



A full-spectrum snapshot of Nepal



**Tour Length: 12 days**

**Trip Style: Deep exploration, meaningful connections**

**Group Size: Minimum: 2 pax | Maximum: 10 pax**

Think of this journey as a full-spectrum snapshot of Nepal: ancient cities humming with craft and culture, countryside retreats wrapped in forest silence, mountain horizons stretching forever, and wildlife-rich lowlands where the air feels different the moment you arrive. It's a rhythm that moves from temples to trails, from lakeside sunsets to jungle dawns, and from local homestays to heritage hotels. Every day adds a new layer of Nepal's texture, food, people, landscapes, spiritual spaces; giving you something real to take home, something that lasts longer than the trip itself.



## Day 1 (D)

### Arrival and informal welcome dinner

You touch down in Kathmandu, where the mountains sit like a quiet backdrop (if you're lucky) behind the city's chaos and charm. A member of our team meets you at the airport and drives you to your hotel. The rest of the day stays intentionally light; fresh air, warm food, maybe a stroll through the surrounding neighbourhoods. Let the mind switch pace. Nepal tends to open up gradually; tonight is just the prologue. Later, join us for an informal welcome dinner.

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## Day 2 (B)

### Tour briefing, preparation & Patan Durbar Square

Today we start the day with a full briefing about the tour. We walk you through the flow of the coming days, the cultural nuances and what to expect as we move from valley cities, to rural hills, to the southern plains and everything in between.

By early afternoon, you head to Patan, the city built by artisans for artisans. Durbar Square is like stepping into a living museum; temples carved in impossible detail, courtyards glowing with metalwork, and an everyday hum of creativity. You'll wander through its alleyways, absorbing centuries of art and tradition that still shape life today. The evening will be at your leisure.



### Day 3 (B L D)

#### From Kathmandu chaos to the calm of Namobuddha (c.2 hours)

After breakfast you drive east into calm countryside. Namobuddha is a sacred hillside retreat; quiet forests, prayer flags and a monastery perched above terraced fields. Here, you will visit the Namobuddha Monastery and, if fortunate, may quietly observe one of the monks' daily prayer sessions. You are free to wander the tranquil monastery grounds or simply sit and meditate, absorbing the centuries-old Buddhist peace that pervades this beautiful place. You will then head to your resort for lunch. The rest of the day is yours to explore locally, go for a walk or just settle into the stillness. The air feels clearer here, conversations softer and sunsets unreasonably beautiful.



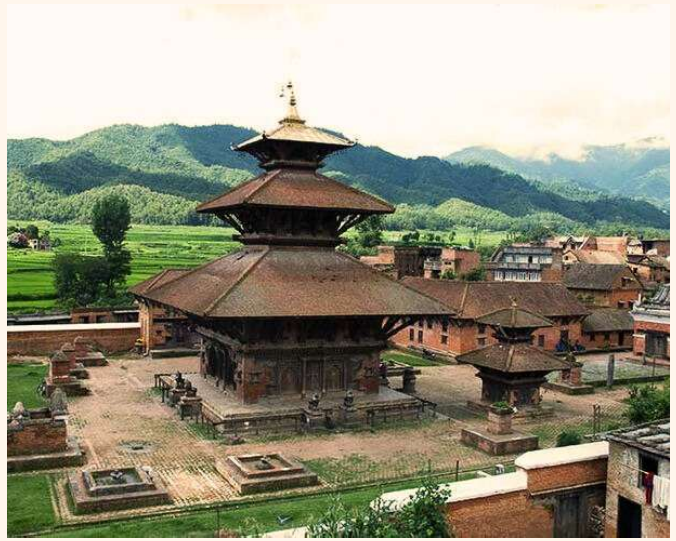
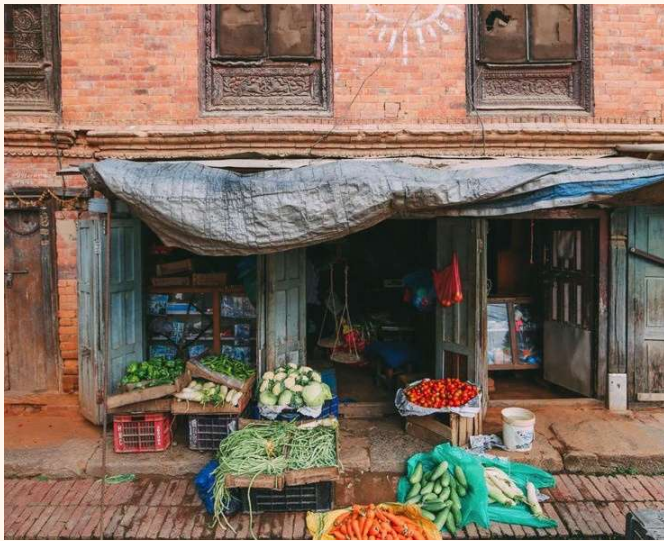
### Day 4 (B)

#### Explore Panauti & Bhaktapur

A post breakfast departure takes you to Panauti, one of Nepal's best-preserved heritage towns. It's a peaceful, lived-in settlement sitting at the confluence of three rivers, two physical and one mythical, with temples that feel suspended in time.

After exploring Panauti, you and your guide will continue to Bhaktapur: the cultural gem of the valley and a UNESCO World Heritage city celebrated for its traditional Newar architecture, ornate temples, and cobbled streets. Explore the city's ancient squares, narrow alleys, and colourful temples before stepping into the Pottery Square, where generations of Newar potters have shaped clay into everyday objects, ritual items, and artworks. You'll step right into the heart of it; learning the techniques that local potters have refined over hundreds of years. The rhythm of the wheel, the earthy smell of wet clay, and the buzz of craftsmen working around you all create this grounded, almost meditative experience. Somewhere in the middle of it all, you'll pause and have Newari lunch at a local spot. At the end of the day, you will return to Kathmandu.





## Day 5 (B)

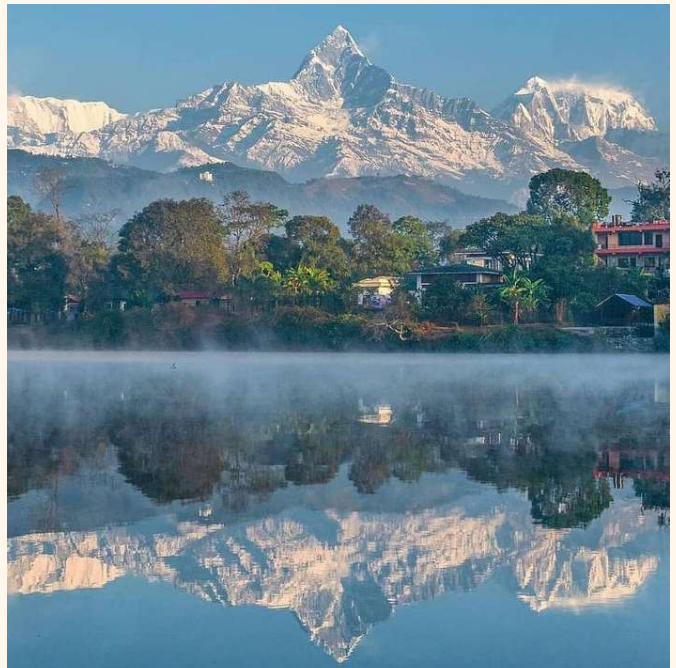
### Kathmandu to Pokhara, Phewa Lake & Peace Pagoda

A short 25-minutes flight sweeps you out of the valley and into Pokhara's softer, lakeside atmosphere. After checking in and lunch you will set out to explore.

You cross Phewa Lake by boat, watching the reflections of forested hills ripple across the water. A gentle hillside walk takes you up to the Peace Pagoda; a perfect viewpoint over the lake and, on clear days, the full line-up of the Annapurna massif. You descend and return to your hotel for the night.

The lakeside city of Pokhara is the gateway to the Annapurnas and often the start and end point for treks in this region. Lakeside is the tourist area, located on the banks of Phewa Lake, with, on a clear day, amazing views of the Annapurna Massif, the Peace Pagoda that looks down over the city and of course, the lake itself. Pokhara has a wonderful laid-back vibe and offers a host of different adventure activities, such as paragliding, rafting, white water kayaking, zip lining and stand-up paddle boarding. For those not looking for an adrenaline fix there are plenty of other options such as yoga, massage, museums, temples, shopping, boating on the lake or taking a gentle stroll along the banks of the lake itself. Lakeside is also a mecca for foodies with cuisine from around the world available at its many cafes, restaurants, bars and clubs.





## Day 6 (B)

### Cable car to Sarangkot for sunrise, women's development project & Jangchub Choeling Monastery

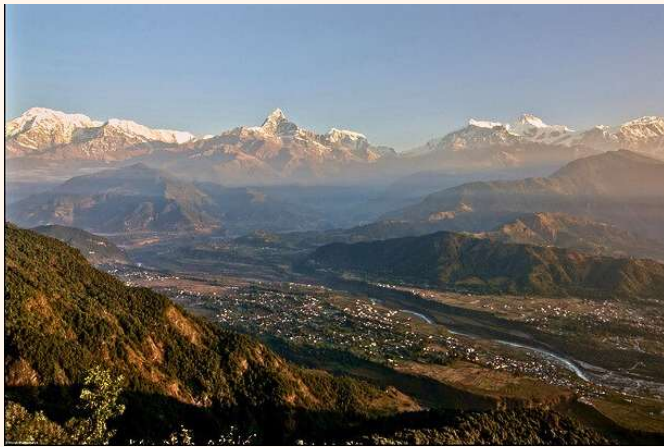
This morning you will be up before the birds to catch the Annapurna Cable Car to Sarangkot to witness the sunrise behind the Annapurna Massif. The 10-minute ride takes you up above the clouds hovering over Phewa Lake. From the arrival point there is a short uphill walk to the view point at about 1,600m. The sunrise is magical from this point. Once this natural spectacle is over, you will head back down the same way, and be back at your hotel in time for a well-deserved breakfast.

This morning you will also visit a women's skills development project, where you will hear the stories of the ladies that this project has uplifted and provided a vital source of personal income too over the last 40 years. You will also have an opportunity to see just how their fairtrade products are made from start to finish.

After lunch you will head north from Lakeside to visit the Jangchub Choeling Monastery. Here you will meet some of the monks, learn a little about life following the teachings of Buddha and also why Nepal is home to



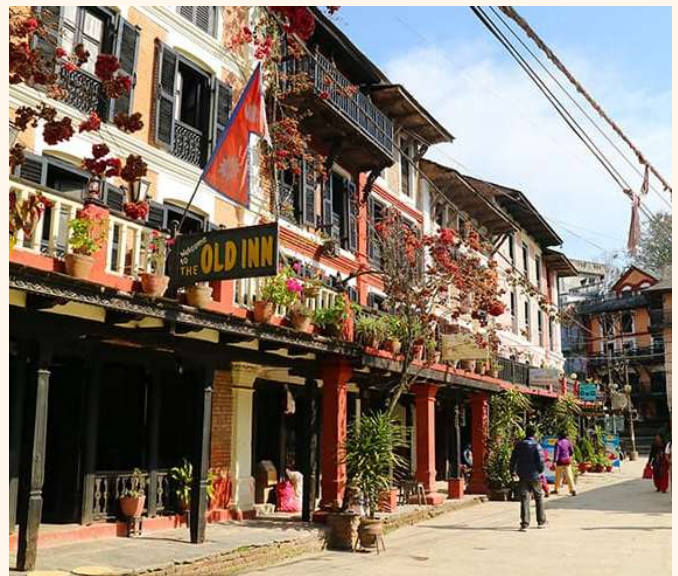
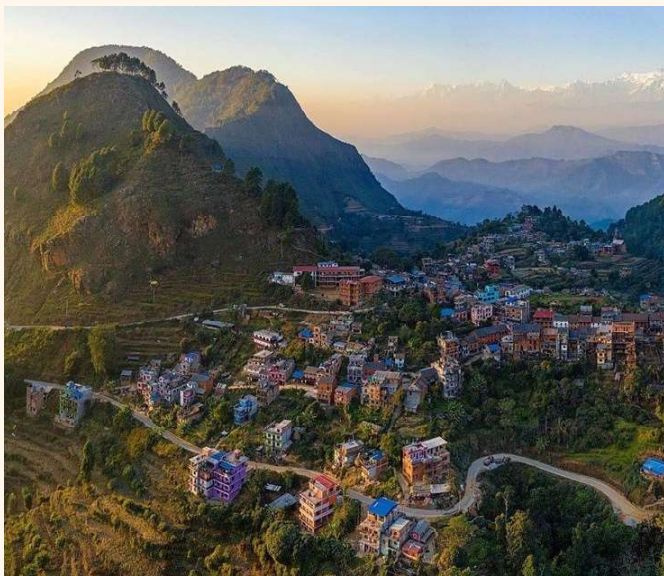
so many Tibetan refugees.



### Day 7 (B L D)

**Private transfer to Bandipur (81 km, c.2-3 hrs) & time to explore**

Drive to Bandipur, a hilltop town renowned for its preserved Newari architecture and panoramic mountain views. Spend the day exploring narrow cobbled streets, temples, squares and viewpoints, absorbing the town's relaxed atmosphere.





## Day 8 (B L D)

### Private transfer to Chitwan National Park (88 km, c.2-3 hrs) & jungle safari activities

As with all travel days, it's another early start as you head to the south of the country and the lush jungles of Chitwan National Park. You should arrive in Chitwan in time for lunch, and once settled in and fed, you will begin your jungle safari activities such as a jeep safari, canoe ride, bird watching, jungle walk, sunrise walk with elephants and cultural show. Chitwan is Nepal's first and most famous national park and it is situated in the lowlands of the Inner Terai. It was declared a national park in 1973 and in 1984, UNESCO designated it a Natural World Heritage Site. Covering an area of 932 sq km., the park includes hilly areas of the Siwalik Range covered by deciduous Sal forest and the floodplains of the Narayani, Rapti, and the Reu Rivers, which are covered by dense tall elephant grass, interspersed with riverine forests of Silk Cotton (Kapok), Acacia and Sisam trees. The park offers protection to 56 species of mammals including the one-horned rhinoceros, Bengal tiger, Gharial crocodile, leopard, sloth bear, wild elephant, striped hyena, Gangetic dolphin and wild bison. There are estimated to be 470 species of mammals, over 500 species of birds, 126 species of fish, 150 species of butterflies and 47 species of reptiles in the park. If we are lucky, we should at least see some rhino, crocodiles, deer, monkeys and many of the national park's bird and butterfly life.

Please note: Himalayan Quests does not support riding elephants for pleasure.





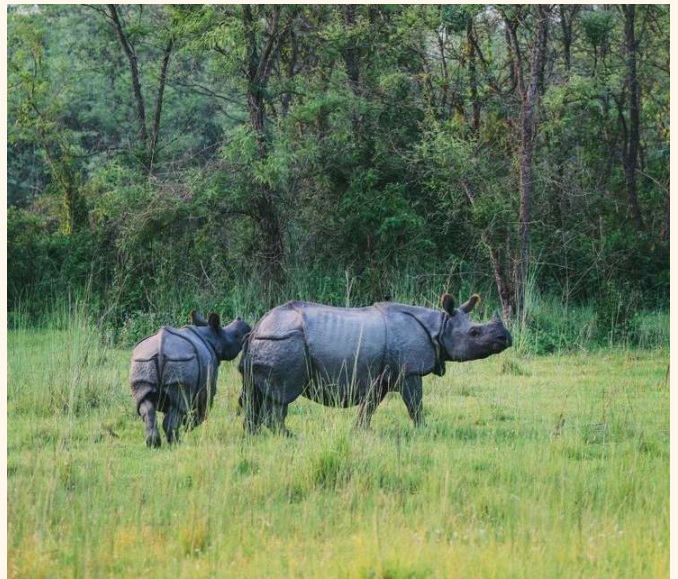
### Day 9 (B L D)

#### Jungle safari activities

Today you will continue with your jungle safari activities getting deeper into the jungle and hopefully closer to Nepal's amazing wildlife.







## Day 10 (B D)

### Return to Kathmandu & cooking class

You take an early flight back to Kathmandu. After settling in, the afternoon is yours to explore the city, any last-minute shopping, browse the shops, or even treat yourself to an Ayurvedic massage. Having tasted a variety of different Nepali cuisines over the last week, this evening you will be heading to an interactive Nepali cooking class where you will be cooking your own Nepali dinner; a hands-on way to learn the flavours and techniques behind Nepal's comfort dishes.



## Day 11 (B)

### Everest Mountain Flight (Optional), UNESCO World Heritage Sites: Pashupatinath & Boudhanath

If you've opted in, the morning starts with the Everest Mountain Flight; a surreal, up-close encounter with Himalayan giants. Otherwise, enjoy a slow, relaxing start to your morning.

After lunch you visit Boudhanath, the monumental stupa whose energy feels almost magnetic. Nearby lies Pashupatinath, Nepal's most sacred Hindu site, where rituals, prayers, and the cycle of life play out in a deeply spiritual setting. Return to Nomad for your final night in Nepal.



Pashupatinath is not only Nepal's most important Hindu temple but also one of the most important Shiva temples on the Indian subcontinent. It is one of the Kathmandu Valley's 7 UNESCO World Heritage sites. It is also Kathmandu's most important cremation site, with burning ghats lining the river bank alongside the temple.

Boudhanath is one of the most important religious and cultural centre for Nepal's considerable Tibetan in exile population and is one of the largest Buddhist Stupas in the world. The side streets surrounding the magnificent stupa are full of maroon-robed monks, gleaming monastery roofs, stalls selling yak butter lamps, shops selling the everyday paraphernalia of Buddhist worship and the low chant of monks at prayer.

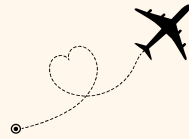




## Day 12 (B)

### Departure

After breakfast, transfer to Tribhuvan International Airport for your flight home, concluding your immersive journey through Nepal.



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**MEALS INCLUDED: B - breakfast | L - lunch | D - dinner**

**This itinerary can be customised**

*The itinerary is a guide only and may change depending on conditions and local circumstances*



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### Costs:

£1770 per person based on 2 pax

£1499 per person based on 4 pax

£1398 per person based on 6 pax

**Single Supplement £280**

**Everest Mountain Flight (optional, to be paid in cash in Nepal): £195**

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#### Tour cost includes:

- Pre-trip advice and briefing
- Airport transfers for international & domestic flights
- Domestic flight ticket Kathmandu - Pokhara - Kathmandu
- All in country transportation in private vehicles
- 5 nights B&B hotel accommodation in KTM at [Hotel Nomad](#) or similar
- 1 night full board accommodation at [Namobuddha Resort](#), Namobuddha or similar
- 2 nights B&B hotel accommodation in Pokhara at [Temple Tree Resort](#) or similar
- 1 nights full board accommodation at [Bandipur Village Inn](#), Bandipur or similar
- 2 nights full board accommodation at [Sapana Village Lodge](#), Chitwan or similar
- Meals as outlined in the itinerary B:11, L:4, D:6
- Guided tours in Patan Durbar Square, Panauti, Bhaktapur Durbar Square, Pashupatinath Temple & Boudhanath Temple.
- Tour in Pokhara - Boating across Fewa lake, Peace Stupa & Sarangkot cable car, Women's Development Project, Jangchub Choeling Monastery
- Cooking Class
- Tour in Chitwan - Jungle safari activities.
- Necessary permits and entrance fees.
- Insurance for our staff
- Group medical kit
- Government taxes



#### Tour cost DOES NOT include:

- International flights to and from Kathmandu
  - Visas for Nepal (available on arrival)
  - Insurance
  - Meals unless specified in the itinerary
  - Personal expenses to include, but not limited to beverages, alcoholic drinks, gifts, laundry throughout the trip, hot showers and battery charging throughout the trek
  - Sightseeing unless specified in the itinerary
  - Excess luggage fee for domestic flights
  - Tips
  - Charges incurred as a result of delays beyond the control of Himalayan Quests
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