

Discovering Kathmandu Valley – 4 Days

We have designed this leisurely program of 04 days, which you can take at your own pace, but that still enables you to get to know the real Nepal – from the bazaars to ancient temples and religious shrines of three medieval Kingdom, namely Kathmandu, Patan and Bhaktapur. This trip takes you into a kind of mystical history where the past still remains alive in the present, tradition tirelessly repeats itself into a culture that remains seeped into an ancient history created by the Kings of past generations and religious doctrines are strictly adhered till this very day.

Nepal is a country of great contrasts, varying geographically from the towering snow-covered peaks of the Himalaya to the flatlands and jungles of the sub-tropical Terai region. Cultural and biological diversity makes a journey to Nepal a truly incredible experience. Taking on this relaxing trip, you get to experience real adventure and pleasure, leaving you with unforgettable memories to cherish.

Tour Facts:

Starting at: Kathmandu

Ending: Kathmandu

Trip Length: 04 days

Culture: Newari, Hindus, Buddhist

Best Season: Feb to May & Sept to Nov
(Possible all year round)

Mt. Attractions: Ganesh Himal, Gauri Shankar, Manaslu, Lhotse etc

Offer Includes:

- Airport pickup and drop
- Two day guided heritage sightseeing with all monument fees, transportation in Kathmandu
- Three Nights Hotel in Kathmandu with Breakfast
- Mt. Flight with private transport to domestic airport, wait and back to hotel (3 hours)
- Ground transportation in private car

Offer Excludes:

- Insurance for Clients and Emergency Rescue
- Lunch and Dinner in Kathmandu
- Personal expenses such and extra activities
- Unforeseen expenses due to Natural Calamities or Political unrest
- Tips for your guide and driver

Outline Itinerary

Day 01: Arrival to **Kathmandu** (1.300 m)

Day 02: **Kathmandu** UNESCO sightseeing

Day 03: **Bhaktapur** (1.400 m) sightseeing and
Drive to **Nagarkot** (2.170 m) [2 Hours]

Day 04: Fly Home

Important Notes: * Every effort will be made to keep to the above itinerary, but as this is Adventure Travel in a remote mountain region, we cannot guarantee it. Weather conditions, road conditions, vehicle breakdowns and the health of fellow travellers can all contribute to changes. We will try to ensure that the trip runs according to plan, but an easy going nature will be an asset!

Detailed itinerary:

Day 01: Arrival in Kathmandu (1.300 m)

It is a panoramic thrill flying into Kathmandu on a clear day. The views of snow-capped mountain peaks sprawling down below you are almost ecstatic, beginning a whole chain of memorable experiences that stay with you for a long time. Upon your arrival at Kathmandu, our representative will greet you at airport and escort you to your hotel. At the hotel you will be briefed about your daily activities. Depending on your arrival time, we can organize some exploring in the afternoon to introduce you to this amazing place and its unique ancient-modern mix. Tonight you will be staying at the crazy town of Thamel! – The tourist bag backer's districts where one can be amazed with such small place but so many shops. Here we can have time to explore and search for the best souvenirs for our loved ones.



Thamel has been the centre of the tourist industry in Kathmandu for over four decades starting from the hippie movement when many artists came to Nepal and spent weeks in Thamel. Even though some has referred to Thamel as the “ghetto”, most low-budget travellers consider it a tourist heaven. Its narrow streets crowded with various shops and vendors distinguish Thamel. There are many

restaurants in Thamel that serve traditional and continental cuisine, although prices tend to be significantly higher than in non-tourist areas. Food hygiene is generally better, despite the overall lack of sanitation in Nepal. Thamel also acts as the pre-base camp for mountaineers. It boasts a wide range of mountaineering gear shops, foreign money exchange booths, pubs, clubs, and nightlife along with the numerous travel agents and guesthouses. All in all, Thamel is home to a wide range of the Nepalese population for entertainment and employment purposes. On Wednesday, 28 September 2011, Thamel was declared a full Wi-Fi zone in Kathmandu.

Meals: N/A

Sleeping: Hotel Nirvana Garden or similar

Day 02: Early morning Mt. Everest Flight [1 Hour] - Sightseeing in Kathmandu

Kathmandu, being a historical and cultural heart of Nepal, is a popular destination for tourists, trekkers and adventure seekers. The city presents a wonderful mixture of Hinduism, Tibetan Buddhism and Western influence in the Valley. The ancient cities Kathmandu, Patan and Bhaktapur are the major attractions, with their evocative city squares and represent an epitome of harmony in urban design, elegant architecture and refined culture.



Today we have an early morning **mountain flight** before breakfast – this flight is a truly spectacular 1-hour flight along the Himalayan Range to unforgettable Mount Everest and back!

As the aircraft lifts up and heads towards the east, passengers don't have to wait too long to find out what is in store for them. There they are – the mountains, as they always have been. First to their far left visitors see Gosaithan, also called Shisha Pangma. Standing at the majestic height of 8,013 m. immediately to the right of Gosaithan, there appears Dorje Lakpa (6,966 m), a mountain that looks like the number 8 lying down and covered with snow. To the right of Dorje Lakpa is Phurbi-Ghvachu, which looms over the Kathmandu Valley.

Next on the vision is Choba-Bhamare, the smallest one of the lot at 5,933 m but singularly stubborn as it has never been climbed. Then appears the mountain that is not only prominent in sight but also in spiritually – Gauri-Shankar at the proud height of 7,134 m. Towards the land of rising sun, the eastern Himalaya a succession of glorious mountains follow. Melungtse, a plateau – like mountain stretches up to 7,023 m. Chuglmago at 6,297 m is still a virgin, waiting to be climbed. At 6,956 m, Numbur Mountain resembles a breast, maternal source in the sky providing pure milk to the Sherpas of the Solu Khumbu.

Next is Karyolung, an intensely white mountain that at 6,511 m gleams with the rising sun. Cho-Oyu is the eighth highest mountain in the world at 8,201 m. Gyanchungkang at 7,952 m is considered an extremely difficult climb. To the right of Gyanchungkang is Pumori at 7,161 m. Nuptse at 7,855 m, which means West Peak and finally there's Everest at 8,848 m, known as Sagarmatha by Nepalese and Chomolungma by the Tibetans.

After a hotel breakfast we will explore the must see UNESCO sites of Kathmandu and its surroundings. The morning will spent with a sightseeing tour of Patan Durbar Square, the holy Hindus Temple of Pashupatinath and the holy Buddhist Stupa of Swayambhunath and Boudhanath.



Patan Durbar Square is one of the three ancient cities from which Kathmandu Valley was made up of – located at the south of Kathmandu city commonly known as the city of fine arts. According to legend, the founding of Patan dates back to Pre-Christian times. As opposed to the Malla Kingdoms of Kathmandu and Bhaktapur that were mainly influenced by the Hindu religion, Patan was for many years a major Buddhist city. It is believed that it was founded in the third century B.C. by the famous Buddhist emperor, Ashoka – who visited the town while on a pilgrimage from Northern India and built four stupas that enclosed the centre of the old town. This would make it the oldest continuing Buddhist town in the world.



Pashupatinath, which houses a sacred lingam, or the phallic symbol of Lord Shiva is one of the holiest temples in the Hindu religion and was first mention in 365 AD. The Aryaghat alongside Pashupatinath and on the banks of the Bagmati River is a famous funeral site for the Hindus. It is such an important pilgrimage site that any Hindu should visit it once in their life and there is a constant stream of sadhus coming and going from Nepal and India. Non-Hindu visitors are only permitted to view the temple from the east bank of Bagmati River, as entrance into the temple is strictly forbidden to all non-Hindus.



The Buddhists shrine of **Boudhanath** is one of the largest Stupas in the world and one of the holiest Buddhist pilgrimage plus a tourist destination in Kathmandu. It stands with four pairs of eyes in the four cardinal directions keeping watch for righteous behaviour and human prosperity. Boudhanath is part of the shared history of Nepal and Tibet, with Tibet having held ruling privileges over the site

until the last century. It is built on an octagonal base inset with prayer wheels and houses of Lamas or Buddhist priest, monasteries and shops ring the stupa. The area of Boudhanath is also famous for over 50 Tibetan Gompas or monasteries.



Swayambhunath meaning the "The self-existent" is said to be 2000 years old and is one of Nepal's most important Buddhist sanctuaries located on a hill top. It is popularly known as 'Monkey Temple' as the area owing to the large number of monkey population residing in the area. The oldest inscription discovered dates back to the 5th century and refers to the founding of a monastery. The whole hill is a mosaic of small Chaityas (memorials) and temples

and it is one of the only places that you can see the Stupa, Pagoda and Shikar style of temple. It is a sacred Buddhist place of worship, but it is also holy to Hindus and you can also find Hindu shrines here – a fine illustration of the religious tolerance found in Nepal.



Kathmandu Durbar Square was the palace of the medieval Kings who ruled over the then Kantipur Kingdom. Inside the Durbar Square complex, we will visit the residence and temple of the Living Goddess "Kumari".

Born to Buddhist parents, is a young girl who is considered sacred as long as she has not reached menstruation. Every year, the Kumari makes just 3 public appearances, during which she is carried through the streets by a large chariot. We will also see the Kasthamandap, the impressive resting place from which the name "Kathmandu" is said to have come and made from a single tree. (40% of heritage site was damaged by earthquake. Renovation is in progress)

Meals: Breakfast

Sleeping: Hotel Nirvana Garden or similar

Day 03: Excursion to Bhaktapur and Drive to Nagarkot (2.170 m)

After our breakfast we will drive to one of the most preserved UNESCO site of Kathmandu; Bhaktapur.



Bhaktapur – one of the three ancient cities within the Kathmandu Valley. This old city is also known as Bhadgaun, meaning the city of devotees and is the home of true medieval art and architecture in the Valley. Lying 14 km east of Kathmandu city, Bhaktapur was founded in the 9th century and is shaped like a conch shell. Not only because of its famous carved peacock windows but also due to its museum. Bhaktapur is the centre of traditional Nepalese woodcarving. Compared to other royal cities in Patan and Kathmandu, Bhaktapur is the

most original and is without a doubt the most historically authentic as it is literally a living museum where farmers dry their harvest, potters turn their wheel and people go about live, as they have done.



Later on we drive to Nagarkot with breath-taking panoramic Himalayan views of Ganesh Himal, Manaslu and Gauri Shankar will have you completely smitten. It is one of the most scenic spots in the Kathmandu valley and beyond. Situated about 35 km east of Kathmandu, we can have excellent views of the snow –capped peaks of the Himalayan Range. It is a favourite place to relax and pamper yourself and to enjoy the spectacular sunrise and sunsets over the snowy

peaks. Nagarkot accommodates finest of resorts, hotels, restaurants and cafes. You will spend your night at one of the best resort or hotel in Nagarkot. Nagarkot is most popular for its magnificent sunset and sunrise views, along with its lovely weather.

Meals: Breakfast

Sleeping: Hotel Nirvana Garden or similar

Drive Distance: 35 Kilometres Approximately, Overland Duration: 2 Hours, Altitude: 2.170 Meters

Day 04: Flight back home

Sadly this is the end of our journey here but hopefully there will be another one soon! After the hotel breakfast, we can sit back and relax until the mid day, Hotel Check Out Time. We can spend the afternoon leisurely; perhaps catch up on some last minute shopping. Later on, we will transfer you to the airport in time for your flight home. **(Three hours before flight departure time)**

Meals: Breakfast