

NEPAL CULTURAL TOUR



Ex Kathmandu 23 October 2024

On this 14-day adventure through the heart of the country, we'll show you the magic of the Himalayas. On this journey you will be joined by a group of like-minded women to experience village life among Nepal's ethnic minorities, who will open their quiet hillside homes to you. Learn traditional skills from local experts like the ancient art of pottery making and cooking Nepalese food. This trip has just about everything for those who do not wish to hike or even pack a pair of boots. On day 3 you will experience your first view of Mount Everest from a plane, you will even be granted a window seat. Travel to the plains of Chitwan jungle situated 50 klm from India. Sit on top of an elephant in the heart of the jungle, you may get the chance to see a Rhino or Bengal Tiger. I have had this experience twice and it is awesome!! The accommodation is unique with a combination of traditional architecture 3-4-star hotels, jungle lodges, and homestays situated high in the mountains overlooking fantastic views of Phewa Lake. Life doesn't get better than that! Experience off the beaten track with a group of 10 max adventurous women, laughing, exploring new things, and absolutely enjoying the time of their lives.

Proposed Itinerary

Day 01: Arrival Kathmandu. Met and Transferred to the cultural centre of Nepal Bhaktapur. **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 9th 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. **Overnight Hotel (B)**



Day 02: Bhaktapur Wake early for a yoga class with the locals this is certainly an experience to behold. Return to your hotel for breakfast then it is a full day sightseeing of Bhaktapur and Patan **Overnight hotel Bhaktapur Meal (BD)**



Day 03: Kathmandu – Mount Everest flight - Chitwan It will be an early departure to the airport with a packed breakfast to take a scenic flight over Mount Everest. On our return to the airport, we will then fly to Bharatpur an airport close to Chitwan Wildlife Reserve. Met and transferred to our hotel in Chitwan arriving at your resort in time for lunch. Afternoon activities will be organized by the hotel. **(BLD)**

Day 04: Chitwan Wildlife Reserve Enjoy a full day of activities, elephant riding, visit to the elephant breeding centre, canoe ride down the Rapti River, and short jungle walk. During your stay you will be accompanied by a naturalist. **Hotel (BLD)**



Day 05: Chitwan – Bandipur This morning you will have the choice of resting or enjoying an early morning jungle walk. At approximately 9:30am you will depart by private vehicle for your 4-hour journey to Bandipur is a beautiful village in Newari style, where time seems to standstill. Here you won't find mass tourism and you won't be attacked by aggressive sellers. The 18th-century buildings are well preserved and because motorized vehicles are not allowed in the village, it is nice and quiet. Lunch in Bandipur and free afternoon to explore this incredible UNESCO city **Overnight Hotel (BLD)**

Day 06 Bandipur – Pumdi Bhundi Village After a leisurely breakfast we will continue our drive to Pokhara which will take approximately 4.5 hours depending on traffic delays. On arrival in Pokhara we will drive to the Tibetan Refuge Camp. Pokhara is home to thousands of Tibetan refugees, the majority of whom live within the four refugee settlement camps namely Tashi Palkel, Tashi Ling, Paljorling and Jampaling. These camps, some in existence since the mid-1960s, were originally meant to provide temporary shelter to Tibetan refugees but have turned into permanent settlements. If you are visiting Pokhara and are interested in learning more about the history of Tibetan refugees in Nepal, then a visit to these settlement camps is one of the best things to do. Tashi Ling is charming and gives a full portrait of the lives of Tibetan refugees. Around 100 Tibetan families live inside this settlement which has a Buddhist monastery, a school, a carpet factory. Most families are engaged in small businesses. After your visit you will take a short drive to Pumdi Bhundi village and **your Homestay for the night. Meal (BD)**



Day 07: Pumdi Bhundi – Pokhara This morning takes us on a short walk to the ridge where we can see magnificent view of the Annapurna Range and Phewa Lake. Watch in wonder as the colours dance over the top of the mountains, displaying nature in its true form. Return to our hotel for breakfast then transfer to Pokhara. The afternoon you will have free time to enjoy Pokhara, and maybe take a boat ride on the beautiful Phewa Lake, everything is in walking distance from your hotel. **Overnight Hotel (B)**

Day 8 Pokhara – Lwang Village Drive to Lwang village (1500 Mtrs) After a leisurely breakfast you will have some time to explore the many shops in Pokhara and enjoy lunch at one of the many cafes beside the lake. Mid-afternoon you will transfer by car for a 2-hour drive to Lwang village reaching the village around 4 pm Accommodation: **Lwang homestay Including Meal: (BLD)**



Day 9 Lwang village activities Lwang village is one of the most beautiful places near natural city Pokhara. It is 1550m altitude above the sea level. It is mainly called as a Gurung valley because the valley is Gurung dominated which is one of the ethnic groups of Nepal. The place is not only beautiful but also the people of there are kind-hearted and much friendly. This village is inhabited mainly by Brahmin, Chettri, Gurung, Tamang and Newar peoples. Therefore, the visitors going to the village can get the opportunity to experience about the culture of various races and castes. The visitors will stay in one of the community homestays with the lovely Gurung family and enjoy their warm hospitality. The meal served by local host is made up of local products and fresh garden. Tourist also can take participate, learn the village lifestyle, observe feeding, milking cattle, churning yogurt and making butter. Learn about their custom and help them preparing your meal in their own style. **Meal: (BLD)**

Day10: Lwang – Pokhara We will enjoy a morning at leisure before returning to Pokhara. Afternoon free to relax, have a massage or shop.



Day 11 Pokhara – Kathmandu- Balthali Village Resort Rather than making the long drive back to Kathmandu, the group will hop aboard a quick 30-minute flight, whisking

you back to Kathmandu. Met and transferred to Balthali village an approx 1-1/2 hour drive. Just beyond Panauti town and Khopasi (40 KM southeast from Kathmandu) lies one of the rich cultural and natural destination of Balthali, where upon sits on top of a hill – Balthali Village Resort – a small, cosy retreat with bird’s eye view of green terrace fields dotted with ochre painted houses and faint hue of Himalayan peaks in the north horizon. It offers a sunrise in the east, speculating Himalayan range of Manaslu, Langtang & Everest in the north, innumerable rice terraces in the west & huge bodied green forest of Mahabharata range in the South. One of the most important factors of this spot is that it is warm in the winter & cool in the summer. The area of Balthali is cover of various flora, colourful rhododendron forest, and magnolia & Sal trees. Nature lovers and bird watchers can spend day exploring and discovering some exceptional species of wildlife, tradition and culture untouched by modernity. This “off beaten location” has endless trails leading to some unknown villages of Tamangs, Newars and some ethnic tribes, thus offering excellent short hikes and mountain biking experience. **Accommodation: Hotel Resort Meal: (BLD)**

Day 12 Balthali – Kathmandu Morning walk around Balthali village before our return drive to Kathmandu. On the way visit Scared Hindu Temple of Pashupatinath dates back many hundreds of years. Next, come Boudanath which is a Buddhist shrine and one of the large Stupas in the world. Later after the sightseeing program you will return to your hotel in Thamel. **Overnight Hotel (B)**



Day 13 Kathmandu. Today there will be a surprise for you but don’t worry you will have plenty of time to shop as tomorrow morning is a free morning before heading to the airport early evening. We will even provide a late check out at the hotel. **(BL)**

Day 14 Kathmandu Today you will have most of the day free to explore this amazing city. Late check out before heding to the airport early evening. **(B)**

Cost includes.

1. International and domestic airport pick up and drop.
2. Kathmandu sightseeing with all entrance fees to Bhaktapur, Pashupatinath, Patan, Boudanath
3. Everest Mountain flight
4. Kathmandu/ Bhaktapur/ Pokhara/Kathmandu flight
5. Chitwan National Park – Bandipur –Pokhara private vehicle
6. 2-nights Bhaktapur
7. 1 Night Bandipur
8. 1 night Homestay Pumdi Bhundi village
9. 2-nights Pokhara
10. 2-nights Lwang Village
11. 2 -nights Chitwan all-inclusive package
12. 1 Night Balthali Village
13. 2 - nights Kathmandu including breakfast.
14. All tax and services charges
15. Farewell dinner in Nepali culture restaurant
16. Meals stated in the itinerary.

Cost not included.

1. International flight ticket and Nepal visa
2. Meals not stated.
3. Personal expansive
4. Tip to guide and driver.

WHAT TO EXPECT ON YOUR TRIP**Level Easy**

So long as you have a general level of health and fitness, you should not have any issues. Of course, there will be days where you will be walking and spending a lot of time on your feet. Daily activities include city walks and getting on and off various forms of transport. There is an optional 2-3 hour walk in the programme.