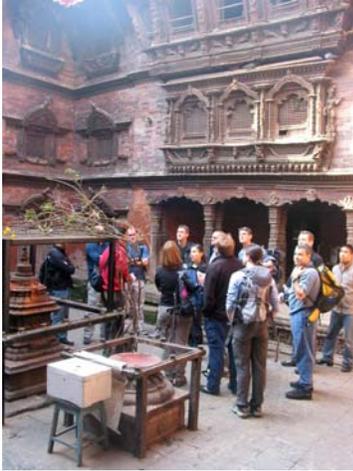




KarmaQuest Ecotourism and Adventure Travel

Cultures, Arts and Wonders of Nepal Benefiting *Virtue's Children Nepal's* Programs for Disadvantaged Children



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 the **project sites of Virtues Children Nepal (VCN)** in Kathmandu. KarmaQuest co-owner Wendy Lama is on the Board of the Bay Area charity organization, **Virtue's Children Nepal**, which provides educational sponsorships and life support to the orphaned, blind, disabled, and street children of Nepal. KarmaQuest will donate a portion of the trip proceeds to VCN to support its programs in Nepal.

Itinerary

- Day 1** **Arrive in Kathmandu:** Fly to Kathmandu where KarmaQuest staff will meet you and transfer you to **Nagarkot**, an hour's drive above the Kathmandu Valley to a hill station known for stunning mountain views. The afternoon is free to rest and enjoy the views. **/D**
- Day 2** **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, 4th century stone statues and pagoda temples. Drive back to Nagarkot and overnight. **B/L/D**
- Day 3** **Bhaktapur:** Drive one hour to **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**. Walk along cobblestone streets, seeing artisans at work amidst impressive temples, palaces, and sculptures. Overnight (O/N) in Bhaktapur. **B/L/D**
- Day 4** **Bhaktapur-Kathmandu:** Stroll the quiet lanes of Bhaktapur in the morning as merchants and farmers prepare for the day. After lunch, drive to **Boudhanath Stupa**, a giant stupa adorned with lotus-shaped petals and topped by the all-knowing eyes (*right*). Visit a Tibetan Buddhist monastery where young monks are trained in this ancient tradition. Enjoy Nepali cuisine at a welcome dinner with a lively cultural show. O/N in Kathmandu. **B/D**



KarmaQuest Ecotourism and Adventure Travel

699 Spindrift Way, Half Moon Bay, CA 94019, Telephone: (650) 560 0101 Fax: (650) 712 8164
Email: karmaquest@earthlink.net Website: www.karmaquests.com



KarmaQuest Ecotourism and Adventure Travel

- Day 5** **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 colorful **Asan Tole open market**, where traders have bartered for centuries. Spend the afternoon with the boys and girls who have benefitted from **Virtue's Children Nepal**. O/N in Kathmandu. **B/**
- Day 6** **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. Enjoy lunch in **Patan**, and a guided tour of its Durbar Square, overflowing with temples, and housing an **award-winning cultural museum**. O/N in Kathmandu. **B/**
- Day 7** **Fly to Pokhara:** (35 minutes). Transfer to your hotel. After lunch, visit the **Mahendra caves** and stroll by the lake or shop for souvenirs in the bazaar. **B/**
- Day 8** **Pokhara:** Take a morning boat ride on Lake Phewa, the ideal spot for seeing the nearby Himalaya covering the skyline. Enjoy an afternoon drive or hike to the ridgeline Peace Pagoda for spectacular views of the lake and mountains. O/N in Pokhara. **B/**
- Day 9:** **Pokhara:** Drive outside of Pokhara for a day-trek or a visit to a nearby hilltop mountain viewpoint. Visit other VCN beneficiary children (optional) in Pokhara. **B/**
- 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 in Kathmandu. **B/**
- Day 13** **A free day to explore on your own and shop in Kathmandu:** Enjoy a farewell dinner and bid adieu to Kathmandu. Overnight in Kathmandu. **B/D**
- Day 14** **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 Pax	Rate in US \$	Single Supplement
2-4 persons	\$3,250 per person	\$500
5-7 persons	\$3,050 per person	\$500
8-12 persons	\$2,850 per person	\$500

KarmaQuest Ecotourism and Adventure Travel

699 Spindrift Way, Half Moon Bay, CA 94019, Telephone: (650) 560 0101 Fax: (650) 712 8164
 Email: karmaquest@earthlink.net Website: www.karmaquests.com



KarmaQuest Ecotourism and Adventure Travel

The above cost includes:

- ✿ Accommodations on twin sharing bed and breakfast basis at a five-star hotel in Kathmandu
- ✿ Accommodations on twin sharing full board basis in Chitwan and Nagarkot; 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
- ✿ A one hour Mountain Flight to Everest
- ✿ Photography and entry fees inside temples and monasteries
- ✿ A donation to Virtue's Children Nepal as an educational scholarship for a disadvantaged child.

Costs not included:

- ✿ International flights: US-Bangkok-Kathmandu-Bangkok-US
- ✿ 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.

KarmaQuest Ecotourism and Adventure Travel

699 Spindrift Way, Half Moon Bay, CA 94019, Telephone: (650) 560 0101 Fax: (650) 712 8164

Email: karmaquest@earthlink.net Website: www.karmaquests.com