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# Tour Notes

Nepal – Highlights of Nepal

Tour Duration – 14 Days



## Tour Rating

Fitness ●●●○○ | Off the Beaten Track ●●●○○ | Culture ●●●●○ | History ●●●○○ | Wildlife ●●●○○

## Tour Pace

Busy

## Tour Highlights

- ✓ Explore the extraordinary UNESCO world heritage monuments of Kathmandu
- ✓ Search for unique flora and fauna in the jungles of Chitwan National Park
- ✓ Soak up the languid atmosphere of beautiful Pokhara – the Lake City
- ✓ Stroll the timeless streets of Bhaktapur
- ✓ Marvel throughout the tour at the majestic snow-clad peaks of the Himalayas



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## Tour Map



## Tour Essentials

- Accommodation:** Mix of comfortable small hotels
- Included Meals:** Daily breakfast (B), plus lunches (L) and dinners (D), as shown in the itinerary
- Group Size:** Maximum 12
- Start Point:** Kathmandu – you can arrive any time on day 1
- End Point:** Kathmandu – you can depart any time on day 14
- Transport:** Minibus or similar vehicle
- Countries:** Nepal



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## Nepal – Highlights of Nepal

*Highlights of Nepal provides travellers an opportunity to see all facets of this captivating landlocked country. This diverse 2-week tour discovers the best of Nepal's fascinating cultural variety and historical monuments as well as soaking up the incredible views of the Himalayas. Perhaps less well known is the abundant flora and fauna that can be found in the country and we will also spend time looking for it. Begin the trip by touring UNESCO World Heritage Sites in Kathmandu and strolling the atmospheric and sometimes chaotic streets. This is followed by a rich wildlife experience in the sub-tropical jungles of Chitwan National Park, home of the Bengal Tiger and One Horned Rhinoceros. We continue to Lumbini and visit the Mayadevi temple which is built on the exact place where the Buddha was born. The journey then takes us to Tansen, a picturesque hill station and ancient trade route. Our next stop is Pokhara, popularly known as Lake City. Here we take some easy walks admiring the spectacular mountainous landscape and tour the city's many natural and cultural splendours. Next stop is Bandipur, an old trading Newari town that lies at an altitude of 1030m and is perched on a hill overlooking the magnificent Marshyangdi Valley and the Himalayan range. Finally return to the Kathmandu Valley and visit Nagarkot, renowned for incredible sunset and sunrise views. The tour ends with visits to Patan and Bhaktapur cities that highlight Nepal's medieval architectural grandeur.*

## Tour Itinerary Notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested and on occasions alternative accommodation, of a similar standard to that named below, will be used.

## Tour Guide

Our guides are a key strength, chosen for their knowledge of and passion for the areas in which they work. All of our guides are carefully hand-picked, and are not merely passing through these countries, but are usually locally born. Unlike some companies, it should be noted we do not send a guide or tour leader from Undiscovered Destinations in the UK: we have every confidence in our locally appointed representative who is responsible for operating the tour on our behalf. Where possible you will have the same guide throughout your trip; however at times it may be advantageous to change the guide during your tour for logistical reasons – for example, if you are taking a specific type of trek or other activity.

# Itinerary

## Day 1 - Arrive Kathmandu

Arrive in Kathmandu and transfer to your hotel. The rest of the day will be at leisure. Overnight at Hotel Kantipur Temple House or similar. No meals or activities included.

## Day 2 – Kathmandu

Today enjoy a guided tour to four of the UNESCO World Heritage Sites in Kathmandu. Kathmandu Durbar Square holds the palaces of the ancient kings who ruled over the then Kathmandu Kingdom. Pashupatinath Temple is one of the most sacred pilgrimage sites for Hindus all over the world. We also visit popular Buddhist stupas in Kathmandu. Swayambhunath, is located in the heart of the city and is also called Monkey Temple by the tourists owing to the large number of monkeys in the temple area. Bouddhanath is one of the largest stupas in the world, and one of the holiest Buddhist pilgrimage and tourist destinations in Kathmandu. The area of Boudhnath is also famous for over 50 Tibetan gompas or monasteries. Overnight at Hotel Kantipur Temple House or similar (B)

## Day 3 – Kathmandu to Chitwan – Drive time approximately 4-5 hours

After breakfast, drive to Chitwan located 175 kilometres from Kathmandu. We descend along a winding road flanking the Trishuli River. After checking in to the hotel, there will be a briefing on the activities we will be



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engaged in during our stay in Chitwan. We then take a walk on the banks of the Rapti or Narayani River to enjoy the sunset in the sub-tropical jungles of Chitwan. This evening, enjoy dinner along with a brief cultural program showcasing the tribal dances unique to the Chitwan region of Nepal. Overnight Jungle Vila Resort or similar (BLD)

#### **Day 4 - Chitwan National Park**

Start early for our first incursion in the park for a jungle safari to witness wildlife in their natural habitat. After breakfast, we visit the elephant stables and even enjoy bathing the elephants. This afternoon drive through the park looking for wildlife followed by a canoe ride down the Rapti/ Narayani River. Whilst canoeing, look out for Gharial and Mugger crocodiles along with fresh water dolphins, otters and varieties of water birds. For those that do not wish to canoe there are options for a birding walk or general nature walk. Overnight Jungle Villa Resort or similar (BLD)

#### **Day 5 – Chitwan to Lumbini - Drive time approximately 2 hours**

An early start today for a drive to Lumbini, a legendary place where one of history's greatest and most revered figures, Siddhartha Gautam (Buddha) was born. The holy site of Lumbini, also enlisted within the list of UNESCO World Heritage Sites, holds immense archaeological and religious importance. From early morning to early evening, pilgrims from various countries perform chanting and meditation at the site. Visit the museum, peace pagoda and spend the day exploring the area and its temples, monuments and ancient sites soaking up the serene ambience. Overnight at Hotel Lumbini or similar (B)

#### **Day 6 - Lumbini to Tansen – Drive time approximately 3 hours**

This morning continue to Tansen, a popular summer resort in western Nepal on account of its position and climate. It has perhaps Nepal's most far stretching views of the country's chief attractions, the Himalayas from Dhaulagiri in the west to Gaurishanker in the north-east. This afternoon visit Old Tansen bazaar and walk around Sreenagar hill to catch a bird's eye view of Srinagar Bazaar and on a clear day, a sweeping mountain panorama. Overnight at Hotel Srinagar or similar (B)

#### **Day 7 - Drive to Pokhara – Driving time approximately 5-6 hours**

This morning after breakfast, depart for Pokhara, also known as The Lake City owing to the large number of lakes in the city. En route we travel through a landscape of rolling hills, small settlements and terraced farms. On arrival in Pokhara, if conditions are clear we should be rewarded with magnificent views of the Himalayas including Dhaulagiri (8,167m), Manaslu (8,156m), and Machhapuchhre (6,993m), the five peaks of Annapurna and others. Late this afternoon after some rest time, we take a leisurely stroll in the atmospheric streets of Pokhara and just enjoy being in one of the most beautiful cities of Nepal. Overnight at Fishtail Lodge or similar (B)

#### **Day 8 - Walk to Sarangkot – Walking time is 3 – 4 hours.**

Early this morning depart for Sarangkot, a hill town in the north-west region of Pokhara that overlooks the Annapurna and Dhaulagiri ranges in the north and the main city in the south. We start our hike from Naudanda and walk to Sarangkot. We stop at a tea-house in Sarangkot and enjoy amazing views of the sun as it sets against the mighty Himalayas. From here, we also get a view of Pokhara city below and the abundant Fewa Lake. Overnight in Sarangkot (B)

*The walk to Sarangkot is graded as easy - 200m up and 200m down with no steep climbing.*

#### **Day 9 – Pokhara**

Enjoy the sunrise from Sarangkot before heading back to Pokhara and touring the city's many landmarks including Davis Falls and Shiva Cave. Enjoy some boating on Phewa Lake, the largest lake in Pokhara and visit Bindyabasini Temple located at the centre of the lake. Later, visit the famous International Mountain Museum (IMM) that records, documents and chronicles the past and present development of mountaineering



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activities in the world and the Himalayas in particular. Finally today visit the Tibetan refugee camp and witness how the refugees keep themselves busy by producing and trading woolen carpets and other handicraft items. Overnight in Mount Kailash Resort or similar (B)

#### **Day 10 - Pokhara – Bandipur – Approximate driving time 3 hours**

Depart after breakfast for a morning scenic drive to Bandipur. Bandipur is an old Newari town that lies at an altitude of 1030m perched on a hilltop overlooking the magnificent Marshyangdi Valley and boasts a breathtaking view of the Himalayan range. Later this afternoon, enjoy a cultural walk around Bandipur town. Of particular interest are the stone carved water spouts called “Tindhara” where locals through the ages have come to collect water, bathe and wash. The walk continues around “Tudhikhel”, a former parade ground for the army at the time when Bandipur was one of the district headquarters. Tudhikhel, now a scenic vista is also a junction point for people to come and socialise. Overnight at Heritage Hotel Guan Ghar or similar (B)

#### **Day 11 – Bandipur to Nagarkot – Approximate driving time – 6 hours**

After breakfast, we say goodbye to the beautiful hill resort of Bandipur and drive towards Nagarkot stopping at points of interest and to stretch our legs along the way. The village of Bhaktapur sits at an altitude of just over 2000 metres and the highest point on our journey through Nepal, boasting stunning Himalayan vistas. From Nagarkot, we enjoy excellent sunset views amidst the outstanding peaks of the Himalayas. Overnight at the Fort Resort or similar (B)

#### **Day 12 – Nagarkot – Patan – Bhaktapur**

Rise early if you wish to enjoy amazing views of the sunrise amidst the Himalayas. After breakfast, drive downhill to Bhaktapur and finally to Patan. Bhaktapur is an irresistible city with an authentic local lifestyle preserved over centuries of isolation from the hustle and bustle of Kathmandu. While in the city square, admire the Nyata-Pola Temple, the Golden Gate, water spouts and the 55 Window Palace which merge together to provide an ambiance of a magical outdoor theatre to its visitors. We also immerse ourselves in the authentic delicacy of the locals in Bhaktapur. Later, drive to Patan. Listed in the UNESCO World Heritage Sites, Patan Durbar Square is rich in ancient arts and architecture. Overnight at Hotel Kantipur Temple House or similar (B)

#### **Day 13 - Kathmandu**

Spend your final full day in Nepal at leisure the day at leisure where you may wish to do some final sightseeing or take in the markets or just relax in the garden of the hotel with a good book. This evening enjoy a farewell dinner of Nepalese cuisine and a cultural dance show. Overnight at Hotel Kantipur Temple House or similar (BD)

#### **Day 14 – Kathmandu Departure**

At a convenient time, transfer to the airport for your departure flight. Note that we run the tour back to back with our Bhutan tours if you wish to see more of the Himalaya region. (B)

## *Tour Inclusions/Exclusions*

#### **Inclusions:**

- Arrival and departure transfers
- Accommodation
- Services of English-speaking guide/ tour leader
- Meals as listed (B – Breakfast, L – Lunch, D – Dinner)
- Entrance fees for sites listed as part of the itinerary



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Safari activities in Chitwan National Park  
Boating in Pokhara

**Excluded:**

International flights  
Travel Insurance  
Meals not included in the itinerary  
Visa  
Drinks  
Items of a personal nature  
Tips (discretionary)

## Important Information

### Foreign Government Travel Warnings

We constantly monitor the advice posted by the British Foreign, Commonwealth and Development Office (FCDO). In particular we will always advise clients of any travel warnings. At present there are no warnings against travel to the areas of Nepal that we visit. Please feel free to contact us should you have any specific concerns or would like to know in detail what measures are being taken to ensure visits remain trouble free and without incident.

It should be noted that this information applies to British citizens. Other nationals are asked to check the current position of their respective government.

### Accommodation and Meals

#### Hotel Check-in Times

As a general rule most hotels will allow guests to check-in from 2pm. Please note that the price of your tour does not include guaranteed early check-in. Therefore please advise us if you would like to ensure that your room is available for an earlier arrival. This is particularly relevant on the first day of the tour and for early morning arrivals. One option is to pre-book and pay for an extra night at the beginning of your tour which will guarantee your accommodation is available irrespective of what time you arrive. Please contact us for information and costs.

It should also be noted that on many of our tours we have set-aside Day 1 of the itinerary as an 'arrival day'. For this reason and because tour participants are likely to be arriving at different times, and often from different countries, guided sightseeing or other activities are not included. If you are arriving early or before the start date of the tour and would like to organise some extra arrangements on a private basis please contact us.

#### Accommodation Rating

On this tour we stay in mid-range comfortable accommodation consisting of small hotels and guesthouses. All accommodation has private bathrooms.

We welcome solo travellers and single rooms will be allocated subject to the applicable tour supplement. Please note that on occasions you may not always be allocated a double or twin room, as some hotels have designated single rooms. These may be smaller in size. However, the supplement payable takes this into consideration.





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### Food & Drink

The daily meal basis is shown in the tour itinerary; breakfast (B), lunch (L) and dinner (D). Please note that lunch may be a picnic. Drinks are not included and will be payable locally in cash.

### Dietary Requirements

If you have any special dietary requirements you must notify us at the time of booking. While we will make every effort to cater for you, we cannot guarantee that this will be possible.

### Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

### Tipping – Guide and Drivers

Tipping is common practise in Nepal. If your local guide has been helpful then you could think about tipping. This amount can obviously be left to you. When tipping a driver, a guide or hotel staff a few dollars will always be gratefully received.

### Foreign Exchange

**ATM Availability:** Most sizeable towns have ATMs and Kathmandu proliferates in these. They only allow you to withdraw local currency, and have a limit of 10,000-15,000 Rupees. The exception is Nabil Bank with a limit of around 35,000. It is advisable to bring all the cash that you may wish to use for spending money beyond Kathmandu to make sure you are not short on cash if ATMs are not working. Other currencies are easily exchanged at the bank.

**Credit and Debit Card Acceptance:** Cards are generally only accepted in the more expensive shops and restaurants.

**Local Currency:** Nepalese Rupee.

**Recommended Currency for Exchange:** Pound Sterling, Euros or US Dollars.

**Where to Exchange:** Your local guide will advise you.

**Bringing other currencies:** US dollars are accepted in many places as an alternative to local currency and, in more upmarket tourist businesses and accommodation, are often preferred to Nepalese Rupees. It's therefore advisable to bring along a range of denominations of dollar notes. Euros are also widely accepted; Pounds Sterling are still accepted, but increasingly less so. The Nepalese Rupee is a closed currency, so it is advisable to change all remaining notes back to your own currency during your final day in Kathmandu.

### Joining your Tour

#### Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

#### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will receive an airport transfer, both on arrival and departure include in the tour price. In order that the transfer can be arranged please ensure that you advise us of your flight information once available. Please advise the date, time and flight number for your arrival/departure. If we have not been advised of this information at least 2 weeks before travel, then you will be required to make your own way to the hotel on Day 1 of your tour.

#### Travel Insurance

It is a condition of booking with Undiscovered Destinations that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full



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terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country and be valid for the entire duration of your holiday.

### Visa Information

At the time of writing British, US and Australian nationals require a visa for a tourist visit to Nepal. For further details please visit the applicable website shown below.

British Nationals - [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice)

US Nationals - <https://travel.state.gov/content/travel/en/international-travel.html>

Australian Nationals - [www.smartraveller.gov.au/](http://www.smartraveller.gov.au/)

Other nationals should check the latest requirements with the authorities in their home country, or with the destination's nearest embassy or consulate.

Should you require any documentation to support a visa application, such as a letter of invitation, upon request this will be provided by Undiscovered Destinations after receipt of your balance payment.

As it is the travellers' responsibility to ensure that they meet all entry requirements it is essential that you check the rules and any other conditions at the time of booking and again when making your balance payment. In addition, we would strongly advise that you make a final check around two weeks before your arrival. This is important as requirements can change at short notice. Undiscovered Destinations, when possible, will provide guidance about entry rules, but in the first instance please contact the relevant authorities, including the applicable embassy or consulate for assistance.

### Passports

It is your responsibility to ensure that you are in possession of a full passport, valid for at least six months after the date of return to the UK.

Your passport must be machine readable. It is advised that you have 2 blank pages in your passport for each country that you will visit.

For specific information about the requirements for your destination please check with the country's embassy or consulate. Alternatively UK citizens can visit [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice)

### Vaccinations & Protection

As with travel to most parts of Asia, we strongly recommend that you contact your doctor's surgery or a specialist travel clinic for up-to-date information, advice and the necessary vaccinations. For a visit of less than one month, almost certainly you will be advised to have immunisations against the following: Diphtheria and Tetanus, Hepatitis A, Typhoid, Meningitis. The use of a DEET-containing insect repellent is highly recommended.

Please follow this link for some guidelines - [http://www.fitfortravel.nhs.uk/destinations/asia-\(east\)/nepal.aspx](http://www.fitfortravel.nhs.uk/destinations/asia-(east)/nepal.aspx)



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# Preparing for your tour

## Climate

The climate of much of the Subcontinent - which includes Sri Lanka, India, Bhutan, Nepal & Pakistan - is dominated by heat, monsoons and the Himalayas. Nepal enjoys largely clear conditions between October and March providing the best time to visit. It is best to avoid the monsoon months of June – September. Temperatures vary of course depending on altitude but the Kathmandu Valley is generally warm by day but can be cool at night especially in the winter months; January and February are generally the coldest months in the mountains.

## Clothing

When it comes to clothing it is usually recommended that lighter clothes are worn through the day, and warmer ones at night. Night times and early mornings can be chilly in the winter months so between November and March it is a good idea to take a warm fleece or jacket. The sun is strong year round so a hat is also advised to be worn through the day. Take at least one piece of waterproof clothing for any days that the weather may be wet or windy.

Nepal tends to have a conservative attitude towards dress. Women, and also to a certain extent men, will find that the way they dress will often determine the degree of respect they receive from both men and women.

## Equipment

The first thing on your list should be a first aid kit. Whilst there is no undue cause for alarm, travellers are best advised to travel well-prepared: adequately immunized, with sufficient supplies of prescription drugs, along with a medical kit. Suncream/sunblock is a must. Insect repellent, including a bite spray will also be useful to have. Please also bring a torch/flashlight or a head-torch for any unexpected electricity outages or for dimly lit areas.

## Footwear

Footwear is a main priority on this tour. Comfortable walking shoes/boots are recommended.

## Luggage on tour

Your luggage should not exceed 20kgs (44lbs). One large suitcase/rucksack, and one small hand luggage rucksack is acceptable.

## Electric Supply & Plugs

230-240 volts (similar to the UK). Plugs are usually of the European two round pin variety, although some follow the Indian three pin version. As such, a universal travel adaptor with surge protector is advisable, as this covers both eventualities and will additionally protect your electronics from the voltage spikes which are quite regular in Nepal.

## Tour Itinerary Versions

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes. These notes were updated 2 November 2022.