

THE LAST RESORT

By Jane Poretsis

“WATCH THE STARS SITTING IN FRONT OF YOUR TENT AND FALL ASLEEP LISTENING TO THE SOUND OF THE RIVER, WAKE UP WITH THE BIRDS SINGING.” *The Last Resort.*



Getting ready





Whether you just want to just kick-back and relax, or have an adrenalin charged adventure of a life time, The Last Resort is truly a lush paradise with wow factor. Set amidst sprawling terraced slopes, it sits up high on a

cliff-top gorge, with awe-inspiring views of the wild Bhoté Kosi River cutting deep through the landscape below. Surrounded by dense emerald green jungle and pristine forest, it is about 3-4 hours' drive from Kathmandu, and close to the Tibet border, a real get-a-way from it all whether you

are a young group of friends seeking death defying fun, a couple seeking some down-time, or a family wanting to try something different. This is Nepal's ultimate adventure playground, and to get in you will first have to cross the 160 m high Bungy bridge; with limited access



Canyoning through a waterfall



a hammock sipping a cool drink and read a book.

When the day is done, nightlife offers the well-stocked Instant Karma bar, with lounge, soft rock, blues, and jazz instrumentals playing in the background. Imbued with ambience, it is a great place to catch up with new friends from around the world. With special band nights, there is also the Sundance Music Festival to look forward to, held each spring.

This is a place you won't forget in a hurry, and not too much of a surprise that it was a 2013 winner with Trip Advisor with a certificate of Excellence.

Whether you want to just visit for the day or stay a few nights, the prices aren't too steep either and include the drive over from Kathmandu. An overnight relax at the

The calm before the storm



this also guarantees an oasis of privacy. With exotic landscaped gardens, the resort is uniquely crafted in local stone, wood and slate with a great dining hall complete with high-vaulted ceiling and centuries old wood carvings serving delicious buffets, you can eat inside or out on the terraces, or gardens at low tables with large square cushions.

The accommodation is a "natural affair" with luxurious safari tents set out spaciouly, the deluxe with private gardens and deck chairs. To chill out between adventures there are a host of other amenities: you could take a relaxing massage in the spa, or a sauna and then plunge into a refreshing pool fed by mountain steam water, or simply hang out in

Mountain biking



resort costs from €7 and includes 3 meals. A Bungy day trip costs €2 including a nice big meal.

Bungy

Taking a Bungy jump in Nepal may be the most spectacular jump on the planet. At 160m high it is Nepal's ultimate rush and one of the longest free-falls in the world. Imagine a bridge over a high tropical gorge, with one of Nepal's wildest rivers raging below, and jump! Each Bungy is filmed and the footage shown to you back at the resort, where you can order your DVD and pick it up a day later at the Kathmandu office. You even get to wear the t-shirt.

Sharing a High Ropes joke

Canyon Swing

The Canyon Swing at The Last Resort in Nepal is the world's highest giant swing, offering you a full-on adrenaline filled and gravity defying adventure. As you jump off the 160m high suspension bridge, you then free-fall 100m into the dramatic gorge before the twin lines swing you 240m at 150km per hour!!! Experience the gorge like Tarzan, and don't forget it will all be caught on camera as they film you falling into the abyss! You could also try a Tandem Swing with your partner.

Canyoning

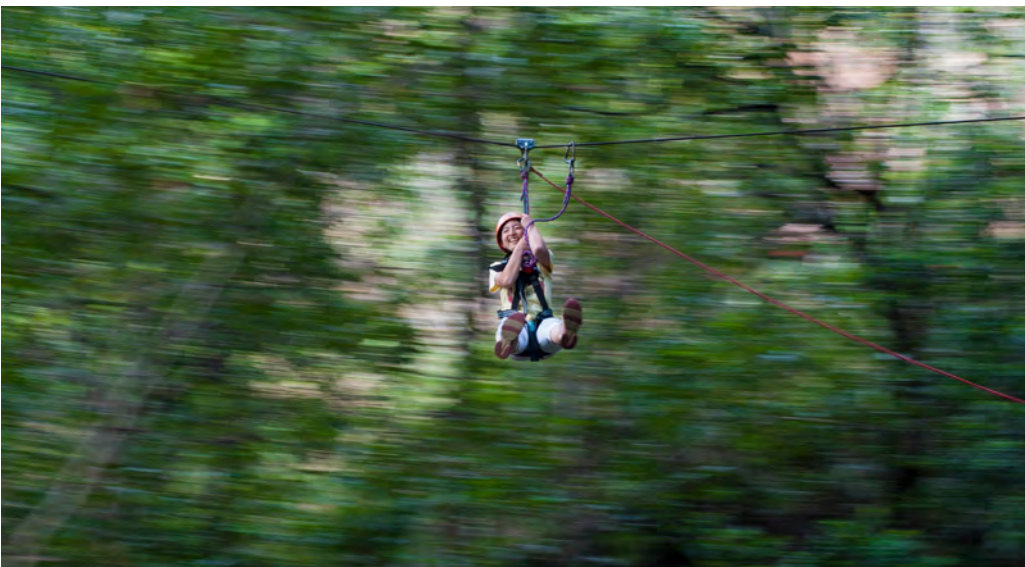
Taking you through Nepal's hidden canyons, expert guides will lead you in abseiling, jumping, and sliding down steep canyon walls and waterfalls to deep pools below. With trips ranging from exploration walks to some of the



Easy does it



Zipping through the forest



more extreme canyoning. Panglang is close to the resort and less extreme, Kanglang and Bhulkute, on the second and third day are more advanced, and includes some hiking and swimming in beautiful pools and streams.

White Water Rafting

The Bhoté Kosi River tumbles from the snow-capped peaks of Tibet and is one of the greatest short river rafting trips in the World. Starting at a rapid named 'Carnal Knowledge of a Deviant Nature' which is a long series of boulders and holes that will test your nerve and paddling skill, the rapid ends in a huge drop and continues. With thundering rapids and chutes of foam, the most common command is "hold on!" With longer trips on the Tamur River, Karnali, and Sun Kosi; family raft trips are available on the gentler lower river sections.

Adrenalin rush





Getting ready to jump



Making friends

Mountain Biking

Ride 14 km to the Tibet Border through beautiful landscapes and charming villages. Set foot on the Friendship Bridge, the white line in the middle is the actual the border between Nepal and Tibet! You can picnic on the way with a packed lunch or eat at one of the local restaurants in the Nepali border town Kodari. A visit to the hot springs at Tatopani is a nice way to break up your return journey. If you are too tired you can also just put your bike of the roof of a local bus and have them drop you back at the resort.

High Ropes

High Ropes is high adventure, an amazing high wire forest adventure that challenges your personal boundaries encourages teamwork and builds confidence. With ladders, wobbly bridges, walk-ways, cargo nets, abseils and zip lines.

Family fun

Fun for the family with a range of activities including: rock climbing, zip lining, bridge abseiling, hiking etc.; with a minimum of 2 children to run family fun if parents are not participating.

Coming up is RAFT-BIKE-TREK, NEPAL on September 26th, 2014. A combination of stunning scenery, amazing biking, a bit of hiking and a huge downhill ride to the legendary Sun Kosi river for some wild rafting. This is an exciting new trip from the mountains of the Everest region to the southern plains of the Terai, experiencing all the landscapes and cultures in between, and some butter tea.

For more information on the Last Resort visit www.thelastresort.com.np. All photography is by Alex Treadway, a professional travel photographer. Please visit him at www.alextheadway.co.uk