



NEPAL SHORTSTAY

Extension | 6 Days | Physical Level 1
Kathmandu – Nagarkot (2N) - Kathmandu (3N)

Explore the very best of Nepal. See the spectacular sunrise over the Himalayas and discover the capital of Kathmandu.

TOUR INCLUSIONS:

- Accommodation
- Meals as stated
- Daily tours and entrance fees
- Transportation and transfers as stated
- English speaking guide



ITINERARY

Day 1: Kathmandu to Nagarkot

Meals: L

You will be met at your Kathmandu hotel or the airport this morning and transferred approximately one hour to Nagarkot by private car.

The rest of the day at leisure to enjoy this mountainous resort village with spectacular views over the Himalayas.

Please note: You will be at a moderately high altitude throughout most of the tour; it is recommended that you rest and drink lots of water to help acclimatise.

Nagarkot is approximately 2,175 metres in altitude.

**Destination Information**

Nagarkot - Located 33kms east of Kathmandu, Nagarkot is the highest point in the Kathmandu Valley. This village is famous for viewing the sunrise and sunset over the Himalayas.

Day 2: Nagarkot

Meals: B, L

Depending on weather conditions, you may wish to rise early to view the sun rise over the magnificent Himalayas.

Later, wander down to the villages of Bastola with a local guide (2-3hours walking) and spend some time exploring through the village. Meet a local family and take part in a cooking class, dining on the results for lunch.



This afternoon, enjoy some time at leisure to relax or hike in the surrounding area.

Day 3: Kathmandu

Meals: B, L

This morning you will drive along a winding road to Bhaktapur, the third of the ancient royal capitals. The town of Bhaktapur is a pedestrian town, making this a wonderful place to explore by foot.

At Durbar Square (Royal Square) you will visit the Golden Gate at the Palace of 55 Windows and weave your way through to the great square of Bhaktapur, Taumadhi Tole and the oldest temple in the valley, Changu Narayan Temple.



Afterwards, visit Pashupatinath Temple before continuing to your Kathmandu hotel.

Kathmandu is approximately 1,400 metres in altitude.

Destination Information

Kathmandu - Kathmandu, the capital of Nepal, is located in a valley surrounded by the Himalayan Mountains. Kathmandu is particularly famous for its religious monuments. Various temples, monasteries and stupas that adorn the city's landscape.

Bhaktapur - Historically known as Bhadgaon, Bhaktapur is one of the three main cities of the Kathmandu Valley (the others being Patan and Kathmandu). The absence of traffic makes this a treasure trove of antiquated sights; in markets and alleys you will see corn husks or hand-made noodles laid out on a sheet to dry in the sun, baskets of chillies, temples and shrines covered with offerings of food and brightly coloured powder or flowers.

Durbar Square (Bhaktapur) - The royal palace of the old Bhaktapur kingdom, it is listed as one of the most highly visited sites for its rich culture and ancient art and temples.

Changu Narayan Temple - The oldest temple in the Kathmandu Valley and dedicated to Lord Vishnu.

Pashupatinath Temple - A Hindu temple of Lord Shiva situated 5km east of Kathmandu on the banks of the sacred Bagmati River. The Pashupatinath Temple has a two tiered golden roof and is famous for its superb architecture.

Day 4: Kathmandu to Patan

Meals: B, L

Today you will visit Patan, the second largest city in Nepal.

Start your touring with a visit to the UNESCO World Heritage listed Royal Palace, which dates from the 14th Century. The palace faces onto Durbar Square (Royal Square) and is surrounded by temples, houses, shrines and alleys in the traditional Newari style.



On the way back to Kathmandu visit two of the most significant sights in the whole country starting with the Swayambunath Stupa, often called 'the monkey temple' because of the hundreds of monkeys that scamper about the place. Next is the Bodhnath Stupa, the largest stupa in Nepal.

Afterwards, return to your Kathmandu hotel.

Destination Information

Patan - The second largest city in Nepal, Patan is located on the southern bank of the Bagmati River and just 5km from Kathmandu. It is an important historic city as until 1768, when King Prithvi Narayan Shah unified the Kingdoms of Nepal into a single nation, the Kathmandu Valley supported three separate Kings, one in Kathmandu, one in Patan and another in Bhaktapur.

Durbar Square (Patan) - The square is full of ancient sites, temples, and shrines noted for their exquisite carvings. The former royal palace complex is the center of Patan's religious and social life and houses a museum containing an array of bronze statues and religious objects.

Swayambunath Stupa - Thought to have been a Buddhist pilgrimage site since the 5th Century, Swayambunath Stupa sits grandly atop a hill west of Kathmandu, making it visible for miles. The stupa is often referred to as 'the monkey temple', because of the hundreds of monkeys that scamper about the place

Bodhnath Stupa - This is the largest stupa in Nepal and the capital city's religious centre for ethnic Tibetans who form a significant proportion of Nepal's population. The Bodhnath Stupa is thought to have been originally built in 600AD, after the famous Tibetan King, Songtsen Gampo was converted to Buddhism.

Day 5: Kathmandu at leisure

Meals: B, L

Today is at leisure for you to further explore Kathmandu as you wish.

Why not wander the old town and its backstreets, take in the sights and sounds of the historic Durbar Square or do some shopping in Thamel.

**Day 6: Depart Kathmandu**

Meals: B

Today you will be transferred by private car to Kathmandu Airport for your onward flight.



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