

Iconic Nepal



On Demand Departures

September – April



NOMADIC EXPEDITIONS

57 Station Road • Cranbury, NJ 07726 • Ph: 1-609-860-9008
www.NomadicExpeditions.com • info@NomadicExpeditions.com

Himalaya – the name says it all. Straddling the border between Tibet and its southerly neighbor, the Kingdom of Nepal, the world’s tallest mountains soar to the heavens, seemingly piercing the unimaginably blue Tibetan skies. For the peoples of the Himalayan kingdoms, these mountains are sacred; for on their lofty heights dwell the gods and goddesses of the Indic religious traditions of Hinduism, Jainism, and Buddhism. In fact, the mountains themselves are considered manifestations of the deities.



Greater Pokhara valley with Annapurna Himal

On this wonderful cultural tour, you begin by exploring the sites in and around the Kathmandu Valley. Wander the ancient temples and bazaars of Kathmandu, meet with Tibetan Buddhist community at Bodnath, explore the Hindu temple complex at Bhaktpur and Patan.

After experiencing the best of Kathmandu, you drive to Pokhara. Nestled on the banks of Phewa Lake, the mighty Nepal Himalaya tower above - including several of the range’s legendary peaks – Dhaulagiri, Manaslu, the iconic “fish- tail” peak of Machhapucchare, and of course, the redoubtable Annapurnas. The tour ends in the “Terai”, the plains and jungles of Nepal where you spend four days relaxing and on safari in Chitwan National Park.

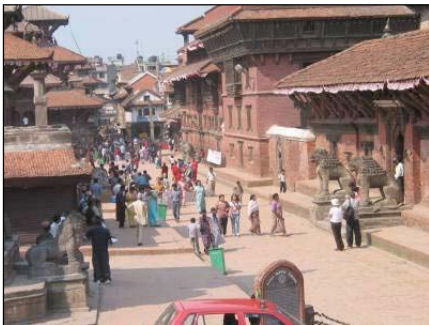
Day 1

ARRIVE KATHMANDU Once you clear Customs, you step into the receiving area, where you will be met by a member of our staff and transferred to your hotel. “Namaste” is the greeting you will receive from the friendly Nepalese people, a traditional Hindu greeting, derived from Sanskrit, which means *“I salute the soul (God?) within you.”*

This afternoon head out on a walking tour to explore historic ‘Old’ Kathmandu. Like Lhasa in Tibet, Kathmandu conjures up images of the ultimate mysterious and exotic travel destination. Located in Central Nepal, the Kathmandu Valley is the center of Nepali cultural and political life. Indeed, the Kathmandu Valley has been a hub of civilization for over two millennia. Kathmandu is living history, where the modern and ancient continue to mingle. It is an unforgettable experience to wander the mysterious bazaars of old Kathmandu. You will visit Durbar Square, Hanuman Dhoka, the ancient palace of the Gorkha Kings (*pictured below*) and the old bazaars of Thamel.

In the evening have tour briefing followed by a “traditional Nepali” cultural welcome dinner.

Dwarika Hotel (B, D)



Day 2

EXPLORING KATHMANDU VALLEY This morning head out of Kathmandu City to explore and photograph World Heritage site, the Temple town of Bhaktapur. This town was the on location backdrop for Bertolucci’s movie, “Little Buddha.” Said to have been designed in the ninth century in the shape of the Hindu god Vishnu's conch shell, Bhaktapur is Kathmandu Valley's most medieval city. Due to its independent development and the greater attraction of Kathmandu and Patan for hill-tribe immigrants, Bhaktapur has retained its character and identity better than the other two major cities in the valley. Visit ancient temples and palaces resplendent with intricately carved windows and latticework- brilliant examples of traditional Newar craftsmanship (a German aid project has been very active in restoration of Bhaktapur's masterpieces).

Kathmandu is home to the great Hindu temple at Pashupatinath, located on the banks of the Bagmati River. This is a major pilgrimage site for the followers of Shiva, drawing Hindu faithful from around the world. Although the temple is off-limits to non-Hindus, travelers can still visit the temple precincts and view the temple from the opposite bank of the Bagmati. From here, one can see the temple’s cremation ghats and witness first-hand the Hindu cycle of life.

Dwarika Hotel (B)



Everest, Lhotse and Nuptse from the mountain flight

Day 3

EXPLORING KATHMANDU You rise early this morning for the dawn Mt. Everest-view flight with a Sherpa Climber as your guide. These turbo-prop pressurized aircraft have been specially outfitted with large viewing windows (every passenger has a window seat) and follow a flight path that parallels the high Himalaya all the way to Everest and back (you will also be invited into the cockpit for a short duration). Accompanying you on the flight will be one of our Sherpas who has climbed Everest. Your Sherpa guide will keep you informed of all the names and climbing routes of the peaks as you fly by them. On return to your hotel, have breakfast with the Sherpa Guide and get all your questions on climbing Everest answered.

The eyes of the Lord Buddha gaze serenely upon the Kathmandu Valley from atop the photogenic stupa at Swayambunath, also known as the Monkey Temple. Although Nepal is the world's only Hindu kingdom, the Buddhist faith is prevalent throughout the country. Indeed, some of Kathmandu's most renowned sites are Buddhist.

The large Buddhist stupa at Bodnath, a World Heritage Site, is equally renowned. The stupa is one of the world's largest, dating back to the 6th century. Located on the old trade route from Nepal to Tibet, Bodnath is also home to a sizeable Tibetan community and is a wonderful place to witness traditional Buddhist ritual, as well as to shop for Tibetan arts and crafts.

Dwarika Hotel (B)

Day 4

TO POKHARA You have the morning to continue your exploration of this historic city. An early afternoon flight across the foothills of the Himalaya brings you to Pokhara, the second largest city in Nepal. Nestled in the lushly forested Pokhara Valley, the city of Pokhara is surrounded by the towering Himalaya mountain range, including several of the range's legendary peaks – Dhaulagiri, Manaslu, the iconic fish-tail peak of Machhapuchhare, and of course, the redoubtable Annapurnas.



Pokhara on the banks of Phewa Tal (Lake), Annapurna Himal

Met on arrival in Pokhara and transferred (an hour drive) to the Pavilion Himalaya. After check-in you have the option of taking an hour long hike to visit some of the nearby villages or visit the organic farm combined with a discovery about the eco-sustainable project of the resort.

The Pavilion (B, D)

Day 5

EXPLORING GREATER POKHARA VALLEY Start the day with either a complimentary yoga class (90 minutes) by our yoga master or head to our organic farm, get close to the animals and try your skills at milking a cow or a buffalo and collect your fresh eggs (for your breakfast!).

Later in the morning head out through the paddy fields for a 20-minute hike, cross the Fursi Khola river and walk up to the FAB Hospitality school. Team up with the students (those learning to become a chef), have a cooking class and prepare your own local Nepali lunch. Enjoy lunch in their company.

FAB Hospitality School is a project of *Right4Children* run and managed by GATE college. The school provides job skills training opportunities related to hospitality industry for the disadvantaged youth and youngsters subject to domestic slavery, child labor and exploited background.

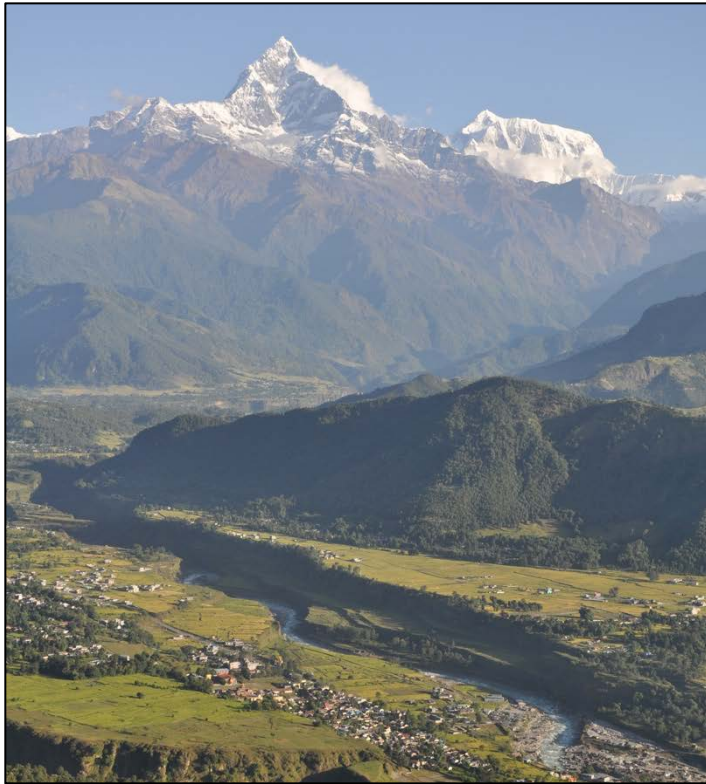
After lunch, drive (about 35mins) to Matepani Ghumba which is an important religious, cultural and heritage site of Pokhara.

This is a splendid Buddhist monastery on top of a small forested hill above Matepani in the east of Mahendrapul, center of Pokhara. Once there, one finds oneself lost in time amid the chanting of Lamas, the colossal guardian images of the Buddha and two other accompanying gurus and a prayer house with exquisitely carved columns and friezes are very much worth seeing. A private audience and blessing with the Head Abbot can also be arranged.

The Pavilion (B, L, D)

Day 6

EXPLORING GREATER POKHARA VALLEY Wake up early for breakfast before departing for a full day trek to Peace Pagoda and for lunch at The Pavilions Himalayas Lake View Villas.



You will depart guided by a professional guide and naturalist who will take you through an uphill hike through paddy fields, passing local village houses (which are of Brahmin caste). Reach the summit and discover the stunning view of Phewa Lake and the majestic Annapurna Himalaya Range.

Walk towards the World Peace Pagoda, the largest Buddhist stupa in the area. There are a hundred Peace Pagodas built around the world and this one in Nepal was actually the 71st Pagoda that was constructed. This project initiated soon after World War II by Nichidatsu Fujii, a Japanese monk, who was greatly inspired by Mahatma Gandhi, to inspire World Peace. There are three Pagodas built in the U.S. – San Francisco; Grafton, NY; and Leverett, MA.

Travel down to a Gurung village through the paddy fields and reach the Pavilions Himalayas Lake View Tented Villas. This satellite property of the Pavilion Farm offering wonderful views of Phewa Lake. You will be welcomed by the team with a traditional drink and a 3 course meal before returning back to the Pavilions Himalayas - The Farm.

The Pavilion (B, L, D)

Day 7

EXPLORING GREATER POKHARA VALLEY Wake up pre-dawn and drive 40 min to see the sunrise on the Himalaya from Sarangkot (5,400 ft) offering excellent panoramic mountain views. Have a picnic breakfast at Sagarkot before hiking (3 hours) back to Pokhara Valley.

Enjoy the afternoon at the pool bar or go boating on the lake.

The Pavilion (B, D)



dining options at the Taj Meghauri Sarai

Day 8

TO CHITWAN NATIONAL PARK After breakfast continue your overland journey, now heading to the “Terai” the plains of Southern Nepal. A five hour drive brings you to Chitwan national Park. Here you will be staying in a Taj Safari lodge. The Meghauri Sarai is set on the banks of the Rapti River overlooking the core zone of this spectacular lush landscape with the lower Himalayan ranges as the backdrop.

Taj Meghauri Sarai (B, L, D)

Days 9 & 10



AT CHITWAN NATIONAL PARK You have two days to leisurely explore the Nature Preserve and enjoy the serene setting of your hotel.

Chitwan is the last surviving example of the natural ecosystems of Nepal’s sub-tropical lowland ‘Terai’ region, wedged between two river valleys at the base of the Siwalik range of the outer Himalaya. It’s an excellent place to view one-horned rhino and Indian elephant as well as hundreds of different species of birds. Chitwan became a national park in 1973 and was granted a World Heritage Site in 1984 since when the populations of rhino and tiger have increased. You will undoubtedly see rhino, and

possibly other large mammals such as sloth bear, wild boar, sambar, spotted deer, gaur, mongoose and a large numbers of langur monkeys but tiger remain extremely elusive and sightings are rare.

The park can be explored in a variety of ways; on foot, by boat and on elephant back during morning and afternoon safaris. You'll be woken early to set off into the cold and mist through the grasslands and Sal forest. As the sun gets stronger and the fog lifts, on a clear day your wildlife viewings may be against the backdrop of the Himalaya in the far distance - wonderful and quite extraordinary.

Taj Meghauri Sarai (B, L, D)

Day 11

TO KATHMANDU After breakfast you are transferred to Bharatpur airport for your flight back to Kathmandu. Balance day at leisure.

This evening enjoy a traditional Nepalese farewell dinner.

Dwarika Hotel (B, D)

Day 12

DEPART NEPAL Depending on your international flights, you will be assisted in your transfer to the International Terminal and check-in for your outbound flight.



Bhaktapur Temples, Kathmandu valley

Land Cost: \$16,000 per person
(minimum 2 Participants - based on double occupancy)

INCLUDED IN LAND COST

- All accommodations in hotels/room categories as listed above, based on double occupancy
- All land transportation in private SUV vehicle
- All arrival/departure airport/hotel transfers by private vehicle
- All entry fees at all temples, museums and monuments on sight-seeing excursions
- Services of English speaking Nepali guide during all sightseeing excursions
- Daily yoga and meditation session in Pokhara
- Hiking guide on day hikes in Pokhara
- All park excursions into Chitwan national Park with Naturalists
- All meals as listed in the above itinerary
- Special welcome & farewell dinners in Kathmandu
- Bottled drinking water during meals and also during the day as needed by clients

NOT INCLUDED IN LAND COST

- International airfare, departure taxes and en route stopovers to and from Nepal
- Lunches & dinner in Kathmandu, except for Welcome & farewell dinners
- Tips/gratuity to local guides, drivers, bell boys, etc.)
- Items of a personal nature, such as alcoholic beverages, laundry, phone calls, etc.
- Movie, video and still camera fees
- Trip cancellation travel delay or baggage insurance (strongly recommended)
- Charges incurred as a result of delays beyond the control of Nomadic Expeditions

Tour Grading: Easy to Moderate Touring

This is an easy to moderate touring trip, staying in the best available hotels and mountain lodges. Please note that road conditions in Nepal leave a lot to be desired and the traffic can appear to be wild and unregulated and horns are used more often than brakes. Sightseeing excursion can be exhausting and long (5-6 hours) thus giving the tour a “moderate” rating. Bathroom facilities during sight-seeing excursions are limited to the facilities at a local restaurant, which could be just an “out-house.”

Nepalese cuisine (similar to north Indian cuisine) is spicy non-vegetarian and vegetarian dishes. If you prefer not to eat spicy food every day, you can ask that they be prepared with “mild spices.” All hotels featured in this itinerary have restaurants that also offer “western/continental” dishes. Food on trek will be nutritious, safe but not necessarily a wide variety of choice.

Flexibility, a good sense of humor and an adventurous spirit are essential on this tour.

*****Important Note*****

Nomadic Expeditions and its representatives in Nepal will attempt to adhere to this itinerary as far as possible. Because of the nature of adventure travel it may be necessary to make changes due to weather, road conditions, any new government restrictions/requirements imposed due to Covid-19, or other variables beyond our control. Nomadic Expeditions and its representatives in Nepal reserve the right to alter this itinerary as necessary for the safety of travelers. We will attempt to inform all participants of changes as far in advance as possible. No refund will be given for changes in the field due to the above conditions. Costs incurred by such changes will be the responsibility of the participant. Please review all Terms of Booking and Details in our current application packet.