



ESSENTIAL NEPAL

12 days / 11 nights

Nepal is well endowed with glorious scenery – verdant terraced valleys, rushing rivers and ice-blue lakes that originate in the 'abode of snows', or Himalayas. The uplifting sight of soaring mountains is a magnet for mountaineers and trekkers, offering some of the greatest challenges and most scenic walking opportunities on earth. Its diverse terrain offers tremendous opportunities for adventurous activities, and although mountain climbing and trekking are the most popular, there is also superb white-water rafting on steep mountain rivers, as well as elephant-back safaris or tiger tracking in the Royal Chitwan and Royal Bardia National Parks situated within the jungles of the southern Tarai belt. Nepal has many attractions, but the essence of the country is its smiling, friendly people with their heartfelt palm-pressed greetings, and together with its inspiring scenery, this beguiling kingdom is a place where one visit is usually not enough to satisfy the captivated traveller.

Day 1

Kathmandu

On arrival at Kathmandu Airport you will be met with a floral welcome and transferred to your hotel.

Day 2

Kathmandu

This morning you will enjoy a city tour of Kathmandu and then visit Swayambhunath, one of the oldest Buddhist stupas overlooking the entire Kathmandu Valley. In the afternoon, you will visit Hindu Temples and other impressive sites in Pashupatinath, Boudhanath and Bhadgaon. B

Day 3

Kathmandu

Today you have the option of boarding an early morning mountain flight over the Himalayas. The flights last for about an hour and you will have a close up view of the beauty of the Himalayas, including eight of the world's highest mountain peaks. Later in the afternoon you will be driven to Patan City. Known as a paradise of fine arts, it is a city of Buddhist monuments, Hindu temples and fine wood carvings. B

Day 4

Kathmandu-Dhulikhel

After breakfast you will visit the medieval township of Banepa en-route to Dhulikhel. The rest of the day will be at leisure. B

Day 5

Dhulikhel-Nagarkot

Watch the sunrise from your hotel before being driven to Nagarkot. The rest of your day will be at leisure. Enjoy the stunning views and peaceful majesty of the Himalayas. B

Day 6

Nagarkot-Pokhara

Drive today to Pokhara (4 ½ hrs). The Pokhara valley is one of the most picturesque spots in Nepal, enhanced by the lovely Phewa, Begnas and Rupa lakes, which have their source in the glacial region of the Annapurna Range of the Himalayas. Rest of the day at leisure. B

Day 7

Pokhara

Today your guided tour of Pokhara will include a visit to the Davi's fall; Mahendra Gufa; Vindhyabasini Temple; International mountain Museum. B

Day 8

Pokhara-Chitwan

You will be driven today to Chitwan National Park for a three nights stay at Safari Adventure. The Park's 360 sq miles of tall grassland and thick forests is famous for elephant safaris, one horned rhinoceros and a wide variety of birdlife. B

Day 9**Chitwan**

Enjoy a full day of jungle activities including another elephant back safari, or nature walk, jungle drive, canoeing and bird watching in the Park. This is another opportunity to encounter some of the more elusive animals of the Terai such as the Bengal Tiger. B

Day 10**Chitwan-Kathmandu**

This morning you will be taken on your final jungle safari, before returning to your hotel for breakfast. After breakfast you will be driven to Kathmandu. B

Day 11**Kathmandu**

This morning you will be transferred to Kathmandu International Airport for your onward flight. B