

*This information should answer some of your questions about the trip and give you a better idea of what we do day-to-day. It doesn't hope to answer everything. If you have any questions please get in touch.*



## **DAY BY DAY ITINERARY**

*This itinerary will always need to remain flexible, and may change due to weather conditions, the pace of the group or other unforeseen circumstances. Times and distances are approximate. (B,L,D) refers to meals included within the trip cost: breakfast, lunch, dinner.*

**This trip is 8 days ex- KATHMANDU. The first and last days refer to the days of arrival in and departure from KATHMANDU, and may not be the days you leave or return home.**

### **Day 1**

#### **Kathmandu**

Arrive Kathmandu. Transfer to your hotel. Trip briefing.

### **Day 2**

#### **Kathmandu sightseeing**

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence. Today there will be a guided tour to the most important Hindu temple in Nepal at Pashupatinath, which is dedicated to Lord Shiva. We also visit the largest Buddhist stupa in Nepal at Boudhanath. In the afternoon we drive to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar

Square, and delight in the architectural wonders of Malla era. There are hundreds of temples dotted around the town and the Royal Palace has an interesting museum. (B)

### Day 3

#### **Raft on the Trisuli River and drive to Chitwan**

We have an early start this morning and drive to Kurintar, from where we start our short rafting trip. After a safety briefing by the river guide, we raft for about 3 hours along the Trisuli River. There are several rapids such as Twin Rock, Ladies Delight and Scout Upset. After a picnic lunch by the river we rejoin our transport for the drive to Chitwan. (B,L,D)

(Please note the rafting is optional and anyone not wanting to do the rafting can stay with the vehicle and follow the raft by road).

### Day 4

#### **Chitwan**

Today we have a full day in Chitwan National Park, which prides itself in its rich wildlife and lush vegetation. Rare species of birds and animals, including the one-horned Rhino and the Royal Bengal Tiger, inhabit the jungle. You will have a full day of jungle activities including an elephant safari, dugout canoe ride and bird watching. In the evening, you'll get to enjoy the local Tharu stick dances and some Nepali food. (B,L,D)



### Day 5

#### **Drive to Pokhara**

After breakfast we drive to Pokhara (3-4 hours). As we approach Pokhara on a clear day we get amazing views of the snow-capped Himalayan peaks including Dhaulagiri, the Annapurna range and the beautiful fishtail shaped mountain called Machhapuchhare. Pokhara is a beautiful lakeside resort overlooked by the Himalaya. We should reach Pokhara by lunchtime and the afternoon is free for individual exploration. You may want to wander along the lakeside or hire a bike for a couple of hours or browse round the shops before dinner in one of the many lakeside restaurants. We stay in a guesthouse close to the lake. (B)



**Day 6**      **Pokhara**

We have the whole day to explore Pokhara. After breakfast we take a short boatride to the opposite side of the lake and then we have a couple of hours walk uphill to the Japanese Peace Pagoda set on a hill overlooking the lake. From here you can see the whole Pokhara Valley and the Annapurna range, Machhapuchhare and Lamjung Himal. We can have some lunch at the Raniban resort and then either walk or drive back to Pokhara in the afternoon.(B)

**Day 7**      **Kathmandu**

Today we fly back to Kathmandu, a short 30 minute flight with great views of the Himalaya from the left side of the plane on a clear day. The rest of the day is free in Kathmandu. You may want to visit the monkey temple at Swayambhunath, Kathmandu Durbar Square or Bhaktapur. (B)

**Day 8**      **Depart Kathmandu** (B)**Nepal**

Nepal is a small country, wedged between India and Tibet and dominated by the Eastern Himalayas. Many of today's trekking routes are ancient trade routes between India and Tibet. These and the porter skills of the mountain people are the main factors in allowing westerners access to the highest regions. Nepal's diverse geography has shaped an equally diverse kaleidoscope of cultures. The spiritual heritage influenced by Tibetan Buddhism in the higher regions and Hinduism elsewhere gives substance to peoples' lives throughout Nepal, making them reverent, kind, hospitable and hard-working people.

**Trip Summary**

This trip is an ideal introduction to the delights of Nepal. There is plenty of time to explore the temples and bazaars in, and around the Kathmandu Valley and tours are included to Patan, Boudhanath and Pashupatinath. We visit Chitwan National Park and the lakeside resort of Pokhara. This trip can be added onto any of our trekking trips.

**Accommodation**

We stay in simple hotels in Kathmandu and Pokhara on bed and breakfast basis and a jungle lodge in Chitwan on full board. All accommodation is on a twin share basis and all rooms have attached bathrooms. If you would like a single room please ask for up to date prices.

**Language**

The national language is Nepali, which has similarities to Hindi. Many Nepalis now speak English but a few words of Nepali will help to increase mutual understanding.

**Transport**

We fly from Kathmandu to Pokhara. We use buses or cars for the journey to Chitwan and we fly from Pokhara to Kathmandu.

### **Climate**

Post monsoon weather in October/November/December/January/February is typically stable and dry with clear air. It is warm enough during the day for light clothing but can drop below freezing at night. In March/April/May it is warmer during the day, particularly at low altitudes. Rhododendrons bloom in March and April on the trekking route. Intermittent pre-monsoon showers and low altitude haze are possible, but the lack of other trekkers and the spring flowers at this time of the year compensate for this. Cold nights and clear skies can still be expected in the mountains.

### **Health**

If you take care while in Nepal, there should be no reason why you do not stay healthy. Frequent hand washing and care with drinking water is the key.

### **Equipment and clothing**

A kit list will be sent with your booking confirmation.