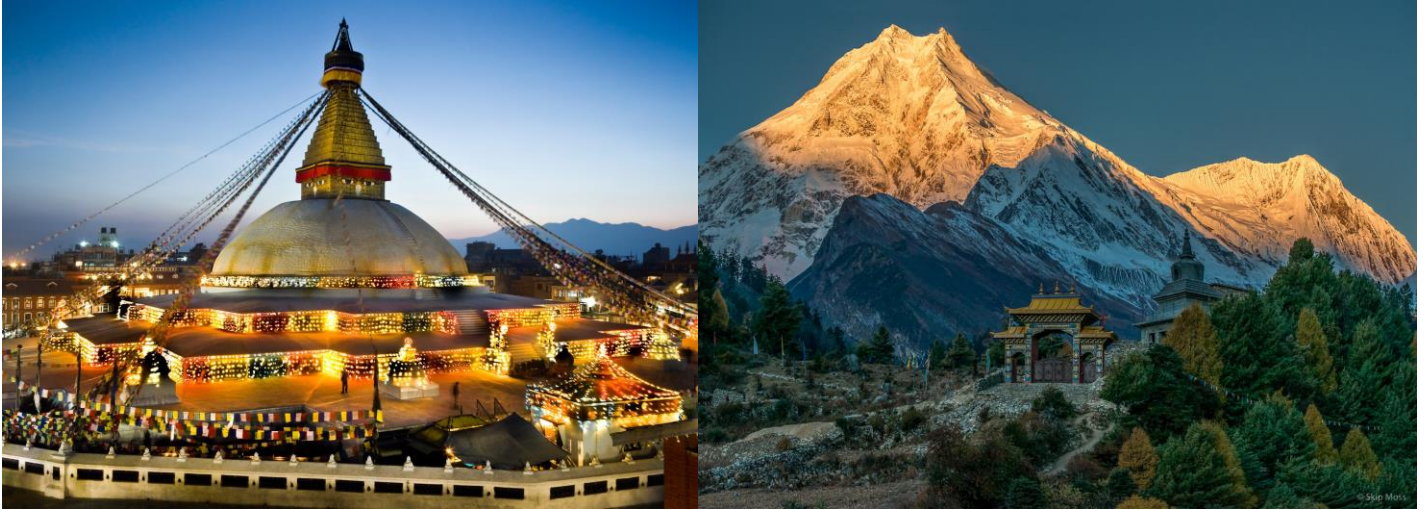


NEPAL HIGHLIGHTS

8 Days 7 Nights



1

“A trekkers’ paradise, Nepal combines Himalayan views, golden temples, charming hill villages and jungle wildlife watching to offer one of the world’s great travel destinations.

The Nepal Himalaya is the ultimate goal for mountain lovers. Some of the Himalaya’s most iconic and accessible hiking is on offer here, with rugged trails to Everest, the Annapurnas and beyond.

Other travellers prefer to see Nepal at a more refined pace, admiring the peaks over a sunset gin and tonic from a Himalayan viewpoint, strolling through the medieval city squares of Kathmandu, Patan and Bhaktapur, and joining Tibetan Buddhist pilgrims on a spiritual stroll around centuries-old stupas and monasteries.

...a chain of wild and woolly national parks, where nature buffs scan the subtropical treetops for exotic bird species and comb the jungles for rhinos, tigers and crocodiles.” (Introduction by “Lonely Planet”).

Tour Highlights:

- Day 1: Kathmandu: Visit Pashupatinah Temple
- Day 2: Kathmandu: Bhadgon (Bhaktapur), Patan, Boudnath Stupa
- Day 3: Kathmandu City (The Goddess Kamari, Temples, etc)
- Day 4: Chitwan & Jungle Safari
- Day 5: Chitwan & Pokhara
- Day 6: Sarangkot
- Day 7: Pokhara - Kathmandu

Package is quoted in USD per person in a Double / Twin room and includes:

- ✈ 03-Night accommodation in KATHMANDU at the Hotel of your choice
- ✈ 01- Night accommodation in CHITWAN at the Hotel of your choice
- ✈ 02-Night accommodation in POKHARA at the Hotel of your choice
- ✈ 01-Night accommodation in KATHMANDU at the Hotel of your choice
- 🍽 Bed & Breakfast basis
- 🍽 01 Dinner
- 🍽 01 Lunch
- 🗺 English Guide on all Tours
- 🚗 Meet and Assist at Airport; Transfers in all cities by private car
- 🚫 Package excludes Airline ticket

NIGHTS	CITY	5* Deluxe Hotels or Similar	5* Standard Hotels or Similar	4* Deluxe Hotels or Similar
03	Kathmandu	Soaltee Crowne Plaza	Shangri-la Hotel	Himalaya Hotel
01	Chitwan	Temple Tiger Green Jungle Resort	Tigerland Safari Resort	Westwood Resort
02	Pokhara	Shangri-la Village	Pokhara Grande	Landmark Hotel
01	Kathmandu	Soaltee Crowne Plaza	Shangri-la Hotel	Himalaya Hotel

CITY	Hotels Name	Hotels Website
Kathmandu	Soaltee Crowne Plaza	https://www.ihg.com/crowneplaza/hotels/us/en/kathmandu/ktmnp/hoteldetail
	Shangri-la Hotel	http://hotelshangrila.com/#
	Himalaya Hotel	http://www.hotelhimalaya.com.np/
Chitwan	Temple Tiger Resort	http://greenjungleresort.com/
	Tigerland Safari Resort	http://tigerlandsafarinepal.com/
	Westwood Resort	http://westwoodchitwan.com/
Pokhara	Shangri-la Village	http://hotelshangrila.com/#
	Pokhara Grande	http://www.pokharagrande.com/
	Landmark Hotel	http://www.landmarkpokhara.com/

Important Notices:

- ✦ *This Package is tailor-made and hence price is on request basis; and may be subject to Itinerary change. If interested, will be happy to quote it for you.*
- ✦ *There are Numerous Packages to NEPAL that are Ready-made and/or can be tailor-made - with different itineraries / alternative hotels, and length of stay. For other packages, just drop us an email. Will be happy to help.*
- ✦ *Please do the due diligence to always check Hotel Websites and Reviews.*
- ✦ *Introduction, courtesy of Lonely Planet*

ITINERARY

Nepal mini-guide, "Know before You Go" from pages 05 to 07.

DAY 01: ARRIVAL KATHMANDU

Arrive Kathmandu airport & after customs formalities walk out of the main exit gate where our representative will meet.

Visit **Pashupatinath Temple** standing on the bank of sacred Bagmati river with two-tier golden roof and silver doors. It is famous all over the world for its superb architecture. Entrance into the temple precincts is restricted to Hindus only. The temple of Pashupatinath is a center of an annual pilgrimage on the day of Shivaratri. Though only Hindus are allowed to go inside the courtyard of the temple, therein tourists and visitors can clearly see the temple and the activities from the eastern bank of the Bagmati river. Overnight at the hotel.

DAY 02: IN KATHMANDU

After breakfast; drive to **Bhadgaon (Bhaktapur)**, the home of medieval art and architecture. The city was probably founded by King Ananda Malla in 889 A.D. and is shaped like a conch shell. Bhaktapur, the city of devotees, lies nine miles east of Kathmandu and its traditional crafts are pottery and weaving. The **SIDDHA POKHARI** here is a historic reservoir near the city gate and it was built during the reign of King Yakshya Malla.

Durbar Square here contains innumerable temples and other architectural show pieces: The **Lion Gate** adorned with the splendid stone figures of Hanuman, Bhairab & Narsingha Narayan; The **Golden Gate** built by Raja Ranjit Malla, which is the entrance to the main courtyard of the **Palace of Fifty-Five Windows**. The door is surmounted by a figure of Goddess Kali and Garuda, the winged carrier of Lord Vishnu, and attended by 2 sky nymphs; **The Palace of Fifty**

Intertravel SAL - Jounieh: +961 9 913 746 | +961 3 65 65 80 | Jal-El-Dib: +961 4 723 823 | +961 71 622 100 | info@intertravel-lb.com | www.intertravel-agency.com | facebook.com/intertravelagency | Instagram.com/intertravelagency | twitter.com/intertravelAG

Five Windows was erected during the reign of King Yaksha Malla in 1427 A.D. and was remodeled by King Bhupatindra Malla in the 17th century, among the bricks of the walls, with their gracious setting and sculptural design is a balcony of 55 windows- a master piece of wood carving.

Visit **Patan**, indeed a city of beauty and grace. Planned on a circular format with Buddhist stupas (reliquary mounds) on the four points of the compass, the city is three miles south-east of Kathmandu city across the southern bank of the river Bagmati. Its most photogenic centre of attraction is the **Durbar Square** or the palace complex, which is situated right in the middle of the market place. It is a cluster of fine pagoda temples and stone statuaries. The stone temple of **Lord Krishna** holds a commanding position in the palace complex of Patan. Though its style is not wholly native, it has been reckoned as one of the perfect specimens of the Nepalese skill in temple craft. The three storied stone temples continue to elicit high praise from lovers of art and beauty.

On the way back to Kathmandu stops at **Boudnath Stupa**. This colossal and ancient Stupa is one of the biggest in the world. Four pairs of eyes of Buddha in four cardinal directions are keeping an eternal watch over the people and their doings. Overnight at the hotel.

DAY 03: IN KATHMANDU

Early morning optional mountain view flight from kathmandu (subject to favorable weather conditions)

Mountain flight operates daily sightseeing by flight to Mt. Everest and other Himalayan peaks. One hour* long sightseeing by fixed wing aircraft is a lifetime experience. All the spectacular glaciers, snowcapped peaks and gorges glide below as one flies toward Mt. Everest to circle around Amadablam Mountain bringing as close as 10 nautical miles to Mt. Everest. * *Though it is known as a one-hour long flight but the actual flying time would be between 40 to 50 minutes depending upon weather condition.*

At the end of the trip, airlines provide the passengers with a certificate signed by the flight captain that they had flown with Everest view flight. In case if the mountains are not visible due to the weather condition, passengers are given a choice of full refund or flying next day. In other word, this is sightseeing by flight with guaranteed satisfaction.

Buddha Air operates with American made Beech 1900D aircraft (18 seater but sells only 16 pax in one flight) and ATR with 46 seats but sells only 23 pax. It offers guaranteed window seats to its passenger cruising at an altitude of 25000 ft for breathtaking view. Depending on the load factor, airlines operate several flights between 0630 hrs to 0930 hrs. Yeti Airways operates with Jet Stream (30 seater / sells only 19 seats with all windows).

Today morning proceed with a tour of the **Kathmandu City** covering **Hanuman Dhoka**: this is the historic palace of the ancient kings of Nepal. A complex of many temples and monuments, guarded by a huge statue of the Monkey God, Hanuman, it has evolved to its present state of maturity over a period of centuries with contributions from a number of dynasties, headed by Malla Kings. Most outstanding example of Nepal's art and architecture here is the towering nine-storeyed edifice known as Kailash. Also visit **Residence of the Living Goddess** near the Durbar Square, which is the residence of Kumari, the Living Goddess (virgin goddess). Its wooden balconies and windows are profusely carved. It was built in 1960 by King Jaya Prakash Malla. Also stop at **Kasthamandap**, the wooden temple built by Laxminarsingh Malla at the beginning of 17th century. It is situated at the main thoroughfare of the city and made of the timber sawed off a single tree.

Finally stops at **Swayambunath**, said to be 2000 years old and one of the world's oldest Buddhist chaityas. The stupa, which forms the main structure, is composed of a solid hemisphere of brick and earth supporting a cornice of copper and gilt. Painted on the four sides based of the spire are the all -seeing eyes of Lord Buddha. Situated on a hillock it is about 250 feet high above the level of the valley. Overnight at the hotel.

DAY 04: KATHMANDU - CHITWAN

After breakfast at the hotel, drive to Chitwan. Upon arrival, check-in at your hotel.

Afternoon enjoy your first Jungle safari (if time permits). The two prized animals of the Chitwan Park are the Royal Bengal Tiger and the great one horned Rhinoceros. Out of other wild animals see Leopard, Guar, Sloth Bear, Wild Board, Sambar Deer, Spotted Deer, Hog Deer etc. and over 400 identified species of birds in the park. Overnight at the hotel.

DAY 05: CHITWAN - POKHARA

Early morning have jungle safari. Then Elephants briefing, Canoe ride. Return to your lodge for a Lunch.

Afternoon drives to Pokhara. Upon arrival, check in at the hotel. Rest of the day is at leisure. Overnight at the hotel.

DAY 06: IN POKHARA

Early morning visit **Sarangkot** hill that offers great view of Mt. Fish Tail and other Annapurna range of mountains (subject to clear weather). A short hiking is also possible if guest wants the same.

In the afternoon proceed for half day sightseeing of Pokhara city with Boating. Sightseeing in Pokhara visiting **Davi's falls, Tibetan camp** and local market with **boating at Fewa Lake**.

OPTIONAL PARAGLIDING (TANDEM FLIGHT) (subject to favorable weather conditions)

Paragliding in Nepal amongst the grandest scenery on earth is an inspiring experience. Float over mystery, shrouded monasteries, ancient places, beautiful turquoise lakes, ranging Himalayan rivers, exotic jungle and village forgotten by time. It involves a pilot flying with a passenger. Both of them have separate harness that is attached to each other and the wing. Paragliding harness are built for comfort and safety, they feel more like an arm chair. After take-off the passenger just sits back, relaxes and takes in the epic scenery. Even taking picture is not a problem. Paragliders can foot launch and gently foot land again and are very portable. We can take them anywhere and fly from most mountains in Nepal. Annapurna Panorama Flights: we take 20 minutes' drive from Pokhara uphill to Sarangkot view point 2000 ft above Lakeside. This is where we take off. From here we can see three highest mountains in the world, Dhaulagiri, Annapurna and Manaslu all are over 8000 meters. There are three types of Tandem flights:
Cloud Buster (Panorama Tandem flight): this midday flight gives you the thrill of high flights as we thermal up above Sarangkot in the company of eagles and vultures, 20-30 minutes. We land by the lake. Overnight at the hotel.

DAY 07: POKHARA - KATHMANDU

After leisurely breakfast drives back to Kathmandu and check in at the hotel. Rest of the day is at leisure. Overnight at the hotel.

DAY 08: Departure from Kathmandu: Transfer to Kathmandu airport to board flight for onward destination.

NEPAL mini-GUIDE, KNOW BEFORE YOU GO

Nepal is divided into three layers, according to its geographical settings - Himalayan region, Mid-hills, and Terai region (flat land). Himalayan region is the home of legendary Sherpas, who are renowned for climbing mountain Everest.

UNESCO has listed Chitwan National Park, Sagarmatha National Park as UNESCO Natural World Heritage Sites; 7 sites in Kathmandu Valley counted together as one and Lumbini - the birthplace of Lord Buddha are listed as UNESCO Cultural World Heritage Sites.

Kathmandu Durbar Square, which is in the heart of the Capital city, and visit the old Palace which was the seat of power of the Malla and Shah Dynasties until a new palace was built. Get a glimpse of the Living Goddess Kumari at the Kumari Ghar, her residence. Or visit the equally enthralling Patan or Bhaktapur.

5

KATHMANDU CITY

Stepping into Kathmandu is like stepping into another world that everybody should experience at least once in their lifetime. The city is a warden of its ancestral value "Atithi Devo Bhava" meaning "Guest is equivalent to God".

Retaining its ancient traditions, Kathmandu is blessed by Living Goddess Kumari and is enriched by endless ceremonial processions and events that take to the streets every now and then with throngs of devotees seeking joy in spiritual celebrations. These religious festivals are steeped in legends and are quite a spectacle with chariot processions and masked dancers often possessed by the spirits of deities. Kathmandu is a result of diverse culture and lifestyle, a long history of faith and beliefs, and of arts and architecture. Therefore, more than just a city, Kathmandu is a living museum, it is an opportunity to travel back in time and to relive in the history.

THE LIVING GODDESS

Regarded as a Living Goddess, a young Newar girl with no blemishes represents the Goddess Kumari. To local people she is the Goddess Kumari and is worshipped accordingly with great reverence. Dating back to the 17th century, the tradition was started by a Malla king.

The candidates must go through an extremely strict selection process before one of them is chosen to represent the Goddess. Visit the Kumari Ghar (House of the Kumari) across Durbar Square, at Basantapur, where she resides and catch a glimpse of this Goddess.

If you are visiting in late August or early September, you may get the opportunity to observe the fascinating festival known as Indra Jatra, when the Kumari leaves her residence and is pulled on a chariot through the narrow roads of old Kathmandu. It is quite a sight to behold, as masked dancers come out on the streets and the chariots of Lord Indra and Kumari are pulled by devotees in a boisterous procession.

PASHUPATINATH TEMPLE

Dedicated to Lord Shiva, Pashupatinath is one of the 4 most important religious sites in Asia for devotees of Shiva. Built in the 5th century and later renovated by Malla kings, the site itself is said to have existed from the beginning of the millennium when a Shiva lingam was discovered here. The largest temple complex in Nepal, it stretches on both sides of the Bagmati River which is considered holy by Hindus. The main pagoda style temple has a gilded roof, 4 sides covered in silver, and exquisite wood carvings. Temples dedicated to several other Hindu and Buddhist deities surround the the temple of Pashupatinath.

SWAYAMBHU

is one of the holiest Buddhist stupas in Nepal. .. created out of a primordial lake more than 2,000 years ago. This stupa is the oldest of its kind in Nepal and has numerous shrines and monasteries on its premises.

BUDHANILKANTHA TEMPLE

is one of the most-loved Vishnu temples of the valley. Observe the intricate artwork that went into the sculpting of the magnificent 5th century of image of the *sleeping Vishnu* almost alike in features to the Buddha. You could combine the trip with visit to the Shivapuri National Park just above it.

PATAN

Once, an independent and mighty kingdom of the Kathmandu Valley, Patan became a melting pot of two influential religions, Hinduism, and Buddhism. The pious Krishna (Hindu) temple, which rests in the middle of the town; into the very own town, whose entire city's architecture was dedicated to the philosophy of the Buddhist Dharma-Chakra (Wheel of Righteousness) molds Patan, to this date, as a glorious city of culture, religion, art, and heritage. Patan is also known as Lalitpur, "City of Beauty", and its unique Durbar Squares, temples, alleys, cuisine, hospitality and religious tolerance justify the pre-historic status of the city.

Patan: a city of 55 major temples, 136 Buddhist monasteries, fine metal works, and countless festivals; numerous cafe, pubs, shops, that offer Buddha's, exotic, handmade brass sculpture at very reasonable price.

POKHARA

Pokhara is Nepal's number 1 adventure and leisure destination, a gateway to treks in the Annapurna region...: e.g. boating, hiking, pony rides, paragliding or simply relax at one of the lakes with stunning views of the Annapurnas. Walk along the shores of the Fewa lake enjoying the greenery surrounding you and a spectacular panoramic view of the high Himalayan peaks of the Annapurna Massif that reflect in the lake.

CHITWAN

The Chitwan National Park, Nepal's first national park lies at the foot of the Mahabharat range in the inner Terai lowlands of Chitwan, covering an area of 932km².

Quench your thirst for nature, visit Chitwan National Park. Track the endangered species like wild royal Bengal tigers and one-horned rhinos bathe in rivers, alongside the great Asiatic elephants.

Exciting adventure is to go canoeing in the marshy Terai river amongst dozens of marsh mugger crocodiles basking in the sun, waiting for their prey to fall in their mouths.

You can also spend some calming animal time visiting the elephant and gharial breeding centers, a perfect way to educate your kids about the animals and their life cycle.

BHAKTAPUR

Among the 3 major cities of the Kathmandu Valley, Bhaktapur, to this date, is the living representation of how the entire Kathmandu Valley would have looked like during the *medieval periods*. The city is celebrated for its *glorious architecture*, *sky-high temples* built in pagoda style - which is believed to be the stairway to the heaven, *fine clay pottery*, and *massive royal courtyards* whose existence date back to the 12th century, where devotees, still, celebrate their pre-historic festivals.

The city is also known as Bhadgaon, which means the City of Rice. This city has preserved the Newari value as a mother would keep their children safe,

ACTIVITIES I WHAT TO DO	NATIONAL PARKS in Nepal	SITES
Butterfly watching	Chitwan National Park	Temples
Sky Diving	Bardia National Park	Medieval Cities & Sacred Sites
Mountain Hiking & Trekking		The Living Goddess
Mountaineering	Parsa Wildlife Reserve	
Rafting & Kayaking	Shuklaphanta National Park	
Bird watching	Koshi Tappu Wildlife Reserve (+800 birds)	
Zip Flying	Khaptad National Park	
Garden of Dreams (6,895m ² : pavilions, amphitheater, central ponds, pergolas, urns ...)	Sagarmatha National Park Annapurna Conservation Area Langtang National Park Makalu Barun National Park Kanchenjunga Conservation Area Rara National Park Shey Phoksundo National Park	



Kathmandu: The city stands at an elevation of approximately 1,400 metres (4,600 feet) above sea level in the bowl-shaped Kathmandu Valley of central Nepal.



Chitwan: Chitwan has a particularly rich flora and fauna. Nepal's first national park, the Chitwan National Park together with the adjacent Parsa National Park support a species diversity much higher than any other



Pokhara: Pokhara is a city on Phewa Lake, in central Nepal. It's known as a gateway to the Annapurna Circuit, a popular trail in the Himalayas. Tal Barahi Temple, a 2-story pagoda, sits on an island in the lake.