

# Let's Apple

Vacations & Lifestyles

8D7N

# NEPAL

+ 4D3N TREKKING 健行  
@ POONHILL

3210m | 36km | 20 hours



- World Heritage - Boudha Stupa & Patan Durbar
- Boat Ride at Phewa Lake
- View to Dhaulagiri (8167m), Annapurna (8091m), Himchhuli (6441m)



NPPHT08\_002

## BRIEF ITINERARY 简要行程

**D1 KUL → KATHMANDU** (MOB/L/D)

- 吉隆坡 → 加德满都
- Boudhanath Stupa (World Heritage)
  - Thamel shopping spree

**D2 KATHMANDU → POKHARA (822m) -** (B/L)

- 加德满都 → 博卡拉
- World Peace Stupa (Shanti Stupa shrine)
  - Phewa Lake [Includes Boat Ride]

### START 4D3N TREKKING 开启4天3晚的健行远足

**D3 POKHARA - (By Jeep) HILE - ULLERI** (B/L/D)

博卡拉 - (乘吉普车) 希勒 - 乌勒里

**D4 ULLERI - GHOREPANI** (B/L/D)

乌勒里 - 戈雷帕尼

**D5 GHOREPANI - POON HILL - TADAPANI** (B/L/D)

戈雷帕尼 - 布恩山 - 塔达帕尼

**D6 TADAPANI - GHANDRUK - (By Jeep) POKHARA** (B/L/D)

- KATHMANDU  
塔达帕尼 - 甘杜莱 - (乘吉普车) 博卡拉 → 加德满都

**D7 KATHMANDU HERITAGE TOUR** (B/L/D)

- 加德满都文化古迹巡礼
- Patan Durbar Square (World Heritage)
  - Singing Bowl Therapy
  - Living Goddess Kumari House in Nepal

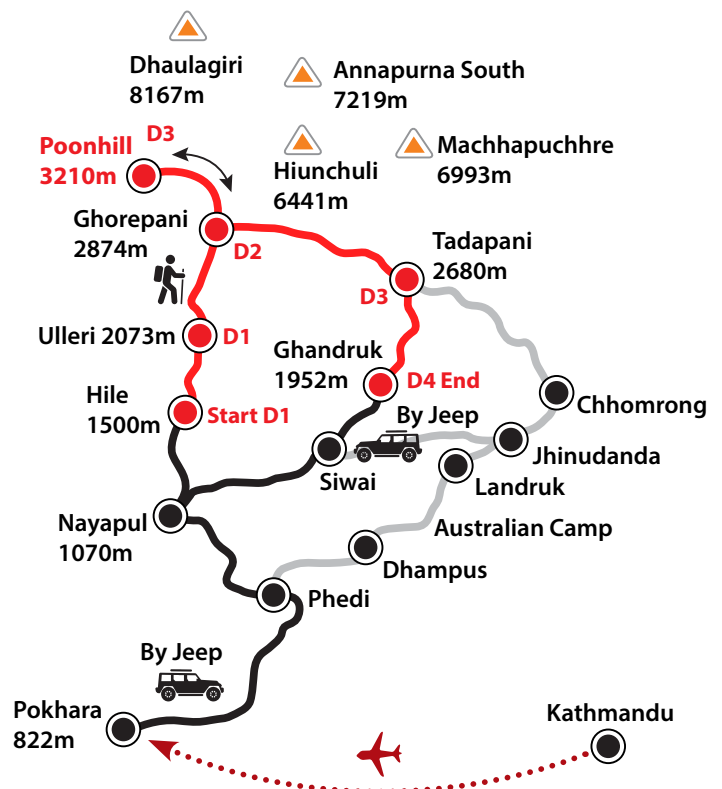
**D8 KATHMANDU → KUL** (B/MOB)

- 加德满都 → 吉隆坡

## TENTATIVE ACCOMMODATION 暂定住宿

DATE	NIGHTS	HOTEL
DAY 1	1	Aloft Kathmandu Thamel or similar
DAY 2	1	Temple Tree Resort & Spa or similar
DAY 3	1	Lodge at Ulleri
DAY 4	1	Lodge at Ghorepani
DAY 5	1	Lodge at Tadapani
DAY 6	2	Aloft Kathmandu Thamel or similar

## 4D3N TREKKING @ POONHILL ROUTE MAP



## Trekking Chart 徒步列表

Days	Starting Point	Ending Point	Estimated Time	Distance
1	Hile (1,500m)	Ulleri (2,073m)	3 hrs	4.5 km
2	Ulleri (2,073m)	Ghorepani (2,874m)	5 hrs	9.1 km
3	Ghorepani (2,874m)	Poon Hill (3,210m)	1 hr	1.5 km
	Poon Hill (3,210m)	Ghorepani (2,874m)	1 hr	1.5 km
	Ghorepani (2,874m)	Tadapani (2,680m)	6.5 hrs	11 km
4	Tadapani (2,680m)	Ghandruk (1,952m)	4 hrs	8.5 km

## Meal Plan 餐饮安排

Days	Breakfast	Lunch	Dinner
1	On Board	Indian Cuisine	Hotel Buffet
2	Hotel	Western Set	Own Expenses
3	Hotel	@ Hile	@ Ulleri
4	Lodge	@ Nangethanti	@ Ghorepani
5	Lodge	@ Banthanti	@ Tadapani
6	Lodge	@ Ghandruk	Hotel
7	Hotel	Continental + Tapas	Royal Thali
8	Hotel	On Board	-

### TENTATIVE INTERNATIONAL FLIGHT 暂定国际航班

FLIGHT	ROUTING	TIME
MH 170	KUL/KTM	0930/1205
MH 171	KTM/KUL	1305/2005

**FREE** Duffel Bag  
(M Size)



### Package Inclusive of

- Accommodations, Entrance Fees and Meals as per itinerary
- Return Flight Ticket KUL/KTM/KUL
- Two-way domestic ticket PKR/KTM

### Package Exclusive of

- MISC Charges [Airport Tax, YQ & Fuel Tax, M'sia Departure Levy Tax, Travel Insurance, Tipping, Visa, & ACF] \*Taxes are Subject to Change
- Personal Expenses
- The item which is not stated in our itinerary

## Additional Terms & Conditions 附加条规:

1. Tours are conducted in English.
  2. Triple Room - Third person shall be based on rollaway bed.
  3. Tour fare quoted is for MALAYSIAN, non-Malaysian surcharge applied.
  4. In-coach Shopping - For your convenience, a variety of local snacks are offered for sale on board the coach. If interested, please place your order with our tour guide.
1. 所有行程以英文讲解为主。
  2. 三人房-房内第三名住客的床褥，将以折叠式为准。
  3. 团费仅适用于大马公民，外国公民则需缴付额外费用。
  4. 车上购物 - 为了您的方便起见，车上会售卖地道小吃。若您有兴趣购买，请向我们的导游洽询。