

Golden Triangle of Nepal | 8 Days



This journey is the perfect introduction to give you a taster of the spiritual & natural heritage beauty of Nepal. Starting in the capital, Kathmandu, you will then head to Lumbini, the birth place of Lord Buddha in the southwestern Nepal before continuing to incredible Pokhara valley.

Trip Highlights

- Explore Kathmandu Durbar Square(UNESCO Heritage site) , Swayambhunath Stupa(UNESCO Heritage site) & Bodhnath Buddhist Stupa(UNESCO Heritage sit
- Visit Hindu Pashupatinath (UNESCO Heritage site) and its sacred temple complex on the banks of the holy Bagmati river
- Bhaktapur: Durbar Square(UNESCO Heritage site) , visiting local families to watch Ju Ju Dhau (yoghurt) being made and try making pottery
- Visit Chitwan National Park to spot various wildlife and maybe the elusive Bengal tiger
- Feel your inner zen in Lumbini, birth place of Lord Buddha
- Watch rising sun from Sarangkot, Pokhara

Detailed Itinerary

Day 1: Arrive in Kathmandu

Welcome to Nepal! Upon arrival in Kathmandu a *travel-to-nature Asia* guide/representative will be at the airport to greet and take us to our hotel. Please look out for your name-card once you exit out of arrival area.

If we're not feeling jet-lagged, we can take some time to explore Kathmandu's medieval backstreets, discover temples dating back to the 16th century, make your way down to Thamel, the main tourist hub in Kathmandu and a great place to dine. There are myriads of options to choose from like New Orleans Cafe, Rum Doodle, Bear Garden etc just to name a few. Enjoy your evening and get some rest as the adventure begins tomorrow!

Accommodation: Yak & Yeti Hotel

Day 2: The Magical Kathmandu Valley

Baudhanath – Pashupatinath – Bhaktapur

Weather permitting, we may start our day with an optional scenic mountain flight over the Himalaya to view Mt. Everest and many eastern ranges of Himalayas.

Visit Boudhanath Stupa, one of the biggest Buddhist shrines in the world, where you observe Buddhist monks praying in the monasteries surrounding the stupa. After Boudhanath Stupa visit Pashupatinath, the most famous Hindu temple in the country, located on the banks of the holy Bagmati River. Here we see Hindu holy men (sadhus) meditating, pilgrims bathing and occasionally funeral pyres burning on the ghats.

Then the next highlight awaits us, the Royal City of Bhaktapur, a showcase of medieval Nepalese town life and a UNESCO World Heritage Site. From the Golden Gate to the Durbar square you stroll through the medieval bazar and labyrinthine streets, notice the many ornately carved windows for which the town is famous. Potters produce pottery in the open air. The rest of our time in

Golden Triangle of Nepal | 8 Days

Kathmandu is free for further exploration and some last-minute shopping in Thamel area near by your hotel.

Accommodation: Hotel Yak & Yeti
Meal: Breakfast

Day 3: Fly Kathmandu - Bharatpur | Chitwan National Park (350 m | 25 min) – Tiger Tops Tharu Lodge

After your leisurely breakfast drive to Kathmandu domestic airport to catch a short flight to Bharatpur in Chitwan (25 mins). Upon arrival at the airport we will be received by Tiger Tops Tharu Lodge representative to the lodge at the edge of the Chitwan national Park arriving in time for lunch.

Arriving at the gate to Tiger Tops Tharu Lodge, we will be met by Tiger Tops staff with a welcome drink in the dining hall. Continue to the garden where the lunch will be waiting for us. After the lunch we will have a chance to settle in to our rooms and explore the lodge grounds - our large swimming pool beckons temptingly and it is easy to while away a sunny afternoon swimming and reading with a cool drink in hand. After tea and biscuits in the main area, we suggest you take a stroll to the Narayani river with the resident elephants and one of the naturalists and watch the family of elephants bathe and frolic while you enjoy your sundowners. Return to the lodge for hot showers and cold drinks before dinner.

The Royal Chitwan National Park comprises 932 square kilometers of Sal and riverine jungle, a magnificent environment which contains a greater variety of wildlife than any other area of Nepal. Over 500 species of birds have been recorded here, as well as many mammals, reptiles and numerous insects. Mammals are likely to include the endangered Indian Rhinoceros, Wild Boar, Sambar, Muntjac, Spotted and Hog Deer, Rhesus and Hanuman Monkeys, whilst reptiles we may encounter include Marsh Muggers and the fish-eating Gharial. Leopards, Sloth Bears, and

Gaur (wild bison) are all fairly common and occasionally seen by the lucky ones! Chitwan has the largest population of Tigers in Nepal and although never easy to locate, we do have a chance of coming across one of these magnificent cats, especially in the evening when they are at their most active.

Accommodation: Tiger Tops Tharu Lodge
Meals: Breakfast, Lunch, Dinner



Day 4: In Chitwan National Park

Breakfast is served al fresco beneath the shady mango trees – fresh fruit, yoghurt, eggs and bacon to get the day off to a perfect start. After breakfast, prepare for a river safari in the Narayani river. The outing commences with a nature walk or bullock cart ride through the riverine forest, followed by a scenic float down the river. Cruising on the wide expanse of the river, pockets of rapids propel the boats along as gentle waves lap at the sides. Sitting inside a hand-carved boat, keep your eyes peeled for a variety of birdlife and wildlife. Top of the list is the endangered fish-eating Gharial crocodile and its more sinister relative, the Marsh Muggers.

A Nepali-style lunch will be served back at the Lodge, after which we might want to head to the hammock with a book for relaxation. Later in the afternoon, when the weather is cooler and the animals become active, meet with our naturalist for

Golden Triangle of Nepal | 8 Days

a jeep safari in the national park to get a taste of the jungle. We can ask questions without hesitation. The in-house naturalist is extremely knowledgeable on the animals and the history of Chitwan National Park. During the safari you will encounter wildlife such as different species deer, birds, monkeys, and the endangered one - horned rhinoceros and hopefully the elusive Royal Bengal Tiger.

Accommodation: Tiger Tops Tharu Lodge
Meals: Breakfast, Lunch, Dinner

Day 5: Drive Bharatpur - Lumbini (250 m | 3-4 hrs) | Birth Place of Buddha



Buddha - the Light of Asia

It is a 3-4 hours drive on the east-west highway from Chitwan National Park to Lumbini. By making an early start we will aim to reach Lumbini before lunch, where we will transfer to Lumbini Buddha Garden Lodge for one night stay. This lodge offers simple en-suite rooms and is set in grassland habitat where there is some very good birdwatching – Sarus Cranes are found here, so be sure to have your binoculars ready!

Lumbini is located in the south-central Terai of Nepal and situated in the foothills of the Himalayas. For millions of Buddhists the world over, Lumbini evokes the kind of holy sentiment akin to the significance of Jerusalem to Christians and Mecca to Muslims. Lumbini is the place where Lord

Buddha – the apostle of peace, and the Light of Asia – was born in 623 BC. The site (Lumbini Grove) was described as a 'beautiful garden' in the Buddha's time and still retains its legendary charm and beauty. Recently, UNESCO declared it a World Heritage Site.

The farmlands of Lumbini have been identified as an important bird area, having high biodiversity and ecosystems unique to Nepal. Bird specialties include Sarus Crane, Lesser Adjutant, and Indian Spotted Eagle. Mammals that can be seen here include Nilgai Atilope, Asiatic Golden Jackal, Jungle Cat, and Grey Mongoose.

Overnight: Lumbini Buddha Garden Lodge
Meal: Breakfast

Day 6: Drive Lumbini - Pokhara (194 km | 6-7 hrs)

It is a beautiful 6-7 hour drive on the east-west highway from Lumbini to Pokhara. Although tiring, it is also a scenic journey and well worth it. Driving through the terai of lowland and middle hills of Nepal you will pass through a numerous of villages with incredible landscape.

We will stop for lunch at the beautiful town of Tansen. It is a hill station in Western Nepal overlooking the valley of Kaligandaki River to the North. This ancient hill town of Tansen offers a more tranquil atmosphere where the time moves slowly. The cobbled streets of the Tansen offers the lifestyle of people which is quite different from the city life. The landscape rises from 250 to 2000 m in elevation and is home to different flora and fauna. It offers a panoramic view of high Himalayas from west to east such as Kanjiroba, Dhaulagiri, Annapurna, Mansiri, Ganesh and Langtang.

Late afternoon we walk along the shores of the Phewa lake allowing us to enjoy the magnificent scenery of the Pokhara valley or sit and relax in a cafe with a book in front of nice lake view restaurant. Overnight stay in Pokhara.

Golden Triangle of Nepal | 8 Days

Accommodation: Fish Tail Lodge

Meal: Breakfast



Day 7: View Sunrise from Sarangkot | Fly Pokhara – Katmandu

Sarangkot - Himalayan Sunrise

Rise early in the morning, about 45 minutes' drive up and 25 minutes hike take you to the top of Sarangkot, the brilliant viewpoint provides you an unobstructed sunrise over the high Himalayas and the wide range of spectacular panoramic scenery and close views of many mountains like Annapurna range, Dhaulagiri, Fishtail, including views of the beautiful Pokhara Valley and Phewa Lake. Back to your hotel for breakfast.

After our leisurely breakfast transfer to the airport to catch our flight back to Katmandu. During our half an hour flight the view of the mighty Himalayan range, including the Annapurna, Ganesh, Langtang and Manaslu will be a life time experience. The remainder of our day is at leisure to explore this fabled city on our own and do some shopping.

Accommodation: Hotel Yak & Yeti

Meal: Breakfast

Day 8: Depart Kathmandu

Transfer to airport for your homeward-bound flight.

Meal: Breakfast

Includes

- Airport (pick up/drop off) transfers by private A/C vehicle
- Twin room sharing accommodation at all hotel/lodge/resort as mentioned
- Daily breakfast throughout the trip and other meals as mentioned in the itinerary
- Jeep Safari/Boating and all jungle activities in Chitwan National park
- Domestic flights Katmandu-Bharatpur & Pokhara-Katmandu
- All transportation by private vehicle with driver
- Local representative throughout the tour
- All necessary paper work and permits
- All applicable government taxes

Excludes

- International flights
- Visa fee
- Travel insurance
- Meals not mentioned in the itinerary
- Personal clothing & equipment
- Tips for tour leader/guide, driver, hotel staff and porters
- Items of personal nature such as alcoholic beverages, soft drinks, laundry, showers and other unforeseen expenses
- Any item/service not mentioned under "included"

Accommodation

Golden Triangle of Nepal | 8 Days

Hotel Yak & Yeti

Hotel Yak & Yeti is a luxury 5-star hotel in the heart of Kathmandu offering sophisticated comfort and elegance in grounds steeped in history. Located at fashionable Durbar Marg, Yak & Yeti is just minutes from Kathmandu's best shops and restaurants and central to all of the city's sights. The whole hotel is a sumptuous array of beautiful artifacts, art and traditionally crafted fixtures.



Tiger Tops Tharu Lodge, Chitwan

Nestled beside lush forest and overlooking idyllic Terai landscapes, Tharu Lodge is the perfect place to unwind. Inspired by the longhouse style of Tharu architecture and built from local materials, the Lodge offers a unique and comfortable insight into Nepalese village life and culture. For the adventurous guests we have safari tents which allows for an authentic experience of the jungle sounds at night.

Lumbini Buddha Garden

Lumbini Buddha Garden is a quiet and tranquil hotel in Lumbini close to the birthplace of Buddha, at Lumbini. Its semi-natural garden boasts a private haven of tranquility, offering a 'buffer zone' from the outside world for visiting guests. Here, one finds an environment to meditate and relax in peace, as well as learning about Buddhism should guests wish to do so.

Fish Tail Lodge, Pokhara

Fish Tail Lodge enjoys a unique location situated on a peninsula across Fewa Lake. Shuttle-floats or boats transport you across to the resort. With the lake on one side and a forest hill on the other, the views are spectacular. The panorama of Annapurna range and Mount "Machhapuchre" (Fish Tail), and their reflection on the lake soothe your soul and refresh your spirit.

Internal/Domestic Flight/s

Please note that sometimes due to bad weather conditions (usually in winter and in rainy seasons) at Kathmandu, Pokhara and Bharatpur airport there might be some delay and very occasionally flights may even cannot operate at all. In such cases, we might have to make an alternative arrangement to go by road.

Group/Individual

On this trip you will be traveling privately with your family & friends. Our representative/Tour Manager in Kathmandu who will look after your transfers to and from the airport and will be around to answer other questions you may have about your trip.

Accommodation - Hotel, Lodge, Resort

In the beginning of your tour, you will be staying in a fine 5 star Yak & Yeti Hotel before heading to Chitwan National Park where you spend two nights in Tiger Tops Tharu Lodge. Next, we head to Lumbini, birth place of Buddha, where you will be staying a night at Lumbini Buddha Garden Lodge. Before returning to Kathmandu you will be staying in Fish Tail Lodge in Pokhara.

Extra Accommodation

If you require any additional accommodation in Kathmandu either before or after the trip, we can

Golden Triangle of Nepal | 8 Days

book this for you (subject to availability), please enquire with our Sales Consultant/Tour Manager.

Single Accommodation

Unless a single supplement is requested, we offer double room (sharing) accommodation throughout this trip.

Food & Transport | Eating & Drinking

Only breakfast is included in Kathmandu, Pokhara & Lumbini and all meals (Breakfast/Lunch/Dinner) in Chitwan.

Drinking Water

Staying hydrated is important when undertaking any physical activity and it is more so while you are on a vacation and constantly engaged from one activity to another. We strongly encourage you not to buy bottled water as much as possible on your trip as this contributes to the growing problem of plastic pollution in Nepal. We recommend that you bring a reusable bottle with a wide opening and use a SteriPEN to treat it with. A SteriPEN is a handheld UV water purifier – small, lightweight and battery powered. Or simply refill your water bottle every morning before leaving your hotel.

Transportation

For airport and sightseeing transfers, we use a private car/vehicle. And for the long drives we use private a/c car, jeep or a Hiace depending upon number of participants. Flights from Pokhara to Kathmandu will be usually in an ATR plane.

Weather

The main travel season in Nepal is from mid-September to end-May. During rainy season we do not operate this trip due to obvious reason. Daytime average temperatures will vary from 15°C to 33°C in the Kathmandu Valley to around 20°C to 35°C in plains of Nepal.

Post Monsoon/autumn: Mid-September to November. This is the most popular travel season in Nepal. Day temperatures in Kathmandu are generally above 20°C.

Winter: December to end February. Despite the colder conditions, this is also an ideal time to travel in Nepal. Skies are usually very clear, especially in December and the mountain views are at their best. Nights will be very cold with temperatures down to minus 20°C but days are often pleasant and sunny. In Kathmandu, maximum daytime temperatures are 19°C.

Pre-monsoon/spring: March to May. Both day and night temperatures will be warmer in general but haze will often build up in the afternoons. It is very hot in the lowlands and temperatures rise to 30°C in Kathmandu. Flowers bloom in this season and this is one of the reasons people chose to trek in spring.

WHAT TO TAKE

Essential Equipment

1. 3/4 season jacket for winter departures, light jacket for fall/autumn and for spring departure just a wind breaker would be sufficient
2. 1-2 x 1 liter water bottles (ideally with a wide opening.
3. Waterproof synthetic or leather walking/tennis shoes/sneakers (worn in)
4. Windproof jacket
5. Trainers for the evening
6. Hat, Scarf/Buff (which can be pulled over your nose and mouth to protect against dust, traffic smog)
7. Warm gloves (for winter months)
8. Walking socks
9. Tracksuit or thermals for the evening
10. Warm mid-layer (fleece)

Golden Triangle of Nepal | 8 Days

11. Light - mid weight trousers (warmer for winter)
12. Shorts or skirt for women
13. Sunhat, sunglasses, sunscreen and lip salve with sun protection
14. Daypack
15. Small personal first aid kit
16. Plug adaptor

Optional Equipment

1. Water treatment: SteriPEN / water purification tablets
2. Hand washing gel
3. Biodegradable soap/shampoo
4. Sleeping bag liner
5. Solar charger/spare batteries/power bank

There are many equipment shops in Kathmandu where you can buy much of the above clothing/equipment. The quality does vary and cannot be guaranteed so you should choose carefully.

Internal Flights Weight Limit

There is a weight restriction on the flight from Pokhara of 25 kg checked baggage plus 5 kg hand luggage. It is not a problem for you to check in 1-2 kg more than this limit as long as you are happy to pay an excess luggage charge (approx. €2 per kg).

PRACTICAL INFORMATION

Passport

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information below is primarily for European passport holders, and other nationalities should

check with their travel agent or the relevant embassies. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Visa

Most nationalities require a visa for Nepal, which can be obtained in advance or on arrival. If you wish to apply visa before departure, please visit this link: <https://nepaliport.immigration.gov.np/> The current cost of a visa on arrival is US\$30 for 15 days, US\$50 for 30 days and \$125 for 90 days. All are multiple entry. The visa on arrival fee can be paid in cash in US Dollars or Euros. Application forms are available in the immigration hall (or for electronic passports, there are visa registration machines which, after inserting your passport, automatically fill out a form for you. If you use the machine you will not need a passport photo). You must first join the queue to pay the visa fee and then go to the relevant immigration desk to obtain your 15, 30 or 90-day visa stamp. If you use the paper form to obtain a visa on arrival then you will also need one passport photo (a photo is not required if you use the electronic registration machines but we recommend you bring one with you anyway just in case, for any reason, the machines cannot read your passport). There might be long queues for visas on arrival.

Please note: Visa regulations can change without notice, therefore please check the current regulations or contact us.

Vaccination

There are no mandatory vaccination requirements. Recommended vaccinations are: Polio, Tetanus, Diphtheria, Typhoid, Hepatitis A. There is low to no risk of malaria throughout Nepal and antimalarial tablets are not usually advised although may be considered for certain higher risk groups; you may wish to consult your GP/doctor or travel health clinic for further advice. The risk is highest in the low lying southern 'terai' districts bordering India.

Golden Triangle of Nepal | 8 Days

A yellow fever certificate is only required if traveling from a country with a risk of yellow fever transmission or for travelers having transited for more than 12 hours through a country with risk of transmission.

Dengue fever is a known risk in Nepal. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available for Dengue, and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites.

Most of our trips to Nepal go to high altitudes where there is a risk of being affected by Acute Mountain Sickness. Our itineraries are designed to enable everyone to acclimatize to these altitudes, but you should be aware that it is still possible for you to be affected. Please refer to the information below on Altitude Warning for further advice on AMS.

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

The above information can change at short notice; as we are not qualified to answer all your questions about travel health we strongly recommend you contact your Medical Professional or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information.

Local Time

Nepal's Time zone:
Asia/Kathmandu +04:45 (CET +04:45)

Electricity

Nepal's Electricity:
230V, 50Hz. Electric 'load shedding' (temporary power-cuts) might occur occasionally. On teahouse treks the majority of lodges now have electricity and charging facilities in the communal

areas for batteries, for a fee (around Rs150- 350 per hour). Battery life can be affected by cold - lithium batteries are best.

Money

Nepal's Currency:

The national currency of Nepal is the Nepalese Rupee (NPR), with an exchange rate at the time of publication of approximately 140 to the Euro and 130 to the US\$. It is illegal to import or export rupees, but foreign currency is not limited, provided it is declared on arrival. Keep your change receipts, as you will need them if you want to change rupees back into hard currency at Kathmandu airport.

ATM Availability

There are ATM machines in Kathmandu and Pokhara. You can exchange cash in Pokhara as well. Please do not rely wholly on ATM machines as many are broken or have run out of money and all have a per day withdrawal limit of approximately €150-175 or US\$ 175-190.

We recommend you bring most of your money for the trek in cash and change it at the airport on arrival. Credit cards are accepted in many of the larger shops and restaurants in Kathmandu.

Extra Expenses & Spending Money

It is illegal to import or export rupees, but foreign currency is not limited, provided it is declared on arrival. We recommend taking your personal spending money in cash (dollars or euros can all be changed easily). Cash can be changed easily at the airport on arrival in Kathmandu or at money changers in the Thamel area of Kathmandu. Please note that travellers cheques can NOT be exchanged in Nepal.

Please allow Rs1000-2000 (€7-14) per day for extra drinks, showers and charging on trek, and for meals not included in Kathmandu. This amount is

Golden Triangle of Nepal | 8 Days

given as a rough guideline only. If you plan to take a SteriPEN to treat non-boiled water on trek you will spend less than this, whilst if you buy imported snacks and drinks you may spend a few euro extra each day. There are teahouses selling drinks and snacks along the entire length of the trekking route.

Tipping

Tipping is of course entirely at your discretion, but it is part of the culture in Nepal. Tipping can be an awkward affair especially when you are not familiar with the country. Your leader will help with tipping and will provide a list of suggested tips. This will include tips for drivers, hotel porters and other hotel staff, local sightseeing guides, and if trekking will include staff such as guide, assistants and porters.

Based on the above distributions, you should allow approximately Rs10000 - Rs15000 (€71-106) in total for all tips for the tour duration. Please try to give all tips in local currency.

Important Information

On all guided trips although our leaders/guides are well trained to deal with different capabilities, if they have any concerns about someone's ability to safely partake in an activity, or their impact on other people's enjoyment, we authorize them to take necessary action which, in some circumstances, may involve asking someone to miss that activity.