

# BEST OF NEPAL

## EX KATHMANDU 20 OCTOBER 2019



### NEPAL

Without a doubt this country is a potpourri of culture and diversity. It boasts as having the highest mountain in the world Mt Everest mixed with unique wildlife and exotic culture. Discover yourself amidst this strange world of mystical beliefs and incredible history. Every aspect of life is tainted with spiritual reasons. You will have many opportunities to witness this aspect of life, and to share with people your own ideas about it. The art and craft of Nepal are basically based on the religious themes taken from Buddhism and Hinduism. Nepalese art has been influenced and promoted since the earliest recorded times by the Newars. In Nepal, ethnical cultural groups are diverse and many of them have their own languages and customs. The country's capital Kathmandu and largest city simultaneously reeks of history and the wear and tear of increasing modernity. The tightly packed historical centre, with its squares and temples, continues to preserve a world light years away from shantytowns, expensive hotels, restaurants and shops on the city's outskirts. Kathmandu's core is Durbar Square, with the Vishnumati River to the west and Ratna Park to the east, The Bagmati River forms the southern boundary, whilst Thamel, the popular tourist hangout sprawls to the north. This would have to be one of the most exciting cities in the world today.

No other area in Nepal has such a splendid variety of natural beauties as the Annapurna region. It is a rare combination of long arrays of snow-capped peaks, crystal lakes, and turbulent rivers with deep gorges, Tibetan monasteries, and picturesque villages, inhabited by simple and friendly ethnic people.

### PROPOSED ITINERARY

**Day 1 Arrive Kathmandu** Your adventure begins when we arrive at Kathmandu's Tribhuvan airport 1400. Met and transferred to your hotel situated within a short walk of Thamel. **20 October (B)**



**Day 2 Kathmandu - Free day for sightseeing Kathmandu we can organize a tour or you may prefer to do your own and Bhaktapur (UNESCO CITY) on the way visit Pasapatinath the Hindu's holy cremation site. BHAKTAPUR:** meaning the City of Devotees, this place is the home of medieval art and architecture. Lying 14km/9 miles east of Kathmandu City, this place was founded in the 9<sup>th</sup> century and is shaped like a conch shell. The city is at the height of 5,600ft above sea level. In Bhaktapur you will visit the Durbar Square with its array of temples overlooked by the Palace of 55 Windows built by King Bhupatindra Malla, The Nyatapola Temple. This temple also built by King Bhupatindra Malla, is the best example of the Pagoda style and stands on five terraces on each of which stands a pair of figures, two famous strong men, two elephants, two lions, two griffins and two goddesses. In the evening Lyn will take you to buy anything that you may require for your village visit and trek.. **(B) 21 October**

**Day 3 Kathmandu - Darding – Darje village** This morning we will depart our at 630 am by landcruiser. We will take the main Privthi Highway west towards India, after 3 hours we will then head north for 1 hour to Darding. Here we will take a short break and lunch at a local restaurant. After lunch we will continue on a rough unsealed road, which can sometimes be very dusty, be prepared for an uncomfortable 5 hour drive to our destination of Budditum . Depending on the road conditions, we should hopefully arrive at our destination by 5pm .It is an interesting and sometimes exciting drive with unexpected delays. Once you reach the village you will understand that it was worth the drive. **(BLD) Overnight Homestay (BLD) 22 October**



**Day 4-6 Maguwa – Saraswasi 2100 mtrs**

During the following 3 days we will visit the nearly built Sarawasi Primary School and Ganga Jumina Primary School which are situated 30 minutes walk from our homestay. We will also be volunteering our skills to help with any manual work that may be required to assist the people of these villages to rebuild their homes. There are approximately 23 homes, a population of around 400 and the school has 115 students. We will have the opportunity of visiting the homes and interacting with the children and their families. We will also see mountain views of Manaslu from our homestay. **Overnight Homestay 23 – 24 - 25 October (BLD)**

### **Day 7 Maguwa – Arughat - 2100 mtrs**

After lunch we will say goodbye to our Nepalese hosts, to begin the 4-5 hour hike to Arughat. The walk is all downhill for 4 hours, traversing through beautiful terraced fields and villages, before reaching the Budi Gandarki river. It is then a 1 hour flat walk along the river bank to our destination of Arughat where we will overnight in a local hotel **Overnight Hotel (B) October 26**

### **Day 8 Arughat to Pokhara**

This morning we will take a landcruiser to Pokhara, the drive will take approximately 5 hours.

Arrive Pokhara and transfer to your hotel the remainder of the afternoon will be free to relax and explore. Pokhara sits on banks of Phewa Lake surrounded by the magnificent Annapurna Ranges with the awesome Machhapuchhre (Fishtail Mountain) as its backdrop. Pokhara is part of a once vibrant trade route extending between India and Tibet. It is also the starting point of all treks in the Annapurna ranges. **(B) October 27**



**Day 9 -11 Pokhara – Annapurna short trek. This morning depart on a 4 day trek October 28-30**

### **Day 12 Pokhara**

This morning we will return to Pokhara from our trek, check into our hotel, rest shower and have the remainder of the day free. Lyn will go to the airport in the afternoon to collect your fellow travelers. **October 31**

**Day 13 Pokhara** This morning Lyn and your guide will take you on a boat trip across the lake, and an easy hike 1 hour to the Buddhist Peace Temple. Return to your hotel via the Tibetan Refugee Camp, time for a lovely lunch by the lake **(B) Overnight Hotel November 1**

**Day 14 POKHARA – LWANG VILLAGE HOMESTAY** is a beautiful experience.

After breakfast we will depart our hotel for the 1 hour drive to Lwang a beautiful scenic hilly village lying in the Kaski district. It is 20-30 km north west face from Pokhara. The village is highly famous for the organic tea gardens. As well as nowadays the place is getting familiar for the Homestay. Lwang is inhabited mainly by Brahmin, Chhetri, Gurung, Blacksmith, Tamang, Newar people. Thus, the visitors will have a great opportunity to experience the culture of people of various races and castes. Visitors are allowed to stay in a small stone roofs houses with clean lanes and surrounding, served with typical Nepali food ( dal, rice, curry) and local chicken, alcohol made from local millet, cultural events and shows. Though, Homestay in Lwang can be an extraordinary experience with scene of the Pokhara Valley, tea farm in the surroundings with mountain at backdrop as well as typical mixed cultures and traditions. **We will leave our main luggage at the hotel in Pokhara and take a small bag with overnight toiletries and change of clothes. November 2 (BLD)**

**Day 15 LWANG - POKHARA – BANDIPUR (Drive time approx. 1 Hour to Pokhara by jeep)**

This morning we will depart Lwange village at 8am by jeep with a stop in Pokhara to collect your main luggage and have breakfast. At approx. 1030am we will drive to Bandipur which will take approximately 3-1/2 hours. Bandipur which was once a commercial centre along the trade route to Tibet. , Bandipur is a beautiful town situated at around 1,000 metres on a ridge part way between Kathmandu and Pokhara. It is a fantastic example of traditional Newari culture, and the town itself seems completely untouched by modernization. Arrive for lunch then the afternoon is free to explore this amazing town. **Overnight Hotel (BLD) November 3 (BLD)**

**Day 16 – BANDIPUR -KATHMANDU (Drive time approx. 5 hours)**

We will depart our hotel at 9AM and drive to Kathmandu. Arrive our hotel free afternoon to explore the tourist area of Thamel, **Overnight Hotel (B) November 4**

**Day 17 Transfer to the airport for your journey home. November 5**

**Cost per person twin share Aust \$2399**

**Included**

3 nights in a boutique 3 star hotel Kathmandu including b'fast \*4 night village trip including all meals, 3 nights Pokhara including b'fast, \*4 day fully escorted Annapurna trek with Experienced English Speaking Nepalese Guide, Accommodation and meals on trek, airport arrival and departure, transfers \*Trekking permit and National Park Fees \* Kit bag supplied on trek and village \* transport to start of trek, 1 night Homestay at Lwange village including meals 1 night Bandipur including meals,

**Not Included**

Meals (lunch and dinner in Pokhara and Kathmandu allow \$10 per meal. Gratuities allow \$150

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