

Trip Name : Nepal Heritage Tour

Trip Cost	US \$922
Starting Point	Kathmandu
Ending Point	Kathmandu
Type	GuestHouse/Hotel
Grade	Easy
Duration	9 Days
People in Group	Minimum 1 and Maximum 12
Best Time	February to June and September to December
Max. Elevation	1600 mt.

Trip Highlights:

- Tour of major World Heritage Sites
- Visit of main temples and religious shrines
- Visit of Manakamana Temple, the wish fulfilling Goddess
- Adventurous drive on the hilly road
- Small hike and activities
- Awesome Mountain views along the tour

Trip Details:

Nepal has a total of ten UNESCO World Heritage Sites including the two natural heritage sites. The seven are located in Kathmandu Valley and the other one is known as Lumbini-the birth place of Lord Buddha, which is about 300 kilometers west from the capital City Kathmandu. The two natural sites are designated as Chitwan National Park and Sagarmatha National Park. The Kathmandu Valley World Heritage Sites (WHS) comprises of three historical places - Kathmandu Durbar Square, Patan Durbar Square and Bhaktapur Durbar Square; two Buddhist stupas - Swoyambhunath and Boudhanath and two Hindu temples - Pashupatinath and Changu Narayan. The concentration of these heritage sites represent to the cultural and political importance of Kathmandu Valley in the history of Nepal. All these monuments were inscribed as UNESCO World Heritage Sites in October 1979. Most of the places listed in of the WHS were revered as sacred for thousands of years and there has been a series of contributions and renovations in the form of constructions of temples, stupas and palaces over the centuries made by different rulers and Kings. The WHS of Nepal are an expression of the finest sensibility of the history and lifestyle of Nepal and are a legacy of Nepalese people to the delight of the whole human civilization. The historical monuments of the WHS of Kathmandu Valley are marked by the presence of three prominent architectural styles namely Pagoda, Shikhara and the Stupa style. These abundant wooden historical structures are supplemented by bronze works and stone sculptures together forming the squares and palaces are hugely represented by images of gods, goddesses, demons, beasts, mythical figures, kings and the ordinary human beings engaged in their day-to-day activities. Our Heritage Tour itinerary includes other ancient and historical towns outside Kathmandu Valley as well. The historical town of Bandipur and Pokhara will provide an awesome experience together with the views of Himalayan panorama.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- Welcome drinks in Kathmandu
- Tour pre-departure information
- An English speaking City Tour Guide as per in the itinerary
- Hotel accommodations on a twin share basis with breakfast
- All internal ground transport by private vehicle
- Cable Car tickets
- Emergency co-operation service

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Lunch and dinner
- Entrance fees to the monuments
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

Add-Ons:**Mt. Everest Flight**

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Short Hiking Trips

Sundarijal Nagarkot Trek - 3 days.

Sarangkot Dhampus Trek - 3 days.

Poonhill Ghorepani Trek - 4/5 days.

Jomsom Muktinath Trek - 3 days.

Everest View Trek - 4/5 days.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Arrival in Kathmandu.

Reception by the Office Representative at the airport and we shall transfer you by our comfortable vehicle to a hotel located in the downtown followed by a short pre-trip meeting.

Day 02 : Kathmandu City Tour.

After breakfast, sightseeing tour of World Heritage Sites will be started by an experienced City Tour Guide. Tour includes to Swoyambhunath, Boudhanath, Pashupatinath and Patan Durbar Square. The entirely stone made Krishna Temple, three-storied golden temples and the three main courtyards of the Durbar Square are the main attractions of Patan. Then we drive back to our hotel.

Day 03 : Tour of Changunarayan Temple, Bhaktapur and Kathmandu Durbar Squares.

After breakfast, we drive towards Bhaktapur and reach Changunarayan where the first epigraphic evidence of Nepalese history found in the temple premises dating back to 464A.D. Then we take a short drive and enter Bhaktapur City. Bhaktapur is considered as one of the oldest cities in town and famous for the 15th Century Palace of 55 Windows and the artistic courtyards along with the Golden Gate and Pagoda style temples. After Bhaktapur, we take a drive back for a tour of Kathmandu Durbar Square where we can visit the famous Kumari Ghar (Temple of Living Goddess) and the guide will give a short account of Nepal's history and art related to the shrines and palaces located here. We will return back to the same hotel after the tour.

Day 04 : Drive to Bandipur after the visit of Manakamana Temple.

After breakfast, we take a drive for approximately 3-4 hours along the bank of the Trishuli River and arrive at Kurintar. Then we take a Cable Car ride for 15 minutes to reach the beautiful Manakamana Temple, the wish fulfilling Goddess on the southeast ridge of Gorkha. It is a famous pilgrimage site for Hindus and a beautiful Himalayan panorama including Mt. Manaslu can be viewed from here. After this short visit of Manakamana Temple, we drive to Bandipur. Bandipur is also known as the museum of Newari culture situated 7 km above Dumbre Bazaar at an altitude of 1,005 meters. We stay overnight in Bandipur.

Day 05 : Bandipur exploration, drive to Pokhara.

Bandipur is still untouched by modernization and laced with an abundance of ancient houses, temples of great cultural values and historical architecture. We will explore this little paradise in the morning and after breakfast; we will continue our journey towards Pokhara. This is about 2 hour scenic drive and we will pass through many village settlements and small towns. Our Pokhara tour starts with a boat ride on the beautiful Fewa Lake where we can see the shadow of Mt. Fishtail over the Lake water.

Day 06 : Tour of Pokhara.

We drive to Sarangkot to witness the Himalayan panorama that dominates Pokhara City early morning. The towering Annapurna and the famous 'Fishtail' peaks are the highlights of this trip. We drive back to hotel for breakfast via the visit of sacred Bindhyabasini Temple. After breakfast, we will visit David Falls, Gupteshwor Cave and the World Peace Pagoda. We will also visit the International Mountain Museum before ending today's tour. You are free to explore the colorful town in the evening.

Day 07 : Drive back to Kathmandu, Nepali cultural dinner.

After breakfast, we are now retracing our drive through the scenic Highway on the bank of the Trishuli River and end our tour in Kathmandu. After refreshing and taking some rest, we will join the typical Nepali dinner with live cultural program. The show ends at 9PM and we are back to the hotel for rest.

Day 08 : Free day in Kathmandu for shopping and packing.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Day 09 : Final departure.

This is the time to say good-bye and transfer to airport. Fly out Kathmandu with some beautiful memories. The drive from Thamel to airport takes about half an hour and needs to report 2 and half hours before the flight time.