

Glimpses of Nepal

6 Nights / 7 Days (Kathmandu-Pokhara)



Countryside In Nepal



Village House



Rara Lake

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 Himalaya, 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 off the Everest, raft on a gentle river or down an exhilarating rapid, Mountain bike on challenging tracks or Paraglide across 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.

Mt. Everest



Mustard field in Kathmandu



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 towlettes, you will be presented with a brief on Nepal by your very own Tour Officer. He / She 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 the 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 walk-over 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 one's 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

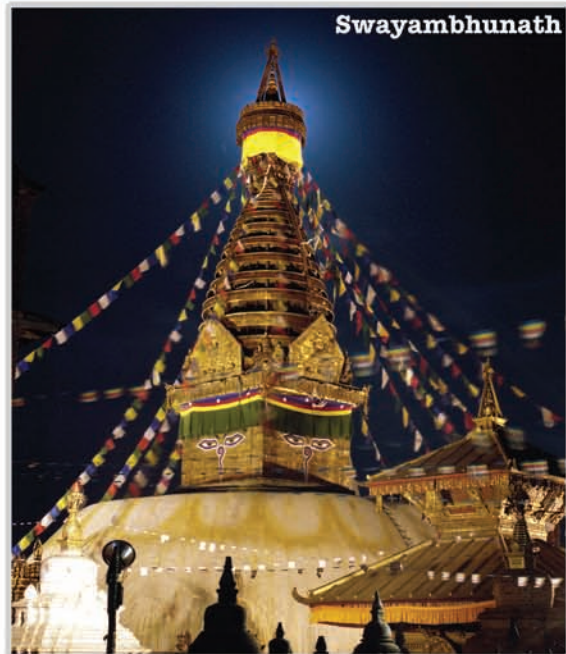
After tucking into a scrumptious Breakfast at the Hotel you are taken for sightseeing of Kathmandu city and Swayambhunath

For Lunch you can explore one of the many eateries catering to authentic Nepali food, Italian Steaks and Pizzas, or authentic Indian cuisine, the list is unending.

After lunch we proceed for sightseeing of the historic Patan city. The evening is free for you to either visit one of Nepal's well known pubs or have a quiet dinner watching a cultural show.



Kathmandu Durbar Square



Swayambhunath

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. Approximately 2000 years old, Swayambhunath 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 hill is heavily wooded on all sides with indigenous plant species, and troops of monkeys, giving it the nick name of Monkey Temple. The height of Swayambhunath also makes it a good vantage point and on clear sunny days one can see the Himalayas 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.



Yala or Patan

Day 03 Kathmandu

Leisurely breakfast at Hotel.

After breakfast proceed for sightseeing of Pashupatinath and Bouddhanath

Lunch on your own

After lunch proceed for the breathtaking sights of Bhaktapur

Kathmandu is a shopper's paradise and the evening is free for you to shop for distinctive trinkets, Tibetan antiques, designer-wear clothes to name a few.



Pashupatinath

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 Zone.



Bouddhanath

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 Zones which make up the Kathmandu Valley World Heritage Sites.



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, 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 04 Drive to Pokhara

After a hearty breakfast at your Hotel, you can enjoy a dramatic drive to Pokhara in one of our plush AC vehicles. Most travellers rush the journey between Kathmandu and Pokhara, missing out on some of Nepal's hidden treasures. The hills that flank the 206km Prithvi Highway contain some of the most important religious sites in Nepal. We strongly recommend taking a leisurely drive from Kathmandu and Pokhara to see more of this interesting and unspoiled region. The highway follows a series of deep river valleys, passing ancient stone villages, cascading rice terraces, rocky gorges and roaring rapids crossed by precarious suspension bridges. The drive will take you along the (Enroute visit Manakamana temple one of the oldest temples in central Nepal and an important destination for Hindu pilgrims. Stop at Riverside resort for lunch (on your own). Enjoy the lunch and the sights and sound of the Trishuli river rushing besides you. Upon arrival in Pokhara, transfer to hotel. Sleep tight after a day filled with varying activities.



Manakamana Temple

Ever thought of having a die hard wish that you need to get fulfilled? Well if you do have faith in Hindu gods, there are many ways where you can pray and wish for your wishes to come true. One of the Devis (goddesses) is Manakamana, where "mana" came from the word "mann" which means heart and "kamana" means wish. So it is believed that if you wish it from your heart the goddess Manakamana fulfills those wishes.



Fewa Lake, Pokhara

Day 05 Pokhara

After a leisurely Breakfast at your Hotel we proceed for sightseeing of Pokhara city and enjoy lunch at one of Pokhara's famous Lakeside eateries. A 1hr boat ride of the awe inspiring Fewa lake awaits us. Post the boat ride, enjoy the vibrant nightlife Pokhara offers.

Overnight at hotel.



Mountain Museum in Pokhara

Gurkha Memorial Museum: Open to the general public in July 2005, the Gurkha Memorial is one of Pokhara's newest museums. A brainchild of and operated by the Gurkha Memorial Trust, the museum is a noble undertaking to conserve and promote the gallant history of the famous Gurkhas. The museum exhibits in display are categorized into a Historical gallery; Gurkha infantry regiment gallery, Gorkhas gallery, and Gurkha specialist/corps unit gallery. There is also a theater room and a library specializing in a rich archive of documentaries, books, and publications relevant to the history of Gurkhas.

International Mountain Museum: Sprawling over 13 acres of idyllic lush green landscape the International Mountain Museum is one of the must see while in Nepal. Established by Nepal Mountaineering Association in early 2004 the museum was conceived with an idea to work towards promoting the understanding of the mountains, its people and culture, flora and fauna, and the proud mountaineering history. The first section of the museum features the mountain peoples from Nepal and other countries and their lifestyle portrayed through the clothes, crafts, utensils and models. The second section has mountain rocks, geological specimens and old and new posters on display. The last section consists of the display of tools and equipments used by famous mountaineers including Junko Tabei, the first woman to summit Everest.

Monasteries and Temples: The places of worship for both Buddhists and Hindus are of special importance in Pokhara. There are always grand worships or regular rituals taking place round the year. Buddhist monasteries are scattered throughout Pokhara valley and surrounding. The Jangchub Choeling Monastery of the Kagyu tradition lies in Hemja. Nearby at Yamdi lies the Shakya monastery. There is also a community Buddhist Ritual Center under the patronage of Gelug lamas. The temple and shrine of Bindabasini in the Old Bazaar enclave is one the most popular temples of Devi, the Hindu goddess. The main temple is situated on a hillock covered by a forest grove and is accessible by a wide hand-cut stone stairs. The most ideal time to visit the temple is during the Hindu festival of Dasain.

Day 06 Drive to Kathmandu

Leisurely Breakfast at hotel enjoy the scenic drive back to Kathmandu taking in the familiar sights.

Lunch en-route to Pokhara on your own. Arrival in Kathmandu by late noon and transfer to hotel.

Evening on your own for last minute shopping, catching up with new acquaintances or bidding farewell to old ones.

Overnight at hotel.

Day 07 Depart Kathmandu

Leisurely Breakfast at hotel and transfer to airport for onward flight.

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 jungles, with a fantastic view of the majestic Himalayas.

Nepal Once is not Enough

Yeti Travels Pvt Ltd, Nepal's premier Destination Management Company, welcomes 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.