Highlights of Nepal

12 DAYS

Speak to a travel expert today
1.800.438.7672
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Enter a land steeped in Hindu tradition and Himalayan majesty.

Get to know Nepal, a nation unshaken by time, where Hinduism is deep-rooted in daily life and Himalayan mountainscapes loom large on the horizon. Ride rickshaws past soaring stupas, float by dug-out canoe along the Rapti River and stand in awe of local arts traditions, from Tharu dance to Shaman healing. Journey through dense jungles, lakeside villages, and thriving cities to see how centuries-old tradition coincides with the present-day.
Itinerary

**New York City | 1 NIGHT**
Day 1: Overnight in New York City
Settle in to your hotel and get ready for your flight to Nepal tomorrow.

**Overnight flight | 1 NIGHT**
Day 2: Overnight flight
Board your overnight flight to Kathmandu today.

**Kathmandu | 3 NIGHTS**
Day 3: Arrival in Kathmandu
Welcome to Nepal! Settle in to your hotel this evening.

Day 4: Sightseeing tour of Kathmandu
*Included meals: breakfast, lunch, dinner*
Discover the color and spice of life in Kathmandu, Nepal's largest city, with a local as your guide.
• Weave between stands stocked with fragrant dried chilis, timmurr peppers, and more at the local spice market
• Wander through UNESCO World Heritage-protected Durbar Square to explore the centuries-old royal palace and temples that survived the 2015 earthquake
• Watch rhesus macaque monkeys roam about the ancient Swayambhunath Temple
• Enjoy lunch in nearby Patan, known by locals as Lalitpur, or “City of Beauty”
Tonight, enjoy a welcome dinner with your fellow travelers, accompanied by performances of traditional Nepalese music and dance.

Day 5: Bhaktapur
*Included meals: breakfast, lunch, dinner*
Travel to the eastern pocket of the Kathmandu Valley to explore the rich collection of ancient, UNESCO World Heritage-listed temples in the city of Bhaktapur, also known as the “Place of Devotees.”
• Visit the Pashupatinath Temple, one of the most sacred Hindu shrines in the world
• Follow a local guide through Bhaktapur’s Durbar Square to admire its many striking pagodas and 55-window royal palace composed of brick and wood
This evening, get a truly authentic taste of Nepalese culture at a home-hosted dinner in Kathmandu.

**Chitwan Region | 2 NIGHTS**
Day 6: Transfer to the Chitwan Region
*Included meals: breakfast, lunch, dinner*
Board a flight bound for the Chitwan Region, the heart of the Nepalese jungle, where the elusive Bengal tiger and one-horned rhino can still be found.
• Ride a Jeep into the jungle for the chance to spy rare rhinos, sloth bears, leopards, and perhaps even the Bengal tiger
• Meet the local Tharu people, who have thrived in Nepal’s forests for hundreds of years, and experience a performance of traditional dance
• Enjoy dinner at the lodge

Day 7: Chitwan Region
*Included meals: breakfast, lunch, dinner*
Discover more of the diverse flora and fauna that call the Chitwan region home.
• Wake up early to glimpse some of the 276 bird species native to the area
• Get up-close views of elephants during a visit to a nearby preservation
• Head to the Chitwan National Park headquarters where you’ll learn about conservation efforts
• Keep watch for aquatic birds, crocodiles, and other river-dwellers as you drift down the Rapti River in a traditional dug-out canoe

**Pokhara | 2 NIGHTS**
Day 8: Pokhara via Bandipur
*Included meals: breakfast, lunch*
This morning, set out for the lakeside city of Pokhara, stopping along the way at a school in the hilltop village of Bandipur to learn about the local culture. Arrive in Pokhara for a mid-afternoon cruise along stunning Phewa Lake, complete with unmatchted views of the Himalayas and a visit to the floating Barahi Temple.

Day 9: Pokhara
*Included meals: breakfast, dinner*
Soak in the otherworldly scenery of Pokhara, gateway to the Annapurna range.
• Head out for a sunrise visit to Sarangkot, where you'll witness a sweeping panorama of Himalayan mountain peaks
• Look down on the rolling Pokhara Valley from the Shanti Stupa, a peace pagoda
• Join a local guide for a tour of Pokhara’s lakeside sites, from the Seti River gorge to the Gupteshwor Mahadev cave

**Nagarkot | 1 NIGHT**
Day 10: Transfer to Nagarkot
*Included meals: breakfast, dinner*
Take some time to explore Pakhora on your own this morning before flying back to Kathmandu. Upon landing, drive to Nagarkot, a village surrounded by some of Nepal's best Himalayan views. There, a guide introduces you to local villagers before this evening’s farewell dinner and show of Shaman healing rituals.

**Overnight Flight | 2 NIGHTS**
Day 11: Overnight flight
After a free morning, return to the airport in Kathmandu for your flight home or extend your stay in India’s Golden Triangle.

Day 12: Travel day
Arrive home today.