



**BHUTAN & BEYOND**

## *Wilderness & Wellness in Nepal - 12 days/11nights*

### **Private Tour Introduction:**

Nepal has some of the best wildlife viewing in the world and Chitwan National Park is renowned for its rich diversity.

Wellness also goes hand in hand with Nepal and this private tour is an eclectic blend of both wildlife & wellness. The delightfully remote Begnas Lake Resort is the focus of the wellness component of this tour.

This is a private tour, with daily departures, except June to August (during monsoon season) when visiting Chitwan National Park is not possible.

### **Brief Itinerary Overview.**

3 nts Kathmandu – exploring, hiking & sightseeing.

2 nts Chitwan – jungle activities & sightseeing.

5 nts Begnas Lake Resort – wellness, yoga, Ayurveda massages, sightseeing, hiking & exploring.

1 nt Bhaktapur – exploring & sightseeing.

### **Why Book With Bhutan & Beyond?**

- 20 years experience, service & knowledge in the South Asia region.
- We personally visit these regions annually. (COVID-19 exempt)
- Competitive pricing and luxury hotel upgrade options.
- Exceptionally well constructed & flexible itineraries.
- Experts at combining [India](#), [Bhutan](#) & Nepal.
- ATAS Accredited via our parent company MTA Travel.
- Provision of our SHERPA app weblink for your COVID-19 requirements.
- Access to our exclusive travel app COMPANION.

### **Private Land Tour Inclusions:**

- 3 nts in Kathmandu incl breakfasts.
- 2 nts at Chitwan National Park region (full board).
- Jungle safari activities incl in Chitwan.
- 5 nts at Begnas Lake Resort. (full board).
- One escorted day excursion to Pokhara city and the Phewa lake-side, from Begnas Lake.
- Individual hikes and ethnic village visits in the surrounding hills during stay at Begnas Lake Resort.
- 1 nt Bhaktapur incl breakfast.
- All airport transfers in Kathmandu & Pokhara.
- Domestic airfares & taxes – Pokhara/Kathmandu.
- Sightseeing tours as per the itinerary with English speaking guide and naturalist in Chitwan National Park.
- Private air-conditioned vehicle for all touring.



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### Wellness Inclusions at Begnas Lake Resort:

- Enjoy freshly cooked to order meals from our special a' la carte Ayurveda Vegetarian menu, for the entire stay with seasonal fruits/juices and specially prepared Ayurvedic drinks.
- Ayurveda massages such as Whole Body, Rejuvenation Massage, etc; by trained therapist as per Ayurveda doctor's prescription.
- Daily Yoga exercises conducted by our Yogacharyas.

### Private Land Tour Exclusions:

- Nepal visa – which can be arranged on arrival at Kathmandu airport for US\$30.00 per person (valid for 15 days)
- COVID PCR tests while in Nepal.
- Travel Insurance (with essential COVID-19 cover).
- Airport tax of US\$ 2.50 pp at Pokhara airport.
- Entrance fees at museums & sights, payable directly on the day.
- Lunches & dinners (except as detailed above at Begnas Lake & Chitwan)
- Expenses of personal nature such as beverages, tips, laundry, telephone bills etc.

### Payment & Cancellation Conditions:

- 20% deposit payment due, on confirmation of your Nepal travel booking.
- Deposit date until 45 days prior arrival in Nepal – Land tour deposit is refundable less [B&B service fees](#).
- 45 days prior to arrival in Nepal – your final payment is due & immediately becomes non-refundable.

*Please note: – These conditions cover land travel arrangements only not airfares which are subject to their own cancellation conditions.*

This private tour is a terrific way to really get to know the wide cultural heritage, village life and hiking in the greater Kathmandu Valley region. This tour can be taken any day of the year, subject to availability, with best months October to early June.

**CALL THE BHUTAN & BEYOND TRAVEL EXPERTS TODAY ON AUS [Toll free](#), James – [0412 416 111](#), Nicola – [0413 598 669](#)**

### WILDERNESS & WELLNESS IN NEPAL ITINERARY – 12 DAYS/11 NIGHTS

#### Day 1:

#### Arrival in Kathmandu

Meet and greet at the airport with traditional 'Khada' (silk scarf blessed by a Buddhist monk) welcome. Transfer to your hotel

#### Overnight at Kathmandu Hotel



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### Day 2:

#### **Tour of Kathmandu, Bodhnath & Pashupatinath (B)**

After breakfast this morning visit old Kathmandu with its quaint market place selling beads, bangles and spices. Also visit the Temple of the Living Goddess – “Kumari” who is considered to be the incarnation of the “Virgin Goddess”. The temples, shrines and different sections of the palace are contributions of various dynasties over centuries and epitomize the religious and cultural heritage of the people. The old Durbar Square consists of the old Hanuman Dhoka palace, the Kal Bhairav temple, Taleju Bhawani temple and innumerable temples of various architectural styles. All around the splendour of historical monuments is the hustle & bustle of the market place. Walk through the stone paved lanes to the Ason bazaar where you can see the vendors selling vegetables and old shops selling spices and grocery.

This afternoon, go on a spiritual journey to explore Bodhnath Stupa, this area is also known as Little Tibet because of Tibetan pilgrims who inhabit here. It is the biggest stupa in Nepal and is located on a flat land in the shape of an Octagon. This Stupa, set in a pattern of a “Mandala” is encircled by houses and monasteries where Rinpoches (Buddhist monks) reside. Around the base of this strikingly enormous and simple stupa is a ring of 108 images of the Buddha and 147 insets containing prayer wheels. Witness afternoon prayer rituals in one of the nearby monasteries.

Proceed to Pashupatinath, the holiest of Hindu shrines in Nepal. The temple of Lord Shiva, Pashupatinath, with a tiered golden roof and massive silver doors is famous for its superb architecture. The best view of the temple is from the terrace on the wooded hill across the river. The Bagmati River is lined with dharmasalas where the “Sadhus” (holy men) live and cremation ghats. In the evening, participate in the Arati (multiple lamps) ceremony on the banks of the holy Bagmati river.

#### **Overnight at Kathmandu Hotel**

### Day 3:

#### **Tour of Bungamati, Khokana & Patan (B)**

After breakfast walk to Bungamati. Visit the old Newari twin villages of Bungamati and Khokana which date from the 16<sup>th</sup> century and are located south of Kathmandu, down a rutty road dotted with Chaityas. Bungamati is the winter home of Lord Rato Machhendranath, the protector God of Patan city. The shrine of Karya Binayak is located between the two villages. At Khokana, ancient oil presses can be seen at work in village houses.

This afternoon, visit Lalitpur, the city of fine Arts. Lalitpur, also known as Patan, is well known for its intricately carved temples, narrow lanes and quaint shops. Visit the intricately stone-carved Krishna temple, Patan Durbar Square, Hiranyavarna Mahavihar (golden temple). Walk through the city’s old market place selling brass and copperware as also workshops of stone carvers and statue makers. Patan is a great centre, both of Newari Buddhist religion and of traditional arts & crafts with 136 bahals and 55 major temples.

#### **Overnight at Kathmandu Hotel**



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### Day 4:

#### **Transfer by road to Chitwan National Park (5 hrs) & Jungle Activities (B, L, D)**

This morning drive to the southern jungles of Nepal for an unforgettable wildlife experience. Upon arrival, you will be welcomed by the naturalist from the jungle lodge. Check in at the resort. Lunch will be arranged in the dining complex.

This afternoon, enjoy one of the jungle activities such as a jeep safari through the jungle to see the Nepali wildlife such as; the great Asian one-horned Rhinoceros, sloth Bear, wild Boar, several species of Deer, rhesus Monkey, the black-faced Langur, the Gaur (wild cattle) and if we are lucky, the spotted Himalayan Leopard or the Royal Bengal Tiger.

Evening: Slide presentation on flora and fauna of Nepal or Tharu tribe stick dance.

**Overnight at Resort.**

### Day 5:

#### **Jungle Activities & Village Visit. (B, L, D)**

Full day of jungle activities including nature walk to see birds and smaller animals, dugout canoe ride to see crocodiles and water-birds, Tharu tribe village visit etc;

**Overnight at Resort.**

### Day 6:

#### **Road transfer from Chitwan National Park to Begnas Lake Resort. (4 hrs 15 mins) (B,D)**

After breakfast, drive to a scenic mountain highway to Pokhara, famous for its snow clad mountains, lush green vegetation and its spring fed lakes. 10KM before reaching Pokhara town take the diversion to Begnas bazaar. From the boat station, you will be transferred to Begnas Lake Resort in a Shikara boat (25 min ride).

Remainder of the day to enjoy the facilities on offer at Begnas Lake Resort.

**Overnight at Begnas Lake Resort.**



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### **Day 7 to Day 10:**

#### **Wellness, Hiking & Exploring. (B, L, D)**

After breakfast, visit the Himalayan Nature Spa for consultation with the Ayurveda doctors. After assessing the status of your "Doshas", they will help structure a wellness regime of various Ayurvedic treatment therapies which also include your special dietary requirements and a schedule of Yogic exercises and meditation to bring about a holistic change for a more healthy and rejuvenated YOU.

During this period you will be assigned with a professional personal therapist who will administer all the prescribed Ayurvedic massages and treatments which would be supervised by the Ayurveda physicians.

Yoga and Meditation classes are conducted daily 06:00hrs-08:00hrs and 16:00hrs-18:00hrs by our Yogacharyas. Morning sessions are mostly dedicated to simple stretching and breathing exercises such as Pranayam and Kapalbhaati and different techniques of Mediation to help you increase self awareness and concentration power. Evening Yoga classes are more technical following the Ayengar school of Yoga.

Generally, there are no dietary restrictions except that you may be advised to stay off certain types of vegetables or fruits that do not suit your body type. All three meals – Breakfast, Lunch and Dinner will be Ayurvedic vegetarian food specially cooked to order from our extensive vegetarian menu by our Ayurveda Chef. Free cooking classes are conducted regularly by our Ayurveda Chef to explain the basic concepts of Ayurveda cooking and the importance of fresh organic inputs from our own vegetable garden.

Since most of your wellness sessions will be in the morning, in the afternoon explore or hike the surrounding hills with its ethnic hill tribe villages, organic farms and the village school supported by the Resort. We can especially recommend the Begnaskote hike (approx 3 hours) and rated moderate, so a reasonable degree of fitness is required. On one of the days our resort guide will be happy to take you on a tour of Pokhara city and show you its main touristic attractions.

#### **Overnight at Begnas Lake Resort.**

### **Day 11:**

#### **Begnas Lake to Bhaktapur (6 hrs)**

After breakfast, transfer to Pokhara airport in time to check-in for your flight to Kathmandu.

On arrival in Kathmandu, you will be transferred by road, to tour the ancient city of Bhaktapur, famed for its picturesque Durbar Square. Entering the Durbar Square (palace square) through the Royal Gate, the sparseness of the temples is immediately apparent. The main square contains temples and other architectural show pieces such as; the Lion Gate, the statue of King Bhupatindra Malla, the Palace of 55 windows, the Bell of the barking dogs, the Batsala temple, the Nyatapola temple and the replica of Pashupatinath temple.



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Day 11 – continued.

Walk through the narrow lanes visiting the various temple squares as well as the potters square where you may see potters busy making different types of clay pots with their hands.

Overnight at Bhaktapur Hotel.

Day 12:

Day of Departure.

Transfer to the airport to connect your onward flight.

Goodbye & Namaste'

Hotel Options:

	Standard Category Hotels	Deluxe Category Hotels
Kathmandu	4* Hotel Shambala or similar	5 * Hotel Radisson / Hotel Yak & Yeti or similar
Chitwan	3* Maruni Sanctuary Lodge or similar	3 *+ Jungle Villa or Tigerland Safari Resort
Begnas Lake (Pokhara)	Begnas Lake Resort (standard room)	Begnas Lake Resort (deluxe room)
Bhaktapur	Hotel Heritage or similar (standard room)	Hotel Heritage or similar (deluxe room)



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