

Nepal

The Last Shangri-La

From the high Himalaya to **tropical lowland jungle**, with terraced foothills in between, **Nepal** is truly a land of beautiful contrasts. This tour combines the **very best** of Nepal's attractions - culture, history, trekking, rafting and wildlife. After discovering the magic of the Kathmandu Valley you will **raft white water** on the Trisuli River, search for rhino and tiger in **Chitwan National Park**, trek in the breathtaking scenery of the **Annapurna Himal** and discover the cultural delights of Pokhara.



Phewa Lake - Pokhara



Day 1 Arrive Kathmandu

Arrive Kathmandu and transfer to your hotel. Remainder of the day free. Overnight at the Yak & Yeti.

Day 2 Kathmandu

Full day sightseeing includes Durbar Square, Swayambhunath (Monkey Temple) with superb views over the city, Pashupatinath Temple and the magnificent Buddhist stupa at Boudhanath. Overnight at the Yak & Yeti. (B)

Day 3 Kathmandu to Nagarkot

Morning visit Changunaraya Temple and a rural walk to Telkot, with superb views of the Kathmandu Valley and Himalayas. Drive to Nagarkot (2,165m) where the panorama of the Himalayas is breathtaking, particularly at sunrise. Overnight at the Club Himalaya Resort. (B)

Day 4 Nagarkot to Kuringtar

Morning drive to Charaudi on the Trisuli River and commence rafting. Ideal for a first experience of white water rafting. Lunch by the river. Continue rafting to Kuringtar. Overnight at the Riverside Spring Resort. (B, L, D)

Day 5 Kuringtar to Chitwan

Optional visit to Kurintar (1,302m) by cable car to view the abode of Manakamana, the wish fulfilling goddess. Continue rafting to Mugling for lunch. Drive to Chitwan National Park, home to a great variety of wildlife including Asian rhino, bison, bear, leopard, gharial, dolphin and Bengal tiger, plus 525 species of bird. Overnight at the Machan Paradise View Resort. (B, L, D)

Day 6/7 Chitwan

Two full day's jungle activities include elephant, jeep and dugout canoe safaris, plus bird watching. In the evening a Tharu stick dance or presentation on flora and fauna. Overnight at the Machan Paradise View Resort. (B, L, D)

Day 8 Chitwan to Pokhara

Morning drive on the scenic mountain highway to Pokhara (900m). Nestled under the breathtaking snow-capped Annapurna Himal, it is an enchanting town with lakes and panoramic mountain views. Overnight at the Fishtail Lodge. (B)

Day 9 Pokhara to Tolka

Morning drive to Phedi, walk to Dhampus for lunch, and continue to Tolka village. (5 hrs walk). A wonderful opportunity to view major Himalayan peaks from a relatively low altitude. Overnight at a local lodge. (B, L, D)

Day 10 Tolka to Ghandrung

Trek to Ghandrung through scattered villages below the beautiful Himalayas (5 hrs walk). Ghandrung (1,980m) is a Gurung village with superb views of Gangapura, Machhapuchhre (Fishtail), and Annapurna. Time permitting, visit the Annapurna Conservation Project HQ and the museum. Overnight at a local lodge. (B, L, D)

Day 11 Ghandrung to Nayapul to Pokhara

Descend to Nayapul via Syauli bazaar. (4 hrs walk). Drive to Pokhara (1 hr). Remainder of the day free. Overnight at the Fishtail Lodge. (B, L)

Day 12 Pokhara

Morning tour includes Pokhara's colourful bazaar, the Newar Bindyabasani Temple and the awesome Davi's waterfall (Patale Chhahgo). Afternoon boat ride on the lovely Phewa Lake. Overnight at the Fishtail Lodge. (B)

Day 13 Pokhara to Kathmandu

Morning flight to Kathmandu. Afternoon tour of Patan's Durbar Square, rich in Buddhist and Hindu cultural heritage, temples, monasteries and religious art. Overnight at the Yak & Yeti. (B)

Day 14 Kathmandu

Optional morning mountain flight. Later a half-day tour of Bhaktapur, whose superb medieval art and architecture casts a rich "old world" ambience. Farewell dinner and Nepali cultural show. Overnight at the Yak & Yeti. (B, D)

Day 15 Kathmandu and Departure

Transfer to the airport for your flight home. (B)



Nepal Kaleidoscope

A colourful past and present are **brought to life** in this exploration of Nepal. **Kathmandu's** rich history is reflected in its religious traditions and exotic architecture. In **Pokhara** and surrounding villages you will discover the diversity of cultural heritage and see **magnificent Himalayan panoramas**. After seeking the abundant wildlife of Chitwan National Park, on to Dhulikhel where the sunset and sunrise are breathtaking. Finally, time to explore more of **Kathmandu's wonders**.

Above: Machapuchari
Main Image: Swayambunath Buddhist Stupa



Day 1 Arrive Kathmandu

Arrive Kathmandu and transfer to your hotel. Remainder of the day free. Overnight at the Yak & Yeti.

Day 2 Kathmandu

Full day of sightseeing, which includes Durbar Square, Temple of the Living Goddess, Old Royal Palace, Kasthamandup, Swayambhunath, Pashupatinath and Boudhanath. A combination of Buddhist and Hindu architectural treasures. Overnight at the Yak & Yeti. (B)

Day 3 Kathmandu to Pokhara

Morning drive via the scenic mountain highway to Pokhara (900 m). Nestled under the breathtaking snow-capped Annapurna Himal, it is an enchanting town of lakes and panoramic mountain views. Overnight at the Fishtail Lodge. (B)

Day 4 Pokhara

Morning excursion to Sarangkote Hill for the magnificent views of Machhapuchhare (Fishtail) and the Annapurna Massif. Afternoon boat-ride on Phewa Lake, where there is abundant bird life and the Annapurna Himal is reflected in its waters. Overnight at the Fishtail Lodge. (B)

Day 5 Pokhara

Morning tour includes Pokhara's colourful and ethnically diverse bazaar, the Newar Bindyabasani Temple and the awesome Davi's waterfall (Patale Chhahgo). Afternoon free. Overnight at the Fishtail Lodge. (B)

Day 6 Pokhara to Chitwan

Drive to Chitwan National Park, home to a great variety of wildlife including Asian rhino, bison, bear, leopard, gharial, dolphin and Bengal tiger, plus 525 species of bird. Afternoon, game viewing by elephant. Overnight at the Machan Paradise View Resort. (B, L, D)

Day 7 Chitwan

Full day's jungle activities include elephant, jeep and dugout canoe safaris, plus bird watching. In the evening a Tharu stick dance or presentation on flora & fauna. Machan Paradise View Resort. (B, L, D)

Day 8 Chitwan to Kathmandu to Dhulikhel

Morning flight to Kathmandu. Drive to Dhulikhel (1,650m) on the rim of the Kathmandu Valley, with a spectacular panorama of the Himalayas. Magnificent sunset and sunrise. Overnight at the Dhulikhel Mountain Resort. (B)



Day 9 Dhulikhel to Kathmandu

Explore Dhulikhel and then drive to Panauti, a religious center at the confluence of the Rosi and Pnyamati rivers. Return to Kathmandu via Bhaktapur, centre of superb medieval art and architecture. Overnight at the Yak & Yeti. (B, D)

Day 10 Kathmandu

Visit Dashinkali temple, where pilgrims offer prayers and animal sacrifices. Then to Chovar Gorge and Bagh Bhairab Temple at Kirtipur to experience Nepali village life. Overnight at the Yak & Yeti. (B)

Day 11 Kathmandu

Optional morning mountain flight. Later visit Patan's Durbar Square, rich in Buddhist and Hindu cultural heritage, temples, monasteries and religious art. Farewell dinner and Nepali cultural show. Overnight at the Yak & Yeti. (B, D)

Day 12 Kathmandu and Departure

Transfer to the airport for your flight home. (B)

