

NEPAL TOUR WITH ANNAPURNA FOOTHILLS TREK

Royal Mountain
Travel—Nepal



DAY 01:

ARRIVAL KATHMANDU

Activities of the day: International Arrival and Transfer to Hotel. Orientation Walk around Patan Dubar Square with the Tour leader for the group followed by Dinner in Bricks Café

Accommodation: [Hotel Traditional Stay](#) or Similar

Meals Included: Welcome Dinner in [Bricks Café](#)

Depending on your travel history, your first impression of arriving at Tribhuvan International Airport may be an experience in and of itself. The time it takes will depend on whether you need to queue for a Visa-On-Arrival as well as immigration and customs. Luggage tags will be checked on exit so have your luggage receipt handy (usually attached to your boarding pass). Luggage trolleys are available and free to use. As you walk down the tunnel to the arrival lounge you will find many people showing various placards and waving anxiously. Please walk slowly checking the placards and do not get anxious – our airport representative will be waiting to welcome you with your name written clearly on the placard.

Afternoon, stroll around the alleys of Patan Durbar square with the Tour Leader, Patan is surrounded by a fascinating array of temples, built in various architectural manners, varying from the era of its establishment. Patan Durbar Square is home of numerous temples like Krishna Mandir, Bhimsen Mandir, Taleju Bell, and many more, which display Gods and Humans, in Nepal, who have always lived with next to each other since long-long time. All the temples of the Patan Durbar Square are decorated with samples of the masterpieces of Nepalese handicrafts; according to the Newari architecture. The city is built on Newari cultural perspectives, thus, the city envelopes the pride of Newari cultural history.

Following the walking tour, you will be having the welcome dinner in Bricks Café, making it a memorable one by dining in an ambiance that boasts of a 100-year-old history.

DAY 02:

KATHMANDU – KRITIPUR

Activities of the day: After breakfast transfer to Swayambhunath stupa for sightseeing followed by a visit to the ancient Newari town of Kritipur where you will spend your whole day learning the ancient writing script of Ranjana Lipi, visiting around the town and learning about the history and culture along with testing some cuisines.

Accommodation: Hotel Traditional Stay or Similar

Meals Included: Breakfast and Dinner in Hotel, Lunch in Kritipur Community Homestay.

Sightseeing of Swayambhunath Stupa- on top of a conical hill, reached by climbing a few steps, where a panoramic view of Kathmandu city can be witnessed. The Buddhist pilgrimage center - Swayambhunath Stupa, situated on the top of a hill, west of Kathmandu, is one of the most popular, holy, and instantly recognizable symbols of Nepal. The temple is colloquially known as the 'monkey temple' because of the large tribe of roving monkeys who guard the temple.

In the morning you will be escorted to the town of kritipur, upon arrival you will receive a traditional welcome at the Kritipur community homestay. Its streets are adorned with red-brick houses and tiled roofs, flanked by temples and squares - a picturesque and captivating sight to behold. Followed by the visit around Kritipur, we head on to the Ranjana Lipi – Newari Script Writing session. Ranjana Lipi, among many other Nepal scripts, is famous in many countries including Nepal, China, Tibet. Dive deeper into Newari culture in this fun and unique Experience, where you learn the intricate Ranjana Newari script while enjoying delicious traditional food and drink! During the Ranjana Lipi (script) workshop, local experts will teach guests how to write the ancient script using a customary bamboo pen and ink on canvas paper. Sip on a traditional Newari drink from an earthen cup as you practice your Ranjana Lipi strokes, and take breaks to enjoy authentic Newari dishes, including the most mouthwatering and traditional Samay Baji. As the writing and feasting comes to an end, you depart with fond memories and full tummies, as well as your own Ranjana script framed as a special memento.

DAY 03: KATHMANDU – POKHARA

Activities of the day: Transfer from Kathmandu to Pokhara en-route Trishuli River Rafting
Driving Distance: 205 km Approx.
Duration: 6 hrs. Approx.
Accommodation: [Hotel Aabas](#) or Similar
Meals Included: Breakfast, Buffet Lunch after rafting and Dinner in a Standard Restaurant

Leaving Kathmandu city on one of the country's busiest roads may be slow, but as we leave the city on the Tribhuvan National Highway, the views are impressive. For the first hour of the drive, the road is winding and downhill and then continues along the Trishuli River.

En-route we stop over for a white river rafting at Trishuli:

Rafting starts: Charudi

Rafting ends at Gaighat / Fishing

Grade: Class III

Duration: 03 - 04 hours rafting

For most of the year the rapids encountered on the Trisuli are straightforward, easily negotiated and well-spaced out. Trisuli River is an excellent river for those looking for a short river trip, without the challenge of huge rapids, but with some really exciting sections. The scenery is beautiful and in a relatively peaceful environment. During the monsoon months the intensity of the rapids increases and attracts a radically different set of rafters. But there are sections for rafting during the monsoon for those who are looking for simply an exciting trip!

Continuing further we drive to Pokhara which lays on a once vibrant trade route extending between India and Tibet. To this day, mule trains can be seen camped on the outskirts of the town, bringing goods to trade from remote regions of the Himalaya. This is the land of Magars and Gurungs, hardworking farmers and valiant warriors who have earned worldwide fame as Gurkha soldiers. The Thakalis, another important ethnic group here, are known for their entrepreneurial skill.

The serenity of the lakes and the magnificence of the Himalaya rising behind them create the ambiance that has made Pokhara such a popular place to relax and enjoy the beauty of nature. Tourism focuses on the districts of Damside and Lakeside (or Pardi and Baidam, in Nepali, respectively). These two areas, packed with hotels and restaurants, are a few kilometers southwest of the main Pokhara bazaar.

DAY 04: POKHARA – NAYAPUL – GHANDRUK

Activities of the day: Transfer from Pokhara to Nayapul. Trek to Ghandruk
Driving Duration: 1 Hrs 30 Minutes approx
Altitude: 2,012 Meters (Ghandruk)
Trekking Duration: 4 Hrs. Approx.
Accommodation: Basic Tea House
Meals Included: Breakfast in Hotel, Lunch and Dinner in Basic Tea House

Drive from Pokhara to Nayapul and from here set out on the trek to Ghandruk. The trail descends steeply to Birethanti and follows the west bank of Modi Khola to reach Shaulee Bazaar before climbing again to Ghandruk. Ghandruk is the most scenic and popular trek that can be done from Pokhara. Ghandruk offers very close view of Annapurnas and the view during sunset and sunrise is fantastic. The walk provides you the breathtaking views of Annapurna South, Gangapurna, Annapurna III, Machhapuchhre and Hiunchuli. The Mountain View is very beautiful and the trail is relatively easy. The highest point is only 2000 m. So there is no risk of altitude sickness. All of these make this trek an ideal choice for everyone looking for short trek in Annapurna foothills.

DAY 05:

GHANDRUK – JHINU DANDA

Activities of the day: Trek from Ghandruk to Jhinu Danda
Altitude: 1,780 meters (Jhinu)
Trekking Duration: 4 Hrs. Approx.
Accommodation: Basic Tea House
Meals Included: Breakfast, Lunch and Dinner in Basic Tea House

Begin your trek from the picturesque village of Ghandruk, which is famous for its Gurung culture and stunning views of Annapurna and Machapuchare (Fishtail) peaks. The trail descends through stone steps and terraced fields, offering you a chance to interact with the friendly locals and enjoy the serene surroundings. After about 1-2 hours of trekking, you'll reach the banks of the Modi Khola River. Cross a suspension bridge and continue on the trail. The path from here is relatively flat and easy, following the river upstream. You'll pass through bamboo forests and occasional small settlements.

After about 4 hours approx of trekking, you'll arrive at Jhinu Danda. This peaceful village is known for its natural hot springs, which are perfect for relaxing after a day of hiking. Check-in to a guesthouse or lodge in Jhinu Danda and drop your bags. You can head straight to the hot springs to soothe your tired muscles and enjoy the therapeutic benefits of the natural geothermal waters.

DAY 06:

JHINU DANDA – POKHARA

Activities of the day: Trek from Jhinu Danda to Matque, Hop on a Jeep, and enjoy your drive to Pokhara.
Trekking Duration: 2-3 Hrs. Approx.
Drive Duration: 3 Hrs. Approx.
Accommodation: Basic Tea House
Meals Included: Breakfast, Lunch, and Dinner

Start your trek from Jhinu Danda after breakfast. The trail initially descends to the Modi Khola River, and you'll cross a suspension bridge to the other side. After crossing the river, the trail gradually ascends through terraced fields and small villages. You'll pass through lush forests with occasional glimpses of the mountains. Continue along the well-marked trail, which may have some steep sections but is generally manageable. As you trek further, you'll reach the village of Matque. We will get on the jeep and return back to Pokhara.

DAY 07:

POKHARA

Activities of the day: Pokhara City Sightseeing of World Peace Stupa, Gupteshor Cave, Devi's Falls, International Mountain Museum, and Boating in Phewa Lake. For lunch, the Momo demonstration program in the Tashiling Tibetan Settlement camp.
Accommodation: Hotel Aabas or Similar
Meals Included: Breakfast and Lunch

Pokhara, also known as "lake city" is one of the most famous tourist destinations in Nepal. It is known for its natural beauty and majestic mountain view. The sightseeing tour takes you around various places Pokhara Valley. **World Peace Stupa** - Balanced on a narrow ridge high above Phewa Lake, the brilliant-white World Peace Pagoda was constructed by Buddhist monks from the Japanese Nipponzan Myohoji organization. The shining golden statue depicts the Buddha in the posture he assumed when he was born. Besides being an impressive sight in itself, the shrine is a vantage point that offers spectacular views of the Annapurna range and Pokhara city.

Gupteswor Mahadev Cave is a cave located in Pokhara - opposite to Davis Fall. The water from Davis fall passes through this cave. The cave is considered sacred which has statue of a Lord Shiva inside. Several Spiral stone steps leads to the cave from the Surface, near Siddhartha Highway.

Devi' fall is a waterfall located at Pokhara and is normally included in half day tour of Pokhara city. The water forms a tunnel after reaching the bottom. The tunnel is approximately 500 feet long and runs 100 feet below ground level. On 31st July 1961, a Swiss couple went swimming but the woman drowned in a pit because of the over flow. Her body was recovered 03 days later in river Phusre with great effort. Her father wished to name it "David's fall" after her but changed to Devi's fall. In Nepali the name is Patle Chango, which means 'underworld waterfall'. This place is one of the most visited places in Pokhara.

[International Mountain Museum](#) Mountains and mountaineering have a history of their own. Without preserving it, it will not be long before all the records and evidences will be lost forever. Nepal Mountaineering Association (NMA), established on 1 Nov 1973, initiated the establishment of International Mountain Museum (IMM) in Pokhara. The basic objective for its establishment was made to record, document and chronicle the past and present development of mountaineering activities in the world in general and to preserve the saga of the momentous feats in the history of mountaineering in the Himalayan peaks in particular.

Momos or Dumplings are more than a dish in Nepal; it is a way of life. Like any other type of dumpling, it is a meat or vegetable filling wrapped in dough. It is bite-sized and usually served with dipping sauce. It is a sheer delight when you bite into the savory fillings of a Momo. Not only eating Momos is a delight, but the process of making them is a unique and fun experience. It is a wonderful group activity perfect for family gatherings. Everyone can do their part in the whole process of momo-making. So make sure you enjoy every step of cooking this mouthwatering cuisine.

DAY 08: POKHARA – KATHMANDU
Activities of the day: Transfer from Pokhara to Kathmandu.
Accommodation: [Hotel Traditional Comfort](#) or Similar
Driving Distance: 201 km Approx.
Duration: 6 hrs. Approx.
Meals Included: Breakfast, Lunch and Dinner

We drive from Pokhara via Prithvi Highway; along the winding roads with beautiful view of the outskirts and village settlements before you reach the country's capital city. We drive along the bank of Trishuli river. Kathmandu is a diverse, historic city with amazing architecture, exquisite wood carvings and metal craft which showcase the skills of the Newar artisans of centuries ago. Hinduism and Buddhism have co-existed in Kathmandu valley from time immemorial and the valley residents make little distinction as they worship in both Hindu and Buddhist shrines. Kathmandu is a city where ancient traditions are zealously guarded while at the same time embracing modern technology.

DAY 09: KATHMANDU – BHAKTAPUR – PANAUTI
Activities of the day: After breakfast transfer from Kathmandu to Bhaktapur for sightseeing followed by a painting workshop either mask painting or Mithila Art, then continue towards Panauti for the night.
Accommodation: [Panauti Community Homestay](#)
Meals included: Breakfast, Lunch and Dinner in Panauti Community Homestay

From Kathmandu head to Bhaktapur; an interesting and historical Newari town and UNESCO World Heritage Site. Bhaktapur is a lavish illustration of Newari architectural skills, a city of pagoda roofs and harmonious blend of wood, mudbrick and copper. Among the three major capitals of the ancient Kathmandu Valley Bhaktapur's Durbar Square is wider and more open in order to host the wrestling bouts of which the kings were so fond. Throughout the city beefy carved wrestlers remain the city's trademark, also worshipped as the guardians of holy temples.

After Sightseeing we will participate in a painting workshop:

Mask Painting Details: <https://royalmt.com.np/experiences/mask-painting-workshop/>

Mithila Art Details: <https://royalmt.com.np/experiences/mithila-painting-workshop/>

The whole student group will participate in one of the two suggested.

Continue to Panauti, a small, traditional agricultural town where travelers can experience authentic Nepali-Newari hospitality and enjoy local home-cooked meals. Established by local women, the program is a paradigm of successful female empowerment/entrepreneurship in Nepal. You are also supporting and motivating local female entrepreneurs just by appreciating their local culture and tradition. Local folklore holds that Panauti was an offering from a King of Bhaktapur to his sister as dowry. Surrounded by green hills and holy rivers, this spiritual town is full of both Hindu and Buddhist temples, making it special in Nepal.

DAY 10: PANAUTI

Activities of the day: Cycling around the nearby Villages of Panauti
Cycle Trip Grade: Easy
Accommodation: Panauti Community Homestay
Meals Included: Breakfast, Lunch and Dinner

The Panauti Cycling tour offers a taste of vibrant lush green landscapes and cultural hotspots dating back to the 15th century. After breakfast we will get the bicycles from the Panauti Bike Station (an initiative from locals of Panauti Community Homestay) and heading into a mystical village filled with ancient stories will surely cast your mind hundreds of years back.

Composed of many off-road trails, you will pass through the serene untouched beauty of Panauti villages. The single mountain biking track continually winds around picturesque settlements, terraced paddy fields, and panoramic views of jaw-dropping Himalayan peaks. Cycling atop the hill and witnessing the bird's eye view of the wonderful valleys and pedaling around the steep and rugged trail is surely set to give you an adrenaline rush that will make your heart beat with excitement. The sound of the water echoing from the cliff, and hidden waterfalls are there to bring peace to your mind.

DAY 11: PANAUTI – KATHMANDU

Activities of the day: Transfer from Panauti to Kathmandu en-route visit Pashupatinath Temple and Boudhanath Stupa.
Accommodation: Traditional Comfort
Meals Included: Breakfast, Lunch and Dinner

After breakfast, we bid our goodbyes to the host family and drive towards Kathmandu. On the way, we will stop over at Pashupatinath temple and Boudhanath Stupa, two of the UNESCO heritage sites in Kathmandu Valley.

Pashupatinath Temple is dedicated to the Hindu Lord - Shiva, the God of Destruction, also known as Pashupatinath (Lord of Animals). This temple is, moreover, one of the final destinations for Hindu devotees of all around the world. Built in around 400 A.D, the temple is located by the holy river Bagmati, decorated within the perfection of ancient arts and crafts. Four of the main gates of the temple are made of silver. Each gate is allocated for the four-faced lingam (phallic symbol of Shiva), which is to express that the blessing of the lord shall spread in all four directions around the world.

Boudhanath Stupa is one of the holiest sites in Nepal. It envelops an absolute admiration and faith not only from the Buddhist perspective, but Hindus of Nepal also pay their equal respect to this pious Buddhist site. The Stupa is one of the UNESCO world heritages for Nepal and the station where the Stupa stands with the message of peace and love; it used to be an ancient resting point for the Tibetan merchants to Nepal and India, where they would rest and perform their holy prayers. Ever since then and now, especially Tibetans, but also Buddhist from all around the world, value the Boudhanath Stupa as their ultimate holy destination.

DAY 12:**DEPARTURE KATHMANDU**

Activities of the Day: Free time before departure. International airport departure Transfer

Accommodation: None

Meals Included: Breakfast

Check-in is 3 hours prior to departure, and it is best not to skim on time as queues can be long and slow. Your booked airport transfer will be at your hotel ready to take you to the airport in time, allowing approximately 30mins driving time depending on time of day. At the airport security will check your flight ticket - either hard copy or on your mobile - along with your passport before you are allowed to enter the departure hall.