

Please note that the itinerary below is one of a series that has been specially designed for your marathon event. However, there is so much to do and see in Nepal and so many different types of interests, so, if you don't see the type of trip you are looking for in this series, don't despair, let us know and we will be more than happy to create a customised experience just for you.

Action Asia 2013 – Post-race: Relax in Kathmandu

Introduction

Enjoy the best of both worlds – a beautiful place to relax and revitalise, along with a whole lot to see and do. You experience the culture of Kathmandu with a day out and about seeing two UNESCO World Heritage sites and no doubt you'll see some fascinating things along the way as well.

Your accommodation is at Gokarna Forest Resort, a great place to relax, located outside the bustling city in the Gokarna Forest. There's a fantastic spa and a golf course with Himalayan views. Add in their numerous dining options and this is a gorgeous setting for you to unwind after the marathon with plenty of options to keep you busy, if that's your style.

Brief Itinerary

Day 1 – Return to Kathmandu after your race

Day 2 – Relax

Day 3 – Boudhanath and Bhaktapur

Day 4 – Relax and departure

Detailed Itinerary

Day 1 – Return to Kathmandu after your race

This afternoon you arrive back in Kathmandu after the final leg of the race. We take you to direct to your incredible accommodation at Gokarna Forest Resort, an understated but luxurious retreat located inside the stunning Gokarna forest, preserved for over 500 years and Kathmandu's only remaining remnant forest. It is a haven not only for yourself but for wildlife, plant species and birds. The resort is reached by a winding road through the forest to the beautifully designed complex, comprising a mix of subtly majestic Malla period architecture, Rana period lodges, and sanctuaries harmoniously blending with this stunning forest.



After checking in you have time to wash off the race grime and we will take you to the official race hotel for the awards ceremony. After the ceremony we will transfer you back to peaceful Gokarna.

Meals: None

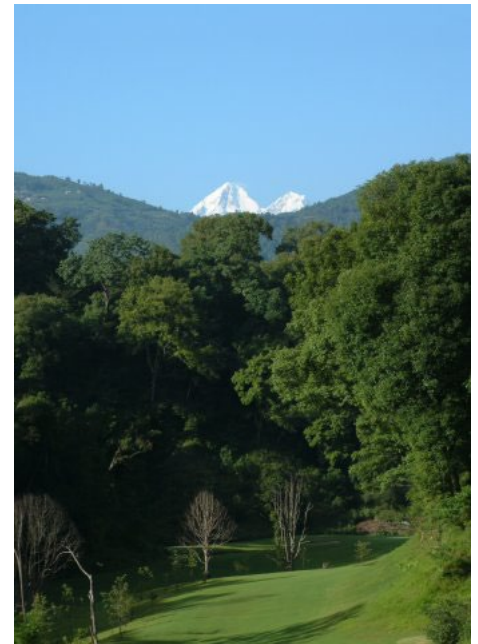
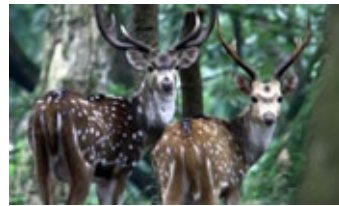


Explore the Himalayan trails of your choice, your way

Day 2 – Relax

Today is yours to relax and recuperate as you wish. Gokarna Forest Resort provides you with plenty of activities for recovery including massages and spa treatments or simply relax with a book in the grounds of this beautifully preserved forest property. If you're keen to get straight back into it there's a golf course and much to discover in the surrounding forest – temples and shrines, traditional villages, birds and wildlife. You could even head out for a day hike and have a picnic in the forest. All today's meals are provided for you at the hotel, but if you'd like to arrange something different, such as a picnic then please just talk to us!

Meals: Breakfast, Lunch, Dinner



Day 3 – Boudhanath and Bhaktapur

Now that you've had some time to revitalise after the marathon, it's time to head out into the streets of Kathmandu to experience the culture, colour and energy of the city.

First, you head just down the road to Boudhanath - this Buddhist Stupa is one of the biggest in the world. It stands with four pairs of eyes in the four cardinal directions keeping watch for righteous behaviour and human prosperity. This stupa was built by King Man Deva on the advice of the Goddess Mani Jogini. Boudhanath is part of the shared history of Nepal and Tibet, with Tibet having held ruling privileges over the site until the last century. It is built on an octagonal base inset with prayer wheels and the stupa is ringed by houses of Lamas or Buddhist priests, monasteries and shops.

After exploring here, we head out of town to Bhaktapur, one of the three ancient cities within the Kathmandu Valley. It is also known as Bhadgaun, meaning the city of devotees and is the home of true medieval art and architecture in the Valley. Lying 14 km east of Kathmandu city, Bhaktapur was founded in the 9th century and is shaped like a conch shell. Not only because of its famous carved peacock windows but also due to its museum, Bhaktapur is the centre of traditional Nepalese wood carving. Compared to other royal cities in Patan and Kathmandu, Bhaktapur is the most original and is without a doubt the most historically authentic as it is literally a living museum where farmers dry their harvest, potters turn their wheel and people go about life as they have done for so long.

Explore the Himalayan trails of your choice, your way

We will have lunch here overlooking a classic ancient town square and then continue our exploring. After a full and fascinating day we take you back to Gokarna for dinner.

Meals: Breakfast, Lunch, Dinner



Day 4 – Relax and departure

After a great breakfast at the resort, you are free until it is time for us to transfer you to the airport in time for your flight home.

Meals: Breakfast

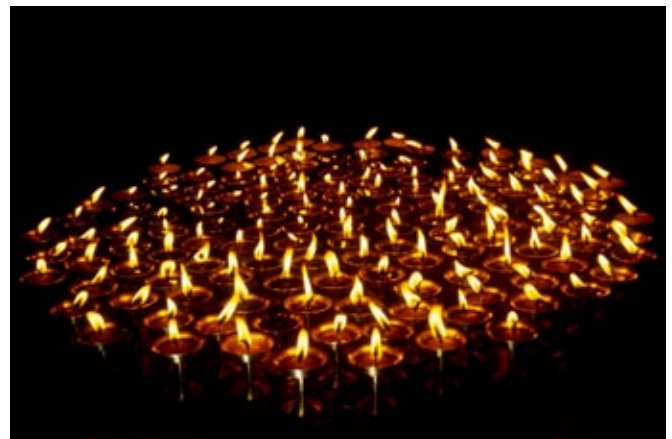
Price per person:

Based on 1 person group **US\$843**

Based on 2-3 person group **US\$546**

Based on 4-6 person group **US\$519**

Single supplement (for groups of 2 and above) **US\$238**



The price includes:

- Hotel nights in Gokarna Forest Resort, based on standard rooms on twin share. www.gokarna.com
- Any extra services provided at Gokarna Forest Resort, for example spa or golfing
- Meals as per the itinerary above
- Entrance fees and English speaking Nepali guide for sightseeing days
- Transportation as per the detailed itinerary

Explore the Himalayan trails of your choice, your way

The price does not include:

- Services and activities not mentioned in the detailed itinerary
- Any extra services provided at Gokarna Forest Resort, for example the spa or golfing. These can be booked directly from the hotel reception
- Comprehensive travel insurance that includes trip cancellation and rescue evacuation should this be required for any reason (we require this as the minimum insurance cover)
- Rescue/evacuation costs (to be covered by your insurance)
- Additional nights, optional trips and sightseeing tours outside the detailed itineraries above
- Single supplement, please see single supplement charge
- Personal expenses (e.g. mineral water/soft drinks/bar bills, entrance/photography fees at monasteries, laundry, telephone calls, postage, donations, extra snacks etc)
- Tips for your city guide, drivers, hotels, restaurants etc (please ask if you would like guidance about appropriate tips)
- Costs incurred due to changes in programs and reservations due to unforeseen events (e.g. landslides, strikes, fuel shortages etc)



Please note:

- Rates are in US dollars
- Prices are valid for your specified time of travel only
- This is only an offer and no reservations have been confirmed
- Prices are subject to availability

Important Note:

Every effort will be made to keep to the above itinerary, but as this is Adventure Travel in the mountains, we cannot guarantee it. Weather conditions, road conditions, vehicle breakdowns and the health of fellow travellers can all contribute to changes. We will try to ensure that the trip runs according to plan, but an easy going nature will be an asset!

Explore the Himalayan trails of your choice, your way