

Introduction to Nepal
4 days – 3 nights
Kathmandu, Pashupatinath, Boudhanath, Bhaktapur, Patan
Culture, History, Spirituality

This program may be operated for individual or for small groups
This is a suggested itinerary – Please call us to customize

Once considered as mystical and inaccessible as Hilton's Shangri-La, this landlocked country of valleys and peaks has attracted an astounding number of visitors for decades. From the endorser of 'Flower Power' in the hedonistic 60s to the daring adventure traveler, Nepal has catered to the diverse needs of visitors in its own inimitable way. The country extends from the Himalayan range in the North to the Indo-Gangetic lowlands in South. Mt. Everest, the highest point of the Himalayas is in Nepal and is a major attraction for serious mountaineers and tourists alike

Day 1: Kathmandu (4,230 ft.)

Upon arrival at Kathmandu airport meet our guide and get transferred to the hotel for check-in and to receive a briefing on the tour by our representative. Overnight at the hotel.

Day 2: Kathmandu

After breakfast, proceed for the sightseeing tour of Kathmandu Durbar Square including Kumari Temple and Swoyambhunath Stupa. Durbar Square is the plaza in front of the old royal palace of the then Kathmandu Kingdom. It is one of three Durbar (royal palace) Squares in the Kathmandu Valley in Nepal, all of which are UNESCO World Heritage Sites. Also visit the Kumari Chowk (palace courtyard) of the Kumari, the young girl considered the Hindu Living Goddess, worshipped by Nepali Buddhists and Hindus as the manifestation of the goddess Durga. Swoyambhunath: Swayam in Sanskrit means self, hence Swoyambhunath means "Self-Created One". The Tibetan name for Swoyambhunath means 'Sublime Trees'. It was built over 2,500 years ago. It is also known as monkey temple as there are holy monkeys living in part of the temple. In the afternoon visit Patan, the old Newar city and see the historic Durbar Square, the Golden Gate, the sky piercing temple of Taleju and the statue of Yogendra Malla, Krishna Mandir, Sati Temple, Hiranya Varna Mahabiar (the golden temple), Mahabouddha with views of old carved wooden windows through the streets, curios shop and Bazaars. Return to the hotel for overnight. [B]

Signature Experience: Rickshaw ride from Durbar Square to Thamel (a popular tourist hub) through the old and traditional market of Indrachwok and Ason market.

Signature Experience: Singing bowls are renowned for their healing and relaxing qualities and were invented by ancient Tibetan and Nepali Buddhist monks for physical, mental and spiritual rejuvenation. Singing bowls are also called Himalayan bowls, a source of positive energy in the form of sound vibrations. When the rims of these bowls are struck, it produces a long, reverberating sound wave that soothes the senses. The singing tunes are a series of sound waves produced by them. Deep, subtle and powerful these sound waves are believed to penetrate the mind of the listener leaving him relaxed and tranquil.

Day 3: Kathmandu

After breakfast start your drive for a sightseeing tour of Pashupatinath Temple, Bouddhanath Stupa and Bhaktapur all located in the surroundings of Kathmandu. Return to the hotel for overnight. [B]

Signature Experience: Pashupatinath temple: It is situated 5 Kms east of Kathmandu on the banks of the sacred Bagmati River. The temple of lord Shiva, Pashupatinath, with a tiered golden roof & silver door is famous for its superb architecture. Entrance to the temple precinct is forbidden to non-Hindus. The large gilded triple-roofed temple was built in 1696 AD though 300 years earlier there was a structure on this site.

Signature Experience: Boudhanth stupa: The stupa of Boudhanth lies 5 miles east of Kathmandu. It is the biggest Stupa in Nepal and is located on flat land and encircled by houses & monasteries, where Rinpoches reside. This colossal Stupa is set on concentric ascending terraces in the powerful pattern of a Mandala. Around the base of this strikingly enormous and simple stupa is a ring of 108 images of the Buddha and 147 insets containing prayer wheels.

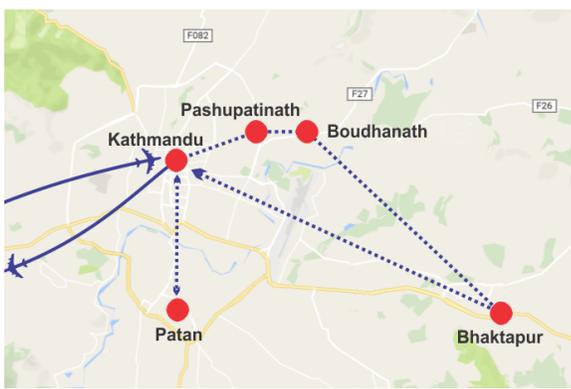
Signature Experience: Bhaktapur is world renowned for its elegant art, fabulous culture and indigenous lifestyle. The ancient city is also variously known as the "City of Culture", the "Living Heritage" and "Nepal's Cultural Gem". Bhaktapur is more like an open museum. Monumental masterpieces in Bhaktapur are innumerable, and each is more attractive than the other. Bhaktapur is 9 miles east of Kathmandu city. Bhaktapur Durbar Square is the gem not only of Bhaktapur, but also of the entire nation. The most fascinating structure here are the world-renowned 55 Window palace, golden Gate, Big Bell, Siddhi Laxmi Temple, Shiva Temple. Taumadhi Square has Nyatapola Temple dates back to 1702 AD. The colossal five-storied edifice is the country's tallest pagoda temple.

Day 4: Depart Kathmandu

Enjoy breakfast at the hotel. Free time to take our Signature Option or to continue enjoying Kathmandu on your own. In the afternoon you'll be picked-up for you transfer to the airport for your onward journey. [B]

Signature Option: At the appointed time you'll be transferred to the airport to board today's 45-minute flight over the Himalayas. The Himalayan range fascinates and awes visitors to Nepal, and is one the country's major attractions. Fly above the clouds and see the vast Himalayan rang for an unobstructed view from a guaranteed window seat. Marvel at the views of Mount Everest, the highest peak in the world at 29,029 feet. Besides Mount Everest, you'll see a number of the world's other highest peaks, including Lhotse, Nuptse, Amadablam, Chamlang, Makalu, Gauri Shankar, Langtang Lirung, Annapurna, Manasalu, Ganesh, and Kanchenjunga. You'll fly on a modern Jetstream 41 in comfort and with a guaranteed window seat! Take in breathtaking views from an altitude of about 25,000 feet. You can enjoy a seemingly endless chain of snow-capped peaks as you fly above the clouds, and over glaciers and lakes, rivers, and gorges. After landing you'll be transferred back to your hotel.

[B] = Breakfast



Your Tour Includes:

- Arrival and departure transfers
- 3 nights' accommodation in Kathmandu
- Daily buffet breakfast
- Visit to Old Kathmandu Durbar Squares
- Ride like a local on a rickshaw in Kathmandu from Durbar Square to Thamel
- Explore the colorful bazaars
- Transportation by air-conditioned vehicle as per the itinerary.
- Services of English-speaking local guides during sightseeing tours.
- Entrance fees to the places of visit as per the itinerary
- All applicable taxes.

Price does not include:

- International or Domestic airfares
- Any taxes and surcharges relating to airfares
- Visa fees for Nepal (US\$ 25.00 Per person for 15 days)
- Mandatory Christmas and New Year Dinner supplement
- Travel insurance
- Wi-Fi at hotels
- Camera fees at the monuments (if applicable)
- All alcoholic and non-alcoholic drinks
- Other meals not mentioned in the itinerary
- Extras and gratuities
- Early check-in, late check-out
- Expenses of personal nature

Hotels in your Tour:

City	Hotel Name	Tripadvisor
First Class		
Kathmandu	Himalaya	4
Deluxe		
Kathmandu	Hyatt Regency	4.5

Hotels will be confirmed at time of booking

Tour Prices:

These programs can be customized for individuals and groups. Changes to this program may be requested by phone (1855-55-TOURS) or using the web FIT Quote Request

• Airfare

We also be glad to add the necessary airfare from your gateway so you take advantage of our special discounted leisure fares

• Program

You may add or remove;

- Trip days
- Cities and sites
- Meals

• Other options

- The program was designed with private services; however, we may substitute shared sightseeing where available
- If you prefer deluxe services we may operate this program including private driver, private guide and concierge service.

• Quotation

Once we have designed the program the way you want we'll give you a quote within 2 business days.

Tour Code: NP01KTM21IT

Options:

- Lunches and dinners can be arranged for individuals, families and groups at top restaurants or any restaurant requested by you.
- We can revise the itinerary to spend more time and provide more depth in those areas that you are interested on.
- Any other changes to the itinerary will be accommodated depending on the facilities available in the area.

Group Quotations

- If you wish to use these programs for your group or as the basis for a customized journey please either call us (1-855-55-TOURS or use the web Group Quote Request.
- In either case our specialists will work with to refine all the details and they will get you a quote with 2 business days. Quotes may be obtained for the air and land portions of just for the land journey.
- Booking both air and land with us will represent savings for you because of our buying power and longtime relationship with the airlines.

We will also may have the choice between regular fares and special leisure fares not available to the public.