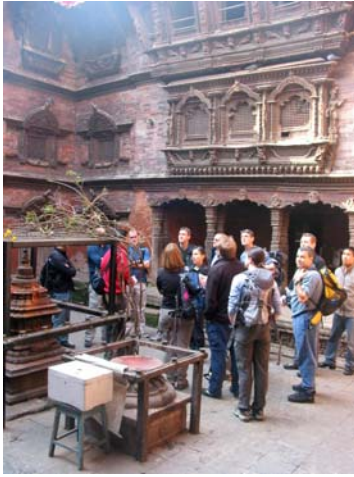




## *KarmaQuest Ecotourism and Adventure Travel*

### Cultures, Arts and Wonders of Nepal Benefiting Paropakar Orphans October 2010



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, from a bird's eye view of **Mount Everest**, to strolls along cobblestone paths amidst gilded medieval palaces. During your ten days in Nepal, you'll visit **Kathmandu Valley's World Heritage sites** at Bhaktapur, Kathmandu and Patan, fly over the Everest region, and tour picturesque lakeside **Pokhara**.

A highlight of the trip is a visit to **Paropakar Orphanage** in Kathmandu. KarmaQuest has a long-standing relationship with Paropakar and a Bay Area charity organization, **Virtue's Children Nepal**, which will oversee the delivery of your generous **educational scholarship funds** to the neediest children at Paropakar. **Your donation will support and educate a blind child in school for one year.**

#### **Itinerary**

- Days 1-2-3 Travel from US to Bangkok, fly to Kathmandu:** After an overnight in Bangkok, fly to Kathmandu where KarmaQuest staff will meet you and transfer you to **Nagarkot Farm House**, a hill station known for stunning mountain views. The afternoon is free. **/D**
- Day 4 Nagarkot-Changu Narayan:** Rise early morning for sunrise, lighting up 300 miles of snowy Himalaya. Take an easy 3-4 hr downhill trek through countryside villages to **Changu Narayan temple**, with a magnificent display of wooden carvings, 4<sup>th</sup> century stone statues and pagoda temples. Drive back to Nagarkot and overnight at the Farm House. **B/L/D**
- Day 5 Bhaktapur:** Drive one hour to **Bhaktapur**, a lovely well-preserved medieval city. Walk along cobblestone streets, seeing artisans at work amidst impressive temples, palaces, and sculptures. This **World Heritage site** is a favorite to all. Overnight in Bhaktapur. **B/L/D**
- Day 6 Bhaktapur-Kathmandu:** Drive an hour to Kathmandu and check into the luxurious Yak & Yeti Hotel, in the heart of downtown. Visit **Boudhanath Stupa**, a giant stupa adorned with lotus-shaped petals and topped by the all-knowing eyes. Enjoy traditional Nepali cuisine in a royal setting at Bhojan Griah restaurant, followed by a lively cultural show. **B/D**
- Day 7 Kathmandu:** Rise early and join Buddhist pilgrims at **Swayambhunath Temple**, a holy site since ancient times. Later, visit **Kathmandu Durbar Square**, and the home of the Living Goddess, the Kumari (*photo above*). Visit lively **Asan Tole open market**, where traders have bartered for centuries. Spend the afternoon with the boys of **Paropakar Orphanage**, celebrating Nepal's largest Hindu festival of the year, Dasain. Take part in a ritual blessing, and join in a festive meal, getting to know some of the boys whom your support has benefited. **B/**

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- Day 8 Mountain flight and Patan:** Board a small jet and fly amidst the towering peaks surrounding Mt Everest. Return to Kathmandu and visit **Pashupati Temple**, the valley's most important Hindu temple, straddling the holy Bagmati River. After lunch visit **Patan**, overflowing with temples, and housing an **award-winning cultural museum. B/**
- Day 9 Fly to Pokhara:** (35 minutes). Transfer to the serene Shangri-La Village Resort from where exceptionally close-up mountain views can be seen without lifting a foot. After lunch, visit the **Mahendra caves** and stroll by the lake or shop for souvenirs in the bazaar. **B/L/D**
- Day 10-11: 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**
- Day 12 Chitwan-Kathmandu:** Rise early for a last look at the jungle before flying to Kathmandu. Enjoy the rest of the day at your leisure. Overnight at the Yak & Yeti Hotel. **B/**
- Day 13 A free day to explore on your own and shop in Kathmandu:** Enjoy a farewell dinner and bid adieu to Kathmandu, and your new Paropakar friends. Overnight at the Yak & Yeti Hotel. **B/D**
- Day 14-15 Fly Kathmandu to Bangkok.** Overnight in Bangkok. Fly early morning to US. **B/**

### Trip Cost

No. of Pax	Rate in US \$	Tax Deductible Scholarship Donation
2-4 persons	\$2,550 per person	\$700
5-7 persons	\$2,450 per person	\$700
8-12 persons	\$2,150 per person	\$700

#### The above cost includes:

- ✿ Accommodations on twin sharing full board basis except in Kathmandu (bed and breakfast )
- ✿ Meals as specified, including a welcome Nepali dinner with culture show in Kathmandu, Newari style dinner in Bhaktapur, a farewell dinner in Kathmandu
- ✿ Guided sightseeing tours throughout Nepal with English speaking guides
- ✿ All land transportation, domestic flights and airport transfers in Nepal
- ✿ A one hour Mountain Flight to Everest
- ✿ Photography and entry fees inside temples and monasteries
- ✿ A tax deductible donation to Virtue's Children Nepal as an educational scholarship for a Paropakar orphan or disadvantaged child.

#### Costs not included:

- ✿ International flights: US-Bangkok-Kathmandu-Bangkok-US
- ✿ Two nights accommodation and meals in Bangkok, airport transfers in Bangkok
- ✿ Emergency evacuation (if needed), travel and medical insurance (required)
- ✿ 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.
- ✿ Single supplement room charge: \$500

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