

Impresssions of Nepal

4 Nights / 5 Days (Kathmandu-Nagarkot)



Though Nepal is a landlocked country in South Asia and bordered by both the People's Republic of China and by India it has all it needs to make your holiday a memorable one. The Himalayas, including Mt. Everest the highest of them all, 10 World Heritage sites, some as old as 2500 years, fascinating History and mysterious Culture are all waiting for you.

For the adventure enthusiast Nepal is a one stop shop. Skydive over Everest, raft on a gentle river or down an exhilarating rapid, Mountain bike on challenging tracks or Paraglide along side Mountains. National Geographic Adventure Magazine didn't call Nepal one of the best destinations for adventure sports, for nothing!! Your trip to Nepal is incomplete if you have not been on a jungle safari. While the mountains of the north boast some of the highest and most magnificent peaks in the world, the tropical jungles of the Plains still preserve some of the best wildlife habitat in the subcontinent.

Day 01 Kathmandu

Your Himalayan experience begins once you exit the Baggage Hall of the Kathmandu Airport. The smiling Yeti representative waits outside and greets you by offering a *Khada. As you are transferred to your Hotel by one of our plush air-conditioned vehicles, equipped with chilled or room temperature mineral water and moist disposable towelettes, you will be presented with a brief on Nepal by your very own Tour Officer. He is present to ensure your trip to Nepal is as memorable and comfortable as possible.



Upon arrival at the Hotel, your Tour Officer will assist you with check-in and will request you for your onward airline ticket for reconfirmation. Your tickets will then be returned to you the following day. The rest of the day is for your leisure where you will be free to explore the hotel amenities or restaurant outlets or can walkover to the Hotel Casino and try your luck; who knows, you might get lucky in Nepal. We wish you a sound sleep in the Hotel, amidst dreams of the thrilling days ahead.

*The offering of Khada is probably one of the most well known customs of Buddhist culture representing the sincerity of ones offering. Something that one could call a Tibetan bouquet, that is very reusable and one specific Khada may travel the world over.

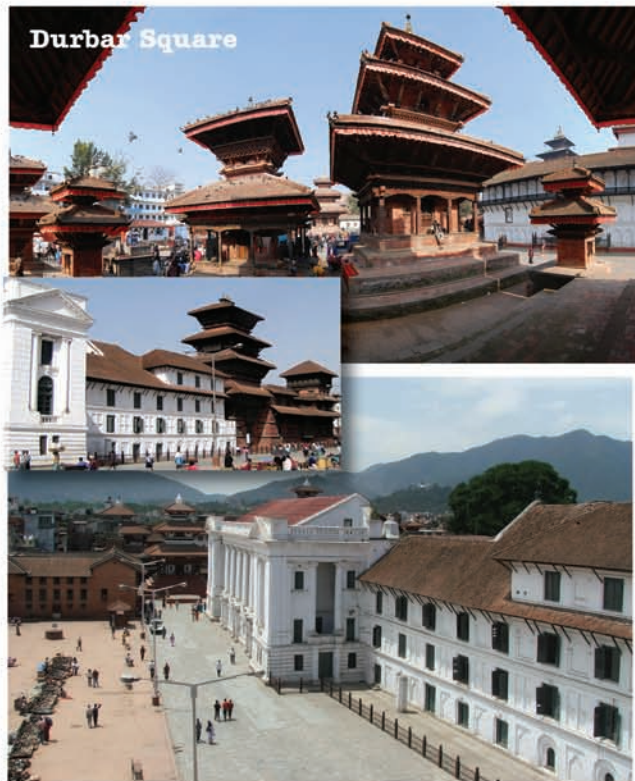
Day 02 Kathmandu

Breakfast at hotel. After breakfast proceed for sightseeing of Kathmandu city and Swayambhunath

Lunch on your own.

Afternoon visit Patan city

Overnight in Hotel.

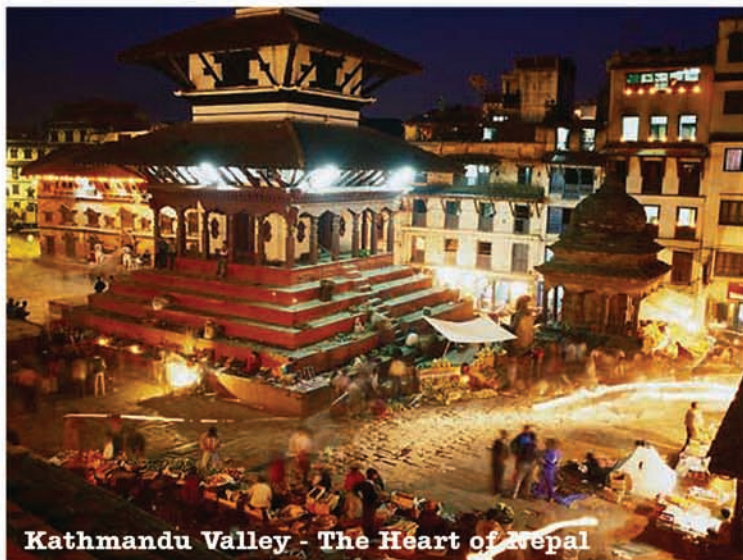


Durbar Square

It is easy to be overwhelmed by the seemingly uncountable monuments in the Kathmandu Durbar Square. The house of the Living Goddess, the ferocious Kal Bhairav, the red monkey god, and hundreds of erotic carvings are a few examples of the sights at the Square! The buildings here are the greatest achievements of the Malla dynasty, and they resulted from the great rivalry between the three palaces of Kathmandu, Patan, and Bhaktapur.

The Square is teeming with colorful life. Vendors sell vegetables, curios, flutes, and other crafts around the Kasthamandap rest house. This rest house is said to have been built with the wood of a single tree and is the source from which the Kathmandu Valley got its name. Nearby are great drums which were beaten to announce royal decrees. All woodcarvings, statues, and architecture in this area are exceptionally fine, and Kathmandu Durbar Square is among the most important sights for travelers to see.

Freak Street: Locally known as Jhhonchen Tole, the once famous "Freak Street" is well known to all low budget tourists. In seventies this area was full of small hotels, lodges, restaurants, taverns as well as shops that "buy and sell anything". But all this is now a matter of the past as the place has been dethroned by another part of the city called Thamel.



Kathmandu Valley - The Heart of Nepal



Kathmandu Valley, the capital and heart of the country essentially symbolizes all that is Nepal. Having seen the rule of various dynasties, the culture and society of Kathmandu has evolved through time to give it a most unique characteristic.

Today it is an urban city that has its history rooted in ancient myths yet stands testimonial to the greatness of the people who have lived here for centuries, a melting pot of all that is Nepali, a mystical magical kingdom where time passes by in a mist, a Shangri-La that took a while to get noticed by the rest of the world.

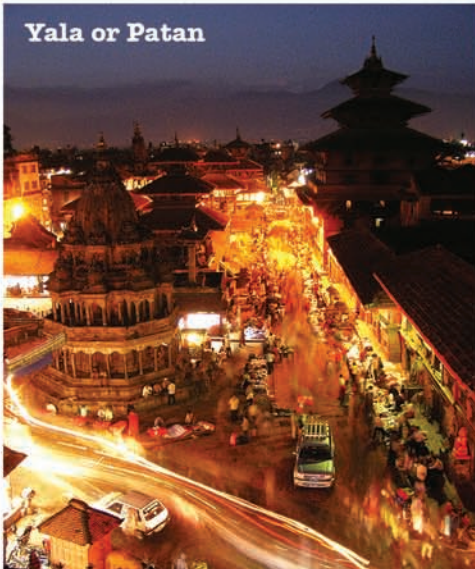
Swayambhunath



Perched on a hilltop on the south western part of Kathmandu, Swayambhunath is one of the most important religious and cultural sites in Nepal and is associated with the birth of the Kathmandu Valley civilization. When the Valley was still an ancient lake, a predecessor of the historic Siddhartha Gautama Buddha planted the lotus seed here from which came the light of Swayambhunath, the “Self Born”. The Bodhisattva Manjushree drained the lake by cutting a gorge in the southern edge of the valley in a place called Chobahar from which the Bagmati river flows out, south bound, and established the Kathmandu Valley civilization.

Approximately 2000 years old, Swayambhunath is perched on a hillock on the south-western edge of Kathmandu. The stupa, is a dome 20 meters in diameter and 32 meters high and is made of brick and earth mounted by a conical spire capped by a pinnacle of copper gilt. It is surrounded by many other smaller temples and places of religious importance for both Hindus and Buddhists, a perfect example of the symbiotic co-existence of different religious beliefs only found in Nepal. The main dome of Swayambhunath is surrounded by such Hindu and Buddhist temples like the Harati Mata temple, Shantipur, Anantapur and some Buddhist monasteries. The hill is heavily wooded on all sides with indigenous plant species, and troops of monkeys, giving it the name of Monkey Temple. The height of Swayambhunath also makes it a good vantage point and on clear sunny days one can see the Himalaya all the way to the east.

Yala or Patan



Patan as it is known today is located on the southern banks of the Bagmati River and is one of the three main cities in Kathmandu Valley. The city is believed to be the first settlement in the Valley and was established by the Kirat dynasty who ruled for more than 1200 years from the 3rd century BC. Patan is famous for its amazing collection of fantastically carved temples, palace courtyards, water spouts, public baths and houses with their equally elaborate wood, stone and metal carvings under the patronages of the Kirat, Lichivi and Malla kings. Patan has more than a 1000 temples and monuments dedicated to the uniquely Nepali mix of Buddhist and Hindu gods, chief among which are the mounds erected by the great Indian Emperor Asoka in the four corners of the city when he visited Nepal in 250 BC. Patan Durbar square is one of the seven Monument Zones that make up the Kathmandu Valley UNESCO World Heritage Site.

Day 03 Kathmandu & Nagarkot

Breakfast at Hotel. Proceed for sightseeing of Pashupatinath and Bouddhanath.

Lunch on your own.

After lunch drive to Nagarkot (drive time approx 1hr 30mins).

Overnight at hotel.



The temple of Pashupatinath located on the western banks of the Bagmati river on the north eastern side of Kathmandu, is one of the most important Hindu pilgrimage sites in the world. Until recently Nepal was officially a Hindu Kingdom and Pashupatinath, which literally means “Lord of all Animals”, was considered the main protector deity of Nepal. Pashupatinath is said to have been discovered by a cow herder who dug up the area after seeing one of his cow’s coming to the spot and emptying its milk there. The inner sanctum of the temple has a lingam, a stone phallus with four faces around it. As one of the many forms of Lord Shiva, one of the three main gods of the Hindu Trinity, Pashupatinath draws Hindu pilgrims from all around the world especially on Maha Shivaratri, the “night of Shiva” which falls in early spring. The temple and its surrounding complex is surrounded by a pantheon of other temples like the Kirateswore Mahadev, Bhairav, Guheswori, and Gorakhnath each of whom have their own tale of origin and importance. Pashupatinath is also a UNESCO World Heritage Site.



With a base of 82 meters in diameter, Bouddhanath is claimed to be the largest Buddhist stupa in the world. There are many legends attached to Bouddhanath, chief among which is that of the 5th century Lichivi King Manadev who built it to do penance. Lost and forgotten for centuries Bouddhanath was rediscovered in the 15th century from whence it slowly started gaining reputation among Tibetan Buddhists especially after the 19th century Rana Prime Minister appointed a Tibetan monk as its chief abbot. Today there are more than 50 monasteries surrounding Bouddhanath which is also one of the seven Monument Zone which make up the Kathmandu Valley World Heritage Sites.



Nagarkot

One of the best facilitated hill top resort towns to view the majesty of the Himalaya from, Nagarkot is situated at a height of 2195 meters and is only 32 km east of Kathmandu. The resort town is famous for its sunrise and sunset views and even offers glimpses of Mt. Everest in the east on a clear morning while the entire Langtang range looms right in front.

Day 04 Nagarkot

Breakfast at Hotel. Drive back to Kathmandu Enroute visit Bhaktapur

Lunch on your own

Upon arrival in Kathmandu, transfer to hotel

Evening on your own. You may proceed for last minute shopping.



Bhaktapur

One of the three main cities in the Valley, Bhaktapur is located east of Kathmandu and is in reality a medieval city where the Newars, the main inhabitants still follow age old traditions and customs. Established around the 9th century Bhaktapur is known for its fertile land and was still a small farming village when Patan and Kathmandu were already well established towns. Bhaktapur became the capital of the Valley in 1377 BC during the reign of the Malla dynasty and flourished as a major urban centre from the 15th century onwards. It houses some of the best examples of Nepali craftsmanship on wood and stone such as the Palace of 55 Windows built in 1697, the five storied Nyatapola Temple, the Kashi Biswanath Temple, and the Dattatreya Temple among many others. Considered a living museum one can witness ancient traditions carried out even today as they were centuries ago in many areas of the city such as in Potters Square where the local potters use age old techniques to make clay utensils. Bhaktapur is also among the seven Monument Zones that make the Kathmandu Valley World Heritage Sites.

Day 05 Depart Kathmandu

Breakfast at Hotel and transfer to the airport for onward flight with fond memories of Nepalese spitality, culture and breathtaking sights.

Add on tour options

Mountain flight



Mountain Flight

Once in a Life Time Mountain Flights, offered daily, take in the entire range of the Himalayas extending across the country. Only awe-stricken silence can come close to match the experience of going on a mountain flight to encounter the tallest mountains of the earth. Mountain flights offer the closest possible aerial views of Mt. Everest, Kanchenjunga and the Tibetan Plateau and appeal to all categories of travelers and have become a popular tourist attraction of Nepal. For those who are restricted by time or other considerations from going trekking, these flights offer a panoramic view of the Himalayas in just one hour.



Cycling

Cycling

This is for the recreational to intermediate cyclist, those that have some biking experience and interested in moderate trails, generally off-road and quiet paved sections seeing the major sights & sites of Kathmandu Valley. It includes the hilltop retreat of Nagarkot at 2,100m and Dhulikhel at 1630m with views of 8 of the top 10 peaks plus the treasured Hindu temple sites.



Rafting

Rafting

Short river trips can be organized basis your convenience and do not involve any trekking. Some of these rafting/kayaking trips involve less challenging white water and are ideally suited to first time rafters and families. Others attract experienced thrill-seekers with their world-class rapids. Our trained rafters / instructors will always be by your side and ensure you enjoy the splash.



Paragliding

Paragliding is a relatively new adventure sport in Nepal and can be a truly wonderful and fulfilling experience for the adventure seeking. Experience unparalleled scenic grandeur as you share airspace with Himalayan griffin vultures, eagles and kites as you float over villages, Monasteries, temples, lakes and jungle, with a fantastic view of the majestic Himalayas.

Nepal Once is not Enough

*Yeti Travels Pvt Ltd, Nepal's premier
Destination Management Company, wel-
comes you to Nepal - The Land of the
Mighty Himalayas.*

*Established in 1966, Yeti Travels offers a full
suite of solutions ranging from Inbound
Tours, Hotel Reservations, Transport
Logistics, Domestic & International Airlines
Reservations, Trekking, Corporate Incentive's,
Professional Development Programs,
Educational Tours, Memorable Honeymoons,
and Adventure Sports.*