

# In Depth Tour of Nepal



**COUNTRIES VISITED:** NEPAL

**TRIP TYPE:** Cultural Tour

**TRIP GRADE:** Easy

**TRIP STYLE:** Hotel

**TRIP LEADER:** Local Leader

**GROUP SIZE:** 2 - 10 people

**NEXT DEPARTURE:** 03 Oct 2021

This tour will introduce you to this fascinating country while staying in a hotel every night of itinerary. You have time to explore Kathmandu, Pokhara, Bandipur, Dhulikel, Namo Buddha, Bhatktapur, Lumbini and visit Chitwan National Park.

There are superb mountain panorama views of the Himalayas from your hotels at Bandipur, Pokhara, Namo Buddha 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 Mount Kailash; Chitwan: Jungle Villa Resort; Namo Buddha: Namo Buddha Resort; Bhaktapur: Planet Bhaktapur; Lumbini: Hotel Maya Buddha Garden and in Dhulikel: Dhulikhel Lodge Resort).

There is no day to day trekking in this itinerary apart from the option Namo Buddha to Dhulikhel on Day 12 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

Hotel Tibet in Kathmandu

In the morning you will be driven 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 including Annapurna, Dhaulagiri, Manaslu and Ganesh Himal.

Bandipur has been considerably developed for tourists where 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 peaceful place as vehicles are not allowed to enter into the main square.

## **DAY 4: DRIVE TO POKHARA**

---

Drive to Pokhara (3 hours)

Breakfast

Mount Kailash Resort in Pokhara

After breakfast you 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: BOAT TRIP ACROSS PHEWA LAKE AND WALK TO WORLD PEACE STUPA FOR HIMALAYAN VIEWS**

---

Walk to Peace Stupa

Breakfast

Mount Kailash Resort in Pokhara

After breakfast you take a boat trip across Phewa Lake then walk to Shanti Peace stupa above the lake. The mountain views from stupa are that at their best in the morning. For the rest of the day you can explore Pokhara around Lakeside.

## **DAY 6: DRIVE TO CHITWAN NATIONAL PARK**

---

Drive to Chitwan (4 hours)

Breakfast, Lunch and Dinner

Jungle Villa Resort in Chitwan

After breakfast you will be driven to Chitwan National Park located 90km from Pokhara where you check into Jungle Villa Resort.

About Chitwan National Park:

Chitwan is located on the plains to the south of the Himalaya range on near the border with Nepal and India. This area is one of the few remaining undisturbed parts of the Terai and has a rich flora and fauna including Bengal tiger, single-horned Asiatic rhinoceros, wild elephants, leopards, sloth bear and the rare gangetic dolphin. Chitwan is also a superb bird habitat with over 300 species recorded.

The latest surveys indicate there is currently 125 tigers and 500 rhinos in Chitwan National Park showing a healthy increase in numbers over the last thirty years. The size of Chitwan National Park is 932 square km plus a buffer zone of 766 km<sup>2</sup> comprised mainly of sal forest, water marshes and grassland. There is a high diversity of ecosystems from the flood plains of the Rapti and Narayani rivers with their ox-bow lakes and rising up to 800m in the hills to the east. Chitwan National Park was designated as UNESCO World Heritage Site in 1984.

Activities at Jungle Villa Resort in Chitwan National Park:

Upon arrival at Jungle Villa Resort in Chitwan you will be served a welcome drink and after a short briefing on the program and about their facilities you will be taken to your room. The final program for your stay will be given to you on arrival however we have written the proposed program below. Please note the activities will be adjusted according to the length of your stay, the season and present weather conditions. The following is an outline program for the rest of the day:

3:30pm Jeep Safari: a driver along with a naturalist guide will take you into the core area of Chitwan National Park. Crossing the savannahs and entering into the dense jungle you will get the chances to spot various birds and animals in their natural habitat.

6:30pm Slide Presentation: one of the resort's jungle experts will introduce background data and history of the Chitwan National Park as well as some other topics relating to wildlife

7:30pm Dinner in the central dining hall.

## **DAY 7: ACTIVITIES IN CHITWAN NATIONAL PARK**

---

Activities in Chitwan National Park

Breakfast, Lunch and Dinner

Jungle Villa Resort in Chitwan

The following is the program for the day:

5:30am Wake-up call: followed by tea or coffee.

6:00am Canoeing: A traditional dug-out canoe takes you on a silent trip down the Rapti river to view

aquatic birds and the animals on the river banks.

8:30am Breakfast.

10:00am Elephant stable visit and bathing: Learn more about these fascinating animals during a visit to the elephant stables. Bathing with the elephants in the river will follow although not in winter months.

1.00pm Lunch.

3:00pm Nature walk with visit to Crocodile Breeding Farm Visit: this trip is on foot through Sal forest, open grassland and riverine jungle. The naturalist guides will identify the species of birds, plants and other wildlife that you may see along the way. At Crocodile Breeding Farm you will see the endangered Gharial Crocodile, Marsh Mugger Crocodile and Tortoises.

6:30pm Tharu Stick Dance: Farmers of the nearby villages will show their traditional skills and dances.

7:30pm Dinner in the central dining hall.

## **DAY 8: ACTIVITIES IN CHITWAN NATIONAL PARK**

---

Activities in Chitwan National Park

Breakfast, Lunch and Dinner

Jungle Villa Resort in Chitwan

The following is the program for the day:

5:30am Wake-up call: followed by tea or coffee.

6:30am Bird watching: time spent with naturalist guide on bank of River Rapti watching and identifying birds.

8:30am Breakfast.

9:00am Tharu Village Visit: we proceed for a short walk to visit the native Tharu Village. The naturalist guide will brief you about the social and cultural aspect of the villagers and their lifestyle.

1.00pm Lunch.

3:00pm Jeep Safari: a driver along with a naturalist guide will take you for a second jeep safari into Chitwan National Park.

7:30pm Dinner in the central dining hall.

## **DAY 9: DRIVE TO LUMBINI (BIRTHPLACE OF LORD BUDDHA)**

---

Drive to Lumbini (3 hours)

Breakfast

Hotel Maya Buddha Garden

Today you will drive to Lumbini, birthplace of Lord Buddha, in the south of Nepal near border with India. In 1997, Lumbini was designated an UNESCO World Heritage Site.

Lumbini is a Buddhist pilgrimage site and the traditional birthplace of Gautama Buddha, the founder of Buddhism, who was born in the 7th or 6th century BC. According to Buddhist tradition, Maya Devi gave birth to the Buddha on her way to her parent's home in Devadaha in the month of May in the year 642 BC. Monasteries and temples were built at Lumbini until the 9th century, but Buddhism declined in the area after the arrival of Islam and later Hinduism. The site was rediscovered in 1895, when a German archaeologist came upon Ashoka's Pillar, identified by its inscription.

## **DAY 10: SIGHTSEEING IN LUMBINI**

---

Sightseeing in Lumbini

Breakfast

Hotel Maya Buddha Garden

The most important temple at Lumbini is the Maya Devi Temple, which enshrines the site of the Buddha's birth. The current temple stands on the site of earlier temples and stupas, including the stupa built by Ashoka.

The holy site of Lumbini is bordered by a large monastic zone in which only monasteries can be built, no shops, hotels or restaurants. It is separated into an eastern and western monastic zone, the eastern having Theravadin monasteries and the western having Mahayana and Vajrayana monasteries.

## **DAY 11: FLY TO KATHMANDU, DRIVE TO NAMO BUDDHA**

---

Fly to Kathmandu

Breakfast

Drive to Namo Buddha (1 1/2 hours)

Breakfast

Namo Buddha Resort

After breakfast, you drive to Lumbini airport for the 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 Namo Buddha Resort.

## **DAY 12: 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 13: DRIVE TO BHAKTAPUR, AFTERNOON SIGHTSEEING

---

Drive to Bhaktapur (1 hour)

Breakfast

Hotel Planet Bhaktapur

In morning you drive to Bhaktapur for sightseeing this is an ancient Newar town in the east corner of the Kathmandu Valley and is listed as a World Heritage by UNESCO for its rich culture, temples, and wood, metal and stone artwork. The main places to see are:

**Layaku (Durbar Square):** Bhaktapur Durbar Square is a conglomeration of pagoda and shikhara-style temples grouped around the 55-window palace of brick and wood.

**Nyatapola Temple:** This five-storeyed pagoda was built by King Bhupatindra Malla in 1702 A.D. It stands on five terraces, on each of which squat a pair of figures: two famous wrestlers, two elephants, two lions, two griffins, and Baghini and Singhini — the tiger and the lion goddesses.

**Bhairab Nath Temple:** This is another pagoda temple of lord Bhairab, the dreadful aspect of Shiva.

**Dattatraya Temple:** Consecrated by King Yakshya Malla in 1427 A.D., this temple, according to popular belief, was built out of the trunk of a single tree

## DAY 14: DRIVE TO KATHMANDU

---

Drive to Kathmandu (1 hour)

Breakfast

Hotel Tibet in Kathmandu

## DAY 15: FLY BACK HOME

---

Fly home

Breakfast

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

## DATES & PRICES

2021

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
03 Oct 2021 to 17 Oct 2021	Local Leader	US\$2,195pp	US\$575pp / NA	2 Left to Guarantee



**2022**

<b>Dates</b>	<b>Trip Leader</b>	<b>Price</b>	<b>Single Supplement: Room/Tent</b>	<b>Availability</b>
06 Mar 2022 to 20 Mar 2022	Local Leader	US\$2,195pp	US\$575pp / NA	2 Left to Guarantee
02 Oct 2022 to 16 Oct 2022	Local Leader	US\$2,195pp	US\$575pp / NA	2 Left to Guarantee

**2023**

<b>Dates</b>	<b>Trip Leader</b>	<b>Price</b>	<b>Single Supplement: Room/Tent</b>	<b>Availability</b>
05 Mar 2023 to 19 Mar 2023	Local Leader	US\$2,195pp	US\$575pp / 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.

## **DHULIKHEL LODGE RESORT IN DHULIKHEL**



Dhulikhel Lodge Resort is a short walk from the centre of Dhulikhel town. This hotel has wonderful mountain views.

The property has 24 bedrooms with en-suite bathrooms with showers. The rooms have wifi, TV and tea & coffee making facilities.

## 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.



## JUNGLE VILLA RESORT IN CHITWAN



Jungle Villa Resort is located near to the Chitwan National Park headquarters, Kasara, on the banks of the Rapti river. The resort is between two community forests and the National Park is on the other side of the river.

Accommodation at the resort includes a cluster of cottages having well-furnished rooms equipped with modern amenities. All cottage rooms overlooking the picturesque Rapti river and Chitwan National Park.

## **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.



## BUDDHA MAYA GARDEN IN LUMBINI



Buddha Maya Garden is located only a short walk from the main temples, monasteries and archaeological ruins of Lumbini. This hotel is managed by the well-known Kathmandu Guest House group of hotels.

Notes downloaded on: 05-03-2021

