



POKHARA & ANNAPURNA TREKKING WEEKEND TRIP

There are several amazing weekend trips to get involved in during your time with PMGY in Nepal. Travelling over the weekends is a huge part of the experience as it gives you the opportunity to explore the country with fellow volunteers on the program.

Due to a lack of public transport travelling independently in Nepal is not the easiest thing to do. Even if there were a better transport network it would not be viable to travel out to a national park and then be left to your own devices. As a result, you really need to travel in a more private network to ensure your safety and to make the most of the weekend opportunities.

There are many travel agents based in Kathmandu who can provide affordable and reputable weekend trip options to our volunteers, and they also allow for you to meet other travellers in Nepal. Our local team are also able to organise weekend trips for volunteers, but we want to ensure participants have the freedom to book elsewhere if this suits their plans better.

As a result, we have found participants to prefer the flexibility to explore all the opportunities available to them once they arrive in Kathmandu rather than pre-organising trips only for people to want to change these plans once they arrive. You can therefore book weekend trips locally based on your budget, travel preferences and once you have met other volunteers on the program.

We have outlined a couple of popular weekend trip options to give you an idea of some of the trips you can get involved in during your time with us. We recommend participants do not make any firm commitments until they arrive in Nepal as participants will usually travel in a group and our team are a great resource to help you make plans!

It is common for volunteers to make weekend trip plans for a 3 day period when travelling further afield. This will mean choosing to miss a day from your volunteer project. Subsequently, you should give as much notice as possible to the local team and staff at the project to ensure they can approve your plans before you make any trip commitments and make alternative arrangements if necessary.

The lakeside town of Pokhara is the gateway to the Annapurna Region, stretching around Phewa Lake, where the Tal Barahi Temple sits proudly in the centre. The landscape here is breath-taking, with a panoramic view of the Himalayas lining the edge of the city.

There's tonnes to do around the lakeside, however Pokhara is famous for being the base for trekkers into the Annapurna Mountain Range, so you can only imagine how spectacular the views are from both the city below and the peaks above!

If you're up for an adventure it's time to stretch your legs and head to the mountains for a weekend trek, complete with stunning sunrise views and buckets of dal bhat to fuel you!

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DAY 1 – EXPLORING POKHARA LAKESIDE

We will be heading to Pokhara city by Tourist Bus this morning and checking into the hotel.

Please note that depending on your location the journey may take a few hours due to the road quality and traffic.

After freshening up it's time for some sightseeing! We'll have a walk around the lakeside to explore the shops, bars and yoga hideouts – you can haggle all your last-minute trekking gear here too! We may have the chance to hop on a boat to enjoy Phewa Lake from the water, for a relaxing ride to take in the beauty of the scenery and watching the paragliders circle above.



DAY 2 – TREKKING KANDE – DHAMPUS

Get your walking boots on as it's time to hit the mountain! After breakfast we'll be catching the local bus to the small town of Kande, where our trek will start.

From Kande to Dhampus it takes around 5 hours, hiking uphill past mountain villages, farm terraces and forests. Be prepared as the ascent can get pretty steep! Most of the track is natural mountain terrain or uneven stone steps. We'll stop for lunch on the way, with many rest breaks to catch your breath and take in the views!

We'll get to Dhampus before dark to freshen up and refuel on dinner. Why not bring a pack of cards or teach the group your favourite game!



DAY 3 – SUNRISE

There's nothing more magical than watching the sun rise through the mountains, so we'll be up early to marvel at the sight! You can admire the view with the Annarpurna Himalaya silhouette against the pastel rainbow sky.

We'll head back to the tea house for some breakfast, then begin the trek down to Phedi. This area is dotted with Gurung villages, a culture that traces back to Tibet after the communities migrated to the Himalayan foothills centuries ago.

The weekend offers another opportunity to learn and get immersed in the Nepali culture. As you walk around you can visit the villages and temples, practise the local language and experience a taster of mountain life.

When we reach Phedi we'll take a bus back to Pokhara for a well deserved lunch feast. And the fun doesn't stop there! There'll be some free time for sightseeing in the afternoon. We'll head up to Davi's Falls, a beautiful waterfall that descends into an underground tunnel to Gupteshwor Mahadev Cave. Next we can marvel at the incredible views over the lakeside and Annapurna mountains from the Shanti Stupa World Peace Pagoda, set on top of Anadu Hill. We can also visit the International Mountain Museum, documenting mountaineering from around the world, with a focus on the Himalayas, Mount Everest and exhibits about the culture and lifestyle of the mountain communities.



DAY 4 – TRAVELLING TO PROJECTS

It's time to head back to your projects after breakfast, with a chance to reflect on your trip on your bus journey home.

ACCOMMODATION

You will stay at a hotel or guesthouse for the two nights in Pokhara and a teahouse in Dhampus. Rooms are shared, up to 6 volunteers per room. Our team will do their best to arrange twin rooms or single beds, but from time to time some volunteers may be required to share double beds depending on availability. The guesthouse will be basic but clean and comfortable. You should have all the amenities you need such as western toilet and hot shower.

Wi-Fi is also available, although it may be intermittent.

MEALS

You'll be provided with breakfast on Days 2, 3 and 4. Other meals will need to be budgeted for. Meals may be typical Nepalese cuisine and served at either the guesthouse or a local restaurant. Drinks or snacks will be at your own expense.

TRANSPORT

You will be travelling to Pokhara via a Tourist Bus. One of PMGY's local coordinators will accompany you on the trek via bus and they take you around the lakeside sites via a local taxi.