

**Essential Nepal
10 days – 9 nights****Kathmandu, Patan, Bakhtapur, Paunati, Dhulikhel, Chitwan National Park, Pokhara, Sarangkot
Nature, Discovery, Culture, Spirituality**

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

This magnificent trip is THE trip for a first visit to Nepal. Just like the country you are visiting this itinerary offers an incredible diversity of activities and sites to discover. The din of Kathmandu, its countless Hindu and Buddhist temples, the magnificent Chitwan jungle populated by tigers, one-horned rhinoceros and other hundreds of species of birds, Pokhara and its tranquility and so many other must-see sites are on the program of your visit.

Day 1: Kathmandu

On arrival at Kathmandu airport you'll be met by you guide who will drive you to your hotel in the city. Rest of the day free to rest and relax. Dinner and overnight at the hotel. [D]

Day 2: Kathmandu (Patan)

Breakfast at the hotel. Morning excursion to Patan, best known as "The City of a Thousand Golden Roofs". Once separated from the capital, Patan and Kathmandu are now only separated by a bridge over the Bagmati River. The historic heart of the city is a tangle of small alleys with theatrical decor: brick houses with carved wooden balconies and bronze decorations, courtyards and back courtyards housing oratories, temples etc. "Durbar Square", the square of the palace, is a marvel of traditional architectural example. The main attraction is the Royal Palace dating from the 16th century with its interior courtyards; . The Sundari Chowk has a royal "Tusha hiti" pool in its center. You will also discover the Temple of Krishna watched over by a Garuda perched on a high pillar, the Kumbheshwar, one of the few five-story pagodas still standing in Nepal, and the Temple of Maha Buddha, each brick of which is decorated with an effigy of Buddha. ... After the visit of Patan, discover a Tibetan refugee camp renowned for their fine craftsmanship, especially the weaving of wool rugs. In the afternoon, visit the city of Kathmandu, especially visit Durbar Square, a strange mixture of temples, towers, pillars, the old Royal Palace and the statue of the monkey god Hanuman Dhoka; the Palace of Kumari, this child-god girl chosen in her youngest age and under whose features the goddess Kali has been reincarnated for more than two centuries. At the end of the day you can watch the sunset from the Swayambunath stupa. It is one of the best known and most revered stupas in the world, dating in all likelihood to more than 2,000 years. The site rises on a hill overlooking Kathmandu and from which one can enjoy, on a clear day, a panoramic view of the city. Return to the hotel for dinner and overnight. [B/D]

Day 3: Kathmandu

Breakfast at the hotel. This morning will be devoted to the visit of the unusual Pashupatinath starting from Kirant Mandir, in order to access the ghats, crossing the forest where ascetics and yogis meditate. It is one of the oldest sites in Nepal, and one of the most famous Hindu pilgrimages. The Golden Temple is forbidden to non-Hindus. You will have an overview from the other side of the Bagmati. This river plays the same role in Nepal the Ganges plays in India. It is the Benares of Nepal and, as in India, the banks are made into ghats and every devout Hindu dream of being cremated on the ghats and pilgrims come to do their ablution in the river. Then, continue with a visit to Bodnath, a place that is both the Mecca of Nepalese Buddhism and the domain of the Tibetan world. Now we drive to the village of Changu Narayan which is home to one of the most beautiful shrines in the valley. The temple, which is said to be the oldest in the valley, is said to have been built by King King Han Dutta Verma in 323 AD. It overlooks the village that you have to cross to get there. Return to the hotel for dinner and overnight. [B/D]

Day 4: Kathmandu (Bakhtapur, Paunati, Dhulikhel)

Morning departure to Dhulikhel, located at 7,200 feet above sea level, in a site that allows you to see

the Himalayan range, including Lhotse (27,923 ft.), Everest (29,029 ft.), Makâlû (28,209 ft.) to the East and Manaslu (16,758 ft.) and the 4 Annapurnas to the West. Then, to discover the village of Panauti, you'll have to go past the present town and its noisy market to enter the alleys of the old town after passing the main gate and marvel at its old houses decorated with stucco. The 15th century temple, built in the purest Nepalese style, is under the protection of UNESCO. Its remarkable wooden sculptures represent the gods of the Mahabharata. Stop for a rest and lunch at a local restaurant. In the afternoon, continuation to Bhaktapur. Like Kathmandu and Patan, Bhaktapur (formerly Bhadgaon) exemplifies Newari art from the Malla dynasty around medieval Durbar Square. The winding alleys, each more astonishing than the last, are lined with traditional red brick houses, temples and palaces. Bhaktapur means "the city of devotees" but it is also an important handicraft center renowned not only for its pottery, thangka (portable designs and meditation supports, characteristic of Tibetan Buddhist culture) but also for its yogurt. If the milk has been delivered, you will have the chance to witness the making of the famous dahi. After the visit we drive back to Kathmandu rejoining the hotel for dinner and overnight. [B/L/D]

Day 5: Kathmandu, Chitwan National Park

Early breakfast before a long drive (about 5 hours) to Chitwan National Park, in the Terai region on the southern tropical edge of Nepal. Chitwan Park is the former hunting reserve of the kings of Nepal. It is populated by the famous white rhinos, deer, antelopes, monkeys, tigers, leopards and more than 300 species of birds. Check-in at the lodge where you'll be staying for 2 nights. After lunch at the lodge enjoy the first discovery of the reserve that includes a varied program of activities. [B/L/D]

Day 6: Chitwan National Park

Day dedicated to activities in the jungle such as an elephant safari, canoeing and guided walks. We draw your attention to the fact that the lodge reserve the right to change the activities program without prior warning. [B/L/D]

Day 7: Chitwan National Park, Pokhara

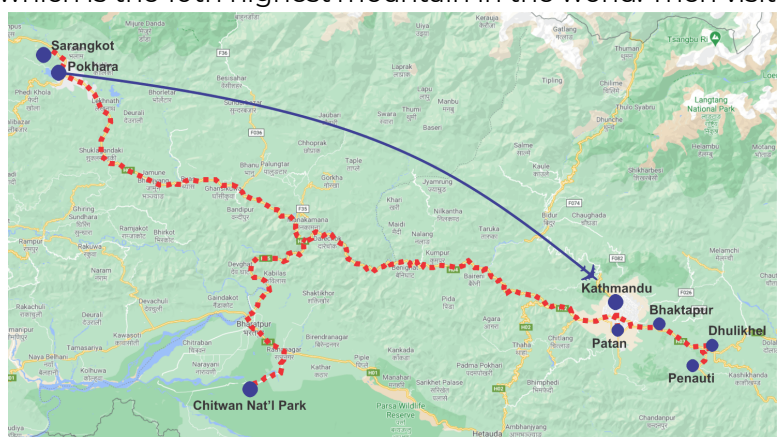
Morning drive to Pokhara arriving in time for check-in and lunch at the lodge. The Pokhara Valley is one of the most picturesque in the country. Three large lakes adorn the site: Phewa, Begnas and Rupa lakes, all three originating from the region of Mount Annapurna in the Himalayan range. This valley is located 2,950 ft. above sea level. On a clear day, the view of the Annapurna range and mainly the Dhaulagiri, Himalchuli, Machhapuchhre (Fishtail) mountains is unique. Mount Machhapuchhre is only 17.5 miles from the lake and without any interference. In the afternoon take boat trip on Phewa Lake and enjoy some free time to take in the majestic views from the site. Dinner and overnight at the lodge. [B/L/D]

Day 8: Pokhara (Sarangkot)

Wake-up to sunrise over the Himalayan range and enjoy breakfast at the lodge. Then, drive 25 minutes to Sarangkot to admire the spectacular view of one of the largest mountain ranges in the world, the Annapurna Range, including Annapurna I which is the 10th highest mountain in the world. Then visit the small temple of Shiva at the top of the mountain which serves as a center of celebration for important feast days. Return to the lodge for some relaxing timing and great photography followed by lunch. In the afternoon visit downtown Pokhara and enjoy a walk through the bazaar. Dinner and overnight at the lodge. [B/L/D]

Day 9: Pokhara, Kathmandu

Breakfast at the lodge and transfer to the airport to board your flight to Kathmandu



where you'll be met and transferred to your hotel. In the evening, you will attend dance performances and enjoy a farewell dinner of Newari specialties at the Bhojan Griha restaurant. [B/D]

Day 10: Kathmandu, USA

Enjoy a free morning to stroll in the shopping streets of Thamel (driver and his vehicle at your disposal for 3 hours). Then transfer to the airport for your connecting flight back to the USA. [B]

[B] = Breakfast | [D] = Dinner | [B/D] = Breakfast and Dinner | [B/L/D] = Breakfast, Lunch and Dinner

Your Tour Includes:

- Arrival and departure transfers
- 9 nights' accommodation
 - Kathmandu 5 nights
 - Pokhara 2 nights
 - Chitwan National Park 2 nights
- Meals
 - Daily buffet breakfast
 - 5 lunches
 - 9 dinners
- Kumari Temple
- Swoyambhunath Stupa
- Kumbheshwar pagoda
- Old Royal Palace
- Temple of Krishna
- Visit to Bodnath, the Hindu Mecca
- Changu Narayan shrines
- Explore the colorful bazaars
- Stucco houses of Panauti
- Pashupatinath Temple
- Visit the typical Bakhtapur Newari village
- Boat trip on Lake Phewa
- Safari in Chitwan National Park
- Canoe trip on the Rapti River
- Explore the Pokhara valley
- View the Himalayas from Sarangkot
- Temple of Shiva

- Newari Dinner at the Bhojan Griha restaurant
- 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

Tour 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
Deluxe		
Kathmandu	Hyatt Regency	4.5
Chitwan National Park	Meghauri Serai, A Taj Safari	5
Pokhara	Tiger Mountain Pokhara Lodge	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: NP03KTM21IT

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.