



## **KATHMANDU – POKHARA** **(06 NIGHTS/07 DAYS)**

### **Culture, Heritage, Adventure and Nature Tour**

#### **DAY 01: KATHMANDU**

Arrival at Tribhuvan International Airport at Kathmandu. Meet your guide at the airport and Khada welcome then transfer to the Hotel. (Check in at 14:00).

Afternoon sightseeing of **Kathmandu Durbar Square**, its old temples and palaces, epitomizes the religious and cultural life of the people. Here, the kings of Nepal are crowned and solemnized. Interesting things for visitors to see are Taleju temple, gigantic figure of Kalbhairav (the god of destruction), Basantapur Durbar and temple of Kumari (the residence of living goddess).



#### **DAY 02: KATHMANDU**

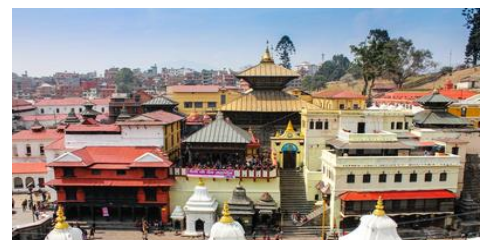
Morning sightseeing of sightseeing of **Boudhanath**, The 36-meter-high stupa of Boudhanath is one of the largest stupas in South Asia. Here you can see many monasteries surrounding it. On each side is a pair of the all-seeing-eyes of the Buddha symbolizing awareness.



Afternoon **Bhaktapur Durbar Square**, It is also known as Bhadgaon and was founded in 889 AD by King Anand Dev. Today it covers an area of four square miles and is flanked by Khasa Khusung and Hanumante Rivers. The palace complex in the middle of the city portrays the prosperity of the Malla years and the details at which the crafts people then worked. The Palace of Fifty-five Windows stands in the square, which was also home to many kings of Bhaktapur.



**Pashupatinath Temple**, Pashupatinath is the most sacred Hindu shrines in the world. The richly-ornamented pagoda houses the sacred linga, or phallic symbol, of Lord Shiva. Chronicles indicate the temple's existence prior to 400 AD. Devotees can be seen taking ritual dips in the holy Bagmati river flowing beside the temple. Cremation of the dead body Hindus/Buddhist takes place at the bank of Bagmati River at Pashupatinath.



#### **DAY 03: KATHMANDU**

Morning sightseeing of **Swayambhunath**, (also known as the Monkey Temple) The world's most glorious Buddhist Chaityas built 2000 years ago situated on a hillock about 77 m above the



level of the Kathmandu valley. Visitors will also have a grand view of the valley from this spot. Swoyambhunath Stupa, which is considered one of the most imposing stupas in the world, rises high. One can reach the stupa by going up about 400 steep stone steps. The four sides of the stupa depict Buddha's eyes of wisdom, which see through all existences.

Afternoon **Patan Durbar Square & Golden Temple**, Patan Durbar Square situated in the center of Patan city, also known as Lalitpur. Patan Square and its surroundings is good specimen of ancient Newari architecture. There are three main courtyards in the palace: Mul Chowk, Sundari Chowk and Keshav Narayan Chowk. Mul Chowk, the oldest one, is at the centre of Patan square. Main among these is Krishna Temple, Bhimsen Temple and the Golden Temple of Hiranya Varna.



Later **Sound healing/Therapy session.**



#### **DAY 04 KATHMANDU - POKHARA (200 KM - 6 Hrs approx)**

Morning drive to Kuritar. Stop for **Jip Line** and **Sky cycling** then drive to Pokhara.



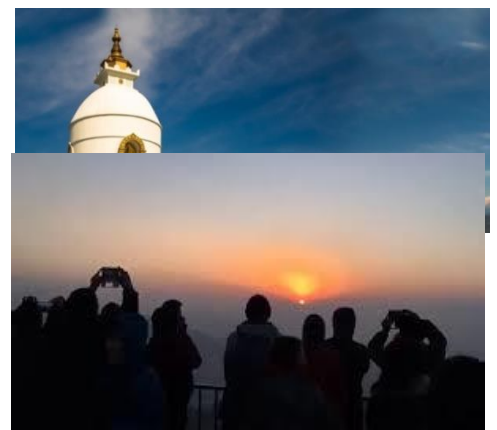
Free time in Pokhara. **Pokhara** is one of the most popular tourist destinations in Nepal, situated in the northwestern, at an altitude of 900 meters and 200 Km from the Kathmandu. Pokhara is also famous for beautiful lakes and magnificent views of the Annapurna, Dhaulagiri, Makalu, Manaslu, Machhapurche. Overnight.



#### **DAY 05: POKHARA**

Morning boat ride on the **Phewa Lake**, visit **Barahi Temple** then **cross the lake and easy hike (1 hour) to World Peace Stupa**, is situated on a hilltop. Peace Pagoda is also Known as Shanti Stupa, a Buddhist stupa designed to provide a focus for people of all races and creeds, and to help unite them in their search for world peace. From here can enjoy a panoramic view of Annapurna Mountain ranges, view of Phewa Lake and Pokhara valley.

Later sightseeing of **Devi's Fall**, **Tibetan Refugee Camp** and **Gupteshwor Cave**.



#### **DAY 06: POKHARA - KATHMANDU**

Early morning drive to **Sarangkot** (1592 m) to for the sun rise and Mountain view (Weather Permit) then on the way back visit **Bindhyabasini Temple & Old Bazaar**. After breakfast drive back to Kathmandu. Overnight.

#### **DAY 07: KATHMANDU**

On time departure transfer to the airport.