

# NEPAL

## The heart of Nepal



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## The heart of Nepal

A wonderful 15 day adventure in Nepal, filled with cultural beauty, fascinating history, magnificent sacred sites and stunning Himalayan landscapes.

Commencing in Kathmandu explore the ancient city with its Durbar square and amazing monuments and temples. Take a guided tour of Kathmandu's best sights, and experience the atmospheric old-world Newari towns of Bhaktapur and Patan. Go on a 5 day supported trek in the magnificent Annapurna Range, walking along peaceful, tranquil paths, through quaint, attractive villages and vast open spaces with breathtaking views of snow-capped Himalayan mountains. Enjoy walking around the ancient stupa at Boudhnath with hundreds of local people. Learn about the inspiring works going on behind the scenes to help those in need. The tour also takes you to the enchanting lakeside town of Pokhara with its magnificent mountain views, and other great sights. Along the way you will enjoy great shopping opportunities and superb cuisine. This beautiful journey will enchant and inspire you.



## ITINERARY

### Day 1

Arrive in Kathmandu and transfer to our lovely guesthouse, right near Boudhnath's famous Stupa. In the late afternoon, the group will meet for an official welcome. Overnight Boudhnath.

### Day 2



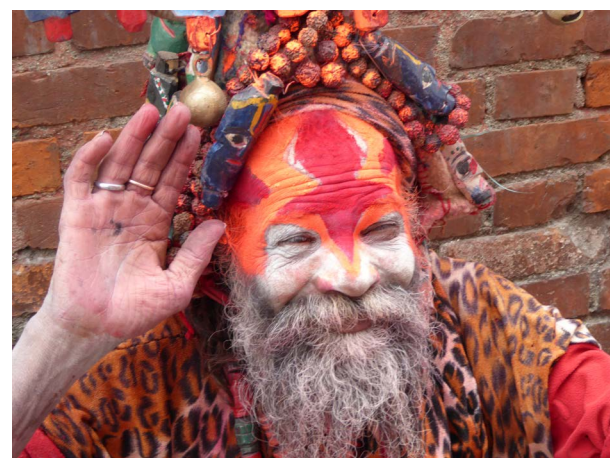




Enjoy a guided tour of the beautiful Unesco World Heritage site of Swayambhunath Buddhist temple and Kathmandu's fascinating Durbar Square, where Nepalese Kings once ruled. After lunch, visit the peaceful 'Gardens of Dreams' and Kathmandu's colourful Bead Market. Overnight Boudhnath.

### Day 3

This morning we have a guided tour of the fascinating Pashupatinath temple, a very important pilgrimage site for Hindus. We then visit Shanti Sewa Griya to see the amazing and inspiring work they do. In the early evening, we join the locals to walk the kora around the huge Boudhnath Stupa.



### Day 4

Go on a sightseeing tour of the fascinating city of Patan, taking in the beautiful Golden Temple and Patan's fabulous Durbar Square and museum. Enjoy lunch at a lovely café inside the palace complex and visit a handicrafts co-operative. Overnight Boudhnath.



### Day 5

Drive to Pokhara with its beautiful lakes and panoramic Himalayan views. In the afternoon, visit the old town with its interesting Newari architecture and monuments. Overnight Pokhara.

### Day 6

Start the day with an early visit to Sarangot for a magnificent sunrise view of the Annapurna Range. After breakfast we take a boat across the lake and walk to the famous world peace stupa.





Relish a morning cuppa as we ogle the magnificent Himalayan mountains from a hilltop café. On our way back, visit a cute little Hindu temple in the middle of the lake. Then enjoy some free time to stroll around the lake, indulge in a heavenly massage, shop or relax. Overnight Pokhara.

## Day 7

Today we have a short picturesque flight over the Himalayas to Jomsom to begin our trek. We start by walking to the fascinating village of Kagbeni. After lunch, enjoy a short guided walk around the village and some free time to relax and soak up the views. Overnight Kagbeni



## Day 8

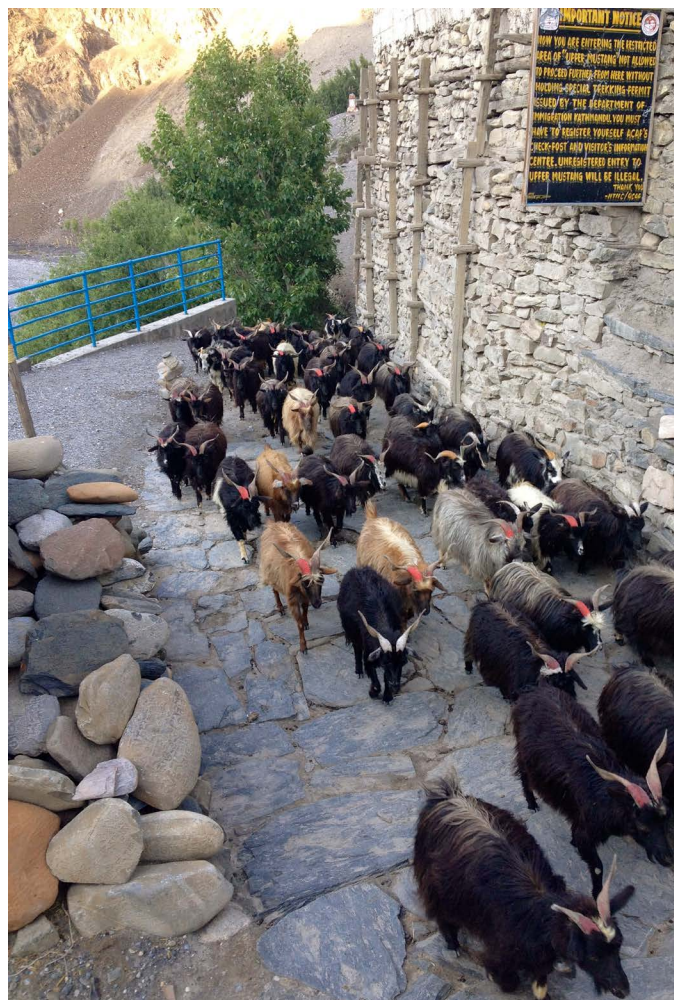
This morning we visit the very important pilgrimage site of Muktinath Temple, and then we drive back to Jomsom. After lunch, we walk to the lovely village of Marpha, visiting the Buddhist monastery with wonderful views over the village. Also enjoy hearing local monks chanting. Overnight Marpha.

## Day 9

We continue our trek with a morning walk to the pretty riverside village of Larjung via a friendly Tibetan refugee camp and the village of Tukuche, once the most important Thakali village, with its whitewashed houses and charming wooden balconies.

## Day 10

Our destination today is the village of Ghasa, surrounded by green hills and fields of crops and vegetables.







### Day 11

Today we walk through some small villages and peaceful scenery, including a lovely waterfall, to the attractive village of Tatopani. After lunch, soak in the hot springs and relax.

### Day 12

Drive back to lovely Pokhara for overnight. Enjoy some free time in the afternoon to perhaps partake of a massage or just relax. Overnight Pokhara.

### Day 13

We start the day with an early flight to Kathmandu and short drive to Bhaktapur. After lunch, enjoy a guided walking tour of this intriguing 'Newari' town.

### Day 14

This morning we visit the ancient and fascinating Changu Narayan temple before driving to Kathmandu. The afternoon is free with various options available – visit a school run by an inspiring German family or enjoy free time for shopping or

relaxing. Enjoy a final dinner with the group.

### Day 15

Transfer to the airport for flights home.

## ADDITIONAL INFO

Your 15-day experience includes all land travel, all accommodation, internal flights, all tours, entrance fees, trekking permits, local guides, guide tips, some meals, supported trek with back up vehicle and Australian tour leader.

### Trek Experience

No trekking experience is necessary, just a willingness to have some fun and adventure. This is a supported trek with a backup vehicle for those who need it, only moderate fitness is required. Most days have 3 to 4 hours of walking.



### For booking information contact:

1300 722 932

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Please note: The itinerary may be subject to change depending on altered circumstances.

