

BEYOND
INDIA



NEP01 > 8 DAY TOUR

ESSENTIAL NEPAL

Nepal, with its ancient monasteries and temples, lies in the foothills of the mighty Himalayas, at the border of India and Tibet. Its simple hill folk practice Hinduism and Buddhism. The beautiful terrain provides ample opportunity for trekking, river rafting, bird-watching and wildlife safaris, to relax or just take in the fresh mountain air. In the itinerary that follows, we have tried to cover a bit of all. The choice of locations cover much of this fascinating land, and the accommodation is the best available.

KATHMANDU

CHITWAN

POKHARA

KATHMANDU



Insider Tips:

- Best time for this itinerary: October to April.
- Best time for mountain views: December to April.
- Best time for Rhododendrons and Orchids: March to April.
- Nepal celebrates Dashain to honour the Mother Goddess during the month of October. The mood is really festive, it is a time of great merriment, but do expect crowds and animal sacrifices.
- Very popular mountain flights are available from Kathmandu, subject to weather conditions, to view the Everest and other mountains, up close.
- Rafting and Trekking options are available from Pokhara for the active traveller.
- Add two days extension to visit the affluent Gorkha village.





TIBETAN SINGING BOWLS

Tibetan Singing Bowls are a brilliant example of the ancient art of sound healing. These singing bowls, when struck on the side or made to sing, produce multiphonic and polyharmonic sounds – unique, complex and subtle – which help reduce stress and create a deep sense of peace.



TOUR ITINERARY | NEP 01

DAY 01 ARRIVAL KATHMANDU

Warm welcome at the airport by our representative and transfer to the hotel. In the afternoon, visit the Boudhanath Stupa. The four sides of this colossal Buddhist monument have the all-seeing eyes of the Buddha painted on them, gazing across the valley. Meet and interact with a Buddhist monk at the monastery.

DAY 02 KATHMANDU – CHITWAN

Drive to Chitwan National Park in southern Nepal known for some of the best wildlife-viewing in Asia. It is home to the one-horned rhinos, sloth bears, leopards, over 450 species of birds and the tigers. In the afternoon, go on an elephant safari.

DAY 03 IN CHITWAN

Explore Chitwan National Park by

jeep and canoe. Also enjoy bird watching on a nature walk. Visit a village along the way.

DAY 04 CHITWAN – POKHARA

Drive to Pokhara to enjoy the views of the Annapurna range. Take a walk along the Phewa Lake and row a boat on its tranquil waters to visit Barahi Temple, a two-story pagoda that sits on a small island.

DAY 05 IN POKHARA

Start early today for a snow-capped sunrise from Sarangkot, the gateway to the Annapurna mountain range, which is home to some of the most popular treks in Nepal. On a clear day, as the early morning sunlight hits the mammoth white peaks, witness some of the tallest mountains in the Annapurna range. Drive to a nearby village to spend

time with a local family.

DAY 06 POKHARA – KATHMANDU

Drive or fly to Kathmandu.

DAY 07 IN KATHMANDU

Visit the Swayambhunath Stupa, Kathmandu Durbar Square. Take a rickshaw ride to Thamel known for its bright chaotic market-style shops, bars, restaurants and accommodation for travellers. Continue to Pashupatinath Temple and later to the historic town of Patan. Meet a sound healer and a singing bowl master and learn about his unique art of healing. End the day at the ancient city of Bhaktapur.

DAY 08 KATHMANDU – ONWARDS

Transfer to the international airport for the onward flight.



Other than Nepali, Gorkhali, Khaskura and Maithili are also spoken here.

A commonly used greeting is 'Ramro Cho?' which means 'hope you're well' in Nepali.



Nepal is extremely cold in the winter and pleasant and warm in the summer.