



## Nepal Mountain And Heritage Tour - 10 Days

This is one of the best tours of Nepal which takes you to beautiful mountain destinations and exploration of World Heritage sites. Visiting places like Pokhara, Rupakot and Nagarkot will provide a chance to see the amazing landscapes and mountain views while visiting Heritage sites of Kathmandu and Bandipur provide an opportunity to explore and experience different cultural and traditional aspects of Nepal.

**Kathmandu** is the capital city and largest city of Nepal and also the largest metropolitan in the Himalayan hill region. Kathmandu is and has been for many years the centre of Nepal's history, art, culture and economy. It has a multiethnic population within a Hindu and Buddhist majority. Kathmandu valley has many UNESCO World Heritage Sites which are rich in traditional arts & architectures, interesting history & cultures and unique lifestyle of the people.

**Pokhara** is a charming & scenic place with the presence of many beautiful lakes and amazing Fish tail and Annapurna mountain ranges in the background. Pokhara is known as a gateway to the Annapurna Circuit, a popular trail in the Himalayas. Pokhara is the major tourism Hub in Nepal for leisure tourism, adventure activities, yoga and meditation retreats etc. Tourism plays a vital role in Pokhara since thousands of tourists visit Pokhara every year.

**Bandipur** village is a hilltop settlement in Tanahu District, located in the south of Dumre bazaar. The village is an ancient trading town, situated at an altitude of 1030 m, which is promoted and helped by the European Union for its eco-tourism development. The village is untouched by modernization and laced with an abundance of the ancient house, temple of great significance and historical architecture, this medieval-era town boasts festivals all year round, besides a plethora of cultural offerings and nature, offers to close look of Newar culture life that reflects the refined civilization of Kathmandu valley.

**Rupakot** is nested on top of Rupakot hill. You have to drive through a few green hills to reach the resort. There are jungle, farms, temples and villages around Rupakot Resort where moments are spent in a blink. Not just the resort but all nearby surroundings are equally marvelous. It is a perfect place for pristine luxury of snow capped mountains, tranquil bliss and village life.

**Nagarkot** is a village in central Nepal, at the rim of the Kathmandu Valley. It's known for its views of the Himalayas, including Mount Everest to the northeast, which are especially striking at sunrise and sunset. Nagarkot offers a green escape from the bustling capital of Kathmandu and is blissfully calm and laid-back. This is a place to relax after the chaos of Kathmandu and recharge your batteries with beautiful scenery and leisurely wandering.

**Note:** Room subject to availability in Rupakot during high season.

**Duration:** 10 Days

**Cost:** USD 1900

**Destination:** Nepal

**Day 01: Kathmandu.**

Upon arrival In Kathmandu, you will be met with our representative/guide and transfer to your hotel. Our representative/guide will brief you about the trip and the time table of the trip. Check in to the hotel and free for the rest of the day on your own.

## **Day 02: Kathmandu Sightseeing - Boudhanath, Pashupatinath and Kathmandu Durbar Square.**

Today morning after breakfast, we will be visiting the UNESCO World Heritage Sites of Kathmandu Valley.

We will first visit the Great Stupa of **Boudhanath (UNESCO World Heritage Site)**, a vast dome-shaped monument representing the Mind of the Buddha. It is the primary pilgrimage destination for Tantric Buddhists of the Himalayas and a major draw for Tibetan Buddhists from all over the planet. The history of the Stupa from its origins in the fifth century to the present day is also presented here for the first time.

Then we will proceed to **Pashupatinath Temple (UNESCO World Heritage Site)**. Pashupatinath is one of the holiest pilgrimage destinations for all the Hindus of the world. The temple is dedicated to Lord Shiva, one of the trinity and the guardian (patron) deity of Nepal. This is one of the oldest temples, situated on the banks of the Holy Bagmati River. It is a double – roofed golden temple with four triple silver doorways. Pashupatinath covers an area of 281 hectares, which is one of the biggest temple complexes in Nepal. Although Pashupatinath Temple was only built in the fifth century and later renovated by Malla kings, the holy site is said to have existed from the beginning of the millennium.

Later drive to the famous **Kathmandu Durbar Square (UNESCO World Heritage Site)** which is one of the major attractions in Kathmandu Valley. The word Durbar Square translated in English as Palace Complex. The Durbar Square, with its old temples and palaces, epitomizes the religious and cultural life of the people. Interesting things to see here are **Kumari (The Living Goddess) Ghar (House)**. At the West end of the square, is a beautiful house full of woodcarving of different God and Goddesses. This Palace is three storied and in this palace, lives the very famous living Goddess Kumari. Both Hindus and Buddhists equally venerate her. For Hindus she is the reincarnation of Hindu Goddess Kali. She is equally worshiped by Buddhists because she is chosen from Buddhist family. This shows the harmony between Buddhist and Hindus in Nepal.

### **Breakfast Included**

## **Day 03: Kathmandu – Bandipur - 5 hours (1030m).**

After breakfast we will leave for a small town located at a top of a hill. The village is untouched by modernization and laced with an abundance of the ancient house, temple of great significance and historical architecture, this medieval-era town boasts festivals all year round, besides a plethora of cultural offerings and nature, offers to close look of Newar culture life that reflects the refined civilization of Kathmandu valley.

### **Breakfast and Dinner Included**

## **Day 04: Bandipur – Rupakot: 2 hours (1100m).**

In the late morning, we will check out from our hotel in Bandipur and drive to Rupakot Resort. The Resort is located on a top of a hill with an elevation of approximately 1100m. It is a perfect place for pristine luxury of snow capped mountains, tranquil bliss and village life. Check in to the hotel and explore the surrounding areas by going for a short walk. Enjoy the beautiful sunset in the evening from your room veranda or the hotel's deck.

## **Breakfast and Dinner Included**

### **Day 05: Rupakot – Pokhara Lakeside: 1 hour (800m).**

After enjoying the beautiful morning from your resort, drive to Pokhara which is the second largest and the most beautiful city in Nepal. Upon arrival in Pokhara we will be visiting Bindabasini Temple, Davis Fall, Seti Gorge, the old town of Pokhara & Tibetan Refugee camp. After the tour, check in to your hotel. In the evening, you can have a good walk around the lakeside area which is filled with shops, cafes & restaurants.

## **Breakfast Included**

### **Day 06: Hike to World Peace Pagoda: (1000m) 3 to 4 hours Hike.**

Today we will have a little bit of walking adventure in the beautiful hills of Pokhara which will offer close mountain views, green nature along and serenity of the Pagoda at the top of the hill. We will start our hike by taking a short boat ride in Phewa Lake around 8am in the morning after breakfast and will be back around 2pm for lunch in Pokhara. After lunch you will have some free time to walk around the lakeside area or indulge yourself in rest and relax at your hotel.

## **Breakfast Included**

### **Day 07: Himalayan Sunrise and Fly to Kathmandu.**

Wake up early morning to take a short 30 minutes drive to **Sarangkot** which is located at a height of 1600m. Sarangkot is renowned for its beautiful sunrise view and panoramic mountain views. You can enjoy the beautiful scenery for a while and drive back to the hotel and breakfast. After checking out from the hotel, we will drive to Pokhara Airport for a short 25 minutes flight to Kathmandu. Arrive in Kathmandu and transfer to your hotel and you are free for the rest of the day.

## **Breakfast Included**

### **Day 08: Heritage Tour and Drive to Nagarkot: (2300m).**

After breakfast drive to **Bhaktapur, (UNESCO World Heritage Site)**. Bhaktapur is filled with monuments, most terra-cotta with carved wood columns, palaces and temples with elaborate carvings, gilded roofs, and open courtyards. The city is dotted with pagodas and religious shrines. The Art Gallery has a fascinating collection of ancient manuscripts, Thangkas, centuries-old stone sculpture, antique paintings that belong to the Hindu and Buddhist traditions of various periods.

Later we will drive to **Changu Narayan Temple (UNESCO World Heritage Site)** which is believed to be one of the oldest temples in the history of Nepal. It is the ancient Hindu temple of Lord Narayan which is surrounded by champak tree forest and a small village called Changu.

After the tour, we continue our drive to **Nagarkot** which is at a height of 2300 m above sea level. Nagarkot commands a classic panorama of the Himalayan ranges. You can see many major peaks of the Himalayas, like Langtang, Langtang- Lirung, Chobha Bhamre, Amadablam, Dorje Lhakpa, Gaurishankar and many peaks of the Himalayas, including Mount Everest on a clear day. Also views of Sunrise and Sunset are stunning from Nagarkot.

## **Breakfast and Dinner Included**

### **Day 09: Drive to Kathmandu & Heritage Tour with Singing Bowl Therapy.**

Wake up in the morning to view the wonderful sunrise from your hotel balcony. The golden sunrise above the Himalayas looks mesmerizing on a clear day.

After breakfast we will drive to Kathmandu and visit **Patan Durbar Square (UNESCO World Heritage Site)**. Patan Durbar Square complex is perhaps the most photographed of the three durbar squares. Located in the heart of Patan city, this was once the palace of the kings of Patan. The square is a display of Newari architecture that had reached its pinnacle during the reign of Malla kings who were great builders and patrons of the arts.

We will then visit a singing bowl therapy centre to experience the **singing bowl therapy** which is gaining huge popularity among tourists visiting Nepal. It is a Sound therapy with Tibetan singing bowls which is an ancient form of regeneration. The sound of the Tibetan singing bowls and the gong harmonizes and allows deep relaxation of both sides of the brain. It stimulates stress relief on all levels and the elimination of toxins from the body.

Drive to the hotel and check in and freshen up for a short while. In the evening we will visit a traditional Nepalese restaurant for dinner and a cultural show.

## **Breakfast & Dinner Included.**

### **Day 10: Departure.**

Today is your last day in Kathmandu. You have free time until your departure time to Airport. Our guide will come to pick you from and drive you to the Airport and bid farewell.

## **Breakfast Included**

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