



  
**SRUHADAM**  
TOURS & TRAVELS

# WONDERS OF NEPAL

10 DAYS

**BOOK NOW : 201-887-2942**



► In this "Wonders of Nepal tour" one could see the beautiful medieval capital of Nepal with its ancient palaces of the Malla dynasty; monuments and temples of Hindu and Buddhist religion, including its villages and the jungle are untouched by modern civilization for centuries are unforgettable memories of the tour, it is the first step in organizing to see Nepal with Mt Everest Himalaya for you, your family and friends. In the beginning visit historic & cultural places as Swoyambhunath, Kathmandu, Patan and Bhaktapur Durbar Square, Pashupatinath temple and Boudhanath with sacred monasteries, Sankhu, Bajra Yogini, later drive to Chitwan once the royal hunting grounds of the Rana oligarchy to witness the Bengal tiger, rhino, crocodile and so on. Then proceed to Pokhara, from Sarangkot you will see the famous Mt Annapurna, Dhaulagiri and Manaslu etc.

<b>Duration</b>	<b>: 10 days</b>	<b>Seasons</b>	<b>: Round the year</b>
<b>Maximum altitude</b>	<b>: 2,600 Mt.</b>	<b>Region</b>	<b>: Kathmandu, Pokhara, Chitwan y Nagarkot</b>
<b>Minimum Group</b>	<b>: 02 Pax</b>	<b>Meals</b>	<b>: 9 Breakfast, 2 Lunch, 6 Dinner</b>

## DAY 1 —...

# ARRIVAL IN KATHMANDU

The flight into the Himalayas reveals breathtaking views of the great peaks Mt Dorje Lakpa 6,966 m, Mt Ganesh Himal 7,422 m, Mt Purbi Chhyachu 6,637m, Mt Langtang 7,227m, etc., (weather permitting) taking you right into the Himalayan country's scraping airstrip at Kathmandu. After immigration formality on arrival, you will be greeted and welcomed by Sampurna Adventure personnel & transferred to your hotel.

In the afternoon free for personal activities, exploring around the city center or take a rest, overnight at the hotel.





## DAY 2 —...

# SWOYAMBHUNATH, KATHMANDU & PATAN DURBAR SQUARE,

**(Optional: Early morning you could take an optional Mount Everest flight tour – The Highest Mountain on Earth).**

Visit Kathmandu Durbar Square, the most important "UNESCO World Heritage sites" in the Nepalese capital, the Kumari Palace (Living goddess) where the Kumari acknowledges their greetings from her balcony window, Kathmandu Durbar square with the palaces of the Malla and Shah Kings, who ruled over the city. The square is surrounded by gigantic statue of Kal Bhairab (God of Destruction), courtyards and temples. The palace is known as Hanuman Dhoka, the name derived from the statue of Hanuman (Monkey god) adjoining the palace entrance, the main courtyard of the palace where the Kings of Nepal were crowned and had their coronations solemnized.

Visit Swoyambhunath Stupa with its 2,500-year history, UNESCO World Heritage Site, An ancient religious complex mobbed by monkeys and soaring above the city on a lofty hilltop, the fascinating, chaotic jumble of Buddhist and Hindu iconography, ancient carvings and the smell of incense and butter lamps, the mystical atmosphere is heightened by devotees who make a ritual circumambulation of the stupa, spinning the prayer wheels set into its base and this famous stupa is surrounded by beautiful houses of priests, Chaityas and monasteries.

Later we will visit Patan Durbar Square (World Heritage Site), also known as "Lalitpur" is one of the largest cities of Nepal, the city of fine arts & craft in metal, stone, terracotta, it is famous for its rich cultural heritage, where we will see in its ancient palace with golden gate and window, temples of Krishna, Shiva, Golden temple (Hiranya Barna Mahabihar) as well as some monasteries & beautiful courtyard. Overnight at hotel.





## DAY 3 —...

# KATHMANDU – CHITWAN NATIONAL PARK: 165 KM, 5 HRS. (B, L, D)

Drive to “Chitwan National Park” A World Heritage Site that lies in the Terai region of Southern Nepal, it is well known to be the best managed National Park in Asia. We will discover a lost world of towering Trees, twisting vines, one horned Rhinoceros, Crocodiles, Python, Deer and some of the world’s most Exotic birds.

On arrival, will receive and greeted by resort staff, accompanied with refreshment & be given a briefing on lodge & its facilities. After being given our programs of the day and allocation of our room, start exploring around Chitwan. Village tour to a nearby ethnic Tharu village where we could learn more about the lifestyle of the Tharu (Inhabitant of Jungle). In the evening we could see amazing Sun set view from the bank of Rapti River.

Later we have slide presentation, one of our jungle experts will introduce background data and history of the Chitwan National Park as well as some other topics relating to wildlife.

Dinner & overnight at jungle resort.





## DAY 4 —...

# IN CHITWAN (B, L, D)

Enjoy the full day of jungle safari to discover the nature and wildlife of Nepal. Canoe ride along the Rapti River (Subject to water level), an excellent opportunity for Bird Watching, we could see two rare species of crocodiles; the Marsh Mugger and the fish-eating Gharial.

In the afternoon, Jeep Safari, an excellent opportunity to see different kinds of deer, rhinoceros, wild boar, monkey, leopard, sloth bear and the Royal Bengal Tiger (If we are lucky). We will also encounter many other smaller mammals that have made Chitwan their home.

*(Note: Due to animal rights activists it is banned elephant-back tours in Chitwan by most resorts, instead will provide Jeep Safari.*

*During monsoon period Canoe ride and Jeep Safari is closed from June till end of September as the national park*

*authorities close its entry into the jungle to prevent damage to forest track, secure human lives from monsooninduced disasters and felling of the trees)*

In the evening Tharu cultural dance presentation by the local villagers (in which we also could participate in). Dinner & overnight at resort / lodge.





## DAY 5 —...

# CHITWAN – POKHARA (152KM, 5 HRS)

After breakfast, drives to Pokhara (5 hrs.), the second largest city of Nepal located 220 km/827 Mt, west of the capital Kathmandu. It is home to Gorkha soldiers. The Annapurna Range with three out of the ten highest mountains in the world — Dhaulagiri, Annapurna I and Manaslu are within approximately 15 – 35 miles of the valley. Due to its proximity to the Annapurna Mountain range in the Himalayas, the city is the gateway of famous Mustang trekking, Mount Annapurna Circuit trail and Jomsom – Muktinath, In the afternoon take a boat ride in Phewa Lake and reach the temple of Tal Barahi temple in the island, later simply walk around the main tourist hub near Fewa Lake side, Dinner & overnight at hotel in Pokhara





## DAY 6 —•••

# IN POKHARA: VISIT SARANGKOT (1,600 MT.):

Early morning an hour drive to Sarangkot hilltop to view sunrise over the world's 10th highest mountain Mt. Annapurna (8,091 Mt) Machhapuchhre (6993 Mt) and Dhaulagiri (8,167 Mt) etc. (weather permitting), drive back to visit Vindhyabasini temple, back to hotel and breakfast,

Later we will visit the famous "David fall", a beautiful waterfall, it marks the point where a stream from Phewa Lake vanishes underground through a narrow gorge into a mysterious hole in the ground, the Gupteswor Shiva Cave, one of the longest caves in Nepal and Tibetan refugee camp,

In the afternoon, enjoy the serenity of Pokhara or simply choose some optional tour of paragliding, Zip flyer etc. Dinner & overnight at hotel in Pokhara.





## DAY 7 —...

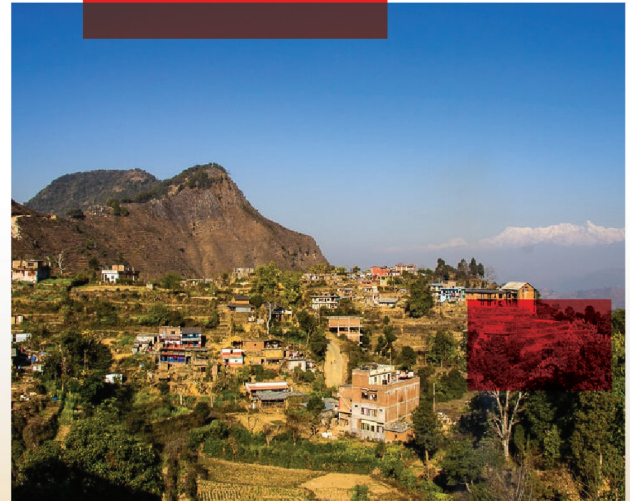
# POKHARA – BANDIPUR (74 KM, 2 ½ HRS / 1030MT):

Leisurely Breakfast and departure by road trip to Bandipur.

Bandipur is located on a hillside between the Kathmandu – Pokhara highway in the district of Tanahu in Nepal. It is a well-preserved old town and its cultural environment makes it very attractive to know the customs and lifestyles of the Nepalese population. We visit the town on foot and travel along its narrow, bustling streets.

Bandipur was established as a funneling point of trade by Newar traders from Bhaktapur in the Kathmandu valley after it had been conquered in 1768 by Prithvi Narayan Shah. They took advantage of its malaria free location to develop it into an important stop along the India-Tibet trade route. With them they brought their cultural heritage and architecture which basically has remained unchanged to this day.

Originally a simple Magar village in the early 19th. Century Bandipur developed into prosperous trading center and a community with town-like features: substantial buildings, with their neoclassical façades and shuttered windows and streets paved with slabs of silverish slate. Dinner and overnight at the hotel.





DAY 8 —...

# BANDIPUR – KATHMANDÚ – NAGARKOT (2,195MT): 5 HRS. / 160 KM

Drive back to Nagarkot mountain resort, it is considered one of the most scenic spots to view the majestic Himalayan ranges including Mount Everest as well as other peaks of the eastern Himalayan range (if weather permits), check in, in the afternoon walk around the Nagarkot village and view the sunset with glowing Himalaya, (weather permitting), Its scenic beauty of the place makes it a very popular hiking route.

Dinner and overnight at hotel.





## DAY 9 —...

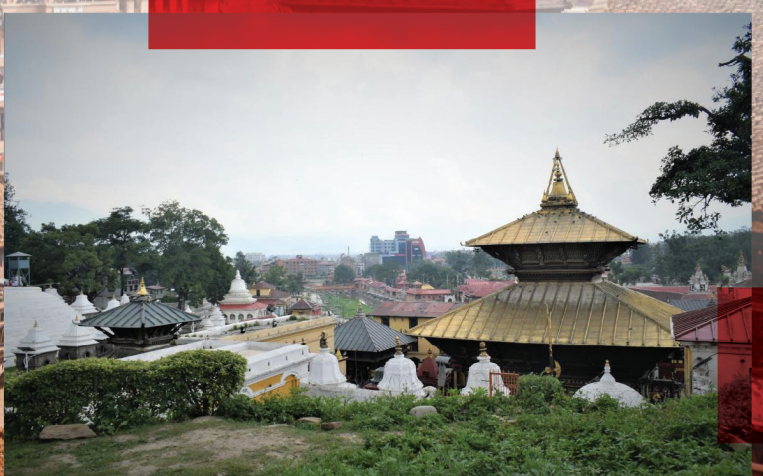
# BHAKTAPUR – PASHUPATINATH – BOUDHANATH:

Early morning wakeup call to view the sunrise over Himalaya, you will have 360\* panoramic view of majestic Himalayan ranges, (weather permitting),

After Breakfast drive downhill to Bhaktapur, we will visit Bhaktapur, the medieval capital known as city of devotees, we will explore the Bhaktapur Durbar Square, surrounded by spectacular architecture and vividly showcases the skills of the Newari artists and craftsmen over several centuries, an example of exquisite woodworks in the Palace of 55 windows with the golden gate, the main entrance of the palace, the beautiful Dattatreya, the Bhairab, the tallest Nyatapola Temple and ceramics Square,

**Pashupatinath**, the sacred Shiva temple, serves as the seat of the national deity, this extensive Hindu temple ground offers an "extensive collection of temples, ashrams, sculptures" etc. for centuries along the banks of the sacred river Bagamati, considered Varanasi for Hindus, where we could witness their final rituals of cremation.

**Boudhanath**, "a UNESCO World Heritage site", it's a massive mandala that makes it one of the largest spherical Stupa and the most sacred Buddhist shrine outside of Tibet where in the vicinity many Tibetan refugees residing since 1960, in its premises have built more than 50 Buddhist monasteries. On the great Stupa of Boudha is said to have buried the remains of Kassapa Buddha.  
Overnight at hotel in Kathmandu.





## DAY 10 —...

# DEPARTURE: KATHMANDU – CITY OF ORIGIN

Leisurely breakfast, In the morning free for personal activities, we can explore the narrow lively and endless streets of Thamel town where we will find all kinds of good restaurants, full of typical Nepali handicraft, fine jewelry, clothing and trekking gear store, later at the arranged time, transfer to the airport for final departure. We wish you a safe flight and hope to serve you back in near future. End of Service.





Any water-based activities have an element of danger and excitement built into them. We recommend only participating in water-based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water-based activities have a balanced approach to safety. Rafting, canoeing, and Swimming in the river are always at your own risk.

### **A Couple of Rules**

Sampurna Adventure will not be tolerated any illegal drugs on any trips. Possessing or using drugs not only contravenes the laws of the country but also puts the rest of the group at risk. In some parts of the country, it is common to see smoking marijuana/hashish as a part of local culture but is not acceptable for our travelers. The exploitation of prostitutes is completely contrary to our philosophy. We have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is.

### **Travel Insurance and Emergency contact**

Travel insurance is compulsory to participate on any of our trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (which should include air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

Travel insurance is different based on the incidents they cover and the price of the packages you choose. So, when selecting a travel insurance policy, we strongly recommend and ensure that the policy covers a minimum coverage of USD 100,000 for personal liability, and medical coverage including emergency mountain rescue for acute mountain sickness (AMS) which cannot be remedied by descending to a lower level, then you will receive the prompt attention of helicopter rescue and any necessary hospital treatment as a consequence, trip cancellation, curtailment and loss of luggage and personal effects.

Before commence your trip please provide us the copy of your travel and rescue insurance policy, with your emergency contact details of any member of your home country.

Check out for an insurance company that offers this service even at 6,000 meters above sea level. Treks like Everest Base Camp, Annapurna Base Camp, and Everest Gokyo Ri Trek is about 4000 meters above sea level.

Should you need to contact us during a situation of dire need, it is best to first call Sampurna Adventures Local Representative (if one is listed below) or our Sampurna Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so we may return your call and assist you as soon as possible.

### **Best Travel Insurance for traveling in Nepal**

Europe Assistance (For Europeans)

World Nomads (For Canadians, Americans, and even Asians)

Insure and Go (For British)

Travel insurance consultants (For South Africans)

1 Cover Travel Insurance (Australians and New Zealanders)

### **GENERAL THINGS RECOMMENDED**

Between the months of May to October, in general we recommend wearing light clothes and a sweater for the coolest hours, which you may not even use. If you do a short trek that does not climb to high altitudes, with a sweater it will be enough. In temples, in private homes and offices, footwear is left outside. We recommend a fresh footwear that is easy to remove and put on and that can get wet.

During monsoon period it rains often, so a folding umbrella (which can also protect you from the sun), a light raincoat or a "poncho" (you will find it easily) will make comfortable. However, sometimes getting wet is part of the routine of this time of year. In places like Kathmandu or Pokhara you can wear any kind of dress without