) Trek to Tikhedhunga (1540m) 5 - 6hrs
Day 03: Tikhedhunga to Ghorepani (2850m) 5-6hrs
Day 04: Ghorepani to Ghandruk (2090m) via Poon hill (3210m)
Day 05: Trek to Nayapul Drive to Pokhara, Drive and back to Kathmandu

II. 4 day Itinerary

Day 01: Drive from Kathmandu (1350m) to Pokhara (820m) 200km, 5hrs
Day 02: Drive to Nayapul and trek to Thikedunga 1.5 hours + 6 hours
Day 03: Trek to Ghorepani 6 hours
4. **Annapurna Base Camp Trek** (CODE - ABCI) & (CODE - ABCII)

- **Time Frame:** 9 Days from Arrival to Departure
- **Highest altitude:** 4130 m
- **Average Walking:** 6hrs
- **Level of trek:** Moderate
- **AGP Volunteer Cost Price:** USD $790 – USD 890 per person

**Annapurna Base Camp Trek** assortment is a famous steady trekking route of Annapurna Himalayan region of Nepal. Annapurna Base Camp trekking which also known as Annapurna Sanctuary trekking is the greatest prominent trekking in Nepal. The most peaks of western portion of gigantic Annapurna Himal comprises Hiunchuli, Annapurna south, Fang, Annapurna, Gangapurna, Annapurna 3 and Machhapuchchhre which are
organized in such a manner that they precisely form a bend that have a diameter of almost 10 miles. Annapurna base camp trek of seven days from Kathmandu to Pokhara provides the great influence of existence of a big auditorium in the core Modi Khola mark its way out in the south of this glacier valley in narrow gorge of 12,000ft deep. After you pass furthermore to the south this gorge turn out to be even wider and give rise to the productive valley where Gurung people live. Trekking in Nepal Annapurna Base Camp upper and middle part Moody Khola offers trekkers some short cut trekking paths. Annapurna base camp trekking of seven days package begin its morning flight from Kathmandu to Pokhara and the very day it goes directly to Nayapul with personal vehicles and trek extend to Natural hot reserving in Jhinu danda, from where begins the Annapurna base camp or Annapurna Sanctuary Trek of the Nepal Himalaya.

I. 7 day Itinerary (CODE - ABCI)

Day 01: Kathmandu to Pokhara and drive to Nayapul 55km and Trek to Hot Sparing (1730m)
Day 02: Trek from hot sparing to Dovan (2600m)  
Day 03: Trek from Dovan to Machhauchhare base camp (3700m)  
Day 04: Trek from MBC to Annapurna base camp (4130m) and trek back to  
        Dovan (2600m)  
Day 05: Trek from Dovan to Chhomrung (2170m)  
Day 06: Trek from Chhomrung to Ghandruk (1990m)  
Day 07: Trek from Ghandruk to Pokhara (900m) and flight to Kathmandu

II. 9 day Itinerary (CODE - ABCII)  
Day 01: Drive to Nayapul & trek to Tikhadhunga, 4 hours  
Day 02: Trek from Tikhedhunga to Ghorepani, 5-6 hours
Day 3: Morning- Hike to Poon Hill & Trek to Tadapani, 6-7 hours

Day 4: Trek from Tadapani to Chhomrong, 5-6 hours

Day 5: Chhomrong- Dovan or Himalayan hotel, 6-7 hours

Day 6: Dovan- Machhapuchre Base Camp- Annapurna Base Camp, 5-6 hours

Day 7: Morning Explore ABC- Annapurna Base Camp to Bamboo, 5 hours

Day 8: Trek from Bamboo to Jhinu Danda, 5-6 hours

Day 9: Trek from Jhinu Danda to Pokhara, 6-7hours
Distance of driving: 2 hrs drives
5. **Lantang Valley Trek** *(CODE - LVTI)*

- **Time Frame:** 11 Days from Arrival to Departure
- **Highest altitude:** Kyanjin Gompa (3870m)
- **Average Walking:** 6hrs
- **Level of trek:** Strenuous
- **AGP Volunteer Cost Price:** USD $780 per person

**Langtang valley**, known as "The valley of glaciers", is one of the popular closest trekking regions from Kathmandu. **Langtang valley trekking** is a narrow valley which lies between the main Himalayan range to the north, bordering Tibet and a slightly lower range of snowy peaks to the south. A visit to the Langtang region offers an opportunity to explore typical villages, bag small peaks and visit glaciers at a comfortably low elevation. Langtang region is one of the most popular trekking regions for those wishing a short trek from Kathmandu into the Himalayas influenced by Tibetan lifestyle. Nepal Langtang valley hiking gives you the opportunity to get right in among the Himalayan peaks and to get off-the-beaten-track, walking through some fascinatingly remote and relatively unpopulated areas. The valley offers with the varieties of rhododendron, bamboo forests, majestic waterfalls, pine forest, swift mountain streams, rugged rock
and snow-capped peaks, grassy down and meadows strewed with daisies and wild animals making the trek one of the most diverse treks.

Day 1: Greeting at Kathmandu Airport
Day 2: Sightseeing tour of Kathmandu, the capital valley.
Day 3: Kathmandu drive to Syabru Bensi (1550m) about 7-8 hours’ drive.
Day 4: Syabru Bensi trek to Lama Hotel (2450m): 6-7 hours
Day 5: Lama Hotel trek to Langtang Village (3430m): 4-5 hours
Day 6: Langtang Village trek to Kyanjin Gompa (3870m): 2-3 hours
Day 7: Acclimatization / Exploration day in Kyanjin (3870m)
Day 8: Trekking back to Lama Hotel (2450m): 6 hours
Day 9: Lama Hotel trek to Syabru Bensi (1550m): 4-5 hours
Day 10: Drive back to Kathmandu: 7-8 hours’ drive
Day 11: Farewell Departure
6. **Royal Chitwan Safari** *(CODE - RCSI)*
**Time Frame:** 2 Nights, 3 days  
**Level of tour:** Easy  
**AGP Volunteer Cost Price:** USD $250 per person

### Day 01

After early morning breakfast at 6 AM. Leave Pokhara or Kathmandu for Chitwan at 7 AM, which is 135 kms away from Pokhara and 97.7 kms from Kathmandu. Depending upon the road condition it takes 5 to 6 hours on a tourist coach. At Sauraha Bus Park, the hotel staff will receive you. You will then be transferred to the hotel where you will be offered refreshment and a small briefing about the facilities. Rest.

**13:00** Lunch

**15:00** Village tour to nearby ethnic Tharu Village where you will learn more about the life and lifestyle of the Tharus. Visit to National Park Visitor’s Centre where you can learn more about the history of the National Park and about wildlife & Sunset view from the bank of the Rapti River.

**19:00** Tharu Cultural dance Presentation (which you will also participate) by the local Villagers

**20:00** Dinner

### Day 02

**06:00** Wakeup call

**06:30** Breakfast.

**07:00** Canoe Ride along the Rapti River. An excellent opportunity for Bird Watching and for seeing the 2 rare species for crocodiles; the Marsh Mugger and the fish eating Gharial, Jungle Walk, on the way back one can enjoy the Elephant bathing.

**13:00** Launch

**15:00** Elephant Safari. An excellent Opportunity to see four different kinds of deer, Rhinoceros, Wild Boar, Monkey, Sloth Bear and the Royal Bengal Tiger (If lucky). You will also encounter many other smaller mammals that have made Chitwan their home.

**19:00** Tharu cultural dance presentation or Slides show presentation.
Day 03

06:00 Wakeup call
06:30 Breakfast
07:00 Visit to the Government Elephant Breeding Centre.
09:00 Departure for onward journey.
7. Trek around Kathmandu – The Chisapani Trek  
(CODE - KCTI)

- **Time Frame:** 4 Days  
- **Highest altitude:** 3210 m  
- **Average Walking:** 7hrs  
- **Level of trek:** Moderate  
- **AGP Volunteer Cost Price:** USD $525 per person

Chisapani Nagarkot Dhulikhel trek trip is designed to provide you a unique opportunity to explore the myriad wonders of nature, rural Nepal and the awe inspiring majesty and beauty of dramatic Himalayan mountain range. Your first destination is Chisapani where you will be enjoying the real boon of nature being away from the crowd of city and your interaction with the villagers will add another experience. Early sunrise view at Nagarkot is the most fascinating and mesmerizing view. Dhulikhel is your next destination. Treading along the unexplored trails of Dhulikhel can be very exhilarating and enriching experience. Further the meandering trail, the majestic Tibetan monastery and the stupa are the highlight of the trail to Namobuddha, offering the hiker a unique insight into the serene yet exquisite monastery frescoes and the Tibetan tradition of monastery architecture.
**Itinerary**

**Day 1:** Arrival in Kathmandu and transfer to Hotel 30 min

**Day 2:** Drive to Sundarijal & begin trek to Chisapani 5 hours

**Day 3:** Trek Chisapani to Nagarkot 6 hours

**Day 4:** Sunrise views at Nagarkot and Drive to Bhaktapur 4 hours

**All packages include:**

- All Conservation Area and Park Permits,
- TIMS (Trekkers Information Management System) Fee
- Breakfast, Lunch and Dinner
- Tea house accommodation or lodge
- Experienced Guide
8. Bungee Jumping in Nepal (CODE - BJNI)

- AGP Volunteer Cost Price: USD $120 per person

Bungee Nepal-style!

Imagine a bridge over a 160m high tropical gorge, with one of Nepal’s wildest rivers, raging below... Now jump!

Location:
Less than 3 hours outside Kathmandu by Ultimate Bungy Shuttle. You will travel the Arniko (Kathmandu/Lhasa) Highway to within 12km of the Nepal-Tibet Border and the famous Friendship Bridge.

The Bhote Koshi Gorge:
Ultimate Bungee Nepal takes place on a 166m wide steel suspension bridge over the Bhoti Kosi River.

The Bungee Bridge:
Swiss designed, especially for bungee jumping with a 4x safety factor. The bridge has a loading factor of 250kg per running meter. This means that the bridge will hold 250 x 166 = 41,500kg or 4.5 tones. And... Those are Swiss measurements! * Over 6000 meters of steel wire was used to build the bridge Longest suspension bridge in Nepal * The bridge joins two sides of a great valley. Before its construction, locals walked five hours to cross this river gorge.
The Jump:
This bungee jump in Nepal may be the most spectacular bungee jump on the Planet. This remarkable 500ft (160m) drop into the Bhote Koshi River gorge on the Nepal/Tibet Border is the longest free fall in the world. Anyone who wants to take a taste of bungee jumping should not have any of the health problems mentioned below:

- Heart disease
- Epilepsy
- High blood pressure
- Pregnancy
- Addiction to alcohol or drugs
- Orthopedic problems
- Psychological problems
- Neurological problems
9. **1 Day River Rafting from Kathmandu** *(CODE - RRKI)*

- **Time Frame: 1 day**
- **AGP Volunteer Cost Price: USD $85 per person**

Experience the whitewater rapids of Nepal's Trishuli River on a full-day trip from Kathmandu. Ride down the gorge and rush through a variety of rapids, then enjoy lunch on the beach. Afterward, you may opt to visit the nearby Royal Chitwan National Park.

**Highlights**
- Take a trip down the rapids that is suitable even for beginners
- Recount your exciting adventure over lunch on the beach
- Opt to extend your tour with a trip to Pokhara, Kathmandu, or Chitwan

**Full description**

Nepal is one of the better places in the world for rafting and kayaking, with mountain scenery that has drawn trekkers as well as climbers for many years. These same mountains offer an unbelievable diversity of whitewater challenges for paddlers. A sequence of exceptional river trips are found here, and you, too, can experience these rapids on a day trip from Kathmandu to the Trishuli River.

The Trishuli River is a popular destination due to its proximity to Kathmandu and its easy
road access. On this tour, you will set out for your journey in the early morning, arriving in Charaundi, the put-in point for river rafting. Before beginning, you will receive guidance from an experienced guide about general information regarding the trip. Then begin the rafting trip from Charaundi to Kurintar. It can be best classified as having 2 to 3 grade rapids.

Enjoy your lunch on a beach of the Trishuli River, an area that features sculptured boulders. Afterward, you will enter the Trishuli gorge. As the canyon narrows, the walls becomes steep, the current speeds up, and the rapids increase in the size and frequency.

When the trip ends, you will be returned to your pick-up point, unless you opt to do some sightseeing on your own.

What’s included?
- Public transportation one-way (public bus or tourist bus)
- Rafting equipment
- Rafting guide
- Lunch
What’s not included?
- All drinks
- Personal expenses
- Private transportation

10. Paragliding – One of the 5 best paragliding in the World! (CODE - PI)
- **Time duration:** 25 – 60 min
- **AGP Volunteer Cost Price:** USD $125 per person

Paragliding is a thrilling way to get acquainted with the true beauty of the Sarangkot region. Whilst you float down and share the sky with eagles you have a stunning view on the Phewa Lake and the Snowcapped Himalayas. An experience not to miss.

**Full description**
This is an extended flight which, depending on the thermal waves, lasts up to one hour. During this flight you fly around the Sarangkot and go Northwards in direction of the almighty snowcapped mountains.

You will take off from the Sarangkot peak The Sarangkot is a 1592 meter high peak within half an hour driving distance of Pokhara. From Sarangkot one has an excellent
view Phewa lake and the Himalayas. One glides down from the top of the Sarangkot and lands next to Lake Phewa. During your trip down you share the experience with eagles whilst you float over several villages, monasteries and temples. In the meanwhile don’t forget to look around and try to spot Mount Annapurna.

As this may be your first flight, the flight is offered as a duo flight, which means that you will be attached to a qualified pilot who will guide you safely down.

**What’s included**
- Transport to Sarangkot from Pokhara
- Adrenaline Rush
- Tandem Flight

**What’s not included**
- Video
- Photos of the flight

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_The Package does not include bottled drinking water, soft drinks and alcohol._

The biggest problem faced by visitors to Nepal is:

‘How to fit everything in?’
Booking Form

To,

The Manager,
Travel Desk,
Around Good People,
Kathmandu, Nepal

I would like to make the reservation of the following trek/tour:

<table>
<thead>
<tr>
<th>TOUR/Trek CODE</th>
<th>TOUR/TREK NAME</th>
<th>Start Date</th>
<th>Tour Price</th>
<th>No of people</th>
<th>TOTAL(USD):</th>
</tr>
</thead>
<tbody>
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</tbody>
</table>

Reservation/booking is required for the following persons:

<table>
<thead>
<tr>
<th>Title/ First Name/ Surname</th>
<th>Nationality</th>
<th>Passport No.</th>
<th>Date of Birth</th>
</tr>
</thead>
<tbody>
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<td>6.</td>
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</tbody>
</table>

Address
Emergency Contract Details
Known Medical Conditions
Name
Relationship
Address
Tel.No.(home):
Post/Zip Code
Any Medications Required
Tel. No. (Work):
Tel. No.(home)
Email:
Special Requests (Diet, Food Allergies etc.)

I hereby declare:

That the particulars furnished here above are true to the best of my knowledge. I agree to the terms & conditions of the trek/tour package and do understand the refund policy of the package as notified in the associate website of www.aroundgoodpeople.com

FINANCIAL DECLARATION

I would like to make the reservation for the above trek/tour. Please send me the invoice separately.
I would like the price of the following, included in the invoice for the Dental Outreach Placement Fee.

Thanks

Date..................   Signature................................

Please fill this section and attach with your Registration/Application form at the time of submitting your application.