

LUXURY IN DEPTH 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: 12 Oct 2024

Trees Planted for each Booking

This tour is a perfect introduction to Nepal while staying at the best hotels available in the country. You have time to explore Kathmandu, Pokhara, Lumbini, Namo Buddha, Bhaktapur, Dhulikel and Bandipur; take the Everest flight and game viewing in Chitwan National Park.

There are superb mountain panoramas of the Himalaya 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) and also of course Mount Everest during your mountain flight from Kathmandu.

While in Kathmandu your hotel is Dwarikas and Shangri La; in Bandipur your hotel is Gaun Ghar; in Pokhara it is Shangri La Village Resort; in Chitwan it is Barahi Jungle Lodge; in Lumbini it is Hotel Lumbini Kasai; in Namo Buddha it is Namo Buddha Resort; in Bhaktapur it is Hotel Heritage then in Dhulikel your hotel is Dwarikas Dhulikhel.

There is no day to day trekking in this itinerary apart from the option to walk from 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 we organise twice each year or have a private departure that suits your dates.

WHAT'S INCLUDED

- Internal travel in a private car or minibus with a driver.
- Private transfers including airport collections.
- One day sightseeing in Kathmandu with a Nepalese cultural guide and private vehicle including all entry tickets.
- Twin-share rooms at all locations.
- Breakfast only at all hotels.
- UK-registered charity, Pipal Tree, will plant 6 trees for you in the Gurkha Memorial Forest in southern Nepal.
- 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, Zoom, 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

Dusit Princess 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.

DAY 2: SIGHTSEEING IN KATHMANDU

Sightseeing in Kathmandu

Breakfast

Dusit Princess 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: EVEREST MOUNTAIN FLIGHT IN THE MORNING, DRIVE TO BANDIPUR

Everest mountain flight

Drive to Bandipur (3 hours)

Breakfast

Hotel Gaun Ghar in Bandipur

Everest mountain flight always takes off early in the morning to maximise your chances of getting clear views of the mountains before cloud build up later in the day. This means a pick up from your hotel around 5.30am and once through the busy domestic terminal you should be airborne by 6.30am

Later in the morning you are driven by 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 of 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 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

Temple Tree Resort in Pokhara

After breakfast you continue your drive to Pokhara and to your hotel. There are superb views from Pokhara to the Himalayan peaks including Annapurnas. In the afternoon you can either relax at the resort around the swimming pool 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

Temple Tree 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)

Activities in Chitwan National Park

Breakfast, Lunch and Dinner

Barahi Jungle Lodge in Chitwan National Park

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

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 km² 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 Barahi Jungle Lodge in Chitwan National Park:

Upon arrival at Barahi Jungle 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 at Barahi Jungle Resort 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:

1:00pm Lunch will be served at Banyan Café or by pool area.

3:00pm: Tharu Village Visit: Proceed for a short walk from the lodge to Jitpur village. Your naturalist guide will brief you about the social and cultural aspect of the villagers and their lifestyle. The main ethnic residents are Tharus, Danwar 'Kumal' Darai & Bote. After the visit you will ride on a bullock cart to come back to the lodge.

7:00pm Slide Presentation: one of the lodge's naturalists will introduce background data and history of the Chitwan National Park as well as some other topics relating to wildlife.

8:00pm Dinner in the central dining hall or outside by the pool area.

DAY 7: ACTIVITIES IN CHITWAN NATIONAL PARK

Activities in Chitwan National Park

Breakfast, Lunch and Dinner

Barahi Jungle Lodge in Chitwan National Park

6:00am: Jeep Safari: after wakeup call followed by tea or coffee you start the jeep safari by crossing Rapti River in a boat to Bhimle post. There are three choices of routes available which our naturalists will pick from their experience on current sightings and animal movement.

Route 1: Bhimle post - Sukhibhar post towards Kasara (park headquarter)

Route 2: Bhimle post - Reu River- Surung Khola

Route 3: Bhimle Post - Reu River- Tiger Tops - towards Khorla Muhan Post

The jeep safari starts through open grassland and then enters riverine forest. After crossing Reu River you enter the National Park and into dense Sal Forest where you may see different wildlife around oxbow lakes (Devi Tal, Lamo Tal, Kamal Tal), aquatic birds and if you are lucky the marsh mugger crocodiles. Breakfast will be served during the safari in a scenic spot chosen by the naturalist. The other jeep routes will be towards Sukhibhar post and Park HQ, Kasara and Reu River-Surung Khola. You should get back to Barahi Jungle Lodge by 11.00-11.30 am.

Please Note: Jeep Safari is prohibited during monsoon season by the park authorities September and in some season it can prolong till October.

12:00pm: Elephant briefing/Feeding Session: Learn more about the elephants during a visit to their stables followed by elephant feeding session. The chance to join in with elephant bathing is only offered in summer season.

1:00pm: Lunch at Banyan Café or outside around pool area.

3:30pm: Boat Safari: you start from the lodge in a traditional patella boat on Rapti River and this float takes about 45 minutes. Along the way you may see aquatic birds, crocodiles, Gharials and other animals along the river banks. After the boat safari you drive back to the lodge.

7:00 PM: Tharu Cultural dance: Farmers of the nearby villages will show some of their traditional skills and dances.

DAY 8: ACTIVITIES IN CHITWAN NATIONAL PARK

Activities in Chitwan National Park

Breakfast, Lunch and Dinner

Barahi Jungle Lodge in Chitwan National Park

6:00am: Bird Watching: after wake-up call followed by tea or coffee you then head off for a bird watching trip around the lodge taking about two hours. The naturalist guides will help you to identify the name of these birds.

8.30am: Breakfast at Banyan Café.

10:00am: Walking safari inside the National Park (with packed lunch): After breakfast, proceed towards the Rapti River just in front of our resort in boat put in point and cross the river on a patela boat. After crossing the river you start the walking safari inside the Chitwan National park. You will explore the oxbow lakes like Devi Tal, Munda Tal, Lamo Tal or Kamal Tal to have a chance of viewing the Marsh Mugger crocodile and bird species. Around 1:00pm, you will have lunch in the safe chosen spot by the guide. After lunch you continue the walk and come back to the resort crossing the Rapti River before the sunset around 5.00-5.30pm.

7.00pm: Evening program of either Tharu cultural dance or power point presentation.

8:00pm: Dinner at Banyan Café or by pool area.

DAY 9: DRIVE TO LUMBINI

Drive to Lumbini (3 hours)

Breakfast

Hotel Lumbini Kasai

6:00am: Boat Safari: after wakeup call followed by tea or coffee start the boat safari near the lodge in a traditional patela boat following the Rapti river for about 45 minutes.

8:30am: Breakfast at Banyan Café or outside around pool area.

Today you 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 Lumbini Kasai

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

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 Namu Buddha Resort.

DAY 12: WALK OR DRIVE TO DHULIKHEL

1) Drive to Dhulikhel (1 hour)

2) Walking to Dhulikhel (2 hours)

Breakfast

Dwarikas Resort in Dhulikhel

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)

Sightseeing in Bhaktapur

Breakfast

Hotel Heritage in 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, AFTERNOON AT LEISURE

Drive to Kathmandu (1 hour)

Breakfast

Dusit Princess in Kathmandu

DAY 15: FLY BACK HOME

Fly home

Breakfast

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

DATES & PRICES

2024

| Dates | Trip Leader | Price | Single Supplement: Room/Tent | Availability |
|----------------------------|--------------|-------------|------------------------------|---------------------|
| 12 Oct 2024 to 26 Oct 2024 | Local Leader | US\$3,595pp | US\$1,275pp / NA | 2 Left to Guarantee |
| 02 Nov 2024 to 16 Nov 2024 | Local Leader | US\$3,595pp | US\$1,275pp / NA | 2 Left to Guarantee |

2025

| Dates | Trip Leader | Price | Single Supplement: Room/Tent | Availability |
|----------------------------|--------------|-------------|------------------------------|---------------------|
| 15 Mar 2025 to 29 Mar 2025 | Local Leader | US\$3,650pp | US\$1,295pp / NA | 2 Left to Guarantee |
| 05 Apr 2025 to 19 Apr 2025 | Local Leader | US\$3,650pp | US\$1,295pp / NA | 2 Left to Guarantee |
| 04 Oct 2025 to 18 Oct 2025 | Local Leader | US\$3,650pp | N/A | 2 Left to Guarantee |
| 01 Nov 2025 to 15 Nov 2025 | Local Leader | US\$3,650pp | N/A | 2 Left to Guarantee |

PRACTICAL INFORMATION

Kit List

CLOTHING AND EQUIPMENT LIST FOR TOURS

Footwear:

- Comfortable shoes i.e trail shoes or trainers.
- Flip flops or sandals for easy removal during temple visits.

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.
- Swimwear

Please carefully read Cultural Consideration paragraph for dress code when in public areas..

Headwear:

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

Personal Equipment:

- Toiletry bag include toilet paper, soap, towel, toothbrush, etc.
- 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, ipod and cards etc.
- Power adapter.
- Umbrella
- 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.
- Malaria prophylactic tablets.
- 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)

ACCOMMODATION

DWARIKA'S HOTEL IN KATHMANDU



[Dwarika's Hotel](#) is a unique property with buildings and courtyards built in traditional style with many features such as wooden panels rescued from palaces and temples in the Kathmandu valley. The hotel has a swimming pool and excellent restaurants including Krisharpan known as one of the best in Kathmandu.

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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.

TEMPLE TREE RESORT & SPA IN POKHARA



Temple Tree Resort & Spa is located close to Lakeside. This resort is newly built in traditional style and the rooms are in cottages with a private veranda overlooking the inner courtyard and landscaped gardens.

There is an infinity pool with Jacuzzi and the Spa has a blend of treatments available.

HOTEL HERITAGE IN BHAKTAPUR



Hotel Heritage is a boutique hotel located close to the medieval town of Bhaktapur.

Local craftsmen with traditional Nepali architecture and furnishings have restored the building. Most of the bricks come from derelict old palaces and rich merchant's houses in the valley. There are beautiful wood carved windows. There are antique marble floors used from old Royal Palaces.

DWARIKA'S RESORT IN DHULKHEL



The Dwarika's Resort is an incredible property in Dhulikhel with good views of the Himalaya. It has extensive grounds set on a forested hill. The Dwarika's hotels are dedicated to preserving and sharing Nepal's rich heritage.

The property is designed in the spirit of a traditional Nepali village. It has trails through woodland and a terraced farm. The Pancha Kosha Himalayan Spa uses Himalayan herbs and unique treatments. The resort incorporates sustainable processes. This includes solar energy, grey water treatment, recycling of waste and organic agriculture.

The following activities are included during your stay. Visits to the Himalayan Salt Room, Crystal House, Chakra Sound Therapy Chamber and Meditation Maze. There is a Swimming Pool, Fitness Center, Sauna and Hot Tub. There are yoga and meditation sessions. You can visit their farm. Or join a class for art pottery or painting. You can have consultation with an Ayurvedic doctor.

BARAHI JUNGLE LODGE IN CHITWAN



Barahi Jungle Lodge has a wonderful location overlooking East Rapti river near Megauli. This property has extensive grounds spreading over twelve hectares with gardens of lush tropical vegetation. The staff at Barahi are friendly and the naturalist guides are some of the most experienced in Chitwan.

The lodge has 35 individual cottages and these Deluxe rooms have a blend of contemporary and traditional Tharu designs using wood, bamboo and elephant grass. Each room opens to a private balcony with views of Rapti river and over to Chitwan National Park. The restaurant serves a range of dishes from international to Indian and Nepali using organically grown vegetables. There is also a bar called Tiger's Den near the swimming pool.

DUSIT PRINCESS IN KATHMANDU



[Dusit Princess](#) is a new hotel in Kathmandu that opened in 2023. Unlike many other modern hotels in Kathmandu, the Dusit has been built in Tibetan style both inside and outside. This is authentic as the owners are Tibetan family. This is our first choice hotel for our luxury groups to stay at when in Kathmandu. Rooms are well appointed with a reliable supply of hot water for use in the shower. There is an infinity swimming pool on the rooftop with superb views of the city and surrounding hills. You also get complementary access to their sauna, and gym. They serve an excellent breakfast buffet from 7am to 10am. A sundowner on their rooftop bar and restaurant is a must-do!

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: 22-07-2024

