



Nepal: 18d Himalayan Vistas

Grade: Easy

Highlights:

Himalayan Vistas: The Himalayas, a dream for mountaineers and adventurers, but less known for its great comfort to serve as a holiday country for families and people that want to explore and experience the unique Hinduism culture and breathtaking nature. Himalayan Leaders as a professional travel agency in Nepal offers now a wide variety of themes, families, and eco-itineraries into the spectacular Himalayas. Himalayan Vistas experience Nepal in a way that no other tour operator offers, go to unspoiled mountain villages where no tourists have been before, learn the culture from the inside by a homestay on a farm in Mainapokhari, and take a cooking class in Bhaktapur. You will visit and even participate in a development project for deaf children and teach them how to write in simple English. The warm friendliness of Nepal is also addressed by tasting the culture with music and dance. But you'll be most amazed at the magical sunrise in the Himalayas. You see all the highlights of Nepal in a complete and unique journey altogether. For all ages and memorable of its kind. Highlights Ideal for families and all ages to explore Nepal in the unique and comfortable way Complete sightseeing of ancient Kathmandu View of Mt Everest and Kathmandu valley Discover the unknown mountain range of Dolakha Unique homestay in authentic Nepali farmhouse Charikot town and spectacular viewing the majestic volcanic mountains Experiencing the real culture of Nepal by cooking lessons, traditional dance classes and visiting social projects, and teaching English to deaf children Note: B=Breakfast, L= Lunch, D=Dinner

Day to day:

Day 1: Arrival in Kathmandu, o/n in a hotel . +D:

Arrival and pick up from the international airport in Kathmandu, after some re-freshment we will invite you for a traditional Nepali dinner.

Day 2: Sightseeing around in Kathmandu valley, o/n in a hotel. +B:

After breakfast we will start for sightseeing tours around in Kathmandu valley, The sightseeing program is focused to introduce some highlights and UNESCO World Heritage sites of Kathmandu such as Durbar square, Swoyambhunath, Pashupatinath and Bouddhanath

Day 3: Drive and trek to Chisapani,(6hrs,2150M)o/n in a hotel +B+L+D :

After one hour drive form Kathmandu to Sundarijal we start a walking trail that climbs up through mixed forest and pass the Mulkharka village to Chisapani Dan-da. In a clear day there are good views of mountain from east to west.

Day 4: Trek to Nagarkot (7/8hrs, 2000m) o/n in a hotel +B+L+D :

An interesting trail today takes us to the hill retreat of Nagarkot, perched on a ridge 32 km east of Kathmandu. Nagarkot is also a popular spot to watch sunrise and sunset of the majestic Himalaya's.

Day 5: Trek to Dhulikhel, (6hrs, 1700m) o/n in a hotel +B+L+D:

The trail climbs up to the tower of Nagarkot. From the tower there are excellent views of mountain including view of Mt Everest and Kahmandu valley. After we walk and descend through rhododendron forest and villages to the cozy town of Dhulikhel. In a clear day there is excellent view of eastern Himalaya.

Day 6: Trek to Namobuddha/Balthali, (6hrs, 1950m) o/n in resort +B+L+D:

After breakfast at Dhulikhel, we walk to colorful Namu Buddha with it thousands of Tibetan prayer flags (1982m),

situated on hill above Panauti. It takes about three hours to reach it from Dhulikhel. There is an amazing legend related to the Buddha, which is commemorated by an ancient stone slab and a stupa with the all-seeing eyes of Lord Buddha. Later, we walk another three hours and reach the enchanting Balthali village offering excellent mountain views at an altitude of 1,730m.

Day 7: Sightseeing around in Balthali, o/n in resort +B+L+D:

Today we will visit a typical Tamang village, where a Buddhist Community lives. It is very traditional and secluded from the modern world. Here people and ani-mals live exist side by side. We then walk to Pada Gaun (2100m), from where one can have extremely good views of the whole Himalayan range to north and beautiful green forest of Mahabharat. We walk on to Karnali, a hamlet of nature, and follow the banks of the Ladku River back to the resort.

Day 8: Trek to Panauti and drive back to Kathmandu (5hrs, 1350m), o/n in a hotel +B+L:

After breakfast, it takes about one hour to walk to panauti, The historic and an-cient small township of Panauti is located at the confluence of two rivers namely Roshi and Punyamati at the south east of Dhulikhel and is the manifestation of urban design, elegant architecture and refined culture of Nepal in the 12th centu-ry. The entire city is an important centre for Hindus and is beautifully adorned with "Patis" (open-air rest houses), natural waterspouts, Ghats and temples. The statues and the temples raised along the bank of the holy rivers are beyond de-scription. Panauti is famous for the recently restored Indreshwor Mahadev Tem-ple, particularly well known for its classic design. It is believed that the temple of Indreshwor Mahadev was built over the Shiva Lingam in 1294 at the beginning of the Malla period. This is another ancient city that has been planned according to ancient Hindu doctrine after seeing it, we drive back to Kathmandu.

Day 9: Free and explore around in Kathmandu valley, o/n in a hotel +B:

After breakfast, you can visit the city Core that has most of the remarkable cultu-ral wealth that evolved during the reign of the Malla (Nepal) kings between 15th and 18th centuries. The city is filled with sculptures, pagodas, stupas and palace buildings of exceptional beauty. In the evening we will invite you to an all traditi-onal Nepali evening with music, dinner and you will be invited to learn some of our classic dances which embody many stories of love.

Day 10: Drive to Mainapokhari (6/7hrs, 1745m), o/n in guesthouse +B+L+D:

After breakfast, we drive along the Bhotekosi river towards the Araniko highway to the Tibetan border, then uphill passing through different landscapes including stunning views of Ganesh Himal. We enter Charikot, is the headquarter of the Dholkha District from where we can have closer views of Gauri Shankar, the se-cond highest peak of the Rolwaling Himal, behind Melungtse (7,181m). The na-me comes from Sanskrit for the Goddess and her Consort, denoting the sacred regard to which is afforded it by the peoples of Tibet and Nepal, where we will have lunch then drive downhill to Tamakosi River and uphill to Mainapokhari crossing through the village of Namdu, where we can have a great time with local family surrounding and enjoy the typical Nepali meals with local chicken.

Day 11: Morning explore mainapokhari and drive back to Charikot (2hrs, 1950m), o/n in a hotel +B:

Morning after breakfast, little hiking around the area where you have nice views of Gaurishankar Himal including other many mountain peak, different landscapes, and a unique, preserved Nepali way of life on traditional farms, We then explore the construction site of a community health post built with help of Himalayan Leaders' own NGO foundation. After lunch we drive back in 2 hrs to Charikot.

Day 12: Sightseeing around in Charikot, o/n in a hotel +B:

With the Sun Kosi River as its border to the west, and the Khimti Khola River running along the east, the beautiful reverie valleys of Charikot offer views on majestic volcanic mountains and promiss spectacular scenery. Charikot is home to a number of ethnic groups, with religious beliefs, traditions and practices be-ing quite varied. The town of Charikot is located at an altitude of 1.970 meters and inhabits also nice restaurants and tourist accommodations.

Option day tours to Kalinchok Temple:

2 hrs drives from Charikot where a walking trail goes gently through the fields until it reaches Deurali, where we have a great view of Ghaurisankar and then we climb steep through the Rhododendron forests to reach on the top of Kali-nhok temple at 3900m.

Goddess Kalinchowck is highly noted as a wishful filling goddess throughout the country. The temple has its remarkable significance on the occasion of Janaipurn-ima, Dasai, Chaite Dasai, a huge procession takes place centered around the goddess.

From the hill of Kalinchok one can enjoy the view of Annapurna, Lamjung, Ma-naslu, Ganesh Himal, Shisha Pangba , Langtang, Dorjee Lakpa, Jugal Himal, Am-abamori, Gauri Shanker, and Numbur Himal. In the late afternoon we return back to Charikot.

Day 13: Drive back to Kathmandu(5hrs, 1350m), o/n in a hotel +B:

After breakfast we will drive back in just a few hours to Nepal's capital and have lunch in Dulikhel which is known for one of Nepal's most enchanting views on the Himalaya. Dhulikhel is a stage of immense beauty and a paradise for nature lo-vers and we will explore the ancient parts of this exceptional city.

Day 14: Visit Deaf school in Banepa, o/n in a hotel +B+L+D:

After breakfast we will drive to the near town of Banepa where the Kavre School for the deaf is situated that is established with the help of foreign NGO's. Deaf children have here the possibility to get good education and they live as a com-munity. You will be part of English class where the children learn English with sign language but must also foster their written skills and they gladly invite you to teach them in class this day! The lunch today will be made...by yourself in a cooking lesson where you will learn to make two of Nepal's finest dishes: momo's and pakoda's.

Day 15: Sightseeing of Bhaktapur and Patan, o/n in a hotel +B:

Today we explore ancient temples and religious shrines of the two medieval king-doms, namely: Bhaktapur and Patan. This trip takes you into a kind of mystical history where the past still remains alive in the present, tradition repeats itself into a culture that remains hidden in an ancient history created by the kings of past generations and religious doctrines are strictly adhered till this very day, an extra attractive prospect of this trip is cultural tour to the major cultural heritages and temples in Bhaktapur and Patan.

Day 16: Sightseeing of Kritipur,kokna and Dhaklinkali, o/n in a hotel +B:

After an early breakfast, we drive to Dhakshinkali, It is about 21 km drive through the country to the south of Katmandu. The spectacular views of beau-tiful landscapes, terraced farmlands and Himalayan ranges on the back ground can be seen while we drive, and the road ends right at the temple of Dakshinkali, the supreme Hindu powerful Goddess that is worshiped and where animals like male-goats and roosters are sacrificed, rituals that take place twice a week Satur-day and Tuesday. On our way back we visit the Shesh Narayan temple dedicated to Lord Vishnu and a Buddhist monastery where you will find the Lama monks chanting the prayers. Also we visit the Chovar gorge through where the water of the valley is drained out. This is an old Newar village where people are farmers and living in old traditional culture, the town offers an exploration of many old temples and Buddhist shrines. One can find people weaving in old traditional looms.

Day 17: Free day in Kathmandu, o/n in a hotel +B:

Day 18: Transfer to the airport, +B:

After breakfast we will transfer you to the international airport.

What is included?

- Government licensed trekking guide and porters during trekking
- Welcome dinner by arrival
- Government licensed guide with privet transport during sightseeing in Kathmandu valley
- Accommodation in hotel and lodge
- Conservation fee and TIMS
- Pickup and drop from to international airport in Kathmandu
- Whole tour with private transport and guide

- 3 star category hotel with breakfast in Kathmandu and in Charikot in guesthouse
- 3 meals a day during trekking in Mainapokhari and home stay or guest-house
- All equipment

What is excluded?

- Personal expenses and tips for staff
- Monument entrance fees during sightseeing in Kathmandu valley
- Nepal visa fee USD 40 for 30 days and 4 passport sized pict
- Personal insurance and helicopter rescue in case of emergency
- International flight ticket
- Lunch and dinner in Kathmandu and Charikot
- and other expenses not mention above