

HIGHLIGHTS TOUR OF NEPAL



COUNTRIES VISITED: **NEPAL**

TRIP TYPE: Cultural Tour

TRIP GRADE: Easy

TRIP STYLE: Hotel

NAN Based On 0 Reviews

KG Carbon Footprint

TRIP LEADER: Local Leader

GROUP SIZE: 2 - 10 people

NEXT DEPARTURE: 07 Oct 2022

14 Trees Planted for each Booking

Our Highlights Tour of Nepal is a perfect introduction to this fascinating country while staying in a hotel every night of itinerary. You have time to explore Kathmandu, Pokhara, Dhulikel, Bandipur and Namo Buddha.

There are superb mountain panorama views of the Himalayas from your hotels at Bandipur, Pokhara and Dhulikel. On a clear day you will see Annapurna, Dhaulagiri and Mount Machapuchare (known as Fishtail mountain) .

Throughout this itinerary you stay at mid level hotels mainly three star (Kathmandu: Hotel Tibet; Bandipur: Old Inn; Pokhara: Hotel Landmark or Trek O' Tel and in Dhulikel: Dhulikhel Lodge Resort).

There is no day to day trekking in this itinerary apart from the option to walk from Namo Buddha to Dhulikhel on Day 10 however there are opportunities for day walks while in Pokhara, Bandipur and Dhulikel.

You have the option to join one of our fixed date departures or to have a private tour tailored to dates that suit you

WHAT'S INCLUDED

- Internal travel in private car or minibus with driver.
- Private transfers including airport collections.
- Sightseeing in Kathmandu and Pokhara with Nepalese cultural guide and private vehicle.
- Twin share rooms at all locations.
- Breakfast only at all hotels.
- Rubberised luggage tags posted to you before departure.
- Full financial protection for all monies paid to us through our membership of Association of Bonded Travel Operators Trust (our ABTOT membership number is 5365) and having an Air Travel Organiser's Licence (our ATOL number is 10921).
- Pre departure support and advice from The Mountain Company by email, phone or face to face meetings in London. After booking with us we will send our comprehensive "Nepal Pre Trip Information" notes.

WHAT'S NOT INCLUDED

- International flight to/from Kathmandu.
- Travel insurance.
- Nepal visa for 15 days.
- Lunch and evening meals all places on itinerary.
- Tips (guidance on amounts included in our "Nepal Pre Trip Information" notes).
- Other items not listed in "What is included".

ITINERARY

DAY 1: ARRIVE IN KATHMANDU (1,400M)

Arrive in Kathmandu

No meals

Hotel Tibet in Kathmandu

A driver will be sent to collect you on arrival at Kathmandu airport and to bring you back to the hotel. Please provide travel plans on booking and we will arrange the pick-up and transfer. A full tour briefing will be given in the afternoon.

DAY 2: KATHMANDU SIGHTSEEING

Sightseeing in Kathmandu

Breakfast

Hotel Tibet in Kathmandu

This is a one day guided sightseeing tour of the Kathmandu Valley visiting three out of the seven World Heritage Sites. You will start off by visiting Patan Durbar Square then drive to the Buddhist stupa at Boudhanath followed by the last stop of the day at the Hindu shrine of Pashupatinath. The tour is likely to finish around 4pm and the rest of the day is free to further explore Kathmandu.

Three major towns are located in the valley, Kathmandu, Patan and Bhaktapur, each having a great artistic and architectural tradition. Kathmandu is the capital and the largest city in the country. Patan, the second largest is separated from Kathmandu by a river. Bhaktapur, the third largest, is towards the

eastern end of the valley and its relative isolation is reflected in its slower pace and more distinctly mediaeval atmosphere.

In the Valley the landscape is dramatically sculpted by the contours of the paddy fields. The towns and villages are alive with the colours of farm produce, ranging from pyramids of golden grain to the vivid reds of chilli peppers laid out on mats to dry in the sun. In the streets and towns there is a constant bustle of activity, especially in the bazaars and markets where the farmers sell their vegetables and fruit.

DAY 3: DRIVE TO BANDIPUR, AFTERNOON VILLAGE WALK.

Drive to Bandipur (3 hours)

Walk around Bandipur

Breakfast

Old Inn in Bandipur

In the morning you will be driven by your driver in a private vehicle to Bandipur. This small town is located on a ridge above the Kathmandu to Pokhara road and has superb views of the Himalayan peaks to the north (Annapurna, Dhaulagiri, Manaslu and Ganesh Himal). Bandipur has been considerably developed for tourists whereby some of the old houses have been carefully converted to hotels and there are thankfully few concrete buildings like elsewhere in Nepal. Compared to the hustle and bustle of Kathmandu the small town of Bandipur is very peaceful place as vehicles are not allowed into the main square.

DAY 4: DRIVE TO POKHARA

Drive to Pokhara (3 hours)

Breakfast

Mount Kailash Resort in Pokhara

After breakfast you will drive to the lakeside town of Pokhara where there are superb views to the snowy Himalayan peaks including Machapuchare and Annapurnas. In the afternoon you can either relax at the hotel or explore the town of Pokhara.

DAY 5: DAY IN POKHARA, WALK TO WORLD PEACE STUPA

Walk to Peace Stupa

Breakfast

Mount Kailash Resort in Pokhara

It is worth waking early to see the mountain views that at their best in the morning. After breakfast you take a boat trip around Phewa Lake or walk to Shanti Peace stupa above the lake or just relax and explore Pokhara around Lakeside.

DAY 6: FLY TO KATHMANDU, DRIVE TO NAMO BUDDHA

Fly to Kathmandu

Drive to Namo Buddha (1 1/2 hours)

Breakfast

Namo Buddha Resort

After breakfast, you will be driven to Bharatpur airport for the short flight back to Kathmandu. On arrival there is a short drive to Namo Buddha on the rim of the Kathmandu valley where there is a superb mountain panorama from the wonderful Namo Buddha Resort.

DAY 7: WALK OR DRIVE TO DHULIKHEL

1) Drive to Dhulikhel (1 hour)

2) Walking to Dhulikhel (2 hours)

Breakfast

Dhulikhel Lodge Resort

Today you have the option to walk to Dhulikhel or to drive by car. If you decide to walk the trail takes you through traditional villages with mountain views.

DAY 8: DRIVE TO KATHMANDU

Drive to Kathmandu (1 1/2 hour)

Breakfast

Hotel Tibet in Kathmandu

You can spend the morning relaxing in Dhulikel enjoying the views then in afternoon drive to Kathmandu.

DAY 9: FLY BACK HOME

Fly home

Breakfast

Transfer to Kathmandu airport for your flight back home. End of trip.

DATES & PRICES**2022**

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
07 Oct 2022 to 15 Oct 2022	Local Leader	US\$1,295pp	US\$290pp / NA	2 Left to Guarantee

2023

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
10 Mar 2023 to 18 Mar 2023	Local Leader	US\$1,295pp	US\$290pp / NA	2 Left to Guarantee

PRACTICAL INFORMATION

Kit List

CLOTHING AND EQUIPMENT LIST FOR NEPAL TOURS**Footwear:**

- Comfortable shoes i.e trail shoes or trainers.
- Flip flops or sandals.

Travel clothes. You will need clothing as follows:

- Lightweight waterproof jacket.
- Casual long sleeved shirt.
- T shirts.
- Lightweight trousers.
- Micro fleece.
- Socks and underwear etc.
- Swim wear

Headwear:

- Sun hat.
- Bandana or face mask (eg. [Buff Headwear](#) or purchase a [#myTMCbuff](#)).

Personal Equipment:

- Toiletry bag include toilet paper, soap, towel, toothbrush, etc.
- Headtorch. Useful during power cuts.
- Backpack for day trips. Recommended size is 15 to 20 litres.
- Water bottle.
- Sunscreen and lipsalve with a high SPF.
- Insect repellent.
- Books, phone and cards etc.
- Power adapter.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Hand sanitizer. We suggest you keep this in your day pack.
- Duffle bag (or backpack) for your personal gear. Bring a small combination padlock to secure the bag.

Personal first aid kit:

Please bring personal medications and other items you might use regularly such as:

- Any personal medications.
- Insect repellent.
- Plasters and blister treatment (Compeed patches are the best).
- Anti-septic cream.
- Analgesics (paracetamol, ibuprofen and aspirin).
- Throat lozenges.
- Diarrhoea treatment (Immodium) and oral rehydration salts (Dioralyte).
- Antihistamine cream and tablets (Cetirizine or loratidine)
- Multi vitamin tablets.

ACCOMMODATION**HOTEL TIBET IN KATHMANDU**

Hotel Tibet is in Lazimpat next to the Radisson. This is our usual hotel for our standard trips in Nepal.

We have used Hotel Tibet for over 15 years and our clients have enjoyed staying at this property. It has a good location, comfortable rooms and high level of service. There is a garden terrace next to the restaurant on the ground floor. On the fifth floor there is a roof terrace with the Yeti Bar overlooking the city.

OLD INN IN BANDIPUR



The Old Inn is located in the heart of the traffic free bazaar in the centre of the small town of Bandipur.

The hotel consists of two adjoining timber and stone Newari townhouses with adobe, stucco façade. The ground floor has dark wooden pillars and beams opening onto the flag-stoned bazaar. The rooms are in a traditional house so are quite small and have low ceiling and doorways however this renovation has been sensitive to the original style and integrity of the building. The rooms in the original wing do not have attached bathrooms however the rooms in the Extra star wing renovated in 2012 are en-suite. The Old Inn has a simple elegance and this is enhanced by the friendly welcome from the staff.

NAMO BUDDHA RESORT IN KATHMANDU VALLEY



Namo Buddha Resort is a lovely friendly place to stay and relax. It is one of our favourites in the Kathmandu Valley. This property is at the top of a hill where there is a superb view of the Himalaya.

The accommodation is in small houses built in traditional Nepali style. The carpenters and masons were from Kirtipur. The houses have private toilets, stone roofs and traditional small doors and windows. The resort has an organic farm where milk is collected from their cows. Most of the food is grown on the property.

MOUNT KAILASH RESORT IN POKHARA



Mount Kailash Resort is in a good location along a quieter section of Pokhara Lakeside. It has fine views of the lake and the mountains.

This is a modern property with an attractive garden and swimming pool. The rooms are spacious with attached bathrooms. The rooms have television, air-condition and free Wi Fi.

TRIP REPORTS

To read our trip reports please click on the links below to our blog:

[Day trip to the World Peace Stupa in Pokhara](#)

[A few days in Bandipur](#)

[Scenic mountain flight around Mount Everest](#)

[Inspection visit to Chitwan National Park in Nepal](#)

[Inspection visit to Bardia National Park in Nepal](#)

TMC blog posts on Festivals of Nepal:

[Shivaratri \(Spring\)](#)

[Holi \(Spring\)](#)

Notes downloaded on: 12-08-2022

