**TOUR SUMMARY** 

Embark on an unforgettable 15-day Nepal tour that seamlessly blends ancient heritage, spiritual sites, Himalayan panoramas, and wildlife encounters. This thoughtfully curated itinerary is perfect for travellers seeking a deep dive into Nepal's culture, nature, and traditions — without

the need for trekking.

Begin your journey in **Kathmandu**, the vibrant capital filled with UNESCO World Heritage Sites, sacred temples, and bustling local bazaars. Enjoy a once-in-a-lifetime Everest mountain flight, visit iconic sites like Swayambhunath Stupa, Kathmandu Durbar

**Square**, and witness living traditions at **Kumari Ghar**.

Venture into the ancient cities of Patan and Bhaktapur, before heading to Nagarkot for a peaceful Himalayan sunrise. The road then takes you to Bandipur, a beautifully preserved

Newari town that offers timeless charm and panoramic views of the Annapurna range.

In Pokhara, Nepal's adventure capital, relax by the serene Phewa Lake, explore caves and waterfalls, or soar through the sky with optional paragliding. The journey continues to

**Lumbini**, the revered birthplace of Lord Buddha, where spirituality and tranquility converge.

Explore the wild side of Nepal with a safari in Chitwan National Park, home to rhinos, tigers, elephants, and rich birdlife. Finally, return to Kathmandu for a local food experience and leisure

time to reflect on the diverse wonders of Nepal.

Whether you're interested in Nepal's cultural heritage, spiritual landmarks, scenic mountain views, or wildlife safaris, this immersive tour offers a rich and balanced experience across the

Himalayan heartland.

**Best time: October – February** 

**Note:** While every effort has been made to ensure accuracy, this itinerary is intended as a guide and may include unintentional errors or be subject to adjustments due to unforeseen

circumstances.





#### Detailed Itinerary

# DAY 1: Arrival in Kathmandu – Begin Your Nepal Adventure

Upon landing at Tribhuvan International Airport in Kathmandu, you'll be greeted with the warm hospitality that Nepal is known for. After clearing immigration and collecting your luggage, you'll be transferred to your hotel in the heart of the city. Once you've had a chance to settle in, take some time to unwind or start exploring the vibrant streets of Thamel — a bustling hub filled with shops, cafés, and colourful local culture. It's the perfect introduction to the charm and energy of Nepal's capital.

In the evening, enjoy a special welcome dinner at a traditional Nepali restaurant. Savour authentic local cuisine while experiencing a lively cultural dance performance that offers a glimpse into Nepal's rich heritage and diverse traditions.

Overnight stay in Kathmandu, preparing you for the incredible journey ahead.





# DAY 2: Scenic Everest Flight and UNESCO World Heritage Tour in Kathmandu

Start your day with an unforgettable adventure — a scenic one-hour mountain flight over the majestic Himalayas. Soar above the clouds and take in breathtaking views of the world's highest peaks, including Mount Everest, Makalu, and Lhotse. This early morning flight offers unparalleled photo opportunities and a once-in-a-lifetime glimpse of the Himalayas from the sky.

After breakfast, begin your guided city tour with a visit to **Swayambhunath Stupa**, commonly known as the Monkey Temple. This ancient Buddhist site sits atop a hill overlooking the Kathmandu Valley and offers a serene blend of spirituality, prayer flags, and playful monkeys.

Next, head to the historic **Kathmandu Durbar Square**, a UNESCO World Heritage Site filled with centuries-old palaces, temples, and intricate wood carvings. A highlight here is the **Kumari Ghar**, the residence of the Living Goddess, where you may witness a rare appearance from the Kumari herself - a tradition that embodies Nepal's unique blend of culture and mysticism.

In the afternoon, take part in a **Thangka painting workshop or demonstration**, where you'll learn about this sacred Tibetan Buddhist art form. Discover the intricate symbolism and techniques used to create these devotional paintings, which are often used as meditation tools or spiritual offerings.

Dinner & overnight stay in Kathmandu.





# DAY 3: Explore Patan and Bhaktapur – Heritage Gems of the Kathmandu Valley

After breakfast, begin your cultural exploration with a visit to **Patan Durbar Square**, one of the three historic royal squares in the Kathmandu Valley. Known for its exquisite Newari architecture, ancient temples, and beautifully crafted courtyards, Patan offers a rich insight into Nepal's medieval art and urban design. Don't miss the **Patan Museum**, which houses a remarkable collection of traditional sacred art. You'll also have time to explore local artisan workshops that still preserve centuries-old techniques in metalwork and wood carving.

Next, drive to Bhaktapur Durbar Square, a UNESCO World Heritage Site and the bestpreserved of the valley's royal squares. Wander through its open courtyards, where you'll see the impressive 55-Window Palace, the towering Nyatapola Temple, and the lively Pottery **Square**, where artisans shape clay by hand on traditional wheels. Bhaktapur feels like a living museum, offering a slower, more traditional pace of life.

In the evening, drive up to Nagarkot, a tranquil hilltop town known for its panoramic views of the Himalayan mountain range, including glimpses of Mount Everest on a clear day. Arrive in time for sunset, and watch the sky light up behind snow-capped peaks — a perfect end to a culturally immersive day.

Dinner & overnight: Nagarkot





# DAY 4: Sunrise in Nagarkot and Drive to the Hilltown of Bandipur

Wake early to witness a truly magical moment — the sunrise over the Himalayas from Nagarkot. On a clear morning, you'll see a golden glow sweep across iconic peaks like Langtang, Ganesh Himal, and even Mount Everest in the far distance. It's a quiet, aweinspiring start to the day, perfect for photography or silent reflection.

After breakfast, begin your **scenic drive to Bandipur** (approx. 5–6 hours), winding through lush hills, terraced farms, and rural villages that offer a window into Nepal's countryside. Along the way, enjoy views of the Trishuli River Valley and occasional glimpses of the Annapurna range.

Arrive in **Bandipur**, a beautifully preserved **Newari hilltop town** that feels like a step back in time. This car-free village is known for its traditional architecture, cobbled lanes, and relaxed vibe. Spend your afternoon wandering the quiet streets, enjoying the warm hospitality of locals, and discovering cozy cafés with panoramic views of the surrounding mountains.

As the sun sets, the town glows with lantern light and old-world charm — a peaceful end to a day filled with natural beauty and cultural discovery.

Dinner & overnight: Bandipur





# DAY 5: Discover Bandipur's Local Life and Drive to Pokhara

Start your morning with a relaxed village walk through Bandipur, soaking in the quiet charm of this hilltop town. Wander through anarrow cobbled streets, past beautifully preserved **Newari houses**, and catch glimpses of local life — from early morning markets to prayer rituals at neighbourhood shrines. For those feeling adventurous, a visit to the nearby Siddha **Cave** is a rewarding option. Known as one of the largest caves in Nepal, this massive limestone cavern is filled with stalactites, bats, and echoes of legend.

After breakfast, continue your journey with a scenic **drive to Pokhara**, Nepal's picturesque lake city (approx. 2.5 hours). As the Annapurna range comes into view, you'll begin to feel the transition from cultural highlands to Himalayan serenity.

Upon arrival in **Pokhara**, check in to your hotel and head to the iconic **Lakeside area**. Enjoy a peaceful stroll along Phewa Lake, lined with cafes, craft shops, and mountain views. Optionally, take a **boat ride on the lake** — glide over still waters as you gaze at the reflection of Machapuchare (Fishtail Mountain) in the distance.

Dinner & overnight: Pokhara



DAY 6: Sunrise at Sarangkot & Sightseeing in Pokhara

Begin your day with an early morning drive to **Sarangkot**, one of the best viewpoints in Nepal

for panoramic Himalayan vistas. As the sun rises, the peaks of **Annapurna**, **Dhaulagiri**, and

**Machapuchare (Fishtail Mountain)** are bathed in golden light — a breathtaking moment

that's well worth the early wake-up call.

Return to your hotel for breakfast, then set out to explore the highlights of **Pokhara**, a city that

blends natural beauty with cultural charm.

Visit the **Bindhyabasini Temple**, a serene hilltop shrine dedicated to Goddess Durga,

offering peaceful surroundings and views of the city and mountains.

Head to Davis Falls, a powerful underground waterfall that disappears into a deep

gorge — especially impressive during monsoon season.

Just across the road, descend into the mystical Gupteshwor Mahadev Cave, home to

a sacred Shiva lingam and dramatic rock formations.

Later, visit the International Mountain Museum, which tells the story of Nepal's

mountaineering history, famous expeditions, and the diverse ethnic groups of the

Himalayas.

In the afternoon, adventure seekers can opt for adrenaline-filled activities like paragliding

over Phewa Lake, ziplining, or even ultralight flights - all offering spectacular aerial

views of Pokhara Valley.

Dinner & overnight: Pokhara



# DAY 7: Peace Pagoda & Leisure Day in Pokhara

Start your day with a serene visit to the World Peace Pagoda, one of Pokhara's most iconic landmarks. Perched on a hilltop overlooking **Phewa Lake**, the stupa offers panoramic views of the **Annapurna range**, the lake, and the city below. You can reach the pagoda either via a short, scenic **hike through the forest** or a drive followed by a gentle walk — both offering a refreshing start to the morning.

After soaking in the peaceful atmosphere and taking plenty of photos, head back down to **Lakeside Pokhara**, where the rest of your day is yours to enjoy at a relaxed pace.

Spend the afternoon exploring Pokhara at your leisure

- Hop between charming lakefront cafés with views of Machapuchare (Fishtail Mountain)
- Indulge in a traditional Ayurvedic massage or spa treatment
- Browse boutique shops and local markets for handicrafts, pashmina shawls, or Tibetan jewellery

If you're feeling active, opt for a rowboat ride on Phewa Lake, a peaceful and picturesque experience with reflections of the mountains shimmering in the water.

As the sun sets over the lake, Pokhara takes on a magical glow — the perfect place to unwind before your next adventure.

Dinner & overnight: Pokhara





# DAY 8: Scenic Drive to Lumbini – The Birthplace of Lord Buddha

Today, you'll journey south from Pokhara to **Lumbini**, the revered birthplace of **Siddhartha** Gautama, who became the Buddha. The scenic drive takes approximately 6-7 hours, descending from the cool Himalayan foothills into the subtropical plains of the **Terai region**.

Along the way, you'll pass through lush valleys, small towns, and rural landscapes that offer a glimpse into everyday Nepali life outside the tourist trail. Keep your camera handy for roadside scenes of terraced farms, ox carts, and vibrant market stalls.

If time permits upon arrival, pay an evening visit to the Maya Devi Temple, the exact spot where Queen Maya is believed to have given birth to Buddha over 2,600 years ago. The temple, now part of a UNESCO World Heritage Site, is surrounded by sacred gardens, ancient ruins, and the Ashokan Pillar, marking the historical and spiritual significance of the site.

Take time to soak in the peaceful, meditative ambiance that makes Lumbini a major pilgrimage destination for Buddhists and spiritual seekers from around the world.

Dinner & overnight: Lumbini



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DAY 9: Explore the Sacred Sites of Lumbini – A Journey Through Buddhist

Heritage

Spend a full day discovering the serene and sacred heart of Lumbini, one of the most

significant pilgrimage destinations in the world. This UNESCO World Heritage Site is more than  $\,$ 

just the birthplace of the Buddha - it's a peaceful sanctuary where global spirituality and

stunning architecture meet.

Your **spiritual tour begins** at the **Maya Devi Temple**, the exact spot where Queen Maya

Devi gave birth to Siddhartha Gautama around 623 BCE. Inside, you'll see the marker stone

believed to pinpoint the birthplace, as well as ancient ruins and devotional artefacts surrounded

by quiet prayer flags and pilgrims in meditation.

Next, visit the Ashokan Pillar, erected by Emperor Ashoka of India in the 3rd century BCE to

commemorate his pilgrimage to this sacred site. Its inscription is one of the earliest known

references to the Buddha's birthplace.

Then explore the beautifully designed Monastic Zone, a unique area divided into Eastern

(Theravāda) and Western (Mahayana & Vajrayāna) zones, where countries from around the

world have built their own monasteries reflecting their unique Buddhist architectural styles.

Don't miss:

• The stunning **Thai Monastery** with golden spires and a meditation garden

• The serene German Monastery (Lumbini Buddha Garden)

• The **Zhong Hua Chinese Monastery** with pagoda-style roofs and tranquil courtyards

• The **Korean and Vietnamese temples**, both peaceful and architecturally rich

You can choose to walk, cycle, or take a rickshaw between the monasteries — each one offers a

distinct experience, and together they present a profound glimpse into the global reach of

**Buddhist culture and practice.** 

In the evening, unwind with a **quiet stroll through the Sacred Garden**, or simply reflect on

your journey in the calm energy of this holy place.

Dinner & overnight: Lumbini





DAY 10: Drive to Chitwan – Gateway to Nepal's Jungle Wilderness

Leave the sacred tranquillity of Lumbini behind and head east toward the lush lowlands of Chitwan National Park, Nepal's first and most famous wildlife reserve. The scenic drive takes approximately 5-6 hours, passing through subtropical forests, traditional villages, and fertile farmlands of the Terai region.

Upon arrival, check in to a **jungle lodge or eco-resort** located on the edge of the national park. Surrounded by nature, this will be your base for exploring the rich biodiversity of Chitwan, a UNESCO World Heritage Site known for its rare wildlife, including Bengal tigers, **one-horned rhinos**, sloth bears, and over 500 species of birds.

In the evening, enjoy a traditional Tharu cultural dance performance, where local villagers share stories of their heritage through music, movement, and drumbeats. It's a colorful introduction to the indigenous Tharu community, who have long coexisted with the forests of Chitwan.

The night ends with a hearty Nepali dinner served under the stars, surrounded by the sounds of the jungle.

Overnight: Chitwan





#### DAY 11: Jungle Safari Adventure in Chitwan National Park

Today is dedicated to experiencing the wild side of Nepal with a full day of activities inside Chitwan National Park, a UNESCO World Heritage Site renowned for its rich biodiversity and immersive safari experiences.

Begin the morning with an exciting **jungle safari** – choose between a **4WD jeep safari** for greater reach into the park or the more traditional elephant-back safari, which offers a unique vantage point as you move silently through the grasslands and sal forests. Keep your eyes peeled for one-horned rhinoceroses, wild elephants, deer, gharials, and - if you're lucky — the elusive **Bengal tiger**.

Later, enjoy a canoe ride on the Rapti River, gliding past riverbanks where you may spot mugger crocodiles, gharials, and a dazzling array of birdlife including kingfishers, egrets, and hornbills. The serene float is ideal for photography and bird watching.

In the afternoon, visit the **Elephant Breeding Centre**, where you'll learn about conservation efforts, elephant behaviour, and the complex relationship between humans and these majestic creatures. Alternatively, opt for a guided nature walk with a trained naturalist to explore smaller ecosystems, track animal footprints, and learn about medicinal plants used by the local Tharu people.

Wind down the day with some time to relax at your jungle lodge, or join a campfire chat about the region's wildlife and conservation history.

Overnight: Chitwan





#### DAY 12: Return to Kathmandu – Leisure Time in the Capital

After your enriching adventure in Nepal's jungle heartland, it's time to head back to Kathmandu, the bustling capital city. Depending on your preference and budget, you can either drive (approx. 5-6 hours) through scenic hills and valleys or opt for a short **domestic flight** from Bharatpur to Kathmandu, offering bird's-eye views of the **co**untryside.

Upon arrival, check in to your hotel and enjoy a relaxed evening at your own pace. Head to **Thamel**, Kathmandu's vibrant tourist district, where you can:

- Shop for handmade souvenirs, singing bowls, thangka paintings, and local textiles
- Unwind in cozy rooftop cafés or lively bars
- Enjoy a soothing **spa treatment or massage** after your long journey

It's the perfect time to reflect on your trip, pick up gifts for friends back home, or simply soak in the energy of Kathmandu one last time

Dinner & overnight: Kathmandu





DAY 13: Explore Kirtipur – A Taste of Authentic Newari Culture

Step away from the usual tourist trail and discover the charm of **Kirtipur**, a historic hilltop town just a short drive from central Kathmandu. Known for its intact Newari architecture, quiet stone lanes, and panoramic views of the Kathmandu Valley, Kirtipur offers a deeply

authentic slice of **local Nepali life**.

Wander through narrow alleys lined with brick homes, pagoda-style temples, and traditional courtyards where locals gather. Visit sacred sites like **Bagh Bhairab Temple** and Uma Maheshwar Temple, and watch artisans weaving, carving, or drying red chilies and

beaten rice under the sun.

For a deeper cultural immersion, you have the option to join a traditional Newari cooking class or a guided food tour. Learn how to prepare dishes like bara (lentil patties), chatamari (rice-flour crepes), and yomari (sweet steamed dumplings) — or simply sample them from local eateries while hearing the stories behind each dish.

This day offers not just a taste of Newari cuisine, but also insight into one of Nepal's oldest and

most artistic communities.

Dinner & overnight: Kathmandu





# DAY 14: Departure - Farewell Nepal!

After two unforgettable weeks of exploring ancient cities, sacred sites, Himalayan vistas, jungle safaris, and vibrant local culture, it's time to say goodbye to beautiful Nepal.

Depending on your flight time, enjoy a relaxed morning or do some last-minute souvenir shopping in Kathmandu. Later, you'll be transferred to Tribhuvan International Airport for your onward journey.

As you board your flight, carry with you a heart full of **incredible memories** — from the spiritual calm of Lumbini and the sunrise over Sarangkot to the wild jungles of Chitwan and the warm hospitality of the Nepali people.

TOUR ENDS - but your adventure lives on.

