



# Nepal Sanctuary Treks (P.) Ltd.

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## Nepal Tour itinerary

**Sep 28:** Arrival in Kathmandu. Reception at airport and transfer to Dwarika's Hotel

**Sep 29. Sightseeing of Kathmandu.**

8.00 am Breakfast at Hotel

9.00am: Sightseeing tour

**Kathmandu Durbar Square** is an overwhelming house of monuments. within it are The Kumari Ghar or the house of the living goddess. Kashtamandap a huge resthouse that is said to have been built with the wood from a single tree and is the source of which Kathmandu valley got its name. Other sites around the Kathmandu Square are the ferocious Kal Bhairab - the red monkey God- Hanuman, Hundreds of erotic carvings, temples and statues dedicated to different deities.

**Swayambhunath**, “the self existent”, is a gigantic stupa located on a hilltop and houses images of important deities of both Buddhists and Hindus. Swayambhu, is perhaps the best place to observe the religious harmony in Nepal. In the shadows of the imposing structure and beside the integrate architecture can be found the daily surge of devotees faithfully offering their prayers to the gods. Swayambhu is a major landmark of the Kathmandu valley.

*Meal: Breakfast*

**Sep 30: Sightseeing**

8.00 am Breakfast at Hotel

9.00am: Sightseeing tour

**Pashupatinath-** The most sacred of all Hindu temples in Nepal, Pashupatinath is situated on the banks of the holy Bagmati River. Dedicated to Lord Shiva, it draws tens of thousands of pilgrims and devotees from Nepal and India during the festival of Mahashivaratri (the night of Lord Shiva) that takes place in early spring. Non-Hindus are not allowed to enter the temple precincts but may look in from the opposite bank and walk around the outer complex.

**Boudhanath-** Nepal's largest Buddhist stupa, Boudhanath is a site of great veneration for Buddhists. Around the stupa are numerous monasteries of the various sects of Tibetan Buddhism including one (on the west side of the stupa) that houses an enormous seated statue of Maitreya Buddha (future Buddha), splendidly adorned.

Lunch and shopping around Boudhanath. Overnight same.

**Patan Durbar Square-** The fabulous Durbar Square of Patan showcases Newari art and architecture of centuries ago. Alongside the palace with its grand temples and courtyards, is a row of temples, mostly pagodas built of bricks and a few of stone that are outstanding, especially the popular Krishna Mandir with a Garuda on a high pillar facing it. The palace also houses the Patan Museum which has a remarkable collection of antique sculpture.

*Meal: Breakfast*

**Oct 1: Sightseeing of Bhaktapur and Changunarayan & drive to Namu Buddha**

8.00 am Breakfast at Hotel

9.00am: Sightseeing tour

**Bhaktapur Durbar Square-** The Durbar Square in Bhaktapur is famous for the Golden Gate and the superbly crafted palace of Fifty-five windows adjacent to it. Unlike its counterparts in Kathmandu and Patan, this square has many shikara style stone temples along with the pagodas. A remarkable statue of King Bhupatindra Malla faces the Golden Gate. The old palace houses the Art Gallery which has on display some invaluable art works and sculpture that date back several centuries.

**Nyatapola-** The spectacular Nyatapola temple is five storied and is a superb specimen of Newari architecture. While many temples collapsed around Bhaktapur during the great earthquake of 1934, Nyatapola stood its ground. Dedicated to a tantric Goddess, this towering temple is a prominent landmark in Bhaktapur.

**Changunarayan-** The ancient Hindu temple of Changu Narayan is located on a high hilltop that is also

known as Changu or Dolagiri. The temple was surrounded by champak tree forest and a small village known as Changu.

Afterward drive for about one hour to Namobuddha(1840m) which is situated on a hill just above

the Panauti valley. From the Buddhist point of view, Namobuddha is one of the most important religious sites in Nepal. There are three major Buddhist pilgrimage sites: Boudha Stupa, Swayambhunath Stupa and Namobuddha. Overnight at Namobuddha Resort

*Meal: Breakfast*

### **Oct 2. Hike to Dhulikhel (approx 3 hours)**

In the morning we will visit to nearby Monastery A Buddhist shrine with the angular eyes of the

enlightened one. The pious forestation is believed to be the exact location where late King Mahastawa (one of the past Buddha incarnations) sacrificed his own flesh for the sake of a dying

tigress and her hungry cubs. The Stupa is highly worshipped by Nepalese Buddhists and Tibetan

Buddhists.

Afterward we drive for about half an hour and walk to Dhulikhel through traditional village of Kabrechhap, the trail is lovely as passes through farmhouses and terraced fields.

Overnight at Dwarika's resort in Dhulikhel.

*Meals: Breakfast*

### **Oct 3: Fly to Lumbini**

We have a later start today in order for you to enjoy the extensive property at Dwarikas Resort, Dhulikhel in the morning especially as this is the best place you will be staying.

Early afternoon you will be transfer to airport for flight to Bhirawa, upon arrival transfer to Hotel.

Lumbini is a Buddhist pilgrimage site and the traditional birthplace of Gautama Buddha, the founder of Buddhism, who was born in the 7th or 6th century BC. According to Buddhist tradition, Maya Devi gave birth to the Buddha on her way to her parent's home in Devadaha in the month of May in the year 642 BC. Monasteries and temples were built at Lumbini until the 9th century, but Buddhism declined in the area after the arrival of Islam and later Hinduism. The site was rediscovered in 1895, when a German archaeologist came upon Ashoka's Pillar, identified by its inscription. Overnight at Hotel Maya Buddha Garden.

*Meals: Breakfast*

**Oct 4: Visit School.** Overnight at Hotel Maya Buddha Garden.

*Meals: Breakfast*

### **Oct 5: Explore Lumbini.**

The most important temple at Lumbini is the Maya Devi Temple, which enshrines the site of the Buddha's birth. The current temple stands on the site of earlier temples and stupas, including the stupa

built by Ashoka. The holy site of Lumbini is bordered by a large monastic zone in which only monasteries can be built, no shops, hotels or restaurants. It is separated into an eastern and western monastic zone, the eastern having Theravadin monasteries and the western having Mahayana and Vajrayana monasteries.

Overnight at Hotel Maya Buddha Garden. *Meals: Breakfast*

### **Oct 6: Fly to Pokhara**

After breakfast transfer to airport for flight to Pokhara. Upon arrival transfer to Begnas Lake Resort.

**Pokhara**, The Lake District is indeed one of the most beautiful locations in Nepal. A must visit for tourists; the enchanting valley has numerous lakes with spectacular views of the Annapurna range as a backdrop. Overnight in Begnas Lake Resort.

*Meals: Breakfast & Dinner*

### **Oct 7. Day at leisure**

**Begnas Lake** is a freshwater lake located in the south-east of the Pokhara Valley. The lake is the third largest lake of Nepal and second largest, after Phewa Lake, among the eight lakes in Pokhara Valley.

Overnight in Begnas Lake Resort.

*Meal: Breakfast & Dinner*

### **Oct 8. Fly back to Kathmandu**

After breakfast transfer to airport and fly back to Kathmandu.

Overnight in Dwarika's Hotel.

*Meals: Breakfast*

**Oct 9:** Day at leisure for last minute shopping etc. Overnight same.

Meal: Breakfast

### **Oct 10. Fly back home.**

Transfer to Kathmandu airport for your flight back home. End of trip

*Meals: Breakfast*

### **Cost:**

5-7 pax: US\$ 2,375 per person on room sharing basis

8-10 pax: US\$ 2,165 per person on room sharing basis

Single room supplement US\$ 1140

***Everest mountain flight with transfer US\$ 200 per person (optional)***

### **What's included:**

- All airport transfers and other relevant surface transfer
- Sightseeing with station guides with entrance fees.
- Meals as mention above
- Internal flight: Kathmandu-Bhairawa-Pokhara-Kathmandu
- **Hotel**
  - 3 Nights in Dwarika's Hotel Kathmandu with breakfast
  - 1 Night in Namobuddha Resort with breakfast
  - 1 Night in Dwarika's Resort, Dhulikhel with breakfast
  - 3 Nights in Buddha Maya Garden, Lumbini with breakfast
  - 2 Nights in Begnas Lake Resort on half board
  - 2 Nights in Hotel Nepali Ghar, Kathmandu with breakfast

### **Not included:**

- Additional tours and meals that are not mentioned,
- beverage,
- Personal bills,

- Visas,
- Insurance (for cancellation, accident, health, emergency evacuation and loss, theft of or damage to baggage and personal effects),
- Tips