



## Contact Info

Location: Kathmandu Metropolitan City Ward No 22,  
Uttar Dhoka Marg, Lazimpat, Kathmandu, Nepal

Telephone: +977 1 4419145

+977 1 4417230

E-mail: info@goingnepal.com

goingnepal@gmail.com

Office Hour: 9.00 AM to 05.00 PM

Whatsapp Number: 9851032961

## A COMPREHENSIVE EXPLORATION OF NEPAL'S CULTURE, NATURE, AND SPIRITUALITY

The Kathmandu, Pokhara, Lumbini, and Chitwan Tour combines the most beautiful tourist attractions in Nepal, offering you stunning temples, architecture, magnificent mountains, landscapes, and the Terai Lowlands Chitwan National Park. This is the perfect tour to visit Kathmandu, Patan, Bhaktapur, the beautiful city of Pokhara, Chitwan National Park, and the birthplace of Buddha - Lumbini. This tour is suitable for tourists who want to explore all the historical sites, beautiful cities, and jungles.

### Includes

- All (airport to airport) transfer by private vehicles as per group size.
- 09 nights' accommodation Luxury Resort/Hotels as mentioned below.
- Meals: 09 breakfasts, 02 lunches and 03 dinner
- 02 nights / 03 days Package in Chitwan National Park on Full-board with Jungle activities,
- Local village and schools visit on the way wherever is possible.
- Visit Tibetan carpet factory and Thangka painting while guided sightseeing tour in Kathmandu and Pokhara
- Seasonal and regional festivals and unique experiences as per region, (Min 10 Pax requires in the group)

- Visit of spiritual Places in the city areas and outside the city while by surface travel.
- Spiritual performances, visiting temples, meditation centers on request
- Participate in harvesting and cultivation activities depending on the season.
- Monumental areas entrance fees as per the itinerary levied by the government and local authorities.
- Professional licensed local English/other language speaking guide service in Kathmandu, Pokhara, Lumbini and nature guide in Chitwan.
- Lecture about Buddha and his incarnation, from birth till death by famous archeologist of Nepal.
- Other festivals, and spiritual activities will be observed or participated while on tour,
- Accompanying official escort throughout the trip.
- Special souvenir on farewell / departure

## Excludes

- International flights tickets
- Nepal entry visa fee
- Travel Medical Insurance
- Emergency Evacuation Service
- Items of a personal nature such as alcoholic/nonalcoholic drinks, laundry
- Any other expenses which are not mentioned at the included section
- Tips/gratuities/Donations for driver, guides and escorts
- 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 and proceed for the full-day sightseeing to Pashupatinath Temple, and Boudhanath. Boudhanath is the center of Tibetan culture in Nepal. The 36-meter-high stupa of Boudhanath is one of the largest stupas in South Asia. Boudhanath Stupa was renovated by the Licchavi rulers in the eighth century. After refreshments and lunch continue sightseeing to Kathmandu Durbar Square, which is famously known as Basantapur Durbar and Hanuman Dhoka, also consider the old Durbar Square in downtown Kathmandu. Basantapur in the heart of the ancient city of Kathmandu will never depress visitors who came here for the first time, with its intricate wood carvings and rich history. After completing the tour, drive back to the hotel and rest. Dinner and overnight at the hotel.

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

## Day 3: Transfer from 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: Breakfast
- 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 Chhango (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 the 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.

- Meals: Breakfast

## Day 5: Transfer from Pokhara to Lumbini

Fresh sunshine starts with a refreshing breakfast; then you will drive or fly from Pokhara 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 Hours
- Flying Duration: 25-30 Min
- Meals: Breakfast
- 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 Mayadevi 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 the 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.

- Meals: Breakfast
- Accommodation: 4 Star Hotel

## Day 7: Transfer from Lumbini to Chitwan

Breakfast & drive or fly to Chitwan National Park. (95 KM /5-6 hours). On arrival check into the Resort followed by a welcome drink and briefing about the jungle activities. Lunch at the hotel. After lunch, the tour guide arranged a briefing on the programs. You will be brought to the nearby ethnic Tharu Village where you will learn more about the life and lifestyle of the Tharus. Visit the National Park visitor's center where you can learn more about the history of the National Park and wildlife. You will have a sunset view tour from the bank of the Rapti River. Back in the hotel. Dinner at the hotel.

- Elevation of Chitwan: 110-850m
- Transportation: Private car/ Tourist bus
- Driving distance: 5-6 Hours
- Flying Duration: 20 Min
- Meals: Breakfast, Lunch, Dinner
- Accommodation: 4-Star Hotel

## Day 8: Chitwan safari Activities

Wakeup call followed by Breakfast at the hotel. After finishing the trip proceed to Chitwan Jungle Tour. Canoe ride along the Rapti river. This an excellent opportunity for Bird Watching and for seeing the 2 rare species of crocodiles; the Marsh Mugger and the fish-eating Gharial. Plus, Jungle walk and, on the way, back one can enjoy elephant bathing. Back to the hotel. Rest & Relax. Lunch in the hotel. Elephant Safari/ Jeep Safari. An excellent opportunity to see four different kinds of deer, rhino, wild boar, monkey, leopard, sloth bear, and the Royal Bengal Tiger (if you are lucky). You will also encounter many other smaller mammals that have made Chitwan their home. Back at the hotel, Dinner in the hotel, and after dinner Tharu Cultural Dance Performances. Overnight at the Hotel.

- Transportation: Private car/ Tourist bus
- Driving distance: 5 Hours
- Meals: Breakfast, Lunch, Dinner
- Accommodation: 4 Star Hotel

## Day 9: Transfer from Chitwan to Kathmandu

The wake-up call is followed by tea/coffee. Breakfast, visit the elephant breeding center, and drive back to Kathmandu (186 KM/ 5 hours). Arrive in Kathmandu and check into the hotel. The rest of the day is free to explore your own. Overnight at a hotel in Kathmandu. evening Farewell dinner.

- Transportation: Private car/ Tourist bus
- Driving distance: 5 Hours
- Flying Duration: 25-30 MIN
- Meals: Breakfast
- Accommodation: 4-Star Hotel

## Day 10: Departure

Breakfast & check out from the hotel. Timely transfer to the airport for flight to your onward destination.

- Meals: Breakfast
- Transportation: Private car/ Tourist bus
- Driving distance: 25 Minutes

## Highlights

- Visiting famous heritage sites such as Pashupatinath Temple, Swayambhunath (Monkey Temple), Bhaktapur Durbar Square, Patan Durbar Square, and Kathmandu Durbar Square
- The chance to experience the local lifestyle, foods, and handicrafts.
- A scenic drive or a flight to Chitwan, a tropical jungle known for its rich biodiversity and wildlife
- The chance to see the endangered One-horned rhinoceros, Royal Bengal Tiger, and other wild animals
- The chance to go on a Jungle safari, Elephant back safari, Canoeing, and bird watching
- The chance to experience the local culture and tradition of the Tharu people.

- The chance to visit the Chitwan National Park, one of the UNESCO World Heritage Sites
- 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 visit the Davis fall, Gupteswar Mahadev cave and International Mountain Museum.
- 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
- The chance to explore the monasteries, temples, and stupas built by different countries
- The chance to explore the Ashoka pillar, the inscription on the pillar describes the visit of Emperor Ashoka to Lumbini
- The chance to visit the Lumbini International Research Institute which conducts research on Buddhism and related fields

## Travel Information

- **Transportation:** Kathmandu, Pokhara, Lumbini, and Chitwan are well-connected by road and air. Taxis, buses, and private cars are available for transportation between the four places. There are also regular flights between Kathmandu and Pokhara, and a domestic airport in Bhairahawa, 20km from Lumbini, and Bharatpur which is 20 km from Chitwan.
- **Weather:** Kathmandu, Pokhara, Lumbini, and Chitwan have a sub-tropical 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 Kathmandu, Pokhara, Lumbini, and Chitwan, including hotels, guesthouses, and homestays.
- **Food:** Kathmandu, Pokhara, Lumbini, and Chitwan offer a wide variety of food, including traditional Nepali, Indian, Tibetan, and international cuisines.
- **Culture:** Kathmandu, Pokhara, Lumbini, and Chitwan are all rich in culture, history, and religion. In Kathmandu, there are several temples, shrines, and historical sites to visit such as Pashupatinath Temple, Swayambhunath Stupa, and Kathmandu Durbar Square. Pokhara is known for its natural beauty, including the famous Phewa Lake and the stunning Annapurna mountain range. Lumbini is a sacred place for Buddhists as it is the birthplace of the Lord Buddha, Siddhartha Gautama. Chitwan is famous for its National Park and Jungle safari which offers a unique opportunity to see the one-horned rhinoceros, Bengal tiger, and other wild animals.

## 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.