

NEPAL

DETAILED ITINERARY

Jul 09/26



Everest, Cho Oyu, Makalu, Annapurna, Lhotse - these names have captured the imagination of adventurers for over a century. Nepal may be known for having the planet's highest peaks but it is also graced with beautiful terraced hillsides, raging rivers, and vibrant green lowland jungles. These extraordinary natural features are complemented by the gracious welcome of the people of this Himalayan kingdom.

Our adventure highlights the cultural and natural features of Nepal. Marvel at Durbar Square with its 1000-year old wooden buildings and take in the burning ghats at Pashupatinath. Explore Kathmandu's smaller, more intimate sister city, Patan, and walk through the ancient streets of the restored capital of Bhaktapur. Visit Lumbini, the birthplace of Buddha and enjoy a unique 2-day experience staying at a Tibetan Buddhist monastery in Dhulikhel, where you can eat and even meditate with the monks.

On our mountain flight, fly next to the majestic Himalayas, and enjoy a breathtaking view of Mount

FACTS & HIGHLIGHTS

- 19 land days • Maximum 16 travelers • Start and finish in Kathmandu • All meals included
- Includes 2 internal flights • Visit the ancient sites of Kathmandu, Patan and Bhaktapur • Enjoy your safaris in Chitwan searching for rhinos, tigers and other wildlife • Enjoy spectacular Himalayan views on your Everest flight • Visit Lumbini, birthplace of Buddha • Explore the sites of Pokhara
- Enjoy a Tibetan Buddhist monastery experience
- Enjoy breathtaking views of Fishtail Peak & the Annapurna Range

DEPARTURE DATES & PRICE

- | | | |
|------------------------------|---|-------------------|
| Oct 06 - Oct 24, 2027 | - | \$6995 USD |
| Oct 18 - Nov 05, 2028 | - | \$6995 USD |

Activity Level: 2

Comfort Level: Some rough roads, long drives.

ACCOMMODATIONS

Comfortable hotels/guesthouses with private washrooms.

ELDERTREKS



SMALL GROUP
EXOTIC ADVENTURES
FOR TRAVELERS 50 PLUS

Everest at over 29,000 feet. In Royal Chitwan National Park, go on safari by day and relax by night in the comfort of our charming jungle lodge. In Pokhara, view the famed Fishtail Peak (Machapuchare).

DAY 1 ARRIVAL IN KATHMANDU

You will be met on arrival at Kathmandu international airport and transferred to our hotel in Patan (suburb of Kathmandu). The remainder of the day is free for you to explore on your own before meeting at a local restaurant for dinner and our orientation meeting.

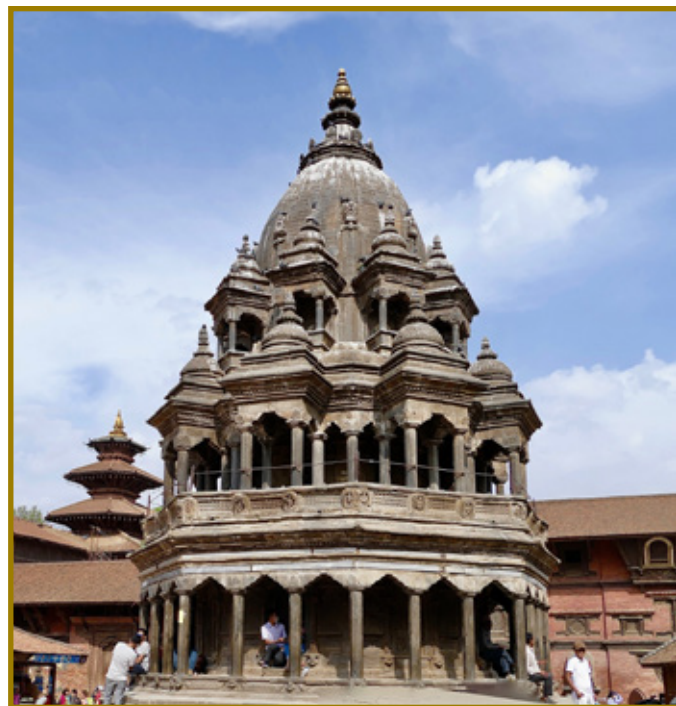
Overnight in Patan (Kathmandu).

DAY 2 EXPLORE ANCIENT PATAN, COOKING LESSON

After breakfast we will go to the vegetable market, where we will be buying vegetables which we will use for cooking with later. We will take part in a cooking lesson at a local restaurant and enjoy the lunch we have made.

After lunch, we will have a sightseeing tour of Kirtipur which is located about 5 km south west of Kathmandu and renowned for its authentic experience of the Newari culture and the indigenous culture of the Kathmandu Valley. With its brick-paved streets lined with typical red brick houses and tiled roofs, and temple squares; it is a natural fortress. One of the oldest towns in the valley, Kirtipur is a typical Newari settlement standing on a ridge overlooking the Kathmandu valley. The town has a number of temples and shrines dedicated to different forms of God and Goddesses. Travel back in time as we stroll around and witness authentic Newari culture and lifestyle.

Overnight in Patan (Kathmandu).





DAY 3 EVEREST SCENIC FLIGHT, PATAN'S DURBAR SQUARE

You will be met early morning to be transferred to the airport for the Everest flight (weather permitting). A flight over the Himalayan mountain range, and the highest mountains in the world, including Mt. Everest, is nothing short of a feast for the eyes.

We then drive to Lagankhel and walk through the bazaar. You will be visiting the Rato Machchendranath Temple and the Mahabouda Temple before arriving at Patan's Durbar Square .

Lunch in Durbar Square.

After lunch, we explore several hidden courtyards and squares with insights into Nepalese culture and history.

Overnight in Patan (Kathmandu).

DAY 4 KATHMANDU (BHAKTAPUR)

We have the morning to relax before heading out this afternoon for a tour of Bhaktapur Durbar Square along with a heritage walk through its medieval alleys. Visit a local family to gain insight into the lifestyle of the locals.

Bhaktapur lies only at the distance of 13 km to the east from the capital city, Kathmandu, one can have an opportunity to experience a different world, the world full of vibrant cultures, colorful festivals, generations old craftsmanship, and on top of that it is very worthwhile experiencing its indigenous lifestyle – still preserved old houses, still practiced traditional ways of welcoming guests, still practiced culinary & cutlery and many more experiences. As you walk in, you cannot but be overcome by a feeling of inner harmony. Such is the



art and architecture and the special layout here. The Palace of 55 Windows built during the period of King Bhupatindra Malla in 1754 situated to the left as you enter through the city gate, inspires admiration. The National Art Gallery is also housed inside. The palace entrance, the Golden Gate known as SunkoDhoka in Nepali is a masterpiece in repousse art. In front of the palace building is a medley of temples of various designs. Amongst the three Durbar Squares in the Valley, the Durbar Square in Bhaktapur is the best preserved one.

Overnight in Patan (Kathmandu).

DAYS 5 KATHMANDU (PASHUPATINATH & BOUDDHANATH) TO DHULIKHEL

Today we drive to Pashupatinath Temple, a temple that all Hindus should visit at least once in their lifetime. This is also the place where Hindus want to be cremated. Later, visit to Bouddhanath Stupa

where you could meet the High Teacher, get some tips on meditation and Buddhism, which includes a question and answer session. Lunch will be on a rooftop restaurant, which overlooks the stupa.

After lunch we will proceed to Dhulikhel for our overnight.

Overnight in Dhulikhel.

DAY 6-7 DHULIKHEL TO NAMOBUDDHA

After breakfast we will drive to Namobudha. Over the next 2 days will offer you a chance to immerse yourself into a Tibetan Bhuddist monastery where you can explore Tibetan Bhuddism from senior monks and the monastery Lama. Here we will learn about the sacred site and revered ancient stupa, the site of where Buddha Shakyamuni, in a previous life, gave his flesh to a starving tigress to feed her cubs. Experience the Puga, which can be as meaningful and significant as one wants it to be. Learn about the

importance of meditation and the main principles of Buddhism.

During our time at the monastery, we will visit the ancient stupa and hike up the long stairway through the forest to the monastery. A senior monk will take our group on a tour of the monastery, to the main temple, dining hall, viewpoints, etc. We will visit the monastery school and have time to interact with some of the young monks. We will have time for several meditation sessions with the monks, including the Puga with drums, horns and chanting. We will also experience dining with the monks while at the monastery. And finally, enjoy a talk with the monastery Lama with an opportunity to ask questions.

Unlike most monastery visits, which are little more than walking around and taking a few photos, our time at the monastery is a unique opportunity to really learn about Tibetan Buddhism, the importance

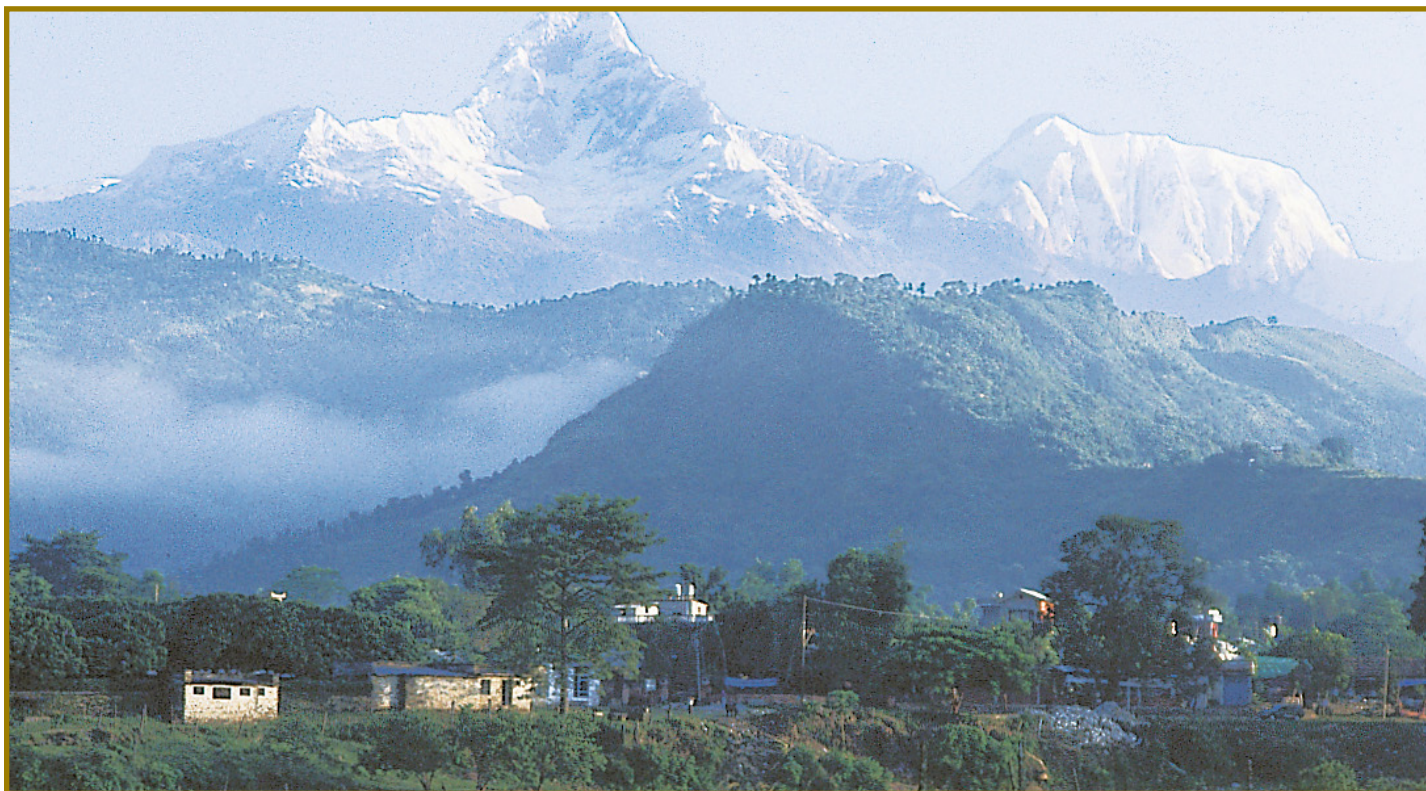
of meditation and life in a monastery! The more one puts into this experience, the more one will get out of it!

Overnight in Namobuddha.

DAY 8 FLY TO LUMBINI, BIRTHPLACE OF BUDDHA

This morning we drive to the airport to fly to Bhairahawa. From Bhairahawa we drive to Lumbini, the birth place of Buddha. Lumbini is a lovely and serene setting to learn more about the life of Buddha and the fundamentals of Buddhism. We also have time to take a rikshaw tour of the different monasteries built by different countries.

Overnight in Lumbini.



DAY 9 EXPLORE LUMBINI, TO TANSEN

This morning we have more time to explore Lumbini and can witness the early prayers of the pilgrims.

After breakfast, we drive to Tansen.

Overnight at Tansen, which has a beautiful hill from where you can see the Himalayas.

DAY 10 TO POKHARA, WORLD PEACE PAGODA

This morning we drive to Pokhara, where we can enjoy lunch at the lake side.

This afternoon, we explore the sites around Pokhara, including a visit to Shanti Stupa, the World Peace Pagoda. There is free time this afternoon to explore the lakeside and Pokhara market.

Overnight in Pokhara.

DAY 11 INTERNATIONAL MOUNTAIN MUSEUM

Today, we will visit the International Mountain Museum, a unique tribute to the mountaineers of the Himalayas. This fascinating museum showcases a rich collection of records, documents, and exhibits that highlight the history and evolution of mountaineering in Nepal.

After lunch, enjoy a small boat ride on the lake.

Overnight in Pokhara.

DAY 12 SUNRISE AT SARANGKOT & TIBETAN REFUGEE CAMP

We will rise early this morning for a short drive to Sarangkot where we can experience the breathtaking sunrise over the majestic mountains. After soaking



in the views, we will enjoy breakfast before heading back to Pokhara.

The day continues with visits to a local family and a Tibetan refugee camp. We'll explore the Gurkha Army Museum celebrating the bravery and history of the renowned Gurkha soldiers.

Overnight in Pokhara.

DAY 13 EXPLORE BANDIPUR

Today we will travel to the quaint village of Bandipur - beautiful by day, but magical at night. Known for its stunning landscapes and rich cultural heritage, Bandipur offers a serene escape from the hustle

and bustle. We'll enjoy a short hike around the picturesque surrounding region, taking in the views and visiting nearby villages this afternoon.

Overnight at Bandipur.

DAY 14 CHITWAN NATIONAL PARK, JEEP SAFARI

After breakfast, we drive about 4 hours through beautiful scenery before arriving at Chitwan National Park. We will have our first safari by jeep after lunch.

Established in 1973 and granted UNESCO World Heritage Site status in 1984, Chitwan is Nepal's first, as well as its most famous, national park.



Located in the alluvial floodplain habitat of the Terai, Chitwan is renowned for the one-horned rhinoceros and is home to 68 mammal species including leopards, sloth bears, foxes, otters, jackals, badgers, civets, mongooses and deer. In 2006, Chitwan recorded an impressive 543 bird species.

Overnight at our lodge at Chitwan.

DAY 15 JEEP SAFARI, BOAT SAFARI, THARU VILLAGE

This morning, our jungle activities include a short jeep ride to a village for the start of our peaceful canoe safari on the river. We also make a stop at a crocodile farm, visit a Tharu village and have a talk about elephants.

Relax and enjoy free time at our lodge during the

heat of midday. Lunch is at the lodge.

In the late afternoon, we enjoy another jeep safari.

In the evening after dinner, we will enjoy a cultural dance performed by the local villagers.

Overnight at our lodge at Chitwan.

DAY 16 DRIVE TO NUWAKOT, WORKING FARM VISIT

This morning we leave Chitwan and the hot and humid Terai, to reach our destination of Nuwakot. We journey inland to a small working farm, where little baby goats roam the grounds, and we see how people live in the interior of Nepal.

Overnight in Nuwakot.



DAY 17 LOCAL SCHOOL VISIT, NUWAKOT

Today is a special day as we walk to a hearing impaired school, where families from all over send their children to learn sign language and more. This is a wonderful way to meet some very special children that love to try to learn how to spell and sign where you're from. Afterwards we will walk to a small village, that is more like a ghost town, for tea. The rest of the day is at leisure enjoying the surroundings of the farm.

** Please note that in the event that the school is closed due to local holidays, we will spend the day exploring Nuwakot Durbar Square and the surrounding village.

Overnight in Nuwakot.



DAY 18 TO KATHMANDU, SWAYAMBUNATH 'MONKEY' STUPA

Today we drive to Kathmandu with a stop at Swayambunath ('Monkey Temple') Stupa on the way to the beautifully restored Shankhe Dwarika's Hotel, a true oasis in Kathmandu.

Today we will have our Farewell Dinner at our hotel as the ambiance is hard to beat!

Overnight in Kathmandu.

DAY 19 DEPART KATHMANDU

Transfer to the airport for your final departure.



QUESTIONS & ANSWERS

1. HOW BIG ARE THE GROUPS?

Each group is limited to 16 participants. Small groups are an important ingredient in adventure travel. Small groups allow for more interaction and more personalized service throughout the itinerary.

2. WHAT IS INCLUDED IN THE TOUR PRICE?

All accommodations throughout; all meals, starting with dinner on day 1 and finishing with breakfast on departure day (i.e. the last day of the ElderTreks tour); bottled drinking water throughout the trip; all internal transportation; airport transfers on day 1 and departure day (i.e. the last day of the ElderTreks tour); all day trips and entrance fees as outlined in the itinerary; tips for hotels (portage), national guide, restaurants and spot guides; services of a trip leader.

3. WHAT IS NOT INCLUDED IN THE TOUR PRICE?

International flights, tips to ElderTreks tour leader, alcoholic drinks, visas and travel insurance.

4. ARE THESE “EDUCATIONAL” TOURS?

Yes, in the broadest sense of the word, “educational”. We visit museums and local villages. We also have talks and discussions on many aspects of the history and culture of Nepal, but this is only one aspect of what we do. We believe that it is equally educational to meet new people on a non-commercial basis, visit their homes and even try to learn a few words in the native language. Sometimes the most “educational” moments are spent having a cold drink with locals in a street market.

5. HOW DO WE TRAVEL DURING THE TOUR?

All local transportation is included in the land price of the trip. We travel by private mini coaches, boats, safari jeeps, and by air during the trip.

6. WHAT ARE OUR ACCOMMODATIONS LIKE?

We always stay in good accommodations — both hotels and lodges, where rooms have a private bath or shower. Some are small guesthouses. We choose our accommodations on the basis of location, atmosphere and local charm.

7. WHAT ABOUT THE WEATHER?

Nepal’s weather is generally predictable and pleasant. All of our tours take place during the dry season: October–May. There is minimal rainfall and the best views of the Himalayas occur during this time of year. Daytime temperatures are around 70–75°F and the night time temperatures can dip as low as 65°F. Chitwan has a sub-tropical climate while Kathmandu and Pokhara are at higher elevation and somewhat cooler.

8. WHEN IS PAYMENT DUE?

A non-refundable deposit of \$500 USD (plus insurance if you desire it) is due as soon as you decide to go and will reserve your place on the tour. The balance of the land payment is due 120 days before departure. Cancellation charges are applicable and these are outlined in the “Terms & Conditions” section of our brochure.

9. IS MEDICAL INSURANCE REQUIRED?

Insurance coverage is not included in the cost of your trip. Please note that medical insurance is not required for this adventure but is recommended. ElderTreks offers comprehensive travel insurance and we are happy to provide you with a quote if you call our office. If you are purchasing insurance elsewhere, please ensure you provide the details to ElderTreks as soon as possible.

**Please note those travelers with pre-existing medical conditions must take out travel insurance at the time of deposit.*

10. WHAT MEALS ARE INCLUDED?

All meals are included, starting with dinner on day 1 and finishing with breakfast on departure day. In many cases, we simply order a number of shared

dishes, so that we can try everything.

11. WHAT SHOULD I TAKE ON THE TOUR?

There is a detailed “What to Take” list in our Trip Kit, which we will send to you after you have booked the trip.

12. CAN YOU ARRANGE MY FLIGHTS?

We would be happy to take care of your air arrangements. ElderTreks offers personalized flight itineraries, not group flights. Stop over enroute, come in a few days early, or extend your stay. Call us

for a customized itinerary.

13. WHAT IF I WOULD LIKE MORE INFORMATION?

If you have any further questions about the adventure, please call our office for more details. A Trip Specialist will be happy to answer your questions. A Trip Kit containing further details on the destination will be sent to you once you have booked the trip.



