



## A TOUR OF THE BEST OF NEPAL'S CULTURE, HISTORY AND SPIRITUALITY

Kathmandu the capital of Nepal also holds its history and culture. Kathmandu valley is packed with some of the best world heritage monuments, architectural masterpieces, and monuments of religious and cultural importance. The Kathmandu, Patan, and Bhaktapur showcase the best examples of pagoda architecture, Nepali masonry and carpentry, and Newari culture and are pilgrimage for Buddhists and Hindus equally. Pokhara is considered a paradise on earth. Beautiful mountains on the north side, clean and wide lakes in the city center, green forests, and friendly and warm local people, make your vacation more meaningful. Pokhara is the epicenter of adventure tourism in Nepal. Journey to Lumbini, the birthplace of Lord Gautam Buddha, is a pilgrimage site for millions of Buddhist followers worldwide. The main attraction of Lumbini is the Sacred Garden, which covers an area of 8 square kilometers and has all the treasures of this historic area. The Mayadevi Temple (under renovation) is a major attraction for pilgrims and archaeologists.

### Includes

- Traditional welcome on arrival with Nepali scarp or Garland
- Arrival & departure transfers by private vehicle as per the group size
- All transfers & sightseeing by private Air condition vehicle
- 02 mineral water each day while city tour or traveling outside Kathmandu.
- 01-Full day Kathmandu City sightseeing with service of licensed guide.
- 01-Full day Pokhara City sightseeing with service of licensed guide.
- 01-Full day Lumbini Sightseeing with service of licensed guide.
- 03-nights' accommodation in Kathmandu on Twin sharing basis
- 02-nights' accommodation in Pokhara on Twin sharing basis
- 02-nights' accommodation in Lumbini on Twin sharing basis
- Welcome dinner on the day of arrival

- Breakfast is included in Hotels in Kathmandu
- Monumental areas entrance fees while sightseeing Tour in Kathmandu
- Applicable Govt Taxes
- Fulltime assistance
- Price included for four star category.

## Excludes

- International return air ticket,
- Travel Insurance,
- Nepal Entry Visa Fee,
- Lunch & Dinner except mentioned in the itinerary
- All expenses of personal nature.
- Emergency Evacuation Service (EES).
- Any other services not mentioned in cost includes section
- Force majeure

## Itinerary

### Day 1: Arrival in Kathmandu

Arrival at Tribhuvan International airport. Meet, welcome by our representative & transfer to the hotel. Welcome drink followed by tour briefing. The rest of the day is free for personal activities or Half day sightseeing can be arranged depending upon flight time. Welcome dinner in a typical Nepali restaurant and Overnight in Kathmandu.

- Elevation of Kathmandu: 1363m
- Transportation: Private car/ Tourist bus
- Driving distance: 25-30min drive to Hotel
- Meals: Welcome Dinner
- Accommodation: 4 Star Hotel

## Day 2: Full Day Kathmandu Sightseeing

Breakfast at around 7 AM at the Hotel and proceed for the full-day sightseeing at around 8 AM. Our car will be waiting for you outside your hotel.

Our first stop will be Pashupatinath Temple After finishing the trip in Pashupatinath drive to Boudhanath which is nearby Pashupatinath. Boudhanath Stupa is one of the many world heritage sites to be found in Nepal, Boudhanath Stupa is not only fascinating but also Peaceful with lovely surroundings. There are also a number of smaller stupas and monasteries to be found here which are worth taking a look at. After refreshments and lunch continue sightseeing to Patan Durbar Square , located about 5km south of Kathmandu, Patan is one of 3 royal cities in the valley. A destination for connoisseurs of fine arts, Patan is filled with wood and stone carvings, metal statues, ornate architecture, including dozens of Buddhist and Hindu temples, and over 1200 monuments. After finishing the trip drive return to hotel & overnight.

- Elevation of Kathmandu: 1363m
- Transportation: Private car/ Tourist bus depends upon group size
- Driving distance: 3-4 Hour
- Meals: BB
- Accommodation: 4-Star Hotel

## Day 3: Transfer form Kathmandu to Pokhara

After Breakfast, Check out from Hotel and drive or fly to Pokhara. Enjoy a five-six-hour beautiful drive to Pokhara., Arrive & check in at Hotel and rest. Later in the evening go boating in Phewa Lake (the second largest lake in Nepal) You may do self-boating at Fewa lake. Evening free for personal activities/shopping on the lakeside market on own. Dinner and Overnight Stay in Pokhara.

- Elevation of Pokhara: 822 M
- Transportation: Private car/ Tourist bus
- Driving distance: 200 KM, 4-5 Hours
- Flying Duration: 25 Min
- Meals: BB
- Accommodation: 4-Star Hotel

## Day 4: Pokhara Sightseeing Tour

Breakfast and start the Pokhara sightseeing where you will visit Bindabasini temple,

Davis Falls, Seti Gorge, and Gupteshwor Cave.

**Bindabasini Temple:** Bindabasini Temple, known locally as Bindhyabasini Mandir. Standing proudly atop a hill, this striking temple looks calmly over the bustling city of Pokhara. It is located near the busy Old Bazaar of Pokhara, a center of commerce in the Himalayas. Bindabasini temple or Bindhyabasini Mandir is of great religious importance to Hindus living in the Pokhara region. It is a vital hub of religious fervor. The temple itself is dedicated to the Hindu goddess Durga, who is Pokhara's chosen guardian deity. Durga, also known as Shakti or Kali has numerous manifestations and at the Bindabasini temple, she is seen as Bhagwati, a blood-thirsty aspect of the goddess. Durga appears in the form of a Saligram. A Saligram, according to Hindu mythology is a propitious stone. It is said that the temple was created after the goddess ordered king Khadag Bum Malla to set up her statue there. The Bindabasini temple was then founded in BS 1845. Since its establishment, Bhagwati has been an object of worship here on a daily basis. Animal sacrifices are typically presented at the temple on Saturdays and Tuesdays. The Hindu festival of Dashain sees large numbers of believers coming to offer sacrifices at Bindhyabasini Mandir.

**Davis Fall and Gupteshwor Cave:** Locally known as the Patale Chango (Fall of the Netherworld), Davi's Fall is a ferocious waterfall located about 2 km southwest of Pokhara Airport on the Siddhartha Highway. The source of the waterfall is Phewa Lake and the fall itself is named after a Swiss lady who was swept away by the fall in 1961. The fall cuts through the rocks to create complex caves and tunnels on its path. Gupteshwor Mahadev cave on the other side of the fall is one such cave carved by Devi's Fall. The sacred shrine dedicated to Shiva is popular among the local residents and is seldom missed by tourists to Davi's Fall.

**Seti River/ Gorge:** An interesting tourist attraction of Pokhara is Seti River, which cuts gorgeously through the Mahabharat range and, therefore, seems to disappear in caves and tunnels in many places along its route through Pokhara city. At various points Seti is barely 2 m wide but its depth reaches an astonishing 20 m! The river gorge can be seen from several spots in the city ie Mahendra Pul, K.I. Singh Pul and Prithvi Chowk Pul. From these spots, the river can be seen in all its ferocity gushing down the deep gorge that it has carved over millennia. Seti which literally means the White River originates from the Annapurna Massif.

After finishing the tour drive back to the hotel and rest. Later in the evening you can go around lakeside and enjoy the lake vibe. Dinner can be served around lake or at hotel and overnight at the hotel.

## Day 5: Transfer from Pokhara to Lumbini

Fresh sunshine starts with a refreshing breakfast; then you will drive or fly from Kathmandu to Lumbini. The drive will take you in awe of the beauty of Nepal as you see the ever-changing landscape from hills to plains. After arriving in the

afternoon, you will take a short rest to recharge your batteries. Then explore the spiritual land of Lumbini, the birthplace of the Buddha by wandering. Dinner and overnight at the hotel.

- Elevation of Lumbini: 1363m
- Transportation: Private car/ Tourist bus
- Driving distance: 6-7 Hours
- Flying duration: 25-30 Min
- Meals: BB
- Accommodation: 4-Star Hotel

## Day 6: Lumbini Visit

Breakfast and proceed to Lumbini Park visit. Today is an important day when you take a tour around the origination of the Buddha. You will visit the Maya Devi Temple which is the most sacred site in the Lumbini Garden where archaeologists have identified the exact. and the five-foot-tall Idol of Maya Devi, the birth mother of Gautama Buddha. You can also spot the Ashoka pillar: built by the great king Ashoka. The Ashoka Pillar in Lumbini is one of the 3rd Century stone pillars built under the reign of Emperor Ashoka. It was erected as a mark of respect by Ashoka after he visited Lord Buddha's place of birth and decided to accept Buddhism. These facts make the pillar a significantly important attraction in the country. It bears the oldest inscription compared to rest of the Ashoka Pillars, thus marking that it was the first-ever such structure built. The pillar is located inside the serene Maya Devi Temple complex and is quite a stimulating structure to visit because of its interesting and motivating history. This 6-meter tall pink sandstone structure was rediscovered by Nepalese archaeologists in 1896. The Pushkirini Lake, the Birth Marker Stone, and the numerous huge monasteries are the attractions of the center of peace, Lumbini. Along with it, the Eternal Peace Flame that has been burning forever amazes many people. Thousands of people come to gaze at the monasteries and temples of Lumbini and pray for eternal peace in their lives. After visiting Lumbini park. Drive back to the hotel. Lunch and rest of the time you can spend inside the hotel. Dinner and overnight at the hotel.

## Day 7: Transfer to Kathmandu

After breakfast drive or fly to Kathmandu. Arrive in Kathmandu & check into the hotel. The rest of the day is free for personal activities such as shopping visiting the tourist hub of Kathmandu- Thamel etc. Overnight stay at hotel.

## Day 8: Departure

Free until transferred to the international airport for onward flight.

## Highlights

- Exploring the cultural and historical capital of Nepal, Kathmandu, known for its temples, shrines, and palaces
- Visiting famous heritage sites such as Pashupatinath Temple, Swayambhunath (Monkey Temple), Bhaktapur Durbar Square, Patan Durbar Square, and Kathmandu Durbar Square
- The opportunity to experience the unique culture and way of life of Kathmandu Valley
- The chance to experience the local lifestyle, foods, and handicrafts.
- A scenic drive or a flight to Pokhara, a city known for its natural beauty and adventure opportunities.
- The chance to enjoy the beautiful view of Annapurna and Dhaulagiri range from Sarangkot hill.
- The chance to explore the Fewa Lake and its surroundings.
- The chance to experience the adventure activities such as paragliding, ultra light flight, Zip flyer and more.
- The chance to explore the Pokhara valley, known as the gateway to Annapurna and Dhaulagiri trekking routes.
- The chance to visit the Davis fall, Gupteswar Mahadev cave and International Mountain Museum.
- The chance to explore the local culture and tradition of Pokhara.
- A visit to Lumbini, the birthplace of Lord Buddha, one of the most important pilgrimage sites for Buddhists worldwide
- Visiting the Mayadevi Temple, the temple at the exact spot where the Buddha was born
- The opportunity to experience the unique culture and way of life of Lumbini and

surrounding areas

- Visiting the sacred ponds where Maya Devi took bath before giving birth to Lord Buddha

## Travel Information

- **Transportation:** Lumbini can be reached by bus or private car from Kathmandu and Pokhara. There is also a domestic airport in Bhairahawa which is 20 km from Lumbini, with regular flights from Kathmandu.
- **Weather:** Lumbini has a subtropical climate, with temperatures varying greatly depending on the season. The best time to visit is from September to November and from March to May, when the weather is mild and clear.
- **Accommodation:** There are a variety of accommodation options available in Lumbini, including hotels, guesthouses, and homestays.
- **Food:** Lumbini offers a wide variety of food, including traditional Nepali, Indian, Tibetan, and international cuisines.
- **Culture:** Lumbini is a sacred place for Buddhists as it is the birthplace of the Lord Buddha, Siddhartha Gautama. The main attraction in Lumbini is the Sacred Garden, which includes the Ashokan Pillar, the Mayadevi Temple, and the Puskarni pond.
- **Safety:** It is generally considered a safe destination but it's a good idea to take the usual safety precautions. Be aware of your surroundings and keep your valuables safe.
- **Activities:** In Lumbini, there are many activities to do such as visiting monasteries, temples, and stupas, meditation and yoga, and cultural tours.
- **Respect:** It's important to be respectful of local customs and traditions, and to dress modestly when visiting temples and other religious sites.

## Things to know

- **Visa requirements:** Make sure to check the visa requirements for Nepal before you travel. Tourist visas can be obtained upon arrival at the airport or in advance from a Nepalese consulate or embassy.
- **Currency:** Nepalese Rupee (NPR) is the official currency of Nepal, but US dollars are also widely accepted. It's a good idea to carry cash, as credit cards

and debit cards may not be accepted in some places.

- **Weather:** Nepal has a diverse climate, with temperatures varying greatly depending on the region and altitude. It's important to check the weather forecast and pack accordingly.
- **Altitude sickness:** Altitude sickness can be a concern when travelling to higher altitudes in Nepal. It's important to be aware of the symptoms and to take necessary precautions to prevent it.
- **Food:** Nepal has a diverse cuisine, with a mix of Indian, Tibetan, and Nepalese dishes. Some traditional Nepalese dishes include Mo:Mo:s (dumplings), Dal Bhat (lentil soup and rice), and Chow Mein (stir-fried noodles).
- **Language:** Nepali is the official language of Nepal, but many people also speak English.
- **Culture:** Nepal is a culturally diverse country with a mix of Hindu and Buddhist influences. It's important to be respectful of local customs and traditions, and to dress modestly when visiting temples and other religious sites.
- **Conservation and sustainability:** Nepal are home to many unique and endangered species and fragile ecosystems, it's important to be mindful of environmental conservation and sustainability while traveling.

Free until transferred to the international airport for onward flight.