



KarmaQuest Ecotourism and Adventure Travel LLC

Cultures, Arts and Wonders of Nepal Benefitting Virtue's Children Nepal's Programs for Disadvantaged Children Customized Trip Dates



Nepal is blessed with not only the highest mountains on earth, but a cultural landscape that blossoms with colorful ritual traditions, hand-tooled arts and crafts, and time-worn temples at every turn. This trip is designed to let you experience it all, to stroll through the **Kathmandu Valley's World Heritage sites**, a tour of picturesque lakeside **Pokhara**, and a **jungle safari at Chitwan**.

A highlight of the trip is a visit to the **project sites of Virtues Children Nepal (VCN)** in Kathmandu. KarmaQuest co-owner Wendy Lama is on the Board of this Bay Area charity organization that provides educational sponsorships and life support to the orphaned, blind, disabled, and street children of Nepal. Your donation to VCN will contribute to a child's education and support VCN's programs in Nepal.

Itinerary

- Day 1 Arrive in Kathmandu:** Fly to Kathmandu where our staff will meet you and transfer you to either **Nagarkot**, a hill station known for stunning mountain views, or (depending upon flight arrival time) to **Bhaktapur**. The afternoon is free to rest. **/D**
- Day 2 Nagarkot-Changu Narayan:** Rise early morning for sunrise, lighting up 300 miles of snowy Himalaya. Take a 3-4 hr downhill trek through countryside villages to an awaiting vehicle to transfer you to **Changu Narayan temple**, which hosts a magnificent display of wooden carvings, 4th century stone statues and pagoda temples. Drive back to Bhaktapur and overnight. **B/L/D**
- Day 3 Bhaktapur:** Stroll through the cobble-stone streets of **Bhaktapur**, a lovely well-preserved medieval city. Take a guided tour of the royal Durbar Squares and monuments in this and **UNESCO World Heritage site**. See artisans at work amidst impressive temples, palaces, and sculptures. Overnight (O/N) in Bhaktapur. **B/L/D**
- Day 4 Bhaktapur-Kathmandu:** After breakfast, drive to **Pashupatinath Temple**, the valley's most important Hindu temple. After lunch, visit **Boudhanath Stupa**, a giant stupa adorned with lotus-shaped petals and topped by the all-knowing eyes (*right*). Enjoy a welcome dinner with a lively cultural show. O/N in Kathmandu. **B/D**
- Day 5 Kathmandu:** Rise early and join Buddhist pilgrims at **Swayambhunath Temple**, a holy site since ancient times. Visit **Kathmandu Durbar Square**, and the home of the Living Goddess, the Kumari and colorful **Asan Tole open market**, where traders have bartered for centuries. Spend the afternoon with the boys and girls who have benefitted from VCN's program. O/N in Kathmandu. **B/**



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Day 6 Kathmandu: Enjoy a guided tour of Patan Durbar Square, overflowing with temples, and housing an **award-winning cultural museum**. Time for shopping and rest. O/N in Kathmandu. **B/**

Day 7 Fly to Pokhara: (35 minutes) or drive (6 hours) to take in the countryside. Transfer to your hotel. Later, stroll by the lake or shop for souvenirs in the bazaar. O/N in Pokhara. **B/**

Day 8 Pokhara: Take a morning boat ride on Lake Phewa, the ideal spot for seeing the nearby Himalaya. Enjoy an afternoon drive or hike to the ridgeline Peace Pagoda for spectacular views. O/N in Pokhara. **B/**

Days 9-10 Royal Chitwan National Park: Drive to the southern Terai for two nights/three days of jungle safari by elephant, jeep and on foot. Led by trained naturalists, you'll explore one of Asia's best wildlife areas on the watch for rhinos, crocodiles, and a myriad of wildlife species. **B/L/D**

Days 11- 12 Chitwan-Kathmandu: Rise early for a last look at the jungle before flying to Kathmandu. Enjoy the free time and a farewell dinner. Overnight in Kathmandu. **B/** and **B/D**

Day 13 Depart Kathmandu for home. Or, consider a trip extension to other South or South East Asian destinations --- please inquire for assistance. **B/**

Trip Cost

| No. of Persons | Rate in US \$ | Single Supplement |
|-----------------------|---------------------------|--------------------------|
| 2-4 persons | \$2,975 per person | \$400 |
| 5-7 persons | \$2,750 per person | \$400 |
| 8-12 persons | \$2,550 per person | \$400 |

The above cost includes:

- ✿ Accommodations on twin sharing bed and breakfast basis at a four-star hotel in Kathmandu
- ✿ Accommodations on twin sharing full board basis in Chitwan and Bhaktapur; limited fare basis in Pokhara
- ✿ Meals as specified
- ✿ Guided sightseeing tours throughout Nepal with English speaking guides
- ✿ All land transportation, domestic flights and airport transfers in Nepal
- ✿ Photography and entry fees inside temples and monasteries
- ✿ A tax deductible donation to Virtue's Children Nepal toward an educational scholarship for a disadvantaged child.

Costs not included:

- ✿ International flights: US-Kathmandu-US
- ✿ Emergency evacuation insurance (required), trip cancellation insurance (optional)
- ✿ Nepal visa fee
- ✿ Personal medical kit, laundry and personal expenses.
- ✿ International airport taxes
- ✿ Excess baggage on flights
- ✿ Alcoholic beverages
- ✿ Optional tips to staff, airport luggage handlers, and hotel staff, laundry and personal expenses.

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