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# **Nepal Highlights & Yoga Tour**

**15 days**

**May & Sept 2009**



## **Nepal Country Overview**

Draped along the great heights of the Himalaya, the kingdom of Nepal has for a long time been of eternal fascination to travellers. It's has a fascinating ancient history, colourful cultures, people, superb scenery and some of the best walks and treks on earth. Its position between India and China has meant that Nepal has at times played the role of intermediary – a canny trader between two great powers – while at other times it has faced the threat of invasion.

## **Things to Do/Places to see**

The see the three great towns of Kathmandu Valley (Nepal's' capital city) Kathmandu, Patan and Bhaktapur, is to mentally turn back the clock to the medieval era, such is the evocative power of the country. Behind time worn temples and palaces of the Kathmandu Valley, another kingdom rises sky-wood. The abode of snows (Sanskrit for Himalaya) is a magnet for travellers, trekkers mountaineers and adventurers from around the world. Fortunately you don't have to be Edmund Hilary to get amongst these highest mountains in the world. Nepal has a lot more on offer than just mountains. Fascinating old towns, wildlife parks, rivers and quaint villages, market bazzars for antique shopping and plethora of multi-cultural cuisines.

## **Tour Itinerary**

This 15 day journey, is unique in showing you the highlights of this friendly laid back land. Your trip starts in the City of Joy, Kolkata India. After 2 days seeing the sights and history of the British Raj in Kolkata, you will take an overnight sleeper train to holy Hindu city of Varanasi, to witness all the splendor of life on the Ganges River. From there you will travel in your own private Toyota 4WD vehicle with a guide and driver north to the boarder in Nepal. A slow paced and luxurious overland trip, you will stop along the way staying in magnificent accommodation in villages by lakes, rivers, mountains and hilltops.

The tour will finish in the capital of Kathmandu and from there fly back to Kolkata for your flight back to Australia.

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## **Daily Itinerary:**

**Day 1 - Fly in Kolkata India.** Known as “The City of Joy” and the former capital of India and the headquarters of the British Raj. Kolkata has magnificent ancient British architecture. Spend time at the infamous “Sadar Street Markets, the quaint modern area of Park Street with bookshops, cafes and restaurants. Take a tour of Queen Victoria Memorial Park and Millennium Park by the Hooghly River. At night we shall dine at traditional West Bengali restaurants. 1 night in Kolkata

**Day 2 – Evening overnight 1<sup>st</sup> class sleeper train from Kolkata to Varanasi.**

### **Day 3/4 – Arrive Varanasi**

Transfer to hotel. Relax have breakfast and spend afternoon sightseeing and shopping. Known as the oldest city in the world. Kashi, Banaras or Varanasi, is a highlight on our trip to North India. You will witness the infamous ‘burning ghats’ on the Ganges River, the cremation site for Hindu’s. Visit the Old City laneways for great market shopping; take a sunrise boat trip on the Ganges. Venture over to the Ramnagar Fort where the Banaras Maharaja is still in residence. Evenings will be spent listening to some traditional Indian classical music. 2 nights in Varanasi

**Day 5 – Drive to Lumbini – the boarder of Nepal. Stay overnight**

### **Day 6/7 – Drive to Royal Chitwan National Park.**

From Lumbini it’s a short 2 hour drive into Chitwan National Park. Since the 19<sup>th</sup> century this valley was a centre for the hunting trips for British and Nepali aristocrats. The park was formed in 1973 and since then animal populations has rebounded. Today the park offers one of the finest wildlife experiences in Asia. Home to Rhinos, alligators and elephants! We will have the opportunity to wander the park and view all the wildlife including visiting the elephant breeding centre. There are plenty of restaurants and markets in the local town. Stay 2 nights



### **Day 8/9 – Drive to Lake District of Pokhara**

At true cultural wonder, and only a half day drive from Chitwan Wildlife Sanctuary. We shall spend our time relaxing on Pokhara lakeside area, while enjoying the backdrop of the snow-capped Himalaya! We shall do a one of the many day walks in and around Pokhara and spend a few hours at the Gorkha’s Fort Palace and temple complex. A triumph of Nepal architecture, offering superb views of the surrounding valleys and mountains. Stay 2 nights

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### **Day 10/11 – Bandipur**

Bandipur is a beautiful Newari hilltop village just south of Kathmandu. Straddling a dramatic ridge with excellent valley views and a broad sweeping view of the Himalayas. Once a major trading centre on the route between Tibet and India and the local bazaar still hints at those days. Narrow stone paved roads pass between temples and multi-storied houses. Stay 2 nights

### **Days 12/13/14 – Drive to Kathmandu.**

Visit all surrounding areas; take day walks and local flight over Mount Everest Leave early for days drive through glorious mountain countryside to the capital of Kathmandu. The will embark on many of the “walking tours” exploring the many interesting ancient sites that Kathmandu and its surrounding areas has to offer, including Durbar Square, Swayambhunath (The Monkey Temple) Patan and the ancient town of Bhaktapur. We shall hang out in “Freak Street” (Jochine real name) Kathmandu most famous hang out in the old hippie days of the 60’s and 70’s. In its hippy days this was the place for cheap hotels, colour restaurants hashish shops and of course the weird and wonderful “freaks” which gave the street its name! The popular district of Thamel, is more the place these days, however Freak Street has some interesting as it is right in the heart of old Kathmandu. Stay 3 nights Kathmandu

### **Day 15 – Fly Kathmandu to Delhi/Kolkata. Stay overnight**

### **Day 16 – Fly to Australia**

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#### **Total Tour Cost**

**(inclusive of all taxes)**

**\$ 3’390 AUD per person**

#### **What the Tour Cost includes:**

All airport transfers

1 x overnight 1<sup>st</sup> class sleeper train from Kolkata to Varanasi

1 x domestic flight from Kathmandu to Delhi

12 day car hire with driver from Varanasi to Kathmandu inclusive of all taxes, petrol, insurance etc

15 x nights stay in 3 /4 star guesthouses, hotels, based on double room twin share basis, with attached bathroom A/C and breakfast

Some main meals included

12 days Yoga/Meditation Class with Indian Yogi – (each sunrise and/or sunset)

Local guides and sightseeing in all towns

Local Tour Leader

#### **What the tour does not include:**

International Airfare Australia/Delhi Return

Travel insurance

Any portage at airports, hotels etc

Indian Tourist visas - \$93 AUD Indian Visa \$30 USD Nepal visa

Entrance to sightseeing

Tipping to driver and locals

Any shopping or items of personal nature

Any meals and drinks outside breakfast or what is otherwise stated

Expenses caused by factors beyond our control such as flight delays, road blocks, vehicle malfunctions, political disturbances etc.