



Le Passage
to India

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Nepal

Perfect for all seasons



AGENDA

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First Impression of Nepal

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Highlights of importance for travellers

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Main tour programs at a glance

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Why LPTI as your partner



“

HIMALAYAS

Majestic landscapes
and views for your
eyes

”



CULTURE

Medieval cities and
world heritage sites



“

WILDLIFE

Hidden wildlife and
soaring birdlife

”



TREKKING

Himalaya trails
through valleys and
peaks



FESTIVAL

Magical religious
dance festival



“

ADVENTURE

A true multi-activity destination

”



“

CULINARY

Food, flavours
and warmth

”

“
SPIRITUALITY
”

Buddhist peace,
prayers and
healing



KIENGHAN



“

CRAFTSMANSHIP

Ancient tradition
and craft

”

HIGHLIGHTS

OF IMPORTANCE

FOR TRAVELLERS



TRAVEL

TIPS



Visa and Immigration procedure

Visa can be obtained either on arrival in Nepal or from Nepal Embassy or Consulates or other Mission offices abroad or at the immigration offices in Nepal. Visa fee structure is as follows:-

- 15 days (multiple entries): US\$ 25.00
- 30 days (multiple entries): US\$ 40.00
- 90 days (multiple entries): US\$ 100.00



Currency

Payment in hotels, travel agencies, and airlines are made in foreign exchange. Credit cards like American Express, Master and Visa are widely accepted at major hotels, shops, and restaurants. Remember to keep your Foreign Exchange Encashment Receipt while making foreign exchange payments or transferring foreign currency into Nepalese rupees.



Medical

Medical facilities in Kathmandu Valley are sound. All kinds of medicines, including those imported from overseas are available in Kathmandu. Kathmandu Valley also offers the services of major general hospitals and private clinics. The government has set up health posts in different parts of rural Nepal. However, facilities are not on par with those found in Kathmandu Valley. A simple but adequate medical kit can be very useful while traveling.



Voltage

Nepal supplies electricity at 220 volts/50 hertz. While cell phones, cameras and laptop computers typically do not require a voltage converter, other small electronic devices/appliances may. Voltage converters and adaptor plugs may be purchased at most retail luggage stores or through the A&K Travel Store. Local power failures are common, and the flashlight you pack is likely to come in handy.



Best time to travel to Nepal

When traveling abroad, climatic factors always remain an important issue. Your best time for Nepal is October to November or February to April. Visit Nepal during October to November, as this is the time when you can expect better visibility, the air is fresh, and the weather is perfect and that the Nepalese most important festivals (Dashain & Tihar) are marked during that season. May to June is also a good time to travel although the weather is hot and dusty- you can live with that; wear a mask and a Nepali Topi (Cap) and learn how Nepalese get along with this period.



Local customs

The common form of greeting in Nepal is Namaste or Namaskar. Namaskar is used in a formal conversation while Namaste is often used in informal communications. Namaste is pronounced as "Na-mas-tey", and it is both a spoken greeting and a gesture.

GENERAL ROAD

CONDITIONS

Road Condition

- Kathmandu – Mungling : Double lane black topped fine road
- Mungling – Pokhara : Double lane black topped fine road
- Mungling – Chitwan : 15 Km is under maintenance rest double lane black topped
- Chitwan – Lumbini : 4 Lane black topped fine road
- Pokhara – Tansen- Lumbini : Double lane black topped fine road



Kathmandu – Mungling- Pokhara Highway



Mungling- Chitwan under construction road



Chitwan- Lumbini Highway



Pokhara – Tansen- Lumbini Road

Distance Chart

	Air	Car						
Kathmandu	25 m							
Pokhara	6 h/205 km							
Lukla	30 m							
Chitwan	20 m (BHR)	6 h/130 km						
Nagarkot	25 m (KTM)	30 m (KTM)	20 m (BHR-KTM)					
Bhaktapur	30 m (BWA)	30 m (KTM)	20 m (BHR-KTM)					
Lumbini	272 km/ 8 h	6.30 h/ 190 km			9 h/290 km	8 h/280 km		
Bharatpur	154 km/5.30 h	5 h/136 km			6.30 h/180 km	6 h/170 km	3 h/119 km	
Bandipur	150 km/4.30 h	2.30 h/80 km			6 h/170 km	5 h/160 km	6 h/186 km	3.30 h/80 km



* We do not recommend surface travel of more than 7 hrs. in a day except few exemptions

PART OF

THE INDIAN

SUB-CONTINENT



Map not to scale

GOOD AIR CONNECTIVITY WITHIN THE REGION



Map not to scale

SAMPLE

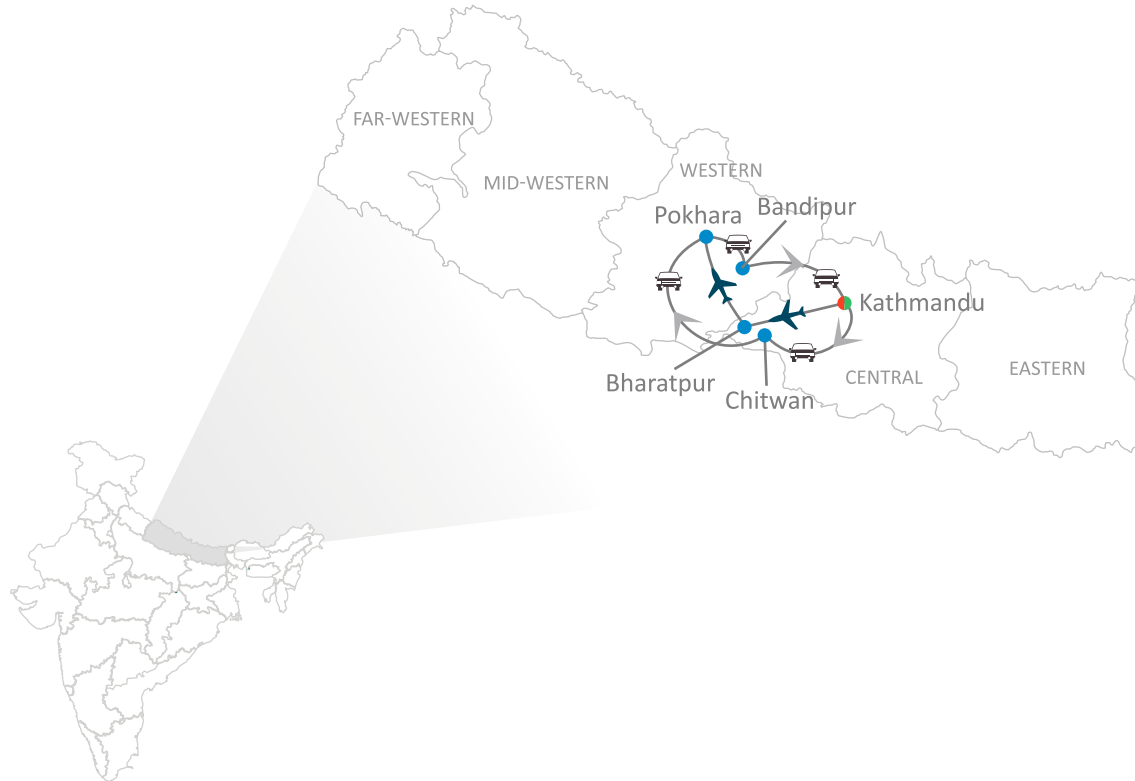
ITINERARY

PROGRAMS



CLASSIC NEPAL ITINERARY

Kathmandu, Chitwan, Pokhara and Bandipur



KATHMANDU



CHITWAN



POKHARA

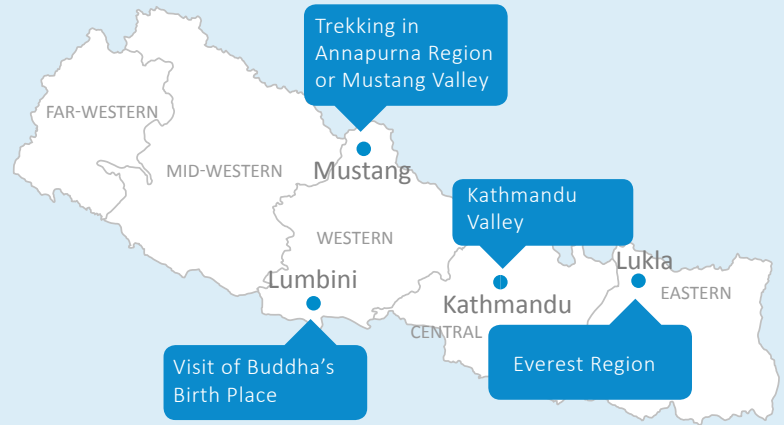


BANDIPUR



EXTENSION

WITHIN NEPAL



TREKKING IN ANNAPURNA REGION OR MUSTANG VALLEY



KATHMANDU VALLEY



VISIT OF BUDDHA'S BIRTH PLACE



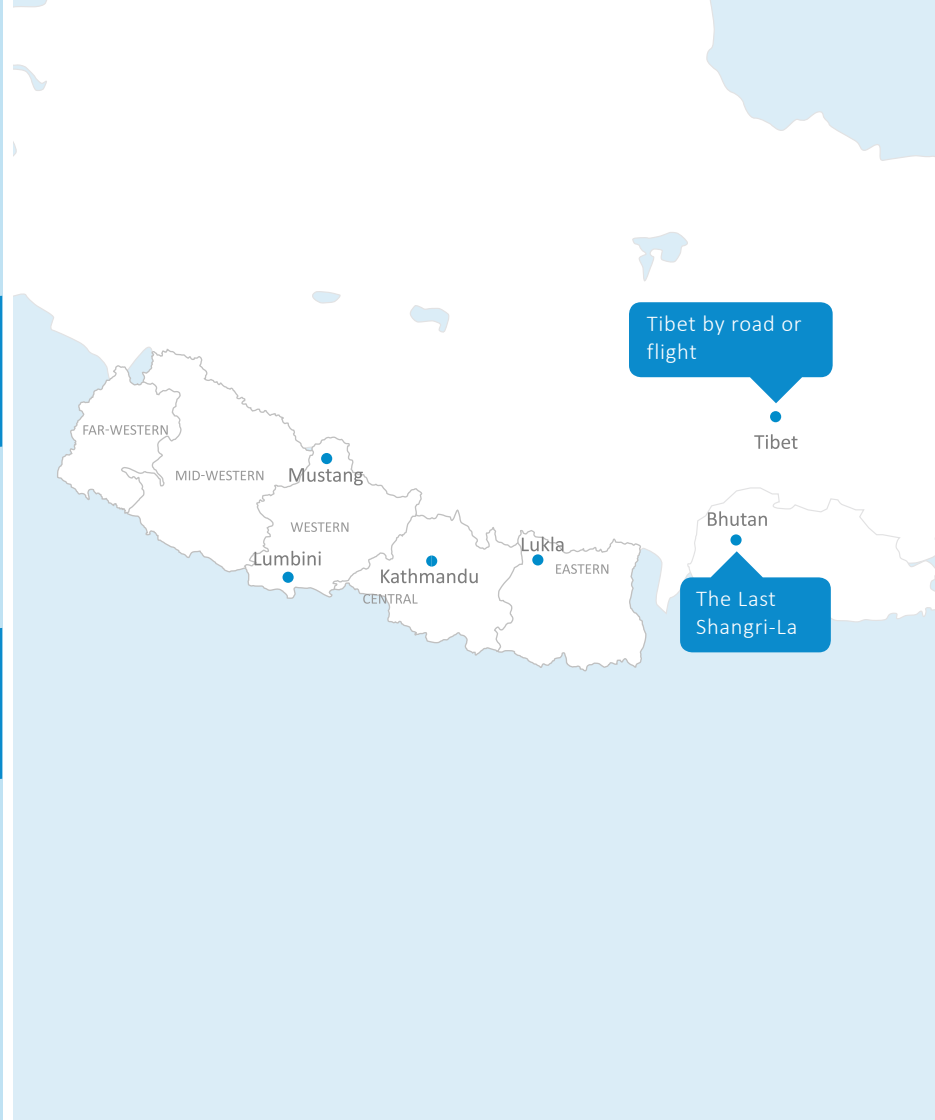
EVEREST REGION

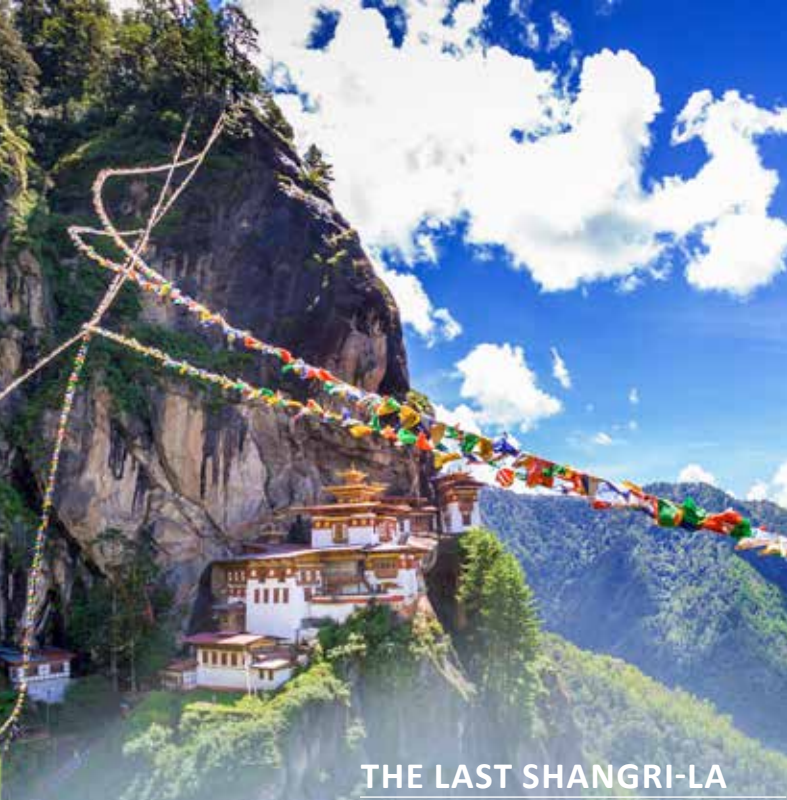


EXTENSION TO

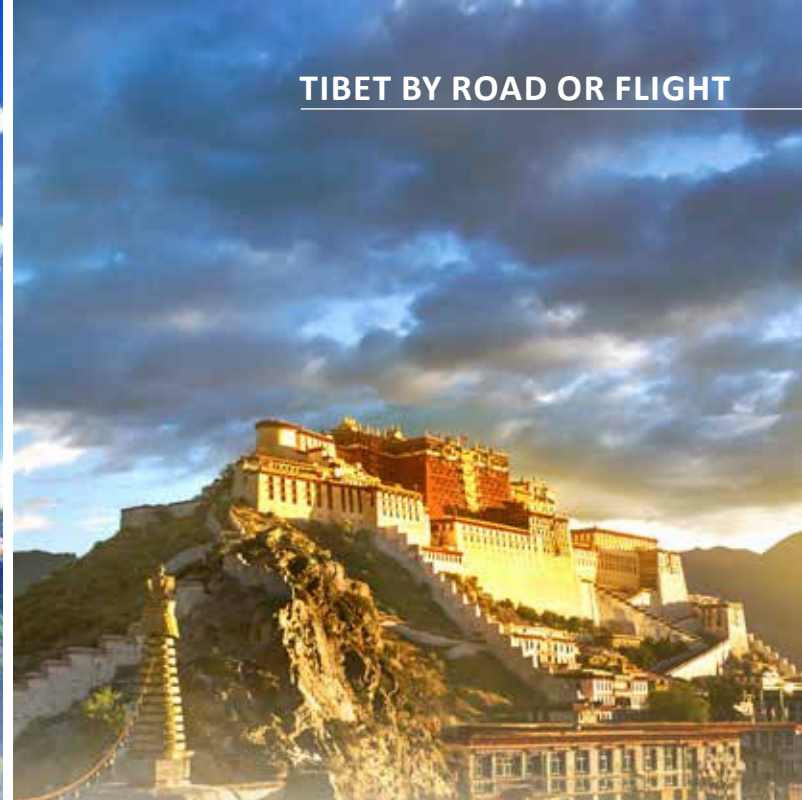
OTHER HIMALAYAN

KINGDOM

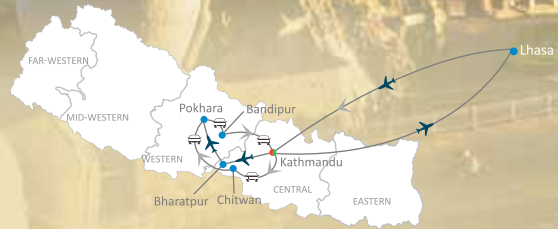




THE LAST SHANGRI-LA



TIBET BY ROAD OR FLIGHT



RESTORATION OF

SIGHTS AFTER

EARTHQUAKE



SWAYAMBHUNATH TEMPLE

POST



TODAY



PATAN DURBAR SQUARE

POST



TODAY



BHAKTAPUR

POST



TODAY



NAGARKOT

POST



TODAY



GORKHA

POST



TODAY



**DESTINATION
AND EXPERIENCES**



KATHMANDU

VALLEY



MOUNTAIN FLIGHT TO SEE MT EVEREST



CLASSIC

SIGHTSEEING

MAIN REGIONS

- BHAKTAPUR
- PASHUPATINATH
- KATHMANDU
- PATAN





BHAKTAPUR: MAIN HIGHLIGHTS

- **GOLDEN GATE** - The magnificent Golden Gate is a visual highlight of Durbar Sq. Set into a bright red gatehouse surrounded by white palace walls, the fabulous golden portal boasts some of Nepal's finest repoussé metalwork. The gilded torana features a fabulous Garuda wrestling with a number of supernatural serpents, while below is a four-headed and 10-armed figure of the goddess Taleju Bhawani, the family deity of the Malla kings.
- **NYATAPOLA TEMPLE** - With five storeys towering 30m above the square, this is the tallest temple in all of Nepal and one of the tallest buildings in the Kathmandu Valley. This perfectly proportioned temple was built in 1702 during the reign of King Bhupatindra Malla, and the construction was so sturdy that the 1934 and 2015 earthquakes caused only minor damage.
- **NATIONAL MUSEUM** - The western end of Bhaktapur's Royal Palace contains the best of the three museums in Bhaktapur. Inside, you can view an extensive collection of Tantric cloth paintings – the Hindu version of Buddhist thangkas – as well as palm-leaf manuscripts and metal, stone and wooden votive objects, some of which date to the 12th century.
- **POTTERS VILLAGE** - Hidden down shop-lined alleyways leading south from the curving road to Taumadhi Tole, Potters' Sq is exactly what you would expect – a public square full of potter's wheels and rows of clay pots drying in the sun. This is the centre of Bhaktapur's ceramic industry, and it's a fascinating place to wander around.
- **TALEJU BELL** - In front of what once was the Vatsala Durga Temple is a large bell, which was erected by King Jaya Ranjit Malla in 1737 to mark morning and evening prayers at the Taleju Temple. A smaller bell on the plinth of the Vatsala Durga Temple was known as the 'barking bell'.





PASHUPATINATH: MAIN HIGHLIGHTS

- **PASHUPATINATH TEMPLE** - Undiminished by the earthquake, the pagoda-style Pashupatinath Temple was constructed in 1696 but this has been a site of Hindu and Buddhist worship for far longer. Only Hindus are allowed to enter the compound of the famous main temple, but you can catch tantalising glimpses of what is going on inside from several points around the perimeter wall.
- **VIEWPOINT** - This hilltop spot offers bird's eye views over the otherwise off-limits Pashupatinath Temple. Look for the enormous golden trident on the northern side of the temple and the golden figure of the king kneeling in prayer under a protective hood of nagas (serpent deities) to the south. It's also a discreet place to watch the cremation rituals below.
- **RELIGIOUS MARKET** - Pilgrims flock to this fascinating market to pick up prasad (religious offerings) and spiritual souvenirs.
- **EASTERN & WESTERN GHATS** - Pashupatinath's ghats are often full of life and it's worth taking some time to absorb it all. Devotees ritually bathe in the dubious-looking waters of the Bagmati, holy men perform rituals on the stone steps and children fish for coins from the murky river using a magnet on the end of a string. You may also see families preparing the funeral pyres across the river.



KATHMANDU: MAIN HIGHLIGHTS

- **KATHESIMBHU STUPA** - The most popular Tibetan pilgrimage site in the old town is this lovely stupa, a small copy dating from around 1650 of the great Swayambhunath complex. It's just a couple of minutes' walk south of Thamel.
- **VISIT TO SEE THE KUMARI** - At the junction of Durbar and Basantapur squares, this red-brick, three-storey building is home to the Kumari, the girl who is selected to be the town's living goddess and a living symbol of devi – the Hindu concept of female spiritual energy. The building, in the style of the Buddhist vihara (monastic abodes) of the valley, was built in 1757 by Jaya Prakash Malla. Amazingly, the bahal escaped with only minor damage during the 2015 earthquake despite the destruction all around – a sign some Nepalis see as the Kumari's benign influence.
- **SWAYAMBHUNATH STUPA** - The Swayambhunath Stupa is one of the crowning glories of Kathmandu Valley architecture. This perfectly proportioned monument rises through a whitewashed dome to a gilded spire, from where four iconic faces of the Buddha stare out across the valley in the cardinal directions. The site was shaken severely by the 2015 earthquake but the main stupa sustained only superficial damage.
- **GARDEN OF DREAMS** - The beautifully restored Swapna Bagaicha, or Garden of Dreams remains one of the most serene and beautiful enclaves in Kathmandu. It's two minutes' walk and one million miles from central Thamel.
- **SETO MACHHENDRANATH TEMPLE (JAN BAHAL)** - Southwest of Asan Tole at the junction known as Kel Tole, this temple attracts both Buddhists and Hindus – Buddhists consider Seto (White) Machhendranath to be a form of Avalokiteshvara, while to Hindus he is a rain-bringing incarnation of Shiva. The arched entrance to the temple was destroyed in the 2015 earthquake and the temple is currently closed for repairs.



- **DURBAR SQUARE** - Kathmandu's Durbar Sq was where the city's kings were once crowned and legitimized, and from where they ruled ('durbar' means palace). As such, the square remains the traditional heart of the old town and Kathmandu's most spectacular legacy of traditional architecture. The square bore the brunt of Kathmandu's 2015 earthquake damage. Half a dozen temples collapsed, as did several towers in the Hanuman Dhoka palace complex, but it's still a fabulous complex. Reconstruction will continue for years.
- **THAMEL** - This neighborhood has everything a traveler would ever need concentrated within several confusing, twisting streets. It feels a bit like a maze, but Thamel offers everything from accommodation, restaurants, coffee houses and tour operators to trekking stores, textile shops, souvenir stalls and money changers. Mountaineers come here to buy their gear, while others simply decide to stay for the busy atmosphere and the excitement of it all. While Thamel is a popular tourist haven, it is also one of the oldest districts in Kathmandu and you can still observe Nepalese culture and daily life in these streets. Stupas and small temples are tucked into the general chaos of the area and all the beautiful old buildings are built in the Newari style, a type of architecture famous for its brick work and unique wood carvings.





PATAN: MAIN HIGHLIGHTS

- **GOLDEN TEMPLE (KWA BAHAL)** - This unique Buddhist monastery is just north of Durbar Sq. It was allegedly founded in the 12th century, and it has existed in its current form since 1409. The temple gets its name from the gilded metal plates that cover most of its frontage and it is one of the most beautiful in Patan.
- **MUL CHOWK** - South of the Patan Museum, a gateway opens onto the stately Mul Chowk, the largest and oldest of the Royal Palace's three main chowk (squares). The temples in the courtyard were restored after the 2015 earthquake.
- **PATAN MUSEUM** - Formerly the residence of the Malla kings, the section of the Royal Palace surrounding Keshav Narayan Chowk now houses one of the finest collections of religious art in Asia.
- **DURBAR SQUARE** - The ancient Royal Palace of Patan faces on to a magnificent Durbar Sq. This concentrated mass of temples is perhaps the most visually stunning display of Newari architecture to be seen in Nepal. Reconstruction of temples affected by the 2015 earthquake will continue for several years, so safety fencing and scaffolding is to be expected. However, all restorations are well underway and the Royal Palace housing the museum is open.
- **PATAN PALACE** - Forming the entire eastern side of Durbar Sq, the Royal Palace of Patan was originally built in the 14th century, and expanded during the 17th and 18th centuries by Siddhinarsingh Malla, Srinivasa Malla and Vishnu Malla. Behind the extravagant facade, with its overhanging eaves, carved windows and delicate wooden screens, are a series of connecting courtyards and a trip of temples dedicated to the valley's main deity, the goddess Taleju.

KEY ACTIVITIES/

EXPERIENCES



NEWARI CUISINE



PASHUPATINATH TEMPLE WALK



EXPLORE KATHMANDU BY RICKSHAW



NEPALESE POTTERY WORKS AT BHAKTAPUR



VISITING LOCAL TRIBES IN BHAKTAPUR



**INTERACTION WITH SADHUS (ASCETICS)
AT PASHUPATINATH TEMPLE**





Newari Cuisine

Newari cuisine is for everyone who loves trying out local and authentic delicacies. A diverse blend of different dishes, Newari cuisine is not just a meal, it's an experience you would not like to miss. Newari culture involves countless feasts, which means plenty of food.



Pashupatinath Temple walk

This is Nepal's most sacred Hindu shrine and one of the subcontinent's great Shiva sites. The supreme holiness of the site stems from the Shiva linga enshrined in its main temple and its location. It expresses the very essence of Hinduism as pilgrims, priests, devotees, temples, ashrams, images, inscriptions and cremation Ghats intermingle with the rituals of daily life, all sprawled along the banks of the sacred Bagmati River.



Explore Kathmandu by Rickshaw

Discover Kathmandu like a local as you explore the city on an evening rickshaw ride. Start the tour from Kathmandu Durbar Square and pass buzzing bazaars and market squares as you head to the colourful tourist hub Thamel, where you'll spend time exploring by the different angles of Nepalese lifestyle, markets and many more. Sit back, relax and be enchanted as you take in views of the sunset, silhouetted temples and Kathmandu's lively evening.





Nepalese Pottery Works at Bhaktapur

The traditional art of pottery making is still thriving in the Nepalese village of Bhaktapur and it's the perfect place to try one's hand at pottery under the guidance of a master potter. The two adjacent pottery squares here form the heart of the pottery centre. The pottery workshops for visitors are conducted right in one of the local dwelling establishments. Guests get the chance to participate in the entire process of pottery making, right from processing the clay to spinning the wheel.



Interaction with Sadhus (Ascetics) at Pashupatinath Temple

Discover Kathmandu like a local as you explore the city on an evening rickshaw ride. Start the tour from Kathmandu Durbar Square and pass buzzing bazaars and market squares as you head to the colourful tourist hub Thamel, where you'll spend time exploring by the different angles of Nepalese lifestyle, markets and many more. Sit back, relax and be enchanted as you take in views of the sunset, silhouetted temples and Kathmandu's lively evening.



Visiting Local Tribes in Bhaktapur

Visiting a local home is a lovely way to experience traditional Nepalese culture and lifestyle. Bhaktapur is only about 13 km to the east from the capital city of Kathmandu but it's like a different world altogether from urban Kathmandu. The vibrant cultures, cultivation of traditional skills of craftsmanship, celebrations of colourful festivals, cooking according to age-old recipes and a sense of warm hospitality for guests are just some of the elements of life here.



RECOMMENDED

HOTELS



SUGGESTED HOTELS IN KATHMANDU VALLEY

Dwarika's Hotel

The history of Dwarika's Hotel is intertwined with the life and times of its founder, Dwarika Das Shrestha. Dwarika was an extraordinary human being – a true visionary who was acutely aware of his own identity, the changing world around him and his responsibility towards it. His story is one of inspiration borne out of struggle and torment, the relentless pursuit of an aesthetic ideal, and one man's determination to make a difference.

Hyatt Regency

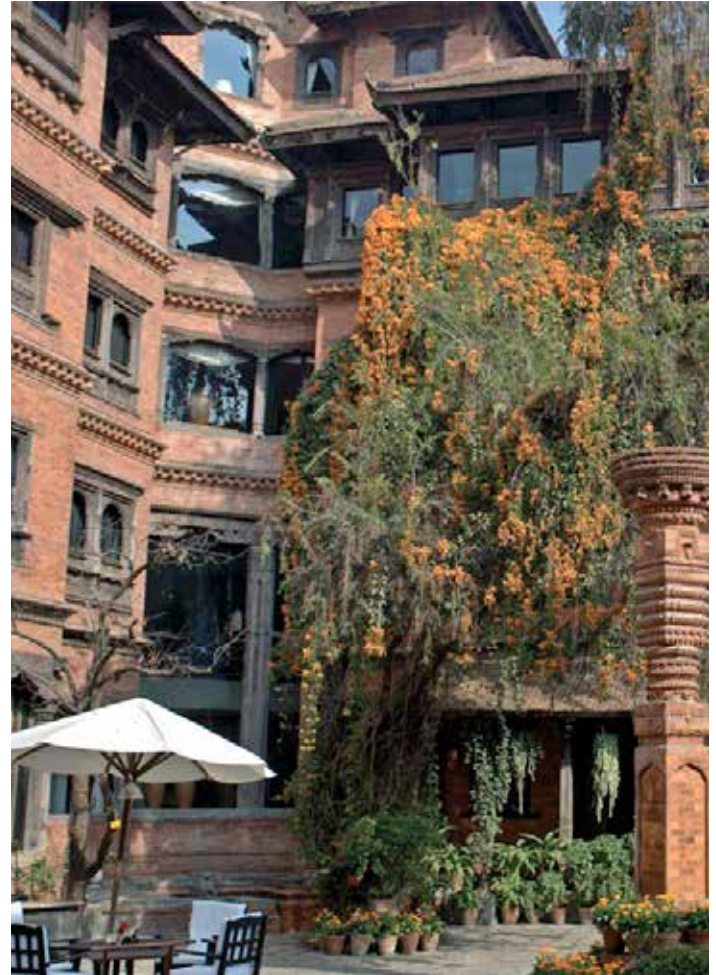
Hyatt Regency Kathmandu is a 5 star luxury hotel and resort in Kathmandu and is set on 37 acres of landscaped grounds, created in the traditional Newari style of Nepalese architecture. This beautiful hotel and resort is located on the road to the Boudhanath Stupa: the most holy of all Tibetan Buddhist shrines outside of Tibet, and a UNESCO World Heritage Site which is 5 minutes walk from the hotel.

The Inn, Patan

An old traditional brick and timber Newari house transformed into a beautiful heritage hotel by conservation architect Rohit Ranjitkar. It is equipped with 10 individually designed rooms and a private courtyard in historic configuration.

Baber Mahal Vilas

Baber Mahal Vilas is a quaint family-run boutique property set in the existing architectural haven of Baber Mahal Revisited. Guests feel indulged and cared for with splendid luxury, passionate service, generous hospitality and exquisite cuisine.



WESTERN

HILLS



CLASSIC

SIGHTSEEING

MAIN REGIONS

- POKHARA
- BANDIPUR
- GORKHA





POKHARA: MAIN HIGHLIGHTS

- **SARANGKOT AT SUNRISE OR SUNSET** - From here, you can see a panoramic sweep of Himalayan peaks, from Dhaulagiri (8167m) in the west to the perfect pyramid of Machhapuchhare (6997m), the tent-like peak of Annapurna II (7937m) to Lamjung (6983m) in the east. Most people come here at dawn or dusk, when the sun picks out the peaks, transforming them from a purple-pink to a celestial gold.
- **PHEW TAL** - The second largest lake in Nepal. You can take to the lake in one of the brightly painted doongas (boats) available for rent at Lakeside. Many people walk or cycle around the lakeshore – the trek up to the World Peace Pagoda affords breathtaking views over the tal to the mountains beyond.
- **WORLD PEACE PAGODA** - Balanced on a narrow ridge high above Phewa Tal, the brilliant-white World Peace Pagoda was constructed by Buddhist monks from the Japanese Nipponzan Myohoji organisation. There are three paths up to the pagoda and several small cafes once you arrive
- **GURKHA MUSEUM** - Located just north of Mahendra Pul, near the KI Singh Bridge, the Gurkha Museum celebrates the achievements of the renowned Gurkha regiments. Accompanied by sound effects, it covers Gurkha history from the 19th-century Indian Uprising, through two World Wars to current-day disputes and peace-keeping missions, with a fascinating display on Gurkhas who have been awarded the Victoria Cross medal.
- **ANNAPURNA TREK** - Annapurna panorama trek is one of the most popular treks that takes you through lush Rhododendron forest and delightful Himalaya clearance of various ethnic groups and sunrise view over high snow capped peaks. A short drive from Pokhara brings you to the starting point of this trek.





BANDIPUR: MAIN HIGHLIGHTS

- **THANI MAI** - The main reason to climb up to Thani Mai is for the spectacular sunrise views from Gurungche Hill. A clear morning offers some of the most memorable 360-degree vistas in the country, with the Himalaya stretching out along the horizon, and the valley below cloaked in a thick fog that resembles a white lake. The trail starts near the school at the southwest end of the bazaar, and is a steep 30-minute walk.
- **SIDDHA GUFA** - At 437m deep and 50m high, Siddha Gufa is said to be the largest cave in Nepal. Its cathedral-like interior is full of stalactites and stalagmites, not to mention hundreds of bats, which whistle overhead. Trekking here from Bandipur is a popular (if muddy) half-day trip, including a 1½-hour hike each way.
- **BINDEBASINI TEMPLE** - At the northeast end of the bazaar (which is the main shopping strip) this ornate, two-tiered temple is dedicated to Durga. Its ancient walls are covered in carvings. Facing the temple across the square is the Padma library, a striking 18th-century building with carved windows and beams.





GORKHA: MAIN HIGHLIGHTS

- **GORKHA DURBAR** - Regarded by many as the crowning glory of Newari architecture, the 16th-century Gorkha Durbar is a fort, palace and temple all in one. Miraculously, the main structure survived the 2015 earthquake, but damage was extensive and at the time of research, repairs were still underway. The temple-palace perches high above Gorkha on a knife-edge ridge, with superb views over the Trisuli Valley and magnificent panoramas of the soaring peaks of the Annapurna, Manaslu and Ganesh Himalaya.
- **GORKHA MUSEUM** - Housed inside the grand Tallo Durbar, a Newari-style palace built in 1835, this museum's collection is outshone by the building itself, which has a beautiful internal courtyard with carved windows and doors. While the collection is limited, it's a pleasure to wander the old hallways lined with arts and crafts and historical items, and to stroll the 3.5 hectares of garden. This is the natural first stop after the nearby tourist office
Bhimsen Temple - Located in a small square, this miniature pagoda temple is dedicated to Bhimsen, the Newari god of Commerce. If you throw a coin inside, he will undoubtedly appreciate it.
- **SHIVA TEMPLE** - This squat white temple has an interesting statue of a bull. This is Nandi, the steed of Shiva, who guards Kailashgiri, Shiva's abode atop Mt Kailash in Tibet.
- **GANESH TEMPLE** - This small, white shikhara (an Indian-style temple with a tall corn-cob spire) is dedicated to Ganesh. You'll find it next to a ceremonial tank.
- **VISHNU TEMPLE** - This two-tiered temple dedicated to Vishnu lies just north of the bus stand.

KEY ACTIVITIES/

EXPERIENCES



TREKKING AROUND POKHARA



PARAGLIDING (TANDEM FLIGHT)



WELLNESS



KALABANG VILLAGE AND COFFEE FARM, POKHARA



TIBETAN ENCOUNTER, POKHARA





Trekking around Pokhara

There is a wide choice of trails in the mountains around Pokhara. Some of the scenic excursions include: Poonhill, Annapurna Base Camp, Annapurna Circuit, Jomson & Muktinath, Royal Trek, Mardi Himal Trek and besides these, there are plenty of opportunities to customise your trek.



Paragliding (Tandem Flight)

Paragliding in Nepal amongst the grandest scenery on earth is an inspiring experience. Float over mystery, shrouded monasteries, ancient places, beautiful turquoise lakes, ranging Himalayan rivers, exotic jungle and village forgotten by time.



Wellness

Nepal, with its tranquil settings and ancient traditions of both healing and spirituality, affords you excellent opportunities to experience absolute wellness. While you're travelling here, be sure to take that long needed break that will melt the stress away as you relax, revive, revitalise, and rejuvenate in pure bliss. You can choose from an array of specialised natural treatments and activities based on old Himalayan traditions of care and respect.





Kalabang Village and Coffee Farm, Pokhara

Perched at a height of about 1500m above sea level, the Kalabang Village offers fabulous views of the snow-capped mountain ranges, lofty hills, lush jungles, the shimmering Fewa Lake and the magnificent Pokhara valley. The place is absolutely soaked in serenity and the village folks here welcome visitors with genuine warmth and affection. They even offer homestay facilities and the experience is packed with countless endearing moments. The Gurung community forms the major chunk of the population followed by Brahmins and Dalits. Naturally, a trip here treats one to a cultural kaleidoscope of rich ancient societal norms, traditions and costumes.

After a good long trek, it's a rewarding experience to visit a local household at Kalabang to chat over the locally prepared Raksi (homemade rice wine). Another major highlight of Kalabang Village is the community school and its coffee farm. This farm brings in some income to the school.



Tibetan Encounter, Pokhara

The richness of Tibetan culture is world renowned as is the welcome of the Tibetan people. But it can appear complex and mysterious with its monastic societies, secretive tantric religion, troubled recent history and its nomadic heart. Locked away for centuries behind the curtain of the Himalayas, Tibet thrived as a center of unparalleled spiritual learning and as a regional power until China invaded in 1959 forcing Tibetans to flee to surrounding countries. Today, Tibetan refugees in Nepal are eager to share their dynamic philosophies and way of life in order to preserve their culture.

Not only is the Tibetan Encounter one of the most interesting things to do in Pokhara, it also provides much needed support for the communities, as a portion of the tour fee is donated to the villages tourists visit.

RECOMMENDED

HOTELS



SUGGESTED HOTELS IN POKHARA

Fishtail Lodge

Fish Tail Lodge enjoys a unique location situated on a peninsula across Fewa Lake. Shuttle-floats or boats transport you across to the resort. With the lake on one side and a forest hill on the other, the views are spectacular. The panorama of Annapurna range and Mount “Machhapuchre” (Fish Tail), and their reflection on the lake soothe your soul and refresh your spirit. Here you can enjoy a break far from the madding crowd and yet be just a few minutes away from the adventure holiday of your dreams.

Temple Tree Resort and Lodge

Temple Tree Resort & Spa is a boutique hotel combining western standards with the distinctive architecture and culture of Nepal’s Western Himalayas. Named after the fragrant temple tree plant frangipani found here, we offer a peaceful and relaxed atmosphere, privacy when preferred and attentive service. Nestling close by Fewa Lake in the Pokhara Valley, Temple Tree is framed by the foothills and majestic peaks of the Annapurna Mountain Range. The air here is pure and clean, and the sub-tropical climate warm and pleasant.

Tiger Mountain Pokhara Lodge

Perched 1,000 feet above the Pokhara Valley with a spectacular Himalayan backdrop, Tiger Mountain Pokhara Lodge provides a perfect haven, the essence of tranquility. Ideal for guests pre- and post-trek, or for those wishing to take day walks exploring local communities, bird-watching, gentle exercise, or just to relax in a typical Nepalese rural setting.



TERAI AND

WILDLIFE



CLASSIC

SIGHTSEEING

MAIN REGIONS

- CHITWAN
- LUMBINI
- BARDIA





CHITWAN: MAIN HIGHLIGHTS

- **CHITWAN NATIONAL PARK JEEP SAFARI** – A wilderness of rich ecosystem that includes mammals, birds, reptiles and water animals of numerous kinds. The highlights of this park are the 500 Asian one-horned rhinoceros (One-Horned Rhino) and some hundred nocturnal Royal Bengal Tigers that live in the dense forests of the park. You will discover a lost world of towering trees and twisting vines, of pre-historic rhino and lumbering elephants, crocodiles, pythons and deer; brilliantly colored birds and if you are fortunate – the superb Royal Bengal Tiger. Sharing home with these are other animals like rhesus monkey, grey langur, and leopards.
- **THARU CULTURAL MUSEUM** - The informative Tharu Cultural Museum and Research Centre in Bachhauli, the nearest Tharu village to Sauraha, has colourful murals and exhibits on artefacts and local dress. The collection is fairly limited, but it's a must-see for those interested in Tharu culture.
- **CROCODILE BREEDING PROJECT** - A few hundred meters past the park headquarters in Kasara is a crocodile breeding project, where you can see both gharials and marsh muggers up close. The decade-long program has been a great success in releasing both endangered species back into the wild.
- **BISH HAZARI** (20 Thousand) lake is in the southern corner of Bharatpur and not far from the National Park. The lake is very attractive for the bird lovers and serves as an important bird watching center. The lake area houses lots of crocodiles and thus is equally attractive for the reptile lovers. Bish hazari lake lies just 5 km south from the city center.



LUMBINI: MAIN HIGHLIGHTS

- **MAYA DEVI TEMPLE** - The spiritual heart of Lumbini, Maya Devi Temple marks the spot where Queen Maya Devi gave birth to Siddhartha Gautama. In the adjoining sacred garden you'll find the pillar of Ashoka, ancient ruins of stupas, and maroon- and saffron-robed monks congregating under a sprawling Bodhi (pipal) tree decorated with prayer flags.
- **WORLD PEACE PAGODA** - Located outside the main compound, but easily accessible by bike, the impressive gleaming white World Peace Pagoda, one of the world's greatest stupas, was constructed by Japanese Buddhists at a cost of US\$1 million. The shining golden statue depicts the Buddha in the posture he assumed when he was born. Near the base of the stupa is the grave of a Japanese monk murdered by anti-Buddhist extremists during the construction of the monument.
- **CAMBODIAN MONASTERY** - With strong touches of Angkor Wat, this colourful fantasy due for completion in 2018 is already one of the most fascinating temples in Lumbini. The temple is surrounded by a square railing topped off by four 50m green snakes whose tails entwine at the corners. The compound itself has a vast outer wall decorated with intricate designs.
- **ROYAL THAI BUDDHIST MONASTERY** - Close to the north end of the pond, this stunning and imposing wat (Thai-style monastery) is built from gleaming white marble. The blue-roofed meditation centre next door is another fine piece of architecture. Arguably the greatest compound in the monastic zone.
- **ZHONG HUA CHINESE BUDDHIST MONASTERY** - This elegant monastery is one of the most impressive structures at Lumbini. Reached through a gateway flanked by dogs of Fo, the elegant pagoda-style monastery looks like a small Forbidden City. Its perfectly manicured internal courtyard is an oasis of peace.





BARDIA: MAIN HIGHLIGHTS

- **BARDIA NATIONAL PARK** - This is the largest national park in the Terai, a beautiful, unspoiled wilderness of sal forest, grassland and alluvial washes cut by the many fingers of the Karnali River. Largely unpopulated, it is often described as what Chitwan National Park was like 30 years ago, before its commercial development. One can raft through the park for hours on end and not encounter another person.
- **JEEP SAFARIS** - For the patient wildlife spotter, the park affords excellent opportunities. Bengal tiger, one-horned rhino, leopards and wild elephants are among the 30 species of mammals living here. Gangetic dolphins are occasionally seen on rafting and canoe trips along the Geruwa River, the eastern channel of the Karnali River, but numbers have declined to dangerously low levels. Unlike in Chitwan, the gharial crocodile is plentiful, as is the wonderfully named marsh mugger. Bardia also has more than 250 species of birds, including the endangered Bengal florican and sarus crane. While this is less than Chitwan, you probably stand a much better chance of seeing one here if you put in the hours at one of the 'hotspots' for tiger sightings: Tinkuni (three corners), Kingfisher and the Balcony.
- **GUIDED WALKS** - A great way to spot wildlife in the park, and potentially the most thrilling, is on a guided walk. Venturing into the park on foot with your guide, however, is obviously a risk you take into your own hands
- **GHODAGHODI TAL** - This picturesque grouping of oxbow lakes is renowned for its birdwatching. Located about 40km west of Chisopani, the scene is straight out of an Impressionist painting, with lotus flowers, water lilies and dappled light. The lakes are home to 142 different species of birds, including the grey-headed fishing eagle

KEY ACTIVITIES/

EXPERIENCES



WILDLIFE IN CHITWAN



TRIP TO BARDIA



RAFTING



VISITING LOCAL TRIBES IN CHITWAN





Wildlife in Chitwan

Chitwan or 'heart of the jungle' is one of the best wildlife-viewing national parks in Asia and is a UNESCO World Heritage Site. One of the few remaining undisturbed vestiges of the natural eco-systems of Nepal's Terai lowlands, the National Park preserves some of the last habitats for endangered species like the Great Indian One-Horned rhinoceros and the elusive Royal Bengal tiger, and has made great conservation efforts for both. It is also home to the gharial (crocodile species) and the Asiatic elephant.



Rafting

The scenery of river Trishuli includes small gorges and a glimpse of the cable car leading to the famous Hindu Temple Manakamana. For the most of the year the rapids encountered on the Trishuli are straightforward, easily negotiated and well spaced out. Trishuli river is an excellent river for those looking for a short river trip, without the challenge of huge rapids, but with some really exciting rapids, with beautiful scenery and a relatively peaceful environment.



Trip to Bardia

A trip to Bardia, Nepal's largest National Park and wilderness spread in the Terai, will reward you with superb wildlife-watching opportunities in an ambience surprisingly shielded from and undisturbed by tourism. Bardia is home to the endangered Royal Bengal tiger and the one-horned rhinoceros. You will also spot populations of wild elephants and an amazing variety of mammals (30 different species), reptiles, aquatic animals, and birds (over 250 species) here.





Visiting Local Tribes in Chitwan

Time seems to have passed by the Tharu Village near Sauraha (at the edge of the Chitwan National Park). The place is almost like a living museum. The village is dotted with ochre-coloured huts built of mud and clay with thatched roofs. Most of these are simple one-room structures without chimneys and windows. Naturally, the people spend most of the time outdoors. They are recognised as the aboriginals here as their ancestors were the first to settle down in the dreaded Nepal Terai jungles during the Middle Ages.

Life is still pretty Spartan here; you will probably just see pots hanging above a fire, maybe an old sewing machine on a porch and some goats grazing away. The experience of interacting with the hardy tribal folk will stay in your memories for a long time.



RECOMMENDED

HOTELS



SUGGESTED HOTELS IN CHITWAN

Barahi Jungle Lodge

Barahi Jungle Lodge with its selective location on the banks of Rapti is set in a small village of Tharus. The lodge adjoining the forest from two sides offers a breathtaking view of the National Park from its river facing stand-alone cottages. The ambience and the style of interior of our wildlife resort in Chitwan gives a stunning insight into the aboriginal Tharu culture of Nepal interlaced with wilderness of Chitwan.

Tigerland Safari Resort

Tigerland Safari is proud of its Ecological Initiatives which includes natural setting and use of local materials that blends with the environment, construction and design inspired by local culture and themes, minimum footprint on the environment by building individual rooms on stilts and the use of solar power as the primary source of energy.

Taj Safari Chitwan

The Taj Safari Lodge in Nepal is located in the iconic Chitwan National Park. Come, explore the wonders of this rich habitat through a variety of Safari experiences. Book a stay at our luxury jungle lodge!

Kasara Resort Chitwan

Kasara resort is a harmonious blend of nature and modernity to offer simple luxury in a lush, natural setting in the exhilarating. The use of natural wood, subtle shades and chic interior adds to the unique chic.



SUGGESTED HOTELS IN LUMBINI

Buddha Maya Garden

Located in a calm and serene area of the Lumbini World Heritage Garden, the Buddha Maya Garden Hotel and Resort lies just over five minutes walk from the main temples of Lumbini. Buddha Maya Garden Hotel and Resort is managed by the famous Kathmandu Guest House, the Asia's leading budget hotel with 35 years of experience in the travel industry in Nepal.

Hotel Lumbini Garden Crystal

Lumbini Garden Crystal is proud to have become one of the best regarded hosts by the those who have come to visit the Lumbini Sacred Garden, international Monastic Zones, and surrounding parkland. Pilgrims who travel distances to pay homage to the birth site of Lord Buddha, as well as those who come for love of history, culture, and nature – all are welcomed to find peace and comfort within our lush and tranquil spaces.

Lumbini Hotel Kasai

The purpose in Lumbini Hotel Kasai is to show how the Buddhism Sacred place, Lumbini is certainly peaceful and quiet environment. And at any time, always the Japanese staff and our Nepali staffs who are which qualified to serve Japanese standard service will be in the field, in order to provide our great services.



CENTRAL

HILLS



CLASSIC

SIGHTSEEING

MAIN REGIONS

- NAGARKOT
- DHULIKHEL





NAGARKOT: MAIN HIGHLIGHTS

- **CHANGU NARAYAN** - The ancient Hindu temple of Changu Narayan is located on a high hilltop that is also known as Changu or Dolagiri. The temple was surrounded by champak tree forest and a small village known as Changu. This shrine is dedicated to Lord Vishnu and held in special reverence by the Hindu people and is considered to be the oldest temple in the history of Nepal. The Kashmiri king gave his daughter, Champak, in marriage to the prince of Bhaktapur. Changu Narayan Temple is named after her.
- **SUNRISE VISIT** - On a clear day, you can see the ranges of Gosainkunda, Ganesh Himal, Mt. Manaslu and the Annapurna Mountains. The sun's rays first begin to light up the sky, turning the snowcapped peaks from grey to pink before the rising sun turns the snow a most brilliant white. The scene is absolutely breathtaking.
- **VILLAGE AND NATURE TREK** – This lovely trek starts with a nature trail through a dense coniferous forest. You wind our way to Kartike village from where you can see the mountain villages perched on the hill with terraced farmlands and if the weather is clear, you will be awarded with the stunning Himalayan views. From here the trek takes you through charming villages as you cross schools, small markets and locals before returning back to the starting point.





DHULIKHEL: MAIN HIGHLIGHTS

- **SHIVA TEMPLE** - The temple enshrines a four-faced lingam topped by a metal dome with four nagas arching down from the pinnacle. You are liable to find holy men dispensing spiritual advice. Note the statues of a Malla royal family in the courtyard.
- **GITA TEMPLE** - This modern Hindu temple is dedicated to the Bhagavad Gita, a 700-verse scripture in Sanskrit that is part of the Mahabharata epic.
- **CHANDESHWARI TEMPLE** - This popular pilgrimage spot is noted for its enormous mural of Bhairab; you may see a sacrifice on feast days. Chandeshwari is one of the many manifestations of Parvati and means 'slayer of Chand', a reference to a demon who once haunted this valley.
- **TREKKING TO NAMOBUDDHA** - Situated in a small shrine on the top hill, is at a distance of 15 km from Dhulikhel. It is the place where Buddha fed his place to a hungry tiger and is important Buddhist shrine. There are actually two important sites here. One is the white washed stupa and another is the prayer chapel at the end of the roadway. People enjoy sipping "chiyaa" (tea) and watching Buddhist pilgrims spinning prayer wheels and reciting "mantras" as they encircle the stupa.
- **VISIT TO AN ORGANIC FARM** - While going to Namobuddha one can also visit the organic vegetable farming at Phulbari. A one-day mini trek out of Dhulikhel this is an exciting way to see the glimpse of typical Nepalese lifestyles of country side.
- **TREK TO PANAUTI** - The historic and ancient small township of Panauti is located at the confluence of two rivers namely Roshi and Punyamati at the south east of Dhulikhel and is the manifestation of urban design, elegant architecture and refined culture of Nepal in the 12th century. Panauti is famous for the recently restored Indreshwor Mahadev Temple, particularly well known for its classic design.

- **VILLAGE AND NATURE WALKS** - Dhulikhel is bestowed with such a rich natural serenity and vista that one can also enjoy very short treks through nooks and crannies where there lie spots full of natural settings, woodlands, ponds and view points. One of such spot is Gosainkunda, a holy pond with half an hour walk from the centre of Dhulikhel.
- **INDRESHWOR MAHADEV TEMPLE** - Panauti's most famous temple is set in a vast courtyard full of statuary on the isthmus between the Roshi and Pungamati rivers; some earthquake damage is still visible. Topped by a three-storey pagoda roof, the temple is a magnificent piece of Newari architecture, and one of the tallest pagoda-style temples in Nepal. The lingam is said to have been created personally by Shiva. The woodcarvings on the temple's windows, doorways and roof struts are particularly fine. The upper section of the temple is hung with pots and pans, offerings from young married couples hoping for a prosperous family life.
- **PANAUTI MUSEUM** – Located inside the temple compound is also the well-done Panauti Museum, an interesting collection of artefacts from the region – brassware, woodcarvings, statuary – including original sections from the Indreshwar Mahadev Temple.



KEY ACTIVITIES/

EXPERIENCES



DHULIKHEL - A SLICE OF VILLAGE LIFE



EVEREST MOUNTAIN FLIGHT



CEREMONIES AND BLESSINGS



HASERA RESEARCH CENTRE





Dhulikhel - a slice of village life

This is a Newari town situated 30 km and it boasts fantastic views of the Himalayas. The spectacular snow capped mountains seen from Dhulikhel must be one of the most stunning panoramas anywhere in the world. Dhulikhel is popular for its natural beauty and ancient traditions. Wander down the traffic-free streets of Dhulikhel's old medieval town and admire the traditional Newari houses with beautiful examples of Newari craftsmanship carved into the doors and windows - you get a sense of being in a different world and time!



Everest Mountain Flight

Also known as the 'roof of the world', Mount Everest is the world's highest peak. Standing majestically among the other impressive peaks of the mighty Himalayas it is a special privilege to be able to scale this particular peak for any climber. Fortunately for you, you do not have to make the actual trek. This morning, you take instead a comfortable mountain flight up into the mountains and get a glimpse, up close and personal, of the Himalayas and of course Mount Everest. Sit back, buckle your seatbelt and get ready to be awed...



Ceremonies and blessings

Rinpoche or the Incarnate Lamas have long been offering a variety of blessings and ceremonies for the well-being and benefit of individuals, the community, and all sentient beings. You could, if you wish, receive the blessings of the Lamas at a monastery. The Blessings include House/Land Blessing, Blessing for Children, Blessing of Children, Anniversary Blessing, Pet Blessing. The Ceremonies include Marriage Ceremony, Long Life Ceremony, Special Long Life Ceremony, and Tibetan Buddhist Funeral Ceremony.





Hasera Research Centre

HASERA is a Research and Training Center dedicated to the promotion of Sustainable / Organic Agriculture, Sustainable Development and Permaculture (SSP) in Nepal. HASERA means Hariyo, Seto, Rato (Green, White and Red) symbolizing Plant products, Dairy products and Meat products.

HASERA was first established as an institution in 1990 but it wasn't until May 1, 2007 that the activities were concentrated in the farm and resource center and momentum behind the farm truly began to build.



Upper Mustang

Also called the Forbidden Kingdom, Upper Mustang only opened to tourists in 1992. Time stands still in Upper Mustang. Once part of greater Tibet, Mustang remains suffused with Tibetan culture and religion – it is perhaps the last living museum of Tibetan history. The region's extraordinary heritage can be seen today in its monasteries, palaces, ruins of massive fortresses, cave, villages, and festivals.

If you are dying to visit Upper Mustang but are restricted by time or prefer a more comfortable travel alternative that is physically less demanding than a trek, fret not. You can enjoy a journey to Upper Mustang on a thrilling 4wd Jeep ride that will take you across Nepal's most challenging yet enchanting terrain.

RECOMMENDED

HOTELS



SUGGESTED HOTELS IN DHULIKHEL

Dwarika's Resort

The Dwarika's Resort is located in the serene and beautiful hill of the Dhulikhel which is approximately 1 hour drive from Kathmandu city. The Dwarika's Resort Dhulikhel is set in astounding natural surrounding and is completely inspired by nature. It is based on the Vedic philosophy and Buddhist medicine, and is a place in which to contemplate, to learn and to explore the connectedness between your mind, body and earth.

Dhulikhel Mountain Resort

Offering a perfect blend of luxury and comfort, Dhulikhel Mountain Resort presents unparalleled luxury with a touch of tradition. Dhulikhel Mountain Resort is about escaping the everyday and savoring every moment.

Dhulikhel Lodge Resort

Located in one of the most enchanting regions of Nepal. The setting of our resort is one of the most exceptional in Nepal; lush and intricately terraced hills surround Dhulikhel valley, and stretch infinitely to reach the Himalayas, stark, dazzling and white against blue skies.



SUGGESTED HOTELS IN NAGARKOT

Mystic Mountain

Nestled amidst the dense greenery of Nagarkot, Hotel Mystic Mountain just like its name has the tranquil surrounding and peaceful ambient. The hotel situated on top of quaint villages and terraced fields, rising above the misty clouds that surround the hills round.

Hotel Country Villa

Hotel Country Villa is strategically placed on the top of Nagarkot hill, thus offering the best view of the spectacular show upfront. It encapsulates all the elements that set Nagarkot apart. It showcases nature at her best, and thereby catapults its dwellers to the romantic self and promises of a splendid stay. Here, you float with the clouds and can give audience to the drama unfolding the spectacle of the sunrise and the sunset from very close.

Club Himalaya Resort

The hotel offers a rare blend of nature and modern amenities and has become synonymous with Nagarkot. Each room opens to a private balcony, where one can view the most splendid sunrise and sunsets. The interior is traditional and simple yet stylish and elegant. Club Himalaya's comfortable accommodation, cozy ambience, delicious food and the welcoming and gracious staff creates a true 'comfort above the clouds' experience.



WHY LPTI AS

YOUR PARTNER?



TRAVEL IS IN

OUR DNA



Quality Management System:

We have been successfully re-certified by BSI for our ISO 9001:2015 based standard operating procedures for the provision of destination management services for inbound tour operations.



Own guide panel

We have put in place one of the strictest and client segment specific guide empanelment and an elaborate training process. This includes well known speakers, authors and historians to provide intellectual insight whilst being on tour.



Modern transport fleet

We boast our modern, state of the art and environment friendly fleet of transport pan-India. To ensure safety of all our guests at any given time in destinations we operate GPS enable transportation.



Wealth of experience and knowledge

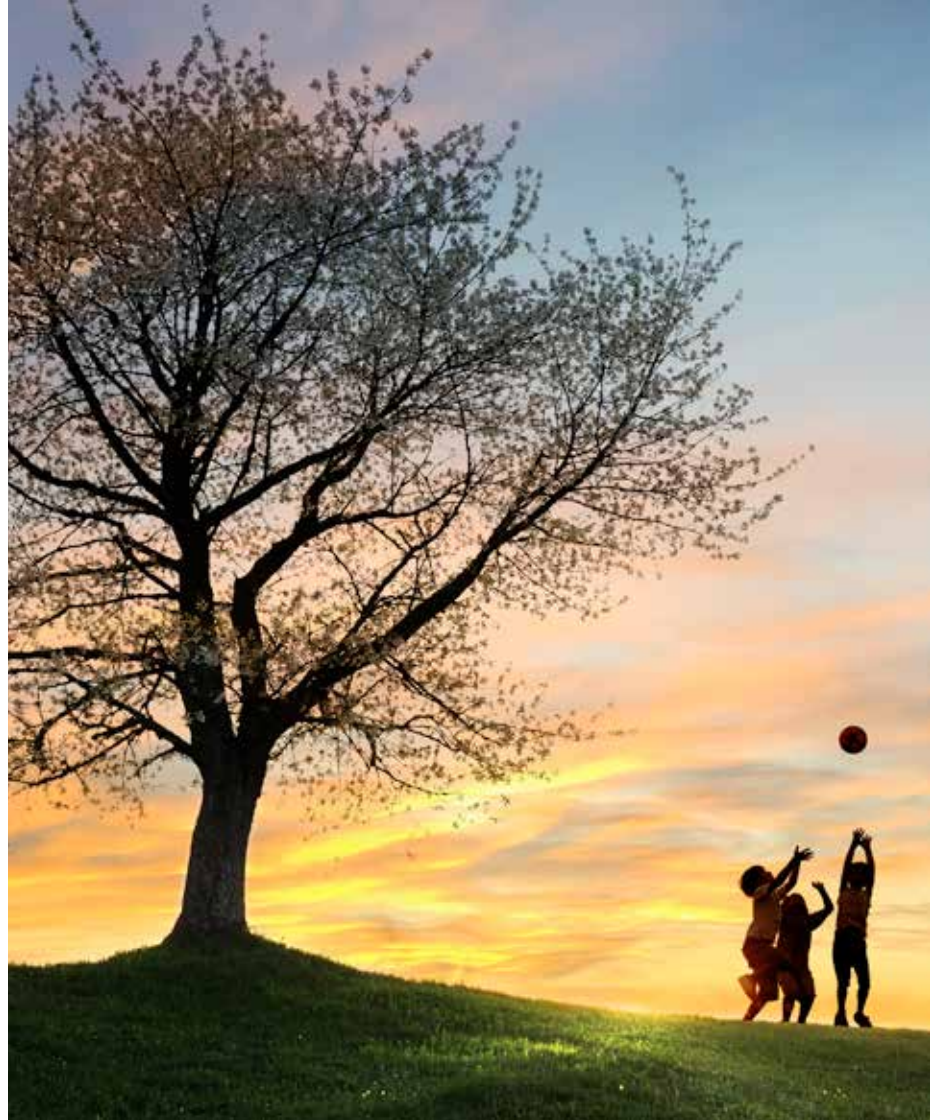
Our staff has decades of experience and they are the force behind our success. Our teams are represented by a unique blend of seasoned and savvy experts who know their markets as well as a young, passionate and creative team.



Leveraging group strength

We have the advantage to leverage the group strength as we are a part of one of the largest DMC businesses in the world covering more than 40 countries globally.

CSR



The Bamboo Schools Project

The Bamboo Schools Project in Nepal uses bamboo to build schools for vulnerable and destitute children throughout Nepal. These children come from very poor Nepalese or Tibetan families; many have had to survive on the streets and were forced into child labour. The school lays special emphasis on the education of girls. It's a unique experience to visit Bamboo Schools Project sites to see how the students are taught there. One may interact with the students and even participate in the teaching process. Guests are free to make voluntary donations.



The Mary Ward Schools

Mary Ward Schools has done exemplary work in providing educational opportunities and ensuring better futures for girls from families who could not have otherwise afforded to send their daughters to school. In a society where education for the girl-child is not considered necessary, Mary Ward has begun to stand out as a beacon of hope. The goal of our CSR program is to support needy organizations in the field of education of the girl child, health & hygiene and bringing in volunteers for skills training (voluntourism).

EXPERT IN

THE REGION



Map not to scale

OUR

SERVICES



Concierge Services

Just an extra level of service we provide all our clients. Our Concierge Service is always on hand to assist you with your requests; be it arranging a ticket to a sold-out show, reserving a table for lunch or dinner, changing air tickets, organizing personal shopping, setting up spa appointments or crafting a tailor made experience just for you.



Wildlife & Adventure

Our wildlife and adventure tours are designed to showcase the exceptional diversity of fauna and flora as well as the many adventure options available in the Indian subcontinent.



VIP Arrival Service

Upon arrival, you will be met by our representative at the Airport. Our representative will then provide facilitation and assistance to you to clear through the immigration, collect baggage from the baggage belt and then guide you through the green channel gate of Nepal customs. As you step into the Meet & Greet Hall, you will be handed over to our airport representative or concierge who will then escort you to your vehicle and accompany you in the chauffeur driven vehicle to your hotel.



Classic Circuit

We offer a wide range of itineraries and experiences that capture the incredible beauty, amazing diversity and rich culture of the Indian subcontinent. Whether it is a first time visit or a repeat trip, we will always include new elements to make each trip unique and suited for every budget.

OUR FLEET OF TRANSPORT

Transport	Recommended guest capacity
	15-34
LARGE COACH - Sutelj / Tata / Sheena	
	10-14
COASTER - Toyota / Nissan	
	05-09
HIACE - Toyota / Nissan	
	03-04
VAN -Mitsubishi / Kia	
	01-02
CAR - Suzuki Dzire / Toyota Etios	



NATURALLY NEPAL-ONCE IS NOT ENOUGH



Thank You,
We look forward to serving you



MARIA DO CARMO CAMACHO



ARVIND BHATIA



Le Passage
to India

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