

# 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

#### LUXURIES OFF THE BEATEN TOUR

Pokhara: Tthe serene Phewa Lake under the majestic Annapurna mountain range, Pokhara is a tranquil haven for adventurers and peace-seekers alike. Beyond its popular lakeside, explore hidden waterfalls, serene hilltop monasteries, and traditional villages that showcase the region's rich culture and natural beauty. Don't miss the lesser-known Begnas Lake for a quiet retreat.

Dhampus: A picturesque village perched on the foothills of the Annapurna range, Dhampus offers an authentic glimpse into rural Nepali life. Hike through terraced fields and lush forests to reach this serene destination, where you can experience stunning sunrise views over the Himalayas and immerse yourself in the local Gurung culture. Dhampus is a peaceful escape from the more crowded trekking routes.

Chitwan: Venture into the heart of the jungle in Chitwan National Park, a UNESCO World Heritage site teeming with wildlife. Opt for community-run eco-lodges and guided tours by local naturalists to discover the park's hidden gems. Spot rare one-horned rhinos, Bengal tigers, and diverse bird species while learning about the Tharu community's conservation efforts and traditions.

Bhaktapur: Step back in time in Bhaktapur, an old city that feels like a living museum. Wander through narrow, streets to uncover centuries-old temples, courtyards, and artisans' workshops. Beyond the main Durbar Square, explore quieter neighborhoods where you can witness traditional pottery-making and indulge in Newari cuisine, all while soaking in the city's timeless ambiance.

# **Includes**

• Traditional welcome on arrival with Nepali garland

- All airport transfers and sightseeing by private vehicle
- Mineral water every day during the city tour
- 2 Full-day tours of Kathmandu with a licensed guide and entrance fees
- Explore the local Village/ Culture in Nuwakot and Rainaskot
- 1 Full day visit to Pokhara with a licensed guide
- 02 nights / 3 days full-board Jungle activity package at Chitwan National Park
- 3 nights in Kathmandu on a Twin sharing
- 1 night in Nuwakot on a Twin sharing basis
- 2 nights in Rainaskot on a Twin sharing
- 1 night in Bandipur on a Twin sharing
- 1 night in Pokhara on a Twin sharing basis in BB Plan
- 1 night in Dhampus on a Twin sharing basis in BB Plan
- Transportation: Kathmandu Nuwakot Bandipur- Rainaskot Dhampus Pokhara Chitwan by a private vehicle
- Bharatpur Kathmandu Domestic Airfare
- All the cost of accompanying guide or escorts.
- National Park fees, and monumental areas entrance fees.
- Barbeque Dinner with local folklores wherever is possible
- Applicable government taxes
- Full-time assistance from official escorts

# **Excludes**

International air ticket + air taxes

- Nepal entry visa fee
- Lunch and dinner except as mentioned above
- Tips for guides, drivers and assistants
- All expenses of a personal nature

# **Itinerary**

Day 01: Arrival in Kathmandu

Arrive early in the morning at Tribhuvan International Airport in Kathmandu. Welcome, meet, and assist our Going Nepal representative and transfer to the hotel in Bhaktapur and check-in. Your hotel is 15 KM away from the bustling city of Kathmandu and takes about 30-45 minutes to reach.

Day 02: Bhaktpur to Nuwakot and explore Nuwakot Durbar (Palace) (B, L, D)

Breakfast at the hotel and check out, drive from Bhaktapur to Nuwakot (71 KM) will be for 3-4 Hours depending upon the traffic on the road. Enjoy a scenic drive to Nuwakot. Nuwakot is nestled in the foothills of the Himalayas. You will be staying in an ancient farmhouse. This Farmhouse is where we are going to stay the night. Relics from King Prithvi Narayan Shah's era of unification can be found in Nuwakot, an ahistorical location. Here, we will tour the well-known Seven-Storied Nuwakot Palace with our guide. After reaching Nuwakot, check in to the hotel and rest. After some rest explore Nuwakot Palace. Standing tall for centuries, the Nuwakot Fort is a testament to Nepal's glorious past. Explore the courtyards, climb watchtowers for panoramic views, and delve into stories of battles and kingdoms. After exploring, make your way back to the Farm-house, dinner, and overnight.

• Transfers by Private Vehicle

• Driving distance: 3-4 Hours/ 71 KM

• Accommodation: Farm House

Meal Pan: Full-board

# Day 03: Nuwakot Village Tour

Breakfast at the Farm house, and make your way for the village tour/hike. The community is small and easy to navigate. It's a great way to explore Nepal like a native and you're welcome to visit the neighbors and hang out in the village tea shop, conversing with the people. This will help you comprehend the true nature of Nepal and the hearts of its people. You can spend time at school with local children. The primary school nearby is a good place to volunteer for a few days, while the main high school is located in the heart of the hamlet. Your presence will make the teachers and students very happy. This is the only way to give them kindness and support while they are in despair. After exploring the village back to the Farmhouse and rest.

Guided village Tour,

• Accommodation: Farm House

• Meal Pan: Full-board

# Day 04: Nuwakot to Bandipur and Explore Bandipur, A Newari Medieval Township

Wake up early morning and Breakfast. Check out from the farmhouse. Before checking out make sure you have your belongings. Heading southward in the Trishuli River Valley, Nuwakot leads you into the hills. Traverse the river via Kurintar and Mugling, arriving at Deurali where we diverge to head in the direction of Dumre and Bandipur. Set high in the highlands with sweeping views of Manaslu and the Annapurnas, Bandipur is a small, serene, historic village with an ideal "eagle's nest" setting. In the 1800s, it developed from a tiny trading port to a thriving commercial hub, but because modern highways have bypassed it, it has managed to preserve its original charm. This includes its abundance of temples, shrines, sacred caves, festivals, and Newari architecture, which is reminiscent of the old Kathmandu Valley. After reaching Bandipur, check in to the hotel, rest for a while, and start exploring around Bandipur.

Altitude of Bandipur: 1030 m

· Transportation: Private Vehicle

Driving distance: 4/5 Hours / 123km

· Accommodation: The Old Inn

Meal Pan: Full-board

#### Day 05: Bandipur to Dhampus

Wake up early in the morning and enjoy a nice breakfast. Check out and drive to Dhampus. Dhampus village of Nepal (1650 m) is situated on the north from the Pokhara valley which offers gorgeous views of golden rice terraces and the spectacular mountains. Hiking to this village offers a wonderful view of mountains, nature, landscape, and awe-inspiring scenery. A different class of migratory birds visit the village of Dhampus, making it a seasonal bird-watching spot. Enjoy a scenic drive to Dhampus through the tourist hub of Nepal 'Pokhara'. You will reach Pokhara within 3-4 Hours of drive. After reaching Dhampus, Check in to the guest house/ homestay and rest. Enjoy your time in Dhampus/ explore around or just witness the beauty from the Dhampus. On a clear day you can witness the whole Annapurna Massif along with the Machhapuchre. Overnight at the guest house.

Altitude of Rainaskot: 1675 m

Transportation: Private Vehicle

Driving distance: 2 Hours/ 43 KM

Accommodation: Neat and clean Local Lodge

Meal Pan: Full-board

Day 06: Dhampus to Pokhara / day guided city tour

Breakfast, departure to Pokhara. It will be a 2-3-hour drive from Dhampus to Pokhara. The roads might not be good enough. After reaching Pokhara, check in to the hotel and rest. Later in the afternoon, a half-day Pokhara tour where you will visit Davis Falls, Gupteshwor Cave on that day.

Day 07: Pokhara Full Day City Tour

enjoy boating at the Phewa Lake. After finishing the trip, you can have a good time around the lakeside and if you want to do some shopping you can do it at the same time. Overnight at the hotel.

#### Day 08: Pokhara to Chitwan National Park

Breakfast and Fly to Chitwan National Park. upon arrival in Chitwan, check-in at the resort, and briefing about the tour and program. Afternoon walk along the Rapti river bank you will spot: crocodiles, rhinos, deer, and other mammals. Return to the Resort for Dinner and Overnight.

Altitude of Chitwan: 415m

Transportation: Private Vehicle

Accommodation: Jungle Resort

Meal Plan: Full-board

Day 09: Full-day jungle activities

Wake up to tea/coffee followed by a nature walk and bird-watching tour. Breakfast. Begin the Elephant/ Jeep Jungle Safari to see different types of deer, rhinos, wild boars, leopards, monkeys, birds, and many other smaller animals. After the elephant, the return safari tour proceeds to Dugout. Canoe Ride along with the Rapti River to see 2 types of rare crocodile species: The Marsh Mugger and the Fish-Eating Gharial. We will visit the elephant farm and a farm; at the end return to the lodge. In the late afternoon, it is possible to organize a nice walk to the nearby village of Tharu. Return to your lodge/resort. Evening: a wonderful Tribal dance called "Tharu Cultural show' will perform by the inhabitants. Dinner and overnight at the lodge/resort.

Activities: Full-day jungle activities

Accommodation: Jungle resort

Day 10: Fly back to Kathmandu – Evening Aarati by the Pashupatinath temple

Breakfast at the hotel and check out. Fly back to Kathmandu (20min flight). Arrive in Kathmandu and check into a hotel. 2/3hr singing bowl sound healing therapy, Evening observe the Aarati by the Pashupatinath Temple. Dinner and Overnight at a hotel in Kathmandu.

Activities: Arati by Pashupatinath Temple and Singing bowl Sound Healing Therapy.

Accommodation: Boutique Hotel in Kathmandu

Transportation: Domestic Flight / Private Vehicle

Meal: Half-Board

# Day 11: Full-day Explore Kathmandu

Breakfast and proceed to explore around Kathmandu. Your guide will be waiting for you at the hotel lobby. Today you will explore Pashupatinath, Boudhanath and Kathmandu Durbar Square.

Pashupatinath- The Pashupatinath Temple, a Hindu shrine honoring Lord Pashupati, is situated next to the Bagmati River in Kathmandu, Nepal. In addition to being one of the oldest temples, this one is currently the biggest in the entire globe. In 1979, this temple was designated as a World Heritage Site. One of seven monument groups in the Kathmandu Valley designated by UNESCO, this "extensive Hindu temple precinct" is a "sprawling collection of temples, ashrams, images and inscriptions raised over the centuries along the banks of the sacred Bagmati river and Boudhanath- The stupa is located in the area of the ancient trade route to Tibet where Tibetan merchants rested and offered prayers for many centuries. When refugees entered Nepal from Tibet in the 1950s, many decided to live around Boudhanath. Hence, a complete township has developed around Boudhanath. After exploring both the places drive to Kathmandu Durbar Square- the highest and most popular fascination in Kathmandu lies in the old town of Kathmandu, before the previous imperial castle. It is one of the three Durbar Squares in Kathmandu Valley recorded as UNESCO World Heritage Sites. As a group of exemplary models and more than 50 sanctuaries, castles, and yards that go back to the twelve to the eighteenth hundred years, the square keeps up its unique structure style and fabulousness. After finishing the tour drive back to the hotel, check-in, and rest. Later in the afternoon if you have anything to buy then you can go shopping and enjoy your time around Thamel. Dinner will be served at the typical Nepali restaurant with Nepali music and folklore. Overnight at the hotel.

Activities: Full-day guided tour of rest of the world heritage sites.

Accommodation: Boutique Hotel.

Transportation: Private Vehicle

Meal: Farewell dinner with local folklore

#### Day 12: Departure

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

# Highlights

- Hidden waterfalls and serene Phewa and Begnas Lakes
- Hilltop monasteries with panoramic views
- Traditional villages and local culture
- Picturesque village on the Annapurna foothills
- Terraced fields and lush forests
- Stunning sunrise views over the Himalayas
- Immersion in local Gurung culture
- Wildlife safaris in Chitwan National Park
- Community-run eco-lodges and guided tours
- Sightings of rare one-horned rhinos and Bengal tigers
- Exploration of Tharu community traditions and conservation efforts
- Ancient city with centuries-old temples and courtyards
- Narrow, cobbled streets with a timeless ambiance

- Traditional pottery-making and artisan workshops
- Authentic Newari cuisine and cultural experiences

# **Travel Information**

Here are some do's and don'ts to keep in mind when visiting Nepal:

#### Do's in Nepal:

- Ö Respect local customs and traditions: Nepal has a rich cultural heritage, so it's important to be respectful towards local customs and traditions. Learn about the cultural norms and practices, and try to follow them during your stay.
- Ö Dress modestly: While Nepal is a diverse country with varying standards of attire, it is generally appreciated if you dress modestly, especially when visiting religious sites or rural areas. It is advisable to cover your shoulders and knees to show respect.
- Ö Remove your shoes when entering religious sites and private homes: Nepali people follow the custom of removing their shoes before entering religious sites and private residences. It is polite to do the same to show reverence and cleanliness.
- Ö Practice responsible tourism: Nepal is blessed with natural beauty and unique ecosystems. As a responsible tourist, strive to minimize your environmental impact. Avoid littering, use reusable water bottles, and follow designated trails when trekking to preserve the natural surroundings.
- Ö Learn basic Nepali greetings: Learning a few basic Nepali greetings such as "Namaste" (hello), "Dhanyabad" (thank you), and "Kripaya" (please) can go a long way in building rapport with the local people. It shows your appreciation for their culture and makes interactions more meaningful.

# Don'ts in Nepal:

- x Disrespect of religious sites and beliefs: Nepal is a deeply spiritual country, and its people hold their religious sites and beliefs in high regard. Avoid any behavior that may be seen as disrespectful or sacrilegious, such as touching sacred objects without permission or taking photographs where it is prohibited.
- x Engage in public displays of affection: Nepali society is relatively conservative,

and public displays of affection, especially between couples, are generally not accepted. It is best to exercise restraint and avoid such behavior in public to avoid any offense.

- x Use of your left hand for eating or giving/receiving items: In Nepali culture, the left hand is considered unclean as it is traditionally used for personal hygiene purposes. When dining or interacting with others, always use your right hand for eating and offering or receiving items as a sign of respect.
- x Give money or sweets to children on the street: Although it may be tempting to give money or sweets to children begging on the streets, it is generally discouraged. This perpetuates the cycle of dependency and may discourage children from attending school. It is better to support reputable local charities working towards education and welfare.
- x Disregard local customs during festivals: Nepal celebrates numerous vibrant festivals throughout the year. If you happen to be in the country during a festival, be mindful of local customs and practices. Avoid behaviors that may disrupt or disrespect the festive atmosphere and follow instructions from locals or authorities.
- x By adhering to these do's and don'ts, you will have a more respectful and culturally immersive experience during your visit to Nepal.

#### Some Major Festivals and Festivities/ Events in Nepal

- 1. Gai Jatra A festival celebrated in August in the Kathmandu Valley. It is a time for mourning and remembrance of loved ones who have passed away.
- 2. Teej A festival celebrated in August or September by married women. It is a celebration of the bond between husband and wife and involves fasting, singing, and dancing.
- 3. Indra Jatra A festival celebrated in September in the Kathmandu Valley to honor the god Indra. The festival involves a procession of chariots, dances, and offerings.
- 4. Janai Purnima A festival celebrated in August to mark the sacred thread worn by Hindu men. It is a time for ritual baths, worship, and feasting.
- 5. Krishna Janmashtami A festival celebrated in August or September to honor the birth of the Hindu god Krishna. It involves fasting, singing, and dancing.
- 6. Dashain/ Durga Pooja: A 15-day festival celebrated in September or October to commemorate the victory of good over evil. The festival includes the worship of the goddess Durga, feasting, and gift-giving.

- 7. Tihar / Deepawali: Also known as the Festival of Lights, Tihar is a five-day festival celebrated in October or November. Each day has its own significance, such as the worship of crows, dogs, and cows, as well as the celebration of brothers and sisters.
- 8. Chhath: A festival celebrated in November in the Terai region of Nepal. It is a time for worshiping the sun god, fasting, and offering prayers.
- 9. Holi / Festival of color: A festival celebrated in March or April, also known as the Festival of Colors. People throw colored powder and water on each other, dance, and enjoy feasts.
- 10. Bisket Jatra: A festival celebrated in Bhaktapur in April. It is a celebration of the Nepali New Year and involves pulling chariots, playing music, and performing traditional dances.
- 11. Maghe Sankranti A festival celebrated in January to mark the end of the winter solstice. People take holy dips in rivers, eat special dishes made of sesame and molasses, and fly kites.
- 12. Buddha Jayanti A festival celebrated in May to honor the birth, enlightenment, and death of Lord Buddha. It is a time for reflection, prayer, and meditation.
- 13. Shivaratri A festival celebrated in February or March to honor the Hindu god Shiva. Devotees fast, perform rituals, and offer prayers.
- 14. Mani Rimdu A festival celebrated in November in the Everest region to honor the birth of Guru Rinpoche. It involves mask dances, chanting, and offerings.
- 15. Ghode Jatra A festival celebrated in March in Kathmandu to honor the defeat of a demon who had been terrorizing the city. The festival involves horse racing and other activities.
- 16. Yomari Punhi A festival celebrated in December to mark the end of the rice harvest season. It involves the making and eating of Yomari, a special rice cake.
- 17. Losar A festival celebrated in February by the Sherpa community to mark the Tibetan New Year. It involves prayer, feasting, and other traditional activities.
- 18. Lhosar A festival celebrated in December or January by the Tibetan community. It involves prayer, feasting, and other traditional activities.
- 19. Tiji A festival celebrated in the month of May by the people of Upper Mustang to ward off evil spirits and demons. It involves traditional dances

If you are traveling to Nepal for a holiday, here are some essential items you should consider bringing:

| Passport and Visa:      | Ensure that you have a valid passport with at least six            |
|-------------------------|--|
|                         | months of validity left and a Nepali tourist visa or filled out    |
|                         | on arrival visa form   |
| Travel Insurance:       | It's recommended to have travel insurance that covers              |
|                         | medical expenses, emergency evacuation, and trip                   |
|                         | cancellation.  |
| Cash/Credit Cards:      | Nepal is primarily a cash-based economy, so it's essential         |
|                         | to carry enough cash. Additionally, major cities and tourist       |
|                         | areas accept credit cards, but be prepared to pay a fee for        |
|                         | using them.  |
| Medications:            | Don't forget to carry any medications you need, along with         |
|                         | a basic first-aid kit containing items such as band-aids,          |
|                         | antiseptic, and pain relievers.                                    |
| Camera and Accessories: | , ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' '                            |
|                         | your memories. Bring a camera and accessories such as              |
|                         | extra batteries and a memory card.                                 |
| Cultural Respectful     | Nepal is a culturally respected country, so it's important to      |
| Clothing:               | dress modestly, particularly in temples and other religious sites. |
| Sunscreen & Insect      | Nepal's high altitude means that the sun's rays are                |
| Repellent:              | stronger, so sunscreen is crucial. Additionally, insect            |
|                         | repellent is necessary to avoid mosquito-borne diseases            |
| Trekking Gear:          | If you plan on trekking, you should carry sturdy,                  |
|                         | comfortable hiking shoes, warm clothing, a backpack, a             |
|                         | sleeping bag, and a water bottle.                                  |
| Electrical Adapters:    | Nepal uses type C, D, and M electrical plugs, so bring an          |
|                         | adapter if you have electronics with a different plug type.        |
| Portable Charger:       | Nepal's power supply can be unreliable, so bringing a              |
|                         | portable charger is a good idea to keep your electronics           |
|                         | charged.   |

| In average annual weather forcast in Nepal |             |            |   |
|--|-------------|------------|---|
| Month                                      | During the  | At night   | Remarks   |
|  | day         |            |   |
| January                                    | 9°C (48°F)  | 2°C (36°F) | The skies are usually clear, and the humidity is  |
|  |             |            | low.  |
| February                                   | 12°C (54°F) | 3°C (37°F) | February is slightly warmer than January, with    |
|  |             |            | an average temperature of at night, the skies are |
|  |             |            | generally clear, but there may be occasional rain |
|  |             |            | or snow showers                                   |
| March                                      | 16°C (61°F) | 6°C (43°F) | March marks the beginning of spring in Nepal,     |
|  |             |            | the weather is usually dry and sunny, but there   |

|               |             |             | may be occasional rain showers.  |
|---------------|-------------|-------------|--|
| April         | 23°C (73°F) | 10°C (50°F) | April is one of the best months to visit Nepal, the skies are usually clear, and the weather is dry and sunny.                         |
| May           | 27°C (81°F) | 15°C (59°F) | May is the hotter than April in Nepal, the weather is usually hot and humid, and there may be occasional rain showers.                 |
| June          | 28°C (82°F) | 19°C (66°F) | June marks the beginning of the monsoon season in Nepal, the weather is usually hot and humid, and there may be frequent rain showers. |
| July          | 27°C (81°F) | 20°C (68°F) | July is the wettest month in Nepal, the weather is usually cloudy and rainy, and there may be occasional thunderstorms.                |
| August        | 27°C (81°F) | 20°C (68°F) | August is another wet month in Nepal, the weather is usually cloudy and rainy, with occasional thunderstorms.                          |
| Septembe<br>r | 26°C (79°F) | 18°C (64°F) | September marks the end of the monsoon season in Nepal, the weather is usually sunny, and there may be occasional rain showers.        |
| October       | 23°C (73°F) | 12°C (54°F) | October is one of the best months to visit Nepal, the skies are usually clear, and the weather is dry and sunny.                       |
| November      | 18°C (64°F) | 6°C (43°F)  | November is the beginning of winter in Nepal, the skies are usually clear, but there may be occasional rain or snow showers.           |
| December      | 13°C (55°F) | 2°C (36°F)  | December is the coldest month in Nepal, the skies are usually clear, and the humidity is low.  |

# Things to know

**Cancellation Policy:** 

- Before 30 Days No cancellation
- Before 15-29 days 10% Cancellation
- Before 07 14 Days 25% Cancellation
- Before 03-06 Days 50% Cancellation
- No Show 100% Cancellation

#### Visa Information:

| Issued to foreigners travelling to Nepal as     | 15/30/90- Days entry visa is issued by        | Entry Visa                                      | Valid<br>Ordinary        |
|---|---|---|--------------------------|
| an entry visa (On-<br>Arrival Visa) at the      | Immigration Offices                           | 15 Days - USD 30                                | Passport                 |
| port of entry                                   | Tourist Visa extension is done for minimum 15 | 30 Days - USD 50                                | Previous<br>Visa, if any |
| Issued as an entry vis                          | adays from Immigration                        | 90 Days - USD 125                               |                          |
| by Diplomatic                                   | Offices and Department                        | •   | Other                    |
| Missions abroad                                 | of Immigration                                | <u>Visa Extension</u>                           | supporting documents,    |
| Tourist visa is                                 | 15/30/90-Days entry visa                      | a3 USD per                                      | if required              |
| extended not exceeding total 150                | is issued by Diplomatic<br>Missions           | Day(minimum 15 days)                            |                          |
| days of stay in a single<br>visa year (Jan-Dec) | e   | 5 USD per day as late fine in the case of delay | ,                        |

Additional 25 USD for a Multiple re-entry facility

Foreigners can apply from the online portal For further Details: <a href="https://nepaliport.immigration.gov.np">https://nepaliport.immigration.gov.np</a>

### Nepalese Currency and Exchange facility:

Please note that the availability of specific denominations may vary, and it's always a good idea to carry smaller denominations for day-to-day transactions as larger notes might not be accepted everywhere. As for exchange rates, please keep in mind that they fluctuate regularly. It is recommended to refer to a reliable financial institution, currency exchange service, or online currency converter to get the most accurate and up-to-date exchange rates for Nepalese Rupees (NPR) against other currencies.

| Bank Notes: | Coins: |
|-------------|--------|
| 1,000       | 10     |
| 500         | 5      |
| 1           | 2      |
| 50          | 1      |
| 20          |        |
| 10          |        |
| 5           |        |

# Exchange Rates:

https://www.nrb.org.np/forex/

Note: you may not get the exchange rate shown in the table.