

## ACTIVITIES

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Tiger Mountain Pokhara Lodge activities benefit from the challenging, scenic surroundings. The altitude is about 4,000 feet (1,220 metres), just a little lower than Kathmandu. Whether your interest is bird watching, culture, or simply to get an insight into this beautiful and fascinating country; we will try to tempt you from the comfort of your balcony chairs.

One of our guides, who are knowledgeable on the local culture, flora and fauna, and particularly the many species of birds to be found in the Pokhara area, will accompany guests on all walks. They are always keen to venture out into the unknown, so if you are adventurous, why not set out on a day of discovery.

We suggest that you take plenty of water, sun-cream, a hat, and sunglasses and have suitable footwear. Our guides can carry water and lunch boxes in their backpacks for you. We will arrange a box lunch for the longer walks, and the lodge has a supply of hats and walking sticks. Please note that some activities incur an additional charge. While we take every effort to ensure that all the activities are responsibly and well conducted, we cannot accept any liability for activities provided by other organisations or operators.

### **Respecting the Local Community**

Quite often, you will be joined by children on their way to one of the many schools found in the area. They are always curious to know where tourists are from and are keen to practice their English; so do not be surprised if you are asked many questions. Please do not encourage begging by giving sweets, money or gifts – however beguiling they may be! It is not good for them in the long term as it encourages them to skip school and is bad for their teeth. If you wish to support the local community we are more than happy to ensure your contribution ends in the hands of the most deserving. Please discuss with the guides if you wish to visit or make a special presentation to local schools or similar.

Please ask permission before photographing local people. The majority are more than willing to have their photo taken but it shows respect to ask first.

### **Conserving the Environment**

We ask that you keep all litter with you or pass to your guide during activities. For smokers we advise that you carry a small container, such as an old film canister, to collect used cigarette butts. Not only is litter unsightly it can be dangerous to animals.

Please do not smoke in forest areas as this can pose a fire hazard in the dry season.

### **Respecting the Local Community**

**Dress** – Nepal is a conservative society and we ask that our guests dress appropriately when out on activities in the village or further afield. Ladies should wear either long trousers or skirts to the knee. Blouses should not be low cut or too revealing; generally the upper arms should be covered. Gentlemen should avoid skimpy shorts and should wear a shirt or T-shirt that covers the torso.

## SHORT FOREST & VILLAGE WALKS

To get a taste of what's on offer, why not start with a short, guided walk around the lodge's immediate vicinity. There are many trails utilised by the local residents, which lead through the villages, passing fields of millet, mustard, potatoes, and other crops, depending on the season. There are many different species of plants, some used for medicinal purposes, which will be pointed out by our experienced guides. There is also an abundance of birds. Specialist bird-watching walks can easily be

arranged for keen birders. We can also provide a checklist of birds and butterflies for the area. Field guides are available from the Col. Jimmy's Library. Please let the guide know your interests and how long you wish to walk; he can then design a walk to suit you.

## **LONGER HIKES**

### **Gurung Village Walk**

**6 to 7 hours**

A walk along the ridgeline to the east of the lodge, takes you through the village of Kalikasthan (Kali is one of the Hindu goddesses). From here, you will follow the main trail to the left through patches of beautiful forest. This trail leads to a village populated by Gurung people, one of the many ethnic groups to be found in the middle hills of Nepal. The Gurungs are known as hardy mountain people with Mongolian features, and provide many recruits for the Nepalese, British and Indian armies in their Gurkha Regiments. The interesting lifestyle and culture of these people can be seen in the village of Thuloswara. If you feel up to it, add an extension via Lankathar, another scenic village. From Thuloswara, walk downhill via, Lankathar to the Bijaypur river. The effort level now intensifies, with a 1,000 feet (305 metres) ascent to the ridgeline and main trail, which leads back to the lodge.

**Please note:** During the early weeks of the season the Gurung Village Walk may involve fording rivers and minor streams, therefore it is advisable to carry sandals or flip-flops.

### **Khahare/Naudanda Walk**

**6 to 7 hours**

Drive to Khahare (45 minutes) at the north-west end of Fewa Tal (lake) then walk uphill to Austrian Camp through mixed forest, farmland, and local communities. From Austrian Camp the route leads down to Dhampus, a charming, predominantly Gurung, village. The trail then drops further down the ridge to Phedi (the road-head). A vehicle will be waiting to drive back to the lodge (45 minutes). This walk is a typical 'trek-in-a-day', with good views of Fewa Tal and Machhapuchhare (Fishtail). There is a transport charge for this walk.

### **Pokhara Valley Rim**

**6 to 7 hours**

Drive to Tutunga (45 minutes) where the walk starts. Initially the trail passes to the base of hills on the southern edge of the Pokhara Valley through farmland. There follows a steady climb for about 1 hour to the ridge through forest (predominantly *Schima* and *Castanopsis sp.*). From the ridge (approximately 1200m / 3,950ft) one has panoramic views of the whole valley and mountains beyond. The undulating trail leads along the ridge through farmland and villages for some 4 hours then descends to Chiradi where the vehicle will be waiting to drive back to the lodge (45 minutes). There is a transport charge for this walk.

### **Thulakot & Ramchekot Walk**

**5 hours**

Walk from the lodge (or drive to Kalikasthan 15 minutes) then start walking steadily uphill through diverse cultural villages and farmland to Thulakot (1250m / 4,100ft), an ancient boundary fort site of the Kaski Rajas until their annexation by King Prithivi Narayan Shah in the 18<sup>th</sup> century. There is a small Bhairav Temple in fort remains. To reach Thulakot takes about 2½ hours. Walk along the undulating ridge to Ramchekot (approx. 1425m / 4,675ft) with fine views (1 hour) and take in panoramic views of the Pokhara Valley and over into the Madi Valley of Lamjung district. Descend gradually to Deomadi (45 minutes) and back to Kalikasthan via Chitepani. From Kalikasthan either walk or drive back to the lodge.

### **Begnas Lake Walk**

**4 to 5 hours**

Walk to Kalikasthan village from where you continue to follow the main trail to the right. On reaching Kaulikot, you will be greeted with views of the valley and Begnas Lake, the second largest lake of the valley. The walk from Kaulikot descends easily through villages and on to the lake itself. At Begnas there is the option of hiring a boat for a short ride in the tranquil surroundings, before meeting one of our vehicles for the 40 minute ride back to the lodge. This walk incurs a charge for the vehicle pickup.

### **Bhimirepani Walk**

**3 hours**

This is a very pleasant general village and farmland walk through communities of varied groups and castes with the advantage that it is largely on the level or undulating without any serious steep climbs or descents. Leaving the lodge the walk goes to Sundar Gaun (above Khaste Tal) then through local forest to Narasapur (a good area for bird watching) and through farmland to Bhimirepani before

returning to the lodge.

### **Bijaypur River Walk**

**3 hours**

Descend from the lodge along the spur to the big bend in the Bijaypur River (a descent of about 305m / 1,000ft) thence along the river bank to Sangako Mukh. The path then climbs up to Murali Chowk for a vehicle pick-up and drive back to the lodge (15 minutes) or, alternately, one can walk back up (1½ hours). This makes a good morning bird-watching walk, returning in time for lunch.

### **Shanti Stupa Walk**

**3 hours**

Drive to Pokhara to the dam at the end of Fewa Tal (water from here goes to a small hydro-power plant at the southern edge of the valley) and walk up the forested hill called Raniban to the Shanti Stupa, or Peace Pagoda, from where there are good views of Fewa Tal and the Annapurna and Dhaulagiri Himal. The path then descends to the lake shore and one can take a boat across to Barahi Ghat at the heart of the Lakeside area. There will be time for souvenir shopping / e-mail, or to have a refreshing drink or snack at one of the many lakeside restaurants and bars. The drive back to the lodge takes about 30 minutes. There is a transport charge for this walk.

### **A Glimpse Behind the Scenes – Sustainability Walk**

**30 minutes**

Tiger Mountain is proud to pioneer regenerative tourism in Nepal's middle hills. This short wander through the lodge grounds serves to go behind the scenes and highlight some of the smaller and more significant elements of the lodge's approach to sustainability that underpins the ethos of regenerative tourism.

## **POKHARA SIGHTSEEING TOUR**

If you would like to leave the peace and tranquillity of the hilltop to explore the Pokhara Valley, we can offer a tour of Pokhara and the surrounding area. This enables you to visit interesting places such as the local market, the deep Seti River Gorge, Devi Falls, Mahendra Cave, Hindu temples, Buddhist monasteries, and museums. You can also hire a local boat or sailing dinghy and enjoy an hour or two on the famous Fewa Lake, or stroll through the lakeside area for your souvenir shopping. There is a charge for this service.

### **Pokhara a la Carte**

If you do not want a guided tour, let us know and we can drop you and collect you at an agreed time, leaving you free to explore at your own pace. There is a charge for this service.

## **SWIMMING POOL**

The pool is UNSUPERVISED and unheated. Please do NOT dive into the pool. All swimming is entirely at guests' own risk. Under no circumstances are children under 16 permitted to swim unless supervised by their parents or guardians. The depth at the shallow end is 4 feet (1.22 metres) and at the deep end 6 feet (1.83 metres). Towels and deck chairs are provided at the pool side. The pool is kept clean with salt and electrolytic processes; it is checked daily.

## **OTHER ACTIVITIES**

Pokhara is host to a range of activities. Charges vary so please ask our Guest Relations staff who can brief you. We can arrange the following for you at extra charge:

### **Golf**

The Himalayan Golf Club is described as one of the top five 'exhilarating' courses. The course is owned by Major Ram Bahadur Gurung of the British Gurkhas. The setting is unique and stunning with the main holes being laid out along the Bijaypur River gorge. The club will provide caddies, clubs, and related kit. This course is reminiscent of traditional highland courses on rough terrain, rather than the modern 'manicured' courses more often encountered. The holes are challenging and the variety of scenery makes this course a pleasure for player and non-playing escorts alike. A small clubhouse provides simple snacks and refreshing drinks.

### **Para-gliding**

This is perhaps the most exhilarating experience available in the Pokhara Valley. You soar like an eagle with the majestic peaks as a backdrop and the birds as your companions. Professional

companies, with the approval of the Nepalese Civil Aviation Authority, operate this service. The pilots are all fully trained.

Micro-light flights are also available.

#### **Conserving the Environment**

Para-gliding uses no fuel so must be considered a "greener" activity than the micro-light flights.

#### **Mountain Biking**

Please ask us if you want to take mountain bikes and explore. We will need 12 hours notice.

#### **Tennis**

Tennis courts are available in Pokhara and can be booked by us.

#### **Fishing**

Coarse fishing is available on Fewa Lake. We can make all arrangements for the hire of tackle, bait, boat, and English-speaking guide. We encourage catch and release using barbless hooks. For enthusiasts, there can be few settings as dramatic as fishing from a boat with the towering peaks of Annapurna South and Machhapuchhare (Fishtail) dominating the skyline.

#### **Sailing & Boating**

Some basic sailing dinghies are available on Fewa Lake and we can arrange hire for you. Paddle boats (with, or without, a boatman to do the paddling) can be hired from Barahi Ghat.

#### **MASSAGE & YOGA**

We can arrange the services of an expert Masseur / Masseur to relax tired muscles after a trek or just to while away the tensions of modern life in the privacy of your own room. Professionally trained, our masseurs are skilled in Ayurvedic, Hara, Shiatsu, and Reiki. These are traditional Asian massage techniques based on manipulation and use of the body's meridian pressure points. Ayurveda was founded in India thousands of years ago and retains wide usage to date.

Yoga training is available for beginners or those already more experienced. This can range from basic breathing (pranayam) and simple postures (asanas) to the more advanced levels. Meditation sessions are also available.

We need 2 to 3 hours advance notice for these services, which are subject to extra charge. Details are available at the Bar.

#### **FURTHER TRAVEL ARRANGEMENTS**

We can arrange scheduled flights and charters to all destinations in Nepal and internationally. Cars can be hired to drive into the mountains or for excursions. Please feel free to discuss any ideas you may have.

#### **Trekking & White Water Rafting**

Through our sister companies, Mountain Travel and Himalayan River Exploration, we can arrange treks and white-water rafting on Nepal's dramatic rivers. We can arrange a short but exciting seasonal rafting trip on the rapids of the upper reaches of the Seti River. A 45 minute drive to the north of Pokhara Bazaar brings you to the start point at the confluence of the Mordi and Seti Rivers. After a safety briefing, you start a 2 to 3 hour descent of a series of rapids on the Seti before reaching Phusre, the end-point. From there you will drive back to Pokhara Lakeside (about 30 minutes) where we will collect you. Additional time for exploring the Lakeside can be included.

#### **EXTRA CHARGES**

Please see separate sheet in your room folder or ask our Guest Relations staff, who will be happy to advise.

