

LUXURY HIGHLIGHTS OF NEPAL



COUNTRIES VISITED: **NEPAL**

TRIP TYPE: Cultural Tour
TRIP GRADE: Easy
TRIP STYLE: Hotel
NAN Based On 0 Reviews
KG Carbon Footprint

TRIP LEADER: Local Leader
GROUP SIZE: 2 - 10 people
NEXT DEPARTURE: 11 Oct 2024
5 Trees Planted for each Booking

This tour is a perfect introduction to Nepal while staying at the best hotels available in the country. You have time to explore Kathmandu, Pokhara, Namo Buddha, Dhulikel and Bandipur and take the Everest flight.

There are superb mountain panoramas of the Himalaya from your hotels at Bandipur, Pokhara, Namo Buddha and Dhulikel. On a clear day you will see Annapurna, Dhaulagiri and Mount Machapuchare (known as Fishtail) and also of course Mount Everest during your mountain flight from Kathmandu.

There is no trekking in this itinerary however there are opportunities for day walks while in Pokhara, Bandipur and Dhulikel. You have the option to join one of our fixed date departures we organise twice each year or have a private departure that suits your dates.

While in Kathmandu your hotel is Dwarikas and Shangri La; in Bandipur your hotel is Gaun Ghar; in Pokhara it is Shangri La Village Resort; in Namo Buddha it is Namo Buddha Resort then in Dhulikel your hotel is Dwarikas Dhulikhel.

WHAT'S INCLUDED

- Internal travel in a private car or minibus with a driver.
- Private transfers including airport collections.
- One day sightseeing in Kathmandu with a Nepalese cultural guide and private vehicle including all entry tickets.
- Twin-share rooms at all locations.
- Breakfast only at all hotels.
- UK-registered charity, Pipal Tree, will plant 6 trees for you in the Gurkha Memorial Forest in southern Nepal.
- Full financial protection for all monies paid to us through our membership of Association of Bonded Travel Operators Trust (our ABTOT membership number is 5365) and having an Air Travel Organiser's Licence (our ATOL number is 10921).
- Pre-departure support and advice from The Mountain Company by email, phone, Zoom, or face-to-face meetings in London. After booking with us we will send our comprehensive "Nepal Pre-Trip Information" notes.

WHAT'S NOT INCLUDED

- International flight to/from Kathmandu.
- Travel insurance.
- Nepal visa for 15 days.
- Lunch and evening meals all places on itinerary.
- Tips (guidance on amounts included in our "Nepal Pre Trip Information" notes).
- Other items not listed in "What is included".

ITINERARY

DAY 1: ARRIVE IN KATHMANDU (1,400M)

Arrive in Kathmandu

No meals

Dusit Princess in Kathmandu

A driver will be sent to collect you on arrival at Kathmandu airport and to bring you back to the hotel. Please provide travel plans on booking and we will arrange the pick up and transfer.

DAY 2: KATHMANDU SIGHTSEEING

Sightseeing in Kathmandu

Breakfast

Dusit Princess in Kathmandu

This is a one day guided sightseeing tour of the Kathmandu Valley visiting three out of the seven World Heritage Sites. You will start off by visiting Patan Durbar Square then drive to the Buddhist stupa at Boudhanath followed by the last stop of the day at the Hindu shrine of Pashupatinath. The tour is likely to finish around 4pm and the rest of the day is free to further explore Kathmandu.

Three major towns are located in the valley, Kathmandu, Patan and Bhaktapur, each having a great artistic and architectural tradition. Kathmandu is the capital and the largest city in the country. Patan, the

second largest is separated from Kathmandu by a river. Bhaktapur, the third largest, is towards the eastern end of the valley and its relative isolation is reflected in its slower pace and more distinctly mediaeval atmosphere.

In the Valley the landscape is dramatically sculpted by the contours of the paddy fields. The towns and villages are alive with the colours of farm produce, ranging from pyramids of golden grain to the vivid reds of chilli peppers laid out on mats to dry in the sun. In the streets and towns there is a constant bustle of activity, especially in the bazaars and markets where the farmers sell their vegetables and fruit.

DAY 3: EVEREST FLIGHT, DRIVE TO BANDIPUR

Everest mountain flight

Drive to Bandipur (3 hours)

Breakfast

Hotel Gaun Ghar in Bandipur

Everest mountain flight always takes off early in the morning to maximise your chances of getting clear views of the mountains before cloud build up later in the day. This normally means a pick up from your hotel around 5.30am and once through the busy domestic terminal you should be airborne by 6.30am

Later in the morning you are driven by private vehicle to Bandipur. This small town is located on a ridge above the Kathmandu to Pokhara road and has superb views of the Himalayan peaks to the north (Annapurna, Dhaulagiri, Manaslu and Ganesh Himal).

Bandipur has been considerably developed for tourists whereby some of the old houses have been carefully converted to hotels and there are thankfully few concrete buildings like elsewhere in Nepal. Compared to the hustle and bustle of Kathmandu Bandipur is very peaceful place as vehicles are not allowed into the main square.

DAY 4: DRIVE TO POKHARA

Drive to Pokhara (3 hours)

Breakfast

Temple Tree Resort in Pokhara

After breakfast you will continue your drive to Pokhara and onto the wonderful Shangri La Village Resort. There are superb views from this hotel to the snowy Himalayan peaks including Annapurnas. In the afternoon you can either relax at the resort around the swimming pool or explore the town of Pokhara.

DAY 5: DAY IN POKHARA, WALK TO WORLD PEACE STUPA

Walk to Peace Stupa

Breakfast

Temple Tree Resort in Pokhara

It is worth waking early to see the mountain views that at their best in the morning. After breakfast you

have the option to take a boat trip across Phewa Lake and walk up to World Peace Stupa overlooking Pokhara with superb views of Annapurna mountain range.

DAY 6: FLY TO KATHMANDU, DRIVE TO NAMO BUDDHA

Fly to Kathmandu

Drive to Namo Buddha (1 1/2 hours)

Breakfast

Namo Buddha Resort

After breakfast, you will be driven to Lumbini airport for the flight back to Kathmandu. On arrival there is a short drive to Namo Buddha on the rim of the Kathmandu valley where there is a superb mountain panorama from the wonderful Namo Buddha Resort.

DAY 7: WALK OR DRIVE TO DHULIKHEL

1) Drive to Dhulikhel (1 hour)

2) Walking to Dhulikhel (2 hours)

Breakfast

Dwarikas Dhulikhel

Today you have the option to walk to Dhulikhel or to drive by car. If you decide to walk the trail takes you through traditional villages with mountain views.

DAY 8: DRIVE TO KATHMANDU

Drive to Kathmandu (1 1/2 hour)

Breakfast

Dusit Princess in Kathmandu

DAY 9: FLY BACK HOME

Transfer to Kathmandu airport for your flight back home. End of trip.

DATES & PRICES**2024**

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
11 Oct 2024 to 19 Oct 2024	Local Leader	US\$2,195pp	US\$825pp / NA	2 Left to Guarantee
01 Nov 2024 to 09 Nov 2024	Local Leader	US\$2,195pp	US\$825pp / NA	2 Left to Guarantee

2025

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
07 Mar 2025 to 15 Mar 2025	Local Leader	US\$2,250pp	US\$850pp / NA	2 Left to Guarantee
04 Apr 2025 to 12 Apr 2025	Local Leader	US\$2,250pp	US\$850pp / NA	2 Left to Guarantee
10 Oct 2025 to 18 Oct 2025	Local Leader	US\$2,250pp	US\$850pp / NA	2 Left to Guarantee
31 Oct 2025 to 08 Nov 2025	Local Leader	US\$2,250pp	US\$850pp / NA	2 Left to Guarantee

PRACTICAL INFORMATION

Kit List

CLOTHING AND EQUIPMENT LIST FOR TOURS

Footwear:

- Comfortable shoes i.e trail shoes or trainers.
- Flip flops or sandals for easy removal during temple visits.

Travel clothes. You will need clothing as follows:

- Lightweight waterproof jacket.
- Casual long sleeved shirt.
- T shirts.
- Lightweight trousers.
- Micro fleece.
- Socks and underwear etc.
- Swimwear

Please carefully read Cultural Consideration paragraph for dress code when in public areas..

Headwear:

- Sun hat.
- Bandana or face mask (eg. [Buff Headwear](#))
- Sunglasses

Personal Equipment:

- Toiletry bag include toilet paper, soap, towel, toothbrush, etc.
- Useful during power cuts.
- Backpack for day trips. Recommended size is 15 to 20 litres.
- Water bottle.
- Sunscreen and lipsalve with a high SPF.
- Insect repellent.
- Books, ipod and cards etc.
- Power adapter.
- Umbrella
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Hand sanitizer. We suggest you keep this in your day pack.
- Duffle bag (or backpack) for your personal gear. Bring a small combination padlock to secure the bag.

Personal first aid kit:

Please bring personal medications and other items you might use regularly such as:

- Any personal medications.
- Malaria prophylactic tablets.
- Insect repellent.
- Plasters and blister treatment (Compeed patches are the best).
- Anti-septic cream.
- Analgesics (paracetamol, ibuprofen and aspirin).
- Throat lozenges.
- Diarrhoea treatment (Immodium) and oral rehydration salts (Dioralyte).
- Antihistamine cream and tablets (Cetirizine or loratidine)

ACCOMMODATION**DWARIKA'S HOTEL IN KATHMANDU**

[Dwarika's Hotel](#) is a unique property with buildings and courtyards built in traditional style with many

features such as wooden panels rescued from palaces and temples in the Kathmandu valley. The hotel has a swimming pool and excellent restaurants including Krisharpan known as one of the best in Kathmandu.

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TEMPLE TREE RESORT & SPA IN POKHARA



Temple Tree Resort & Spa is located close to Lakeside. This resort is newly built in traditional style and the rooms are in cottages with a private veranda overlooking the inner courtyard and landscaped gardens.

There is an infinity pool with Jacuzzi and the Spa has a blend of treatments available.

HOTEL HERITAGE IN BHAKTAPUR



Hotel Heritage is a boutique hotel located close to the medieval town of Bhaktapur.

Local craftsmen with traditional Nepali architecture and furnishings have restored the building. Most of the bricks come from derelict old palaces and rich merchant's houses in the valley. There are beautiful wood carved windows. There are antique marble floors used from old Royal Palaces.

DWARIKA'S RESORT IN DHULKHEL



The Dwarika's Resort is an incredible property in Dhulikhel with good views of the Himalaya. It has extensive grounds set on a forested hill. The Dwarika's hotels are dedicated to preserving and sharing Nepal's rich heritage.

The property is designed in the spirit of a traditional Nepali village. It has trails through woodland and a terraced farm. The Pancha Kosha Himalayan Spa uses Himalayan herbs and unique treatments. The resort incorporates sustainable processes. This includes solar energy, grey water treatment, recycling of waste and organic agriculture.

The following activities are included during your stay. Visits to the Himalayan Salt Room, Crystal House, Chakra Sound Therapy Chamber and Meditation Maze. There is a Swimming Pool, Fitness Center, Sauna and Hot Tub. There are yoga and meditation sessions. You can visit their farm. Or join a class for art pottery or painting. You can have consultation with an Ayurvedic doctor.

DUSIT PRINCESS IN KATHMANDU



[Dusit Princess](#) is a new hotel in Kathmandu that opened in 2023. Unlike many other modern hotels in Kathmandu, the Dusit has been built in Tibetan style both inside and outside. This is authentic as the owners are Tibetan family. This is our first choice hotel for our luxury groups to stay at when in Kathmandu. Rooms are well appointed with a reliable supply of hot water for use in the shower. There is an infinity swimming pool on the rooftop with superb views of the city and surrounding hills. You also get complementary access to their sauna, and gym. They serve an excellent breakfast buffet from 7am to 10am. A sundowner on their rooftop bar and restaurant is a must-do!

TRIP REPORTS

To read our trip reports please click on the links below to our blog:

[Day trip to the World Peace Stupa in Pokhara](#)

[A few days in Bandipur](#)

[Scenic mountain flight around Mount Everest](#)

[Inspection visit to Chitwan National Park in Nepal](#)

[Inspection visit to Bardia National Park in Nepal](#)

TMC blog posts on Festivals of Nepal:

[Shivaratri \(Spring\)](#)

[Holi \(Spring\)](#)

Notes downloaded on: 02-05-2024

