

Nepal

FROM THE TEMPLES OF KATHMANDU TO THE PEAKS OF THE HIMALAYAS

SAMPLE ITINERARY :: AUTHENTIC ASIA



The discovery of the Himalayan Kingdom of Nepal begins in the colorful, vibrant, and somewhat chaotic capital city of Kathmandu, which sprawls across a bucolic valley. It is home to Buddhist and Hindu temples and the legacy of three historic city-states.

Stretching beyond, are rice-terraced slopes, small villages and of course the majestic Himalayan peaks. The historic trading town of Pokhara offers the perfect getaway to explore the great physical beauty of the country and in Bardia, its national park, one will find an abundance of wildlife including tigers, rhinos, and wild elephants.

Day 1 | Kathmandu

Arrive in Kathmandu and transfer to the Hyatt Hotel located just five minutes away from one Kathmandu's most sacred site: the Great Stupa of Boudhnath, one of the world's largest stupas, and one of the most significant sites of Buddhist worship in the world. Built on an octagonal base, this colossal structure is said to contain the relics of the "Mahakashyapa Buddha," the Buddha of the previously eon. One hundred and eight images of the Buddha and numerous insets with prayer wheels encircle the base of the stupa, which represents the religious center for Kathmandu's Tibetan refugee population. During the day hundreds of Tibetans can be seen circumambulating the stupa, chanting and turning the prayer wheels.

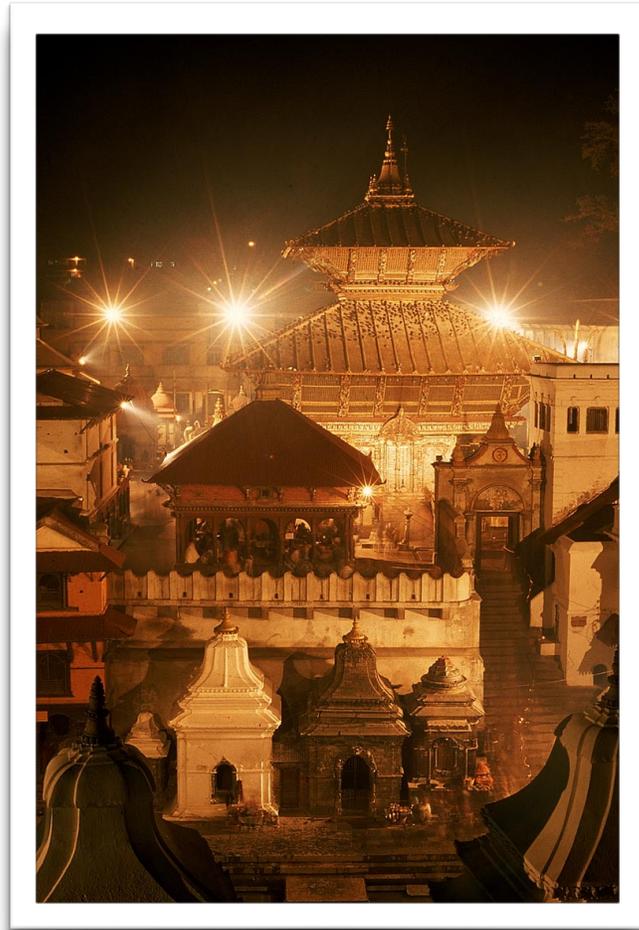
In the late afternoon, in time for sunset head to Swayambhunath Temple (also known as the Monkey Temple), a well-preserved stupa adorned with the watchful eyes of the Buddha overlooking the Kathmandu Valley. Walk up the great stairway topped with a massive dorje and stone lions for a beautiful sunset view of the valley.

Accommodations: Hyatt Hotel



Day 2 | Kathmandu

This morning visit Bhaktapur, the earliest of the valley's three major cities to achieve great levels of art. The city has been extensively restored as a result of a massive aid project funded by the government of Germany. Discover the magnificent architecture of the Attatraya Hindu Temple and the Old Palace dominated by intricate Newari wood carvings. There will be plenty of time to stroll and visit the shops where traditional Nepali and Tibetan artifacts are sold. Bhaktapur is a shopper's paradise.



In the afternoon spend time at Pashupatinath, one of the most famous and important Hindu sites in Nepal which, over the years, has drawn thousands of devotees including a large number of sadhus, the wandering ascetic holy men. Pashupatinath is also used as a place for cremation and the burning ghats in front of the temple bear witness to many royal cremation ceremonies. It is likely that at any time of the day a cremation ceremony held by the common people can be witnessed

Accommodations: Hyatt Hotel

Day 3 | Kathmandu

Begin the day with an excursion to Parpheng, a small but busy traditional Newari town surrounded by a number of popular pilgrimage sites that offer wonderful views of the valley as well as the Bagmati River and Dakshinkali.

Return to Kathmandu in time for lunch and an afternoon visit to Patan, the second-largest city in the Kathmandu Valley. Patan was once an independent kingdom, whose origins date back two thousand years. The city houses the twelfth-century Buddhist monastery, Hiranya Varna Mahavihar, which is among the finest in the country, with its gold-plated roof, courtyard with many prayer wheels, and richly decorated three-story temple.

Conclude the day with a stop at Jawalakhel, a busy handicraft center where Tibetan women in exile are producing their famous carpets.

Accommodations: Hyatt Hotel

*“The world is a book and those who do not travel
read only one page.”*

- St. Augustine

Day 4 | Bardia National Park

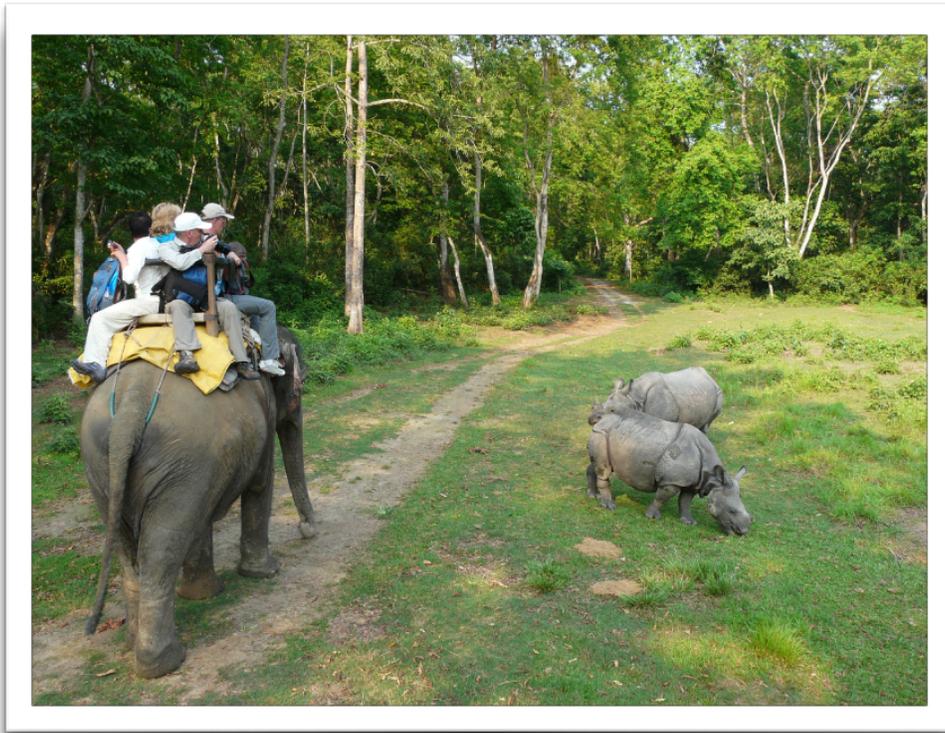
A short morning flight takes you to Nepalgunj where a guide and driver from the Tiger Tops Karnali Lodge will be waiting for you.

Bardia is one of Nepal’s largest national parks and wilderness areas. It is home to tigers, wild elephants, one-horned rhinos, hundreds of bird species, marsh mugger crocodiles and Gangetic dolphins. The beautiful Tiger Tops Karnali Lodge is located on the periphery of the park and offers daily jungle excursions.

Accommodations: Tiger Tops Karnali Lodge

Day 5-6 | Bardia National Park

Each guest may choose their own itinerary during their stay at Tiger Tips Karnali Lodge. Accompanied by a local expert naturalist, you may explore the park on foot, or head out by jeep to the river to experience the ultimate river safari. Then take time out and unwind in a sunny spot at the lodge garden and idle the afternoon away. Karnali Lodge is home to eight resident elephants, providing you with the opportunity to witness their daily bathing and feeding routine.



All meals at Tiger Tops Karnali Lodge are included. Being organic is an integral component of the lodge's sustainable approach to tourism. Being at one with nature also involves cultivating the land in a way that maintains ecological balance. The result is a bountiful harvest of fresh, purely organic and flavorsome produce. You can stroll through a maze of plants and observe which herbs are planted with vegetables to act as a natural pesticide and learn about the rotation of seasonal produce. Also watch the chefs as they create their culinary masterpieces.

Accommodations: [Tiger Tops Karnali Lodge](#)

Day 7 | Pokhara

Fly to Pokhara via Kathmandu. The small town of Pokhara was once part of a vibrant trade route extending between India and Tibet. To this day, mule trains can be seen camped on the outskirts of the town, bringing goods to trade from remote regions of the Himalaya.



Pokhara is a place of remarkable natural beauty. The serenity of Phewa Lake and the magnificence of the fishtailed summit of Machhapuchhre (6,977 m) rising behind it, create a picture perfect valley which is home to thick forests, gushing rivers, emerald lakes, and of course, the world famous views of the Himalaya.

Overnight at the wonderful Fishtail Lodge located in the middle of Phewa Lake. The lodge can only be reached by rowboat.

Accommodations: [Fishtail Lodge](#)

Day 8 | Pokhara

Pokhara is known for its pristine air, a magnificent backdrop of the Himalayas and the crystal lakes and lush forests, all of which made it famous and known as the “jewel of

the Himalayas”. Today will be an outdoor experience with a chance to take in some of the surrounding beauty.

Begin the day with a boat trip on Phewa Lake, the largest in the area and visit the island temple of Barahi located in the middle of the lake. Barahi Temple is one of the most important monuments in Pokhara. The two-storied pagoda is dedicated to the boar manifestation of Ajima who represents the female force, Shakti. Sacrifices take place here, and the largest crowds of devotees are seen on Saturdays.

If you feel adventurous and want to spend the day hiking, your destination will be the World Peace Pagoda, which can be seen on top of a hill on the southern fringe of Phewa Lake. It has four images of the Buddha facing the four directions and is a great vantage point offering spectacular views of the Annapurna Range.

Depending on your itinerary, you may also want to include other important sites such as Mahendra Gupha, the large limestone cave found two hours outside of Pokhara.

Finally there is the Old Bazaar, a colorful gathering place for traders and locals alike. The temples and monuments around the bazaar are reminiscent of Bhaktapur’s Newari architecture in Kathmandu. The Old Bazaar is also home to Bindhyabasini Mandir, the town’s most important shrine.

Accommodations: Fishtail Lodge

Day 9 | Kathmandu

Return to Kathmandu at your leisure for a free afternoon. **Departure in evening.**

End of services.

The above is a sample itinerary which covers the highlights and also takes you off the beaten path. We would be happy to discuss your individual travel preferences and amend the itinerary accordingly.

Pricing is dependent on your choice of accommodations, time of the year that you will be traveling, the final itinerary, and the number of people in your group.

Should you wish to discuss your individual travel plans to Nepal please do feel free to reach to us via e-mail at info@authenticasia.net or by phone at 1. 888.586.9958.



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