Nepal Tour and Travel

DURATION: 4 DAYS

Trip Facts

Group Size 1-12 Persons

Trip Grade Easy

Accommodation Hotel

Max Height 1400 Metres

Start From Kathmandu

End At Kathmandu

Duration 4 Days

Meals included Breakfast Days

Best season:
All Season

Trip Overview

Nepal is a beautiful country with stunning landscapes, rich culture, and natural beauty. The peak tourist seasons are spring and autumn, offering clear weather and stunning Himalayan views. To plan a successful trip, consider your interests, travel dates, trekking routes, and local festivals. Respect local customs and follow "Leave No Trace" principles. Enjoy traditional festivals, ancient temples, community projects, and adventure activities. Explore the Kathmandu, Annapurna, and Everest regions and discover hidden gems. However, consider the impact of tourism on local communities and the environment to preserve its beauty. Remember to support local businesses and initiatives that promote sustainable tourism. Engage with the local culture by participating in homestays or cultural experiences to truly immerse yourself in the beauty of Nepal. By being mindful of your impact and supporting responsible tourism practices, you can help ensure that future generations can continue to enjoy the stunning landscapes and rich cultural heritage of Nepal. Take the time to learn about the history and traditions of the places you visit and **show respect for the local way of life**. By embracing sustainable tourism, you can make a positive difference in the lives of the people who call Nepal home. So, go ahead and embark on your adventure, but do so with a sense of responsibility and a commitment to preserving the beauty of this incredible country.

Trip Itinerary

MOUNT ADVENTURE HOLIDAYS

Day 1, Arrive at Kathmandu and transfer to the hotel (Highest Altitude 1400 m)

1 Breakfast Hotel Car 1400 m

It's a beautiful flight into the Kathmandu Valley with views of the Himalayas and terraced valley floor. Upon arrival at Tribhuvan International Airport, one of our representatives will greet you and transport you to your hotel. Depending on your arrival time, you'll have time to explore the city. Thamel Exploration: Spend some time exploring Thamel, the bustling tourist hub of Kathmandu. It's filled with shops selling handicrafts, trekking gear, clothing, and souvenirs. Enjoy live music, vibrant nightlife, and international cuisine in the numerous restaurants and cafes. Local Cuisine: Indulge in Nepali cuisine during your stay. Try traditional dishes like momo (dumplings), dal bhat (rice and lentils), and Newari specialties like Katamari (rice

flour crepes). Visit local restaurants or street food stalls to taste the authentic flavors of Nepal.

Swayambhu Nath, Pashupatinath, Patan Durbar Square

7 | Breakfast-Lunch | Hotel | Car | 1400 m

Exploring Kathmandu Durbar Square: Start your sightseeing by visiting Kathmandu Durbar Square, a UNESCO World Heritage Site. It's a historic square with ancient temples, palaces, and courtyards. Hire a local guide to learn about the history and significance of the different structures.
Pashupatinath Temple: Visit Pashupatinath Temple, one of the holiest Hindu temples in the world. It's located on the banks of the Bagmati River and is known for its beautiful architecture and religious rituals. Respect the customs and traditions when entering the temple premises.
Boudhanath Stupa: Explore Boudhanath Stupa, another UNESCO World Heritage Site and one of the largest stupas in the world. Take a stroll around the stupa, observe Buddhist devotees, and enjoy the serene atmosphere. You can also visit nearby monasteries and shops selling Tibetan crafts.
Swayambhunath Stupa: Make your way to Swayambhunath Stupa, also known as the Monkey Temple. It's located on a hilltop, offering panoramic views of the city. Climb the steps, observe the monkeys, and explore the various shrines and prayer wheels.

Everest Mountain Flight, Afternoon in Kathmandu

5-7 | Breakfast | Hotel | Car-Flight | 1400 m

Mountain flights in Nepal are a popular way to experience the breathtaking beauty of the Himalayas without having to trek through rugged terrain. These flights offer a unique opportunity to witness some of the world's highest peaks, including Mount Everest, up close. The duration of a typical mountain flight in Nepal is around one hour. This duration allows passengers to enjoy a scenic aerial tour of the Himalayas and witness the stunning mountain peaks, including Mount Everest, from a close distance.
Mountain flight in Nepal details?
Here are some additional details about mountain flights in Nepal:

Flight Duration: The typical duration of a mountain flight in Nepal is around one hour. This allows passengers to enjoy a comprehensive aerial view of the Himalayas and the iconic peaks.
Aircraft: Mountain flights in Nepal are conducted using small aircraft, such as Dornier, Beechcraft, or ATR, depending on the airline. These aircraft are designed for optimal visibility, with large windows and comfortable seating arrangements.
Departure Point: Most mountain flights depart from Tribhuvan International Airport in Kathmandu, Nepal's capital city.
Flight Schedule: Mountain flights usually take place early in the morning to take advantage of clear weather conditions and better visibility. The exact departure times may vary depending on the airline and the season. It is advisable to check with the airline or your travel agent for the current schedule.
Views and Mountains: During the flight, you'll be treated to panoramic views of the Himalayan mountain range, including some of the world's highest peaks. The highlights typically include Mount Everest, Kanchenjunga, Lhotse, Makalu, Cho Oyu, and several other breathtaking mountains.
Weather Conditions: Mountain flights are subject to weather conditions. Flights may be delayed, rescheduled, or canceled due to poor weather, particularly during the monsoon season (June to August) when visibility can be limited. It is recommended to plan your mountain flight during the clear seasons of spring (March to May) and autumn (September to November) for the best chances of clear skies.
Window Seat: Each passenger on a mountain flight is usually allocated a window seat to ensure unobstructed views of the mountains and landscapes. This allows for optimal photography opportunities.
Cost: The cost of mountain flights in Nepal can vary depending on the airline, the package, and the time of year. On average, the cost ranges from $225 to $250 per person.
Booking: It is advisable to book your mountain flight in advance, especially during peak tourist seasons, to secure your seat. You can book directly through the airline's website or consult with a local travel agent who can assist you with the arrangements.

Final Dupard Kathmandu

---

3 Breakfast Hotel Car-Flight 1400 m

It's time to say farewell to Nepal. Enjoy your last moments in Kathmandu with breakfast in a café, a city stroll, and/or souvenir shopping. A representative will meet you at your hotel and drive you to the airport for your return flight home. It's good to be at the airport at least 2 hours prior to departure

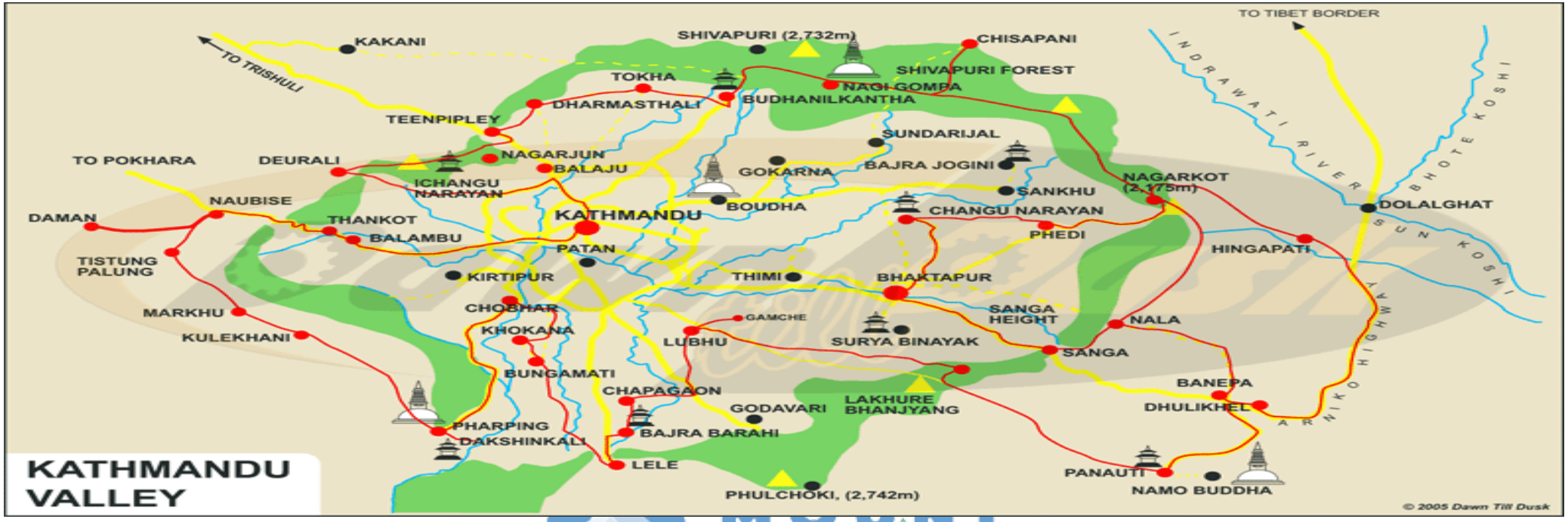
Cost Includes

- **Accommodation:** The cost of hotel accommodation for two nights in Kathmandu.
- **Transportation:** This includes airport transfers, Mountain flights, and transportation within Kathmandu for sightseeing.
- **Guide:** The services of a knowledgeable guide who can provide information about the attractions and assist you during the tour.
- **Entrance fees:** The entrance fees for the attractions mentioned in the itinerary, such as Kathmandu Durbar Square, Swayambhunath Stupa, Boudhanath Stupa, Pashupatinath Temple, and the Garden of Dreams.
- **Meals:**

Cost Excludes

- **International airfare:** The cost of flights to and from Nepal is usually not included in the tour package.
- **Visa fees:** Travelers need to obtain a visa to enter Nepal, and the visa fees are not typically included.
- **Travel insurance:** It's advisable to have travel insurance to cover any unforeseen circumstances during your trip. The cost of travel insurance is usually not included in the tour package.
- **Personal expenses:** Expenses such as additional meals, snacks, drinks, souvenirs, and any optional activities not included in the itinerary are generally not covered.
- **Tips** for your staff.

Trip Map



MOUNT
ADVENTURE HOLIDAYS