

Our tours :



1. From Katmandou to Everest 15 days / 14 nights
2. The Annapurnas base camp from Katmandou 15 days / 14 nights
3. Gently stay in Nepal 11 days / 10 nights
4. From Nepal to Tibet 16 days / 15 nights
5. Adventure stay in Nepal 14 days / 13 nights

Nepal





Nepal ...

Despite the devastating earthquake in Nepal in 2015, the fascination power of this country remains intact, as evidenced by the return of tourists. Certainly, not everything has been rebuilt yet, and some monuments have unfortunately been irretrievably destroyed following the earthquake, but there are still many temples to discover, still unique cultures in which to immerse themselves, summits to conquer all higher and more beautiful than others, not to mention landscapes so varied according to the regions that you will not tire of admiring!



MANDARIN ROAD VOYAGES



Mandarin Road, is a receptive agency based in the heart of Hanoi. With an experience of more than 22 years, we can afford to offer original and diversified circuits at competitive prices.

Our agency has based its reputation on the complete satisfaction of its customers, by a quality of service always increased and an excellent reactivity.

The testimonials of our old customers on our site and their opinions on the various travel forums (Routard, Petit Futé ...) will show you better than us.

We are offering a wide range of circuits according to your desires and budgets. On the other hand, our team is renowned for its professionalism and its excellent following of information, which implies that your requests will be treated in best delays, while guaranteeing a clear and precise answer. **Vietnam** is not the only country we are offering our services in. Indeed, we will be able to make you discovering its neighbor countries such as **Cambodia, Laos, Myanmar, Thailand, Bali, Nepal, Srilanka or the Yunnan province...** While knowing that we are also able to offer you multi countries prestations.

It is therefore time to discover the main features of our services and our tours...

M. DUONG QUY TU
TONY DUONG



FROM KATMANDOU TO EVEREST

Highlights of the trip | 15 days / 14 nights

- *Visit the capital of Nepal and have an opportunity to climb the highest peak in the world*
- *Visit many original monuments : temples, palaces, pagodas, recognized as world heritage of mankind*
- *Discover the 2 major religions of the region: Buddhism and Hindu*
- *Unbelievable landscapes*



From Katmandou to Everest

Day 1 : Patan Dubar Square

This is by taking your time that you will arrive to **Kathmandu**. The morning will be reserved for your check-in and your acclimatization. In the afternoon, you will visit **Patan Dubar Square** – the ancient royal city which has been the former capital and artistic city of the country, also known under Lalitpur's name (city of beauty). You will discover a **whole of Hindu temples**, each one of them built under the reign of a different king in front of the former royal palace. Inside, we can find the **Patan museum**, reputed for its collection of statues of Hindu and Buddhist divinities. It is certainly the wealthiest museum of Nepal. Patan was once a great center for Buddhist teaching, as testimony many monasteries that you will meet in encounter in the maze of alleys of the Medieval Patan. You will have the opportunity to visit the **Golden Temple**. It is a real piece of goldsmithery, composed of a triple roof and a golden copper facade whose origins go back to the 12th century and where everything is engraved and carved. At the corner of an alley, you will also discover **the temple Maha buddha, or temple of the nine thousand Buddhas**, built in the fourteenth century with the effigy of Buddha. It is, in fact, reproduced on each of the bricks which constitute it, and this, nearly nine thousand times and of all sizes. Beauties that make Nepal a culturally and artistically rich country. Great craft center, Patan will know how to seduce you. You will have the opportunity to spend the night in the Newar Chen hotel, former Newar House (the Newars are the first inhabitants of the Katmandu Valley) run by the Shrestha family. This house has been restored and preserved thanks to a UNESCO initiative.

Included meals: lunch and dinner.



Day 2 : Swayambunath - Katmandu Dubar Square

In the morning, you will visit **Swayambunath**, also called **monkeys temple**. You will have the opportunity to go **admire well-known Buddhist Stupas** located on the top of a hill where hundreds of monkeys are living. This summit offers a remarkable view of Katmandu and its agglomeration. It can be reached via the endless main staircase and be directly into the central square. Swayambunath is a part of the oldest religious site of Nepal, the city shelters the most ancient Stupo of the valley. It is also considered as one of the first sanctuary Buddhist in the

world. Although the site is assimilated to Buddhism, the site is venerated both by Buddhists and Hindus. In the afternoon, you go to **Dubar Square of Katmandu** – the heart of the former city. This grandiose site, classified as a UNESCO World Heritage Site, is none other than the palace (Dubar) where the kings were crowned and from which they ruled. Katmandu Dubar Square is dotted with many sanctuaries, palaces, pagodas, statues and temples dedicated to the innumerable Hindu deities that your guide will help you discover. Before going back to Patan's hotel, you will spend the night in Thamel, a very lively and touristic neighborhood created following the tourism of the 1980s, where you will find the "modern" Kathmandu.

Included meals: breakfast, lunch and dinner.



Day 3 : Katmandou –Lukla – Phakding

Air travel between Kathmandu and Lukla of about 20 to 30 minutes which offers you a beautiful overview on the Himalaya chain. You will have a first preview of what you can expect in the next days during this unforgettable flight above the Himalaya chain. 30 minutes is enough to dive in the heart of the typical Buddhist culture of the high Himalaya and enter in Sherpa's land, as soon as our arrival in Lukla. After the crossing of Lukla, its old stone houses, shops where you can buy mountain equipment and where a mixture of incense and spices accompanies us all along the journey, we will begin our trek until Phakding. We will most certainly cross many caravans of Dzos (crossing between the yak and the cow) which stretch along the paths that we borrow and which tinkle their bells suspended from their necks. We will spend the night in a lodge at Phakding. Flight from Kathmandu to Lukla.

Included meals: breakfast, lunch and dinner.

Day 4 : Phakding – Monjo – Namche Bazar

The trail on which we will evolve alternates descents and light ascents. These "ups" and "downs" lead you into the heart of a forest of superb rhododendrons and Sherpas villages. Then we will go up to the **village of Monjo** which is one of the **gateways of the national park of Sagarmatha** (Everest). It is a protected area near the Tibetan border which contains a part of the Himalayas and the southern part of Everest mount. This National Park has been declared as a World Heritage Site by UNESCO in 1976 and its Sagarmatha name (Mount Everest in Nepal) means "the goddess mother of heaven". Then the trail goes up along the **river Duth Koshi** which you will have to cross several times the famous Nepalese suspended bridges to reach the **village of Namche Bazar** through the pine forest. Namche Bazar is the largest city in the national park, the capital of the Sherpas, nestled on the foothills of the Himalayas. Namche Bazar shelters a **quasi-daily market** held by Tibetans and small resellers of surplus expeditions. From this city you will have the

opportunity to see for the first time the chain of Himalayas and its peaks of more than 8,000 meters that are offering generously to you. Overnight in a lodge at Namche Bazar.

Included meals: breakfast, lunch and dinner.

Day 5 : Namche Bazar day off and acclimatization

It is at **Namche Bazar** where we will take a day off for the necessary phase of acclimatization to the altitude. The city is located at the top of a strong climb that forces a break. The Namche site is not conducive to livestock or crops, croplands and grasslands are rare. It is rather a shopping center that owes its rise to the fact that it is located at the crossroads of the major roads of Khumbu. The village of Namche has nearly 2,500 inhabitants and a hundred dwellings. This day off will be devoted to **the visit of Namche Bazar, its market and its monasteries** allowing you to acclimatize gently to the altitude. Open and welcoming, the sherpas and Buddhist monks of Namche will welcome you with a great kindness.

Included meals: breakfast, lunch and dinner.



Day 6 : Namche Bazar - Tengboche

It is always in the heart of the forest that your steps will alternate again between descents and ascents. This forest is full of wild animals that you will have the leisure to observe. Along the way, we will find a local market that will allow you to make your last minute purchases. After crossing the Imja river from the Everest glacier, we will climb up to the **largest Buddhist monastery in the region : Tengboche**, perched in a clearing at 3860 meters. This monastery is considered as a high place of Buddhism. Formerly, the place was deserted and conducive to meditation. Today, many lodges have been built in the neighboring village. This monastery has been founded in 1923 and rebuilt in 1934 after an earthquake and once again in 1989 after a devastating fire. Its reconstruction made it larger and more beautiful. Today it continues to extend. It shelters about fifty monks and novices. You may be lucky enough to attend a prayer ceremony : the music is captivating and the moment touching. We will spend the night in lodge at the Tengboche stage. Tibetan monasteries and stupas will suit you to an evening full of spirituality.

Included meals: breakfast, lunch and dinner.

Day 7 : Tengboche - Dingboche

The path, dotted with monasteries and stupas, now crosses a forest of pines and magnificent rhododendrons. The climb along the **Imja Khola river** is nicely accompanied by bridges and waterfalls. Dingboche will mark the end of the forest. You will discover the **majestic Island** which rises at 6189m and the **Makalu** (8463m, 5th highest summit in the world). It is in front of these mountains that we will spend the night in a lodge.

Included meals: breakfast, lunch and dinner.



Day 8 : Dingboche - Lobuche

After Dingboche, the forest landscape goes away for food crops. The trail climbs towards Lobuche, the view slowly emerges. Our ascension is getting slower, wisdom wants us to save our efforts and our breath. The trail runs along the **Khumbu glacier** and the trail is wider. We finally reach the **Kharka** (mountain pastures) of Lobuche. The camp is set up on a narrow terrace overlooking the path just in front of the gigantic Nuptse (7,861m). The roof of the world now reveals its glaciers, its snow-capped peaks, its sharp peaks, its sharp edges. You enter the land of the Titans. You now walk on the paths once taken by the conquerors of the highest peak in the world. Day is getting gently closer, tonight we will sleep in Lobuche at 4 930 meters to better leave the next day morning for the final ascent ! At the end of the evening (or at the beginning of the next day) you will have the chance to discover a beautiful sunset (or sunrise) on the high summits.

Included meals: breakfast, lunch and dinner.



Day 9 : Lobuche - Kalapathar or Everest base camp - Lobuche

The long awaited day has arrived. We take the path traced in the pastures. The climb is steady and slow along the moraine of the Khumbu glacier. We will have a short break at **Gorak Shep**

(5160m), where you will find few lodges, a small frozen lake and some shepherd's cabins. Then we will climb to the **Kalapathar** by a path in laces. The Kalapathar is the most beautiful belvedere of the massif, from where the view is simply unforgettable. The prayer flags will color your arrival at 5545m : the emotion is at the appointment and the moment is intense. The day is very sporty but rewarded by beautiful landscapes of high mountains: **Everest 8848m, Nupse (7861m), Lotse (8414m), Pumori (7161m)**... These peaks will make you feel the rare emotions that only true mountain climbers know. After this intense moment of emotion, we will go down to Lobuche to spend the night there.

Included meals: breakfast, lunch and dinner.

Day 10 : Lobuche - Pangboche

Today we descend into the **Everest valley** on a mountain path to reach the beautiful Sherpa village of Pangboche and its monastery dating from the 16th century. On the outside, the monument offers a palette of glowing colors and a splendid panorama : Kangtega, Tamserku, Ama Dablam, we do not know which way to turn. It is at Pangboche that we spend the night always in a lodge.

Included meals: breakfast, lunch and dinner.



Day 11-12 : Pangboche - Namche Bazar - Monjo

We will descend through a forest of pines and rhododendrons to reach the Dhud Khosi river, where a steep climb awaits us to find Namche Bazar. It is certainly the last time you will see the Everest and it is the heavy heart that you will walk these steps, which as often in Nepal punctuate our hiking trail. We then continue our descent towards Monjo where we will spend the night in a lodge.

Included meals: breakfast, lunch and dinner.

Day 13 : Monjo - Lukla

This is our last day of trekking. But the most beautiful things have an end and we must think of coming back. We then take a new path that crosses the beautiful sherpas villages of Gumela and Chhermading before joining the classic path in Ghat for a final climb before reaching the altiport of Lukla. It is at Lukla that we will spend our last night in a lodge.

Included meals: breakfast, lunch and dinner.

Day 14 : Lukla – Kathmandu



Return flight to Kathmandu in the morning. The afternoon will be particularly religious thanks to the visit of Pashupatinath (Pashupati is one of the multiple names of the great Shiva god), high place of the cremation of the deceased in Kathmandu, located on the banks of the river Bagmati. If this place is essentially characterized by its center of cremation, it also gathers many hindu temples of every sizes, shapes and colors. We also find the famous Saddhus, These men covered with ashes, living outside the world. They cut every link with their family, don't own anything, and have no roof and feed themselves of dotations of the devotees. The afternoon will be devoted to the visit of Buddhanath, sanctuary of Buddhism, represented by its gigantic Stuppa surrounded by Tibetan monasteries. This site is populated by many Tibetans who fled to Nepal after the Chinese invasion. It is interesting to go there at the end of the day to attend the ritual of the believers which consists of turning around the Stuppa in a clockwise direction. You will be able to immerse yourself in the serene atmosphere that comes from it and have the opportunity to visit a Tibetan monastery and the temple of Gokarna.

Included meals: breakfast, lunch and dinner.

Day 15 : Last day

You will enjoy your last day to do whatever you want : some shopping for some, relaxation for others. After having gathered all your memories, we will go towards the airport to go back to your country's reality...

Included meals: breakfast



End of the trip

Practical information

- Maximum altitude : 5550 meters
- Positive slope : 4350 meters
- Negatif slope : 4350 meters

Day	Departure	Arrival	Slope +		Slope -	Walking time (estimate)
1	Lukla (2840m)	Phakding (2610m)	100m		300m	3 to 4 hours
2	Phakding (2610m)	Namche Bazar (3440m)	950m		150m	6 à 7 hours
3		Rest and acclimatization at Namche Bazar				
4	Namche Bazar (3440m)	Tengboche (3860m)	600m		200m	6 to 7 hours
5	Tengboche (3860m)	Dingboche (4410m)	800m		200m	6 to 7 hours
6	Dingboche (4410m)	Lobuche (4910m)	500m			4 to 5 hours
7	Lobuche (4910m)	Kalapattthar (5550m), Everest Base camp (5364m), Lobuche (4910m)	600m		600m	4 to 5 hours
8	Lobuche (4910m)	Pangboche (3930m)	300m		1300m	6 to 7 hours
9	Pangboche (3930m)	Namche Bazar (3440m)	200m		700m	6 to 7 hours
10	Namche Bazar (3440m)	Monjo (2850m)	100m		700m	5 to 6 hours
11	Monjo (2850m)	Lukla (2840m)	200m		200m	4 to 5 hours

ESTIMATED PRICE

(Depending on season, types of accommodation and activities)

- The estimated budget for this trip is from 1499 € / person.
- Talking about fixed prices when discussing about a tailored trip makes little sense. Indeed, it varies depending on many factors (quality of services, period, turnaround time and many more).
- The only exact price will be the one of your personalized quote.

Price of the trip

(Price per person in USD)
These price are valid until 30/09/2025

Group of 2	Group of 4	Group of 8	Group of 12
Contact us	Contact us	Contact us	Contact us

Name of the city / List of hotels	Name of the hotel	Room category
Kathmandu	Marshyangdi Hotel*** www.hotelmarshyangdi.com Newa Chen Hotel*** www.newachen.com	Deluxe
In the Everest region	Among the Sherpa inhabitants	Standard

The price includes	The price excludes
<ul style="list-style-type: none"> • Every on land transports as described in the itinerary • All the accomodations • French speaking guide • Trek licence • Entrance in the monuments and activities as described in the itinerary • All the meals • The Sherpa 	<ul style="list-style-type: none"> • International flights and airport taxes • Visa fees • Insurance, sleeping bag, drinks • Personal expenses and medical evacuation • Tips • Single room supplement

THE ANNAPURNAS CAMP BASE FROM KATMANDOU



Highlights of the trip | 15 days / 14 nights

- *Visit the capital of Nepal and have an opportunity to climb the highest peak in the world*
- *Visit many original monuments: temples, palaces, pagodas, recognized as world heritage of mankind*
- *Discover the 2 major religions of the region: Buddhism and Hindu*
- *Unbelievable landscapes*



The Annapurnas camp base from Katmandou

Day 1 : Patan

This is by taking your time that you will arrive to **Kathmandu**. The morning will be reserved for your check-in and your acclimatization. In the afternoon, you will visit **Patan Dubar Square** – the ancient royal city which has been the former capital and artistic city of the country, also known under Lalitpur's name (city of beauty). You will discover a **whole of Hindu temples**, each one of them built under the reign of a different king in front of the former royal palace. Inside, we can find the **Patan museum**, reputed for its collection of statues of Hindu and Buddhist divinities. It is certainly the wealthiest museum of Nepal. Patan was once a great center for Buddhist teaching, as testimony many monasteries that you will meet in encounter in the maze of alleys of the Medieval Patan. You will have the opportunity to visit the **Golden Temple**. It is a real piece of goldsmithery, composed of a triple roof and a golden copper facade whose origins go back to the 12th century and where everything is engraved and carved. At the corner of an alley, you will also discover **the temple Maha buddha, or temple of the nine thousand Buddhas**, built in the fourteenth century with the effigy of Buddha. It is, in fact, reproduced on each of the bricks which constitute it, and this, nearly nine thousand times and of all sizes. Beauties that make Nepal a culturally and artistically rich country. Great craft center, Patan will know how to seduce you. You will have the opportunity to spend the night in the Newar Chen hotel, former Newar House (the Newars are the first inhabitants of the Katmandu Valley) run by the Shrestha family. This house has been restored and preserved thanks to a UNESCO initiative.

Included meals: lunch and dinner.



Day 2 : Swayambunath - Kathmandu - Durbar Square

In the morning, you will visit **Swayambunath**, also called **monkeys temple**. You will have the opportunity to go **admire well-known Buddhist Stupas** located on the top of a hill where hundreds of monkeys are living. This summit offers a remarkable view of Katmandu and its

agglomeration. It can be reached via the endless main staircase and be directly into the central square. Swayambunath is a part of the oldest religious site of Nepal, the city shelters the most ancient Stupa of the valley. It is also considered as one of the first sanctuary Buddhist in the world. Although the site is assimilated to Buddhism, the site is venerated both by Buddhists and Hindus. In the afternoon, you go to **Dubar Square of Katmandu** – the heart of the former city. This grandiose site, classified as a UNESCO World Heritage Site, is none other than the palace (Dubar) where the kings were crowned and from which they ruled. Katmandu Dubar Square is dotted with many sanctuaries, palaces, pagodas, statues and temples dedicated to the innumerable Hindu deities that your guide will help you discover. Before going back to Patan's hotel, you will spend the night in Thamel, a very lively and touristic neighborhood created following the tourism of the 1980s, where you will find the "modern" Kathmandu.

Included meals: breakfast, lunch and dinner.



Day 3 : From Kathmandu to Pokhara

After a journey between both taxi and bus, you will arrive in **Pokhara**, located about 200 km away in the west of Kathmandu. It is the third largest city in Nepal through its population and one of the most touristic destinations in the country. Its lakes make it an important holiday town and its proximity to the massif of the Annapurna makes it a very popular destination. To the north, the outskirts of the city touch the foot of the Annapurna range and the mountains high dominate the entire horizon are a source of contemplation and admiration for tourists and local inhabitants. No other city in Nepal offers such an impregnable view of the high peaks of the Himalaya. Pokhara offers a very relaxing atmosphere where you will have the opportunity in clear weather and with a little luck to see reflected in the backdrop, in the clear water of the lakes, the summits of the Annapurna and the Dhaulagiri. You will spend the night there before the departure for the trek.

Included meals: breakfast, lunch and dinner.

Day 4 : Trek departure - Nayapul - Ghandruk

After 1 hour and 30 minutes of road you will finally arrive to **Nayapul**, departure point of the trek. As soon as your first hours of walk in a natural beauty environment, you will forget the small difficulties of the first steps. Along this way, you will meet various peasant ethnic groups cultivating wheat, rice or raising cows, goats, chickens etc. You will spend the end of the day to **Ghandruk**, step-village already offering you a beautiful view on the Annapurnas' first summits.

Included meals: breakfast, lunch and dinner.



Day 5 : Ghandruk - Chomrong

It is under the beautiful morning colors of the valley that you will take the road back towards Chomrong. In the morning, you will have the opportunity to cross through Ghandruk village, a village mainly populated by young children and elderly people, most of the young people left in order to work in the city (Pokhara). The afternoon will be a little bit sportier with a regular climb but all your efforts will be rewarded in the end by a good meal in the welcoming **Chomrong village**, which offers even more amazing views on the Himalaya. You will be able to participate at the elaboration of the meal, followed, if you wish, by a traditional dance show that will all the villagers will recommend to you.

Included meals: breakfast, lunch and dinner.

Day 6 : Chomrong – Bamboo

This day will start with the crossing of a forest when you will have the opportunity to discover new sceneries. Many birds and animals – especially white monkeys – are joining you along the way. You will cross the Sinuwa village, where you will slowly see the valley starting to open and close itself. But the fauna and flora will amaze you, especially in spring when the rhododendrons in bloom (national flower) offer you breathtaking colors. On the road that has narrowed at the same time as the valley, you will cross many trekkers and porters. You will spend the evening in the village of Bamboo. Rest in perspective, for a sweet night along with the pleasant sound of the river.

Included meals: breakfast, lunch and dinner.



Day 7 : Bamboo – Deurali

You will always **walk through the forest with many waterfalls**. And after passing Bamboo and its forest of bamboo, the difference in altitude changes, allowing you to start a good rhythm while the altitude rises, offering you a good breath of fresh air. Evening at **Deurali** to meet a population of great kindness. It is with the rhythm of the guitars that you will spend this evening to dream of past adventures and future ones.

Included meals: breakfast, lunch and dinner.

Day 8 : Deurali - Base camp

After having made the last steps in the tropical jungle-like forest, we come out from it to find landscapes of altitude almost similar to the alpine landscapes, where the vegetation becomes rarer as we are ascending. The air gradually refresh with the altitude. After a break at the base camp of Machappuchare, we continue our climb, this time in the grasslands and nevés, and finally reach the **base camp of Annapurna at 4130m**. Breathing becomes harder and the effort is quickly felt. You will reach the **South Annapurna Base Camp** (at 4,130 m) for a circular view of the Annapurna peaks. Magical moments Between snooze, photos of the site and volleyball parties to warm up, you will have the choice to occupy this end of the day until the dinner.

Included meals: breakfast, lunch and dinner.



Day 9 and 10 : ABC – Bamboo - Jhinu

You will take the road back passing through once again to **Deurali** and **Bamboo**. You will have the opportunity to admire under another angle the valley in front of you. A sweet descent is waiting for you until the bottom of Chomrong before the climb of the infernal steps : 200m of stairs to reach the top of the village... but once up, the hardest is done. A last descent into the maize crop will take you to Jhinu, where you can relax in its hot springs.

Included meals: breakfast, lunch and dinner.

Day 11 : Jhinu – Tolka

After crossing the **Jhinu** village and its **natural hot springs** which will make you forget the tiredness of the previous days of walking, you continue your descent towards **New Bridge**, where you will pass on an impressive bridge to cross the river and reach the other side. After this magnificent bridge, you can observe the peasants cultivating their plots of land in the old way and see their remarkable ethnic mix. The ascent continues gently to **Tolka**, where you will spend the night.

Included meals: breakfast, lunch and dinner.



Day 12 : Tolka - Pothana

The path we borrow takes a slight drop in the forest. The road is calm for these last hours of descent. The return to the city is getting closer with increasingly villages and villagers. Arrival in **Pothana**, where we spend our last night in a lodge.

Included meals: breakfast, lunch and dinner.

Day 13 : Pothana – Phedi – Back to Pokhara

Last hours of going down. Return in bus from Phedi towards Pokhara through ricefields sceneries. Overnight at the hotel in Pokhara.

Included meals: breakfast, lunch and dinner.



Day 14 : Lukla – Kathmandu. Back to Kathmandu and visits

According to your arrival hour, you will visit **Pashupatinath and Buddhanath**. The afternoon will be particularly religious thanks to the visit of Pashupatinath (Pashupati is one of the multiple names of the great Shiva god), high-place of the cremation of the deceased in Kathmandu, located on the banks of the river Bagmati. If this place is essentially characterized by its center of cremation, it also gathers many hindu temples of every sizes, shapes and colors. We also find the famous Saddhus, These men covered with ashes, living outside the world. They cut every link with their family, don't own anything, and have no roof and feed themselves of dotations of the devotees. The afternoon will be devoted to the visit of Buddhanath, sanctuary of Buddhism, represented by its gigantic Stuppa surrounded by Tibetan monasteries. This site is populated by many Tibetans who fled to Nepal after the Chinese invasion. It is interesting to go there at the end of the day to attend the ritual of the believers which consists of turning around the Stuppa in a clockwise direction. You will be able to immerse yourself in the serene atmosphere that comes from it and have the opportunity to visit a Tibetan monastery and the temple of Gokarna.

Included meals: breakfast, lunch and dinner.

**Day 15 : Last day**

You will enjoy your last day to do a last lap of gather all your memories before coming back to your country...

Included meals: breakfast

Practical information

- Maximum altitude : 4130m
- Positive slope : 5130m
- Negative slope : 4920m

Trek day	Departure	Arrival	Slope +	Slope -	Walking time (estimate)
1	Nayapul (1070m)	Gandruk (1940m)	900m		5 to 7 hours
2	Gandruk (1940m)	Chomrong (2170m)	630m	400m	6 to 8 hours

3	Chomrong (2170m)	Bamboo (2430m)	600m	350m	4 to 5 hours
4	Bamboo (2430m)	Deurali (3230m)	850m	50m	4 to 5 hours
5	Deurali (3230m)	Macchapuchre Base Camp (3700m) ou Annapurna Base Camp (4100)	500m (MBC) 900m (ABC)		3 to 5 hours
6	ABC (4100m)	Bamboo (2430m)	200m	1900m	6 to 7 hours
7	Bamboo (2430m)	Jhinu (1780m)	350m	1050m	6 to 7 hours
8	Jhinu (1780m)	Tolka (1700m)	300m	200m	5 to 6 hours
9	Tolka (1700m)	Pothana (1890m)	400m	210m	4 to 5 hours
10	Pothana (1890m)	Phedi (1130m)		760m	3 to 4 hours

ESTIMATED PRICE

(Depending on season, types of accommodation and activities)

- The estimated budget for this trip is from 978 € / person.
- Talking about fixed prices when discussing about a tailored trip makes little sense. Indeed, it varies depending on many factors (quality of services, period, turnaround time and many more).
- The only exact price will be the one of your personalized quote.

Price of the trip

(Price per person in USD)

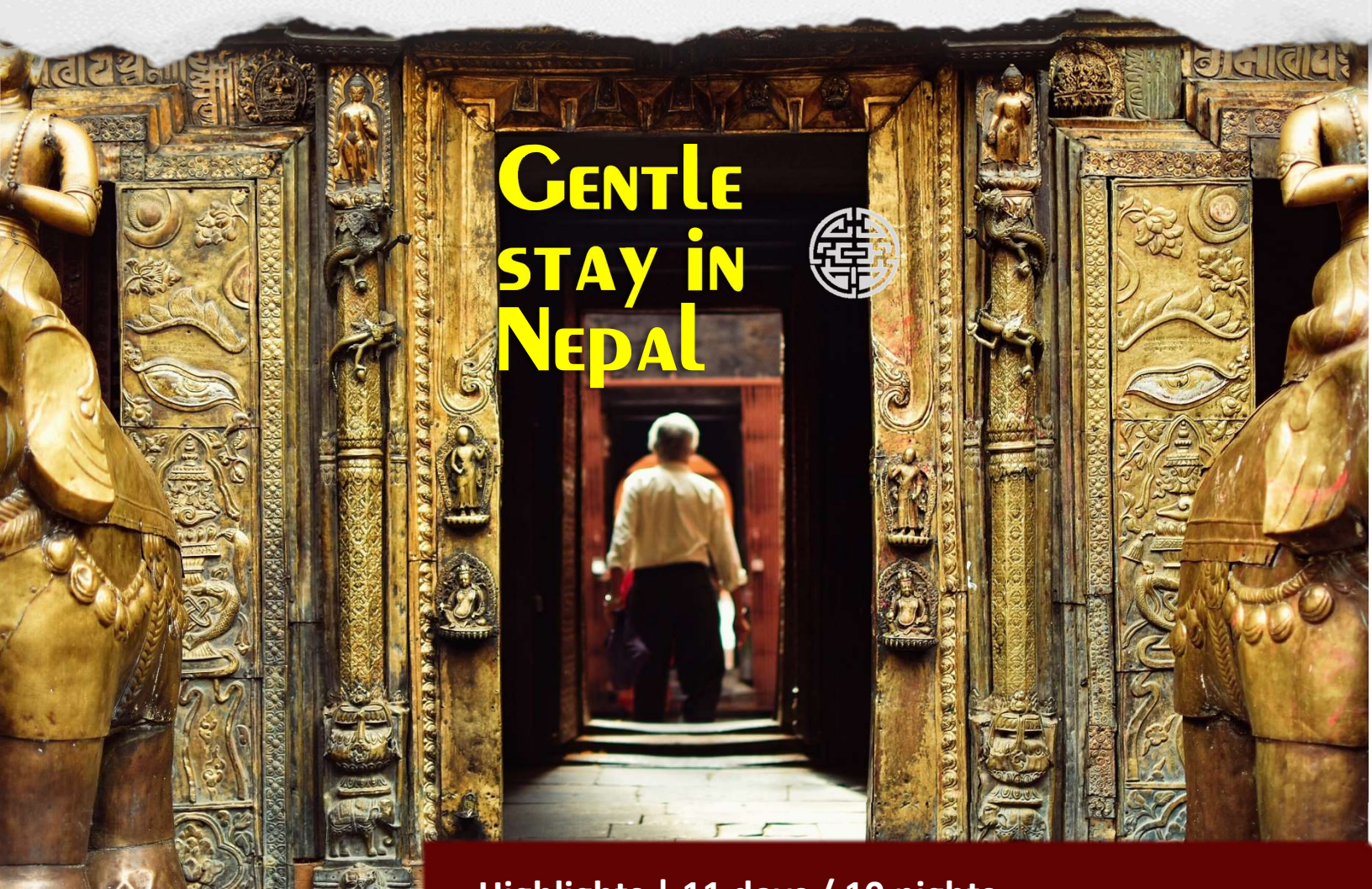
These price are valid until 30/09/2025

Group of 2	Group of 4	Group of 8	Groupe of 12
Contact us	Contact us	Contact us	Contact us

Name of the city / List of hotels	Name of the hotel	Room category
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Kathmandu	<i>Marshyangdi Hotel***</i> <i>www.hotelmarshyangdi.com</i> <i>Newa Chen Hotel***</i> <i>www.newachen.com</i>	<i>Deluxe</i>
Pokhara	<i>Barahi Hotel****</i> <i>www.barahi.com</i>	<i>Deluxe</i>
In the Annapurna's region	<i>Among the Gurung</i> <i>Among Gurung's lodges</i>	<i>Standard</i>

<i>The price includes</i>	<i>The price excludes</i>
<ul style="list-style-type: none"> • <i>Every on land transports as described in the itinerary</i> • <i>All the accomodations</i> • <i>French speaking guide</i> • <i>Trek licence</i> • <i>Entrance in the monuments and activities as described in the itinerary</i> • <i>All the meals</i> • <i>The Sherpa</i> 	<ul style="list-style-type: none"> • <i>International flights and airport taxes</i> • <i>Visa fees</i> • <i>Insurance, sleeping bag, drinks</i> • <i>Personal expenses and medical evacuation</i> • <i>Tips</i> • <i>Single room supplement</i>



Highlights | 11 days / 10 nights

- *Visit many original monuments : temples, palaces, pagodas, considered as world cultural heritage by UNESCO*
- *Discover the 2 major religions of the region: Buddhism and Hindu by the vestiges in the valleys*
- *Unbelievable landscapes*



Gentle stay in Nepal

Day 1: Patan Dubar Square

This is by taking your time that you will arrive to **Kathmandu**. The morning will be reserved for your check-in and your acclimatization. In the afternoon, you will visit **Patan Dubar Square** – the ancient royal city which has been the former capital and artistical city of the country, also known under Lalitpur's name (city of beauty). You will discover a **whole of Hindu temples**, each one of them built under the reign of a different king in front of the former royal palace. Inside, we can find the **Patan museum**, reputed for its collection of statues of Hindu and Buddhist divinities. It is certainly the wealthiest museum of Nepal. Patan was once a great center for Buddhist teaching, as testimony many monasteries that you will meet in encounter in the maze of alleys of the Medieval Patan. You will have the opportunity to visit the **Golden Temple**. It is a real piece of gold smithery, composed of a triple roof and a golden copper facade whose origins go back to the 12th century and where everything is engraved and carved. At the corner of an alley, you will also discover **the temple Maha buddha, or temple of the nine thousand Buddhas**, built in the fourteenth century with the effigy of Buddha. It is, in fact, reproduced on each of the bricks which constitute it, and this, nearly nine thousand times and of all sizes. Beauties that make Nepal a culturally and artistically rich country. Great craft center, Patan will know how to seduce you. You will have the opportunity to spend the night in the Newar Chen hotel, former Newar House (the Newars are the first inhabitants of the Katmandu Valley) run by the Shrestha family. This house has been restored and preserved thanks to a UNESCO initiative.

Included meals: lunch and dinner.



Day 2: Swayambunath - Katmandu Dubar Square

In the morning, you will visit **Swayambunath**, also called **monkeys temple**. You will have the opportunity to go **admire well-known Buddhist Stupas** located on the top of a hill where hundreds of monkeys are living. This summit offers a remarkable view of Katmandu and its agglomeration. Swayambunath is a part of the oldest religious site of Nepal, the city shelters the most ancient Stupo of the valley. It is also considered as one of the first sanctuary Buddhist in the world. Although the site is assimilated to Buddhism, the site is venerated both by Buddhists and Hindus. In the afternoon, you go to **Dubar Square of Katmandu** – the heart of the former city.

This grandiose site, classified as a UNESCO World Heritage Site, is none other than the palace (Dubar) where the kings were crowned and from which they ruled. Katmandu Dubar Square is dotted with many sanctuaries, palaces, pagodas, statues and temples dedicated to the innumerable Hindu deities that your guide will help you discover. Before going back to Patan's hotel, you will spend the night in Thamel, a very lively and touristic neighborhood created following the tourism of the 1980s, where you will find the "modern" Kathmandu.

Included meals: breakfast, lunch and dinner.



Day 3: KTM - Sauraha

(6 to 7 hours of road)

The day will be consecrated to the trip (6 to 7 hours) between **Katmandou and Sauraha**, village located just in front of the National Park of Chitwan. A trip rather long but which will make you discover unforgettable sceneries. **Le Parc de Chitwan** (meaning: « the heart of the jungle ») was formerly the royal hunting estate, the most famous of Nepal. This amazing reserve of almost 1 000 square meters has been created in the south of the Rapti River to preserve the endangered animal species. This is the oldest national park in Nepal and has been classified at the world cultural heritage by UNESCO in 1973. This is today a paradise for birds, you will certainly have the opportunity to find rhinoceros with a horn, deer, monkeys and other elephants...At your arrival in **Sauraha**, during a first discovery (guided) by foot of the reserve, you will already have the opportunity to observe **the large quantity of birds** who live in the park's forest. You will enjoy as soon as the night comes, the beautiful sunset on the Rapti River. In the evening, you will be able to attend **an entertainment of local dance of the Tharu ethnicity**. It is about the majority population of the Terai. The Tharus are originally living in thatched huts, made of a bamboo frame and covered with clay and dung. They live in symbiosis with nature and are farmers from generation to generation by tradition. But only a few of them possess their own land, which is often a cause of exploitation, keeping them in poverty. The Tharus are for the most part animist, believe in the spirits of nature, honor multiple deities and worship the ancestors. They nevertheless adopted many Hindu rituals. You will spend the night in the hotel.

Included meals: breakfast, lunch and dinner.

Day 4: Canoe on the lake + Jeep Safari

In the morning, a canoe trip down the **Rapti River** will allow you to enjoy the jungle in a peaceful way. You will sail along the water between two banks rich in abundant flora and will observe migratory birds coming from Russia. Also know that the turbid waters on which you will float shelter crocodiles... so open your eyes and above all, stay on your guard! Two hours of hiking in the jungle will then make you enjoy a rare entertainment. In the afternoon, **a jeep safari in the park** will allow you to sink into the jungle and see the local wildlife: unicorn rhinoceros (endangered), deer, peacocks and other endemic birds. Overnight at the hotel.

Included meals: breakfast, lunch and dinner.



Day 5: Visit of the Sauhara village + Safari on elephant's back

Visit of Sauhara, Therai village located at the edge of the national park, which has made its reputation since the creation of safaris. The of the Tharu Maetali culture (local ethnicity) is everywhere present, and besides you will perhaps have the chance to attend and participate to the elephants baths in the Rapti river which crosses it. Next we will go to visit the elephant's nursery, where lots of small elephants and their life joy will please you. Almost 10 years ago, most of the elephants we found in Nepal were coming from India and Thailand, until the government decides to create its own breeding center. The afternoon will be consecrated to a **Safari on elephant's back**. The pachyderms will allow you to get more intimately into the heart of the Chitwan National Park to observe the animals without disturbing them; thus, sometimes the tigers will be less timid. You will have more chance to see wild animals and this experience will leave you an unforgettable memory.

Included meals: breakfast, lunch and dinner.

Day 6: Sauhara - Pokhara

This is after a travel in the heart of the Nepalese roads that you will have the joy to arrive in **Pokhara**. After your installation, you will have the opportunity to visit the **surroundings of the Lake encircled by Nepalese artisans**. Pokhara is the third Nepalese city according to its number of inhabitants and is one of the most touristic destination of the country. Its lakes are making it an important holiday town and its proximity to the massif of the Annapurna makes it a very popular destination. In the north, the outskirts of the city touches the foot of the Annapurna range and the mountains that dominate the whole horizon are a true source of contemplation

and admiration for tourists and local inhabitants. No other city in Nepal offers such an impregnable view of the high peaks of the Himalaya. Pokhara offers a very relaxing atmosphere where you will have the opportunity in clear weather and with a little luck to see reflected in the backdrop, in the clear water of the lakes, the summits of the Annapurna and the Dhaulagiri.

Included meals: breakfast, lunch and dinner.



Day 7: Visit of Pokhara and its surroundings

The amazing « **Davis Fall** » **waterfalls**, that you will visit in the morning, allows to admire the karstic relief of the valley, the river dives into a gorge of more than 50 meters before disappearing underground. A deep chasm that leaves contemplative...According to the history of the fall, trekkers bathed on day under the Few dam, both the doors has been opened without they noticed it to lower water's level. None of the trekkers noticed the signal that they had to go away, and they were unfortunately taken away. One of them disappeared mysteriously in the underpass under the fall. It's since then that the fall is called "Davis Fall", from the name of the unfortunate disappeared. We will go next to discover the **Mahadev's grotto**, a beautiful cavern which is located in the south of Pokhara's valley. The cavern possesses many ramifications and we haven't reached the end yet. The principal segment is 20 meters deep, the bottom is large and spacious. We can find there a picture of Lord Shiva. One of the cavern ramifications brings to the "Davis Fall" that we can approach. It is an amazing feeling to stand just under the fall in the cavern. We will finally visit a **Tibetan refugee camp**, which will allow you to visit their carpet weaving workshop as well as the monastery. This is a real Tibetan village, where the culture, traditions and way of life of Tibet are perpetuated. The afternoon will be dedicated to the visit of the **old town of Pokhara and its Newar neighborhoods**. Pokhara's bazar is a must see if we want to discover the true Pokhara. Until the beginning of the 1960s, the city was essentially living of the business and barter. Newars along with Mustang and Tibet merchants, were joining the Gurungs (main ethnicity of the region) to trade every kind of goods. This bazar remains today very authentic. We will also visit **Pokhara's museum**, which perfectly reflects the diversity of the Nepal's ethnicities through pictures, models and handicraftsman. Overnight at the hotel.

Included meals: breakfast, lunch and dinner.

Day 8: Boat stroll + Pagoda visit

You will have the opportunity to make a boat stroll, which will be a pleasant way for you to enjoy the lake and access to the path which leads to the peace pagoda, Stupa perched on a small mound from which the view of the Himalayan range is impregnable in clear weather (about 45min uphill). It is even one of the best views on the Himalayan range that stands just in front of you. The afternoon will be dedicated to a **bike ride** along the lake, allowing you to go away from Pokhara and explore fabulous landscapes and obtain an overview of the lake. You will have a free late afternoon to carry out the last purchases of memories or just stroll in the shops and alleys of Pokhara.

Included meals: breakfast, lunch and dinner.



Day 9: Pokhara - Sarangkot

You will have the occasion during this day to discover the **city of Sarangkot**, which is located on the heights of Pokhara. Departure in the morning to enjoy the fabulous sunset on the mountains. We will reach the Sarangkot Belvedere (1590 meters) after few minutes of climbing to admire the absolute wonderful view on the Macchapuchhare (6993 meters) and the Fewa Lake. Sarangkot offers a panorama that will allow you to make your own postcards. Do not forget your camera. From Sarangkot, you will have the impression of holding Pokhara in your hands. The descent to Pokhara will be by foot in approximately 2 hours. You will have the afternoon free to stroll in the streets of Pokhara and take a shopping tour.

Included meals: breakfast, lunch and dinner.

Day 10: Pokhara - Kathmandu

You will return to Kathmandu in the morning, which will leave you a few hours in the late afternoon to spend some time at the Balodaya welcoming house with children and educators.

Included meals: breakfast, lunch and dinner.

Day 11: Last day

You will enjoy your last day to gather your memories before going back to your country...

Included meals: breakfast



ESTIMATED PRICE

(Depending on season, types of accommodation and activities)

- The estimated budget for this trip is from 1033 € / person.
- Talking about fixed prices when discussing about a tailored trip makes little sense. Indeed, it varies depending on many factors (quality of services, period, turnaround time and many more).
- The only exact price will be the one of your personalized quote.

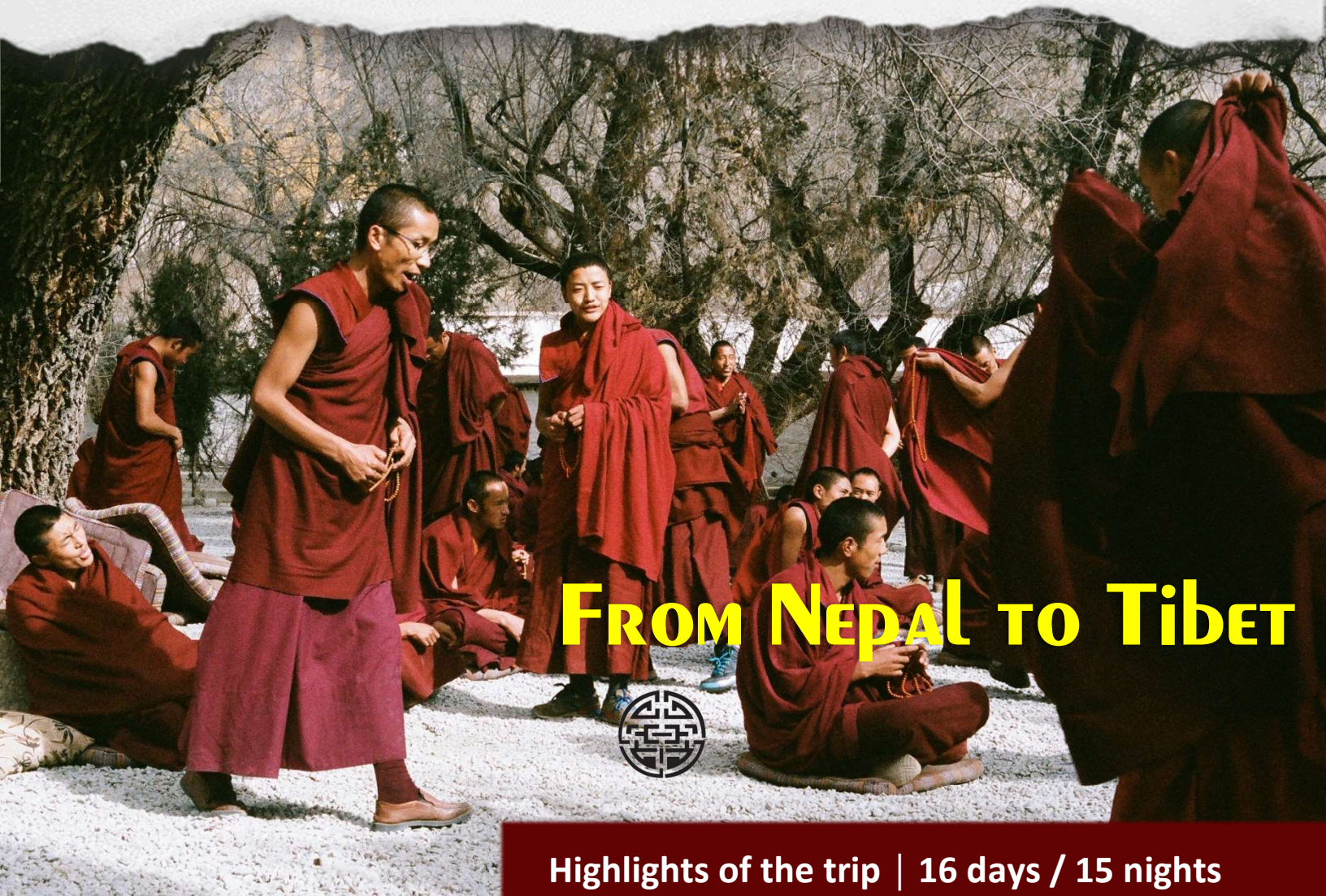
Price of the trip

(Price per person in USD)

These price are valid until 30/09/2025

Group of 2	Group of 3-5	Group of 6-9
Contact us	Contact us	Contact us

<i>The price includes</i>	<i>The price excludes</i>
<ul style="list-style-type: none"> • Every on land transports as described in the itinerary • All the accommodations • French speaking guide • Entrance in the monuments and activities as described in the itinerary • All the meals 	<ul style="list-style-type: none"> • International flights and airport taxes • Visa fees • Insurance, sleeping bag, drinks • Personal expenses and medical evacuation • Tips



FROM NEPAL TO TIBET



Highlights of the trip | 16 days / 15 nights

- *Discover two mysterious countries at the same time from South Asia – two places considered as the as the cradle of Buddhism*
- *Visit of the most known monuments with its historical, cultural and traditional values*
- *Participation of the treks towards the world's roof and admire the beautiful mountainous landscapes*



From Nepal to Tibet

Day 1: Arrival in Kathmandu

Arrival at the airport, transfer to the hotel in minibus. Check-in in the rooms. General overview discovery of Nepal. Dinner and overnight at the hotel.

Included meals: lunch and dinner.

Day 2: Kathmandu – Patan – Kathmandu



Breakfast, transfer in minibus and **visit of Bongamati and Khokana**, lunch, visit of **Dubar Square of Patan**, back to Kathmandu, dinner and overnight at the hotel. **Bungamanti** is a Newar village which overhangs the Bagmati River. It is located at nearly 10 km away from Kathmandu and possesses as characteristics to not have any traffic jam. **The attraction of the village, apart from its calm and after a maze of typical Newar houses, is its temple of Machendranath**, dedicated to the protective god of the valley of Kathmandu and the rain. We meet there a flourishing handicraft of very beautiful sculptures on wood. At 5 minutes by foot, the **village of Khokana**, reputed for its mustard oil and its large street where you can see the wool, seems to have come straight out of the middle Ages. Here everything takes place in the street and the same gestures rythmed the life of the villagers for centuries. **Patan** is an ancient royal city, formerly capital and city of art. It is also known as Lalitpur ("the city of beauty"). There is a set of Hindu temples, each built during the reign of a different king. The Patan museum, renowned for its collection of statues of Hindu and Buddhist deities, is certainly one of the richest in Nepal.

Included meals: breakfast, lunch and dinner.

Day 3 : Pashupatinath – Buddhanath – Kathmandu

Breakfast, transfer in minibus and **visit of Pashupatinath**, lunch, **visit of Buddhanath**, back to Kathmandu, dinner, overnight at the hotel. Pashupatinath is a high place of the cremation of the deceased in Kathmandu, located on the banks of the river Bagmati. If this place is essentially

characterized by its center of cremation, it also gathers many hindu temples of every sizes, shapes and colors. We also find the famous Saddhus, These men covered with ashes, living outside the world. They cut every link with their family, don't own anything, and have no roof and feed themselves of donations of the devotees. Buddhanath is the sanctuary of Buddhism in Nepal. The city is dominated by its immense white Stupa surrounded by monasteries. This site is populated by many Tibetans who fled to Nepal after the Chinese invasion.

Included meals: breakfast, lunch and dinner.



Day 4: Kathmandu – Swayambunath – Kathmandu

Breakfast, and **visit of Swayambunath**, return to Katmandou, lunch, free afternoon to prepare the departure towards Tibet. Dinner and overnight at the hotel. Swayambunath is also called **monkeys temple**. It is among the most ancient religious site of Nepal. The city shelters the **most ancient Stupa of the valley** and is also considered as one of the first Buddhist sanctuaries in the world. Even though this site may be considered as Buddhist, the place is venerated both by Buddhists and Hindus.

Included meals: breakfast, lunch and dinner.

Beginning of the Tibetan part of the stay. For reasons inherent in the status of Tibet, China does not allow a private organization of stays in the province of Tibet. We will be accompanied by a Tibetan guide and the possibilities of modifications of the path are very limited. But that does not avoid us from having a lot of free time without a guide. We will enjoy to walk and discover together according to our desires.

Day 5: Katmandu – Tibet – Lhasa

Breakfast, transfer in minibus towards Kathmandu's airport and flight at 10.45am to Lhasa in Tibet. Formalities of arrival in Tibet, transfer and installation in the hotel. The afternoon will be consecrated to the gentle acclimatization with the altitude. With the ones who wish it, we will go for a **stroll in the ancient part of Lhasa**.

Included meals: breakfast, lunch and dinner.

Day 6: Lhasa's visit

Visit of the **Potala**, built on the Red Hill, back in 1645. It has been the residency of many Dalai Lamas. With the exception of the tomb of the thirteenth Dalai Lama, it had no transformation since its construction. From the roof, we have a magnificent view of Lhasa and the basin of the Kyichu valley. Visit of **Jokhang**, the **most reputed temple in Lhasa**, where many pilgrims have come from the most remote villages. Acclimatization with the altitude.

Included meals: breakfast, lunch and dinner.



Day 7: Lhasa's visit

Visit of the great monastic universities of Sera and Drepung. Drepung Monastery "Mound of Rice", founded in 1416, was originally just had to include only a few buildings. Very important religious center, it sheltered more than 7000 monks as well as the second, third, fourth and fifth Dalai Lamas until the completion of the potala. Since 1982, more than 400 young monks have tried to recreate the cycle of study. Monastery of Serra, small monastic community which has gathered up to 5000 monks but also nuns, workers and functionaries. One of the most sacred objects of Serra is the "Vajra" or "Dorje" in Tibetan, the prototype of all the other Vajra in Tibet, discovered in the Padmasambhava cave in Yerpa and showed to the public only once a year. Last round of Barkhor. Acclimatization at altitude.

Included meals: breakfast, lunch and dinner.

Day 8: Lhasa – Gyantse (alt. 3950m)

Departure early in the morning. Crossing through Kamba La (4850m) and descent towards the turquoise waters of Lake Yamdrok. Return to the Karo La (5050m) located at the foot of the Netsekangsang (7191m). Arrival at Gyantsé (3950m).

Included meals: breakfast, lunch and dinner.



Day 9: Gyantse – Shigatse (alt. 3900m) – Gyantse

Visit of the old town and the chörten Kumbum and go to Shigatse in the early afternoon. Visit of the main monuments, the monastery of Tashilhunpo, seat of the panchen Lama (panchen = great scholar), located in the west of Xigaste at the foot of the Drölma mountain. Gendrun SAMDRUP, known as the ancestor of the Dalai Lama lineage, is buried there. He is the only one with the 6th Dalai Lama who is not buried in Lhasa. From an architectural point of view, this site is a real marvel, composed of imposing red monuments, crowned by sparkling gold roofs, all surrounded by a high wall. Stroll in the old market and on the way to kora (2 hours) overlooking the monastery and the valley.

Included meals: breakfast, lunch and dinner.

Day 10: Shigatse – Xegar (alt. 4050m)

Road towards Xegar (6 hours). Stop at Sakya (normally), typical village with grey and blue houses and a huge monastery reminding the Mongolian fortresses. Impressive library and beautiful assembly hall, one of the largest in Tibet. Then you will reach Xegar (4050m), a pretty village built at the foot of a fortress.

Included meals: breakfast, lunch and dinner.



Day 11: Xegar – Rongbuk – Everest best camp (alt. 5050m)

Road to the Everest's base camp (5090m of altitude) at the foot of the Rongbuk's glacier. From there, you will have an amazing panoramic view on the Everest's mounts. Visit of the monastery of Rogbuk, the highest monastery of the world.

Included meals: breakfast, lunch and dinner.

Day 12: Rongbuk – Zhangmu (alt. 3750m)

Excursion at the Everest's base camp and then long day of road to reach Zhangmu (2300 meters) or Nyalam, passing through Tingri, with a passage of a collar of more than 5000m of height where you will stop to take advantage of a magnificent panorama. Very beautiful road throughout

which, we can admire high summits: Langtang - 7.245m, Xixapangma - 8.013m, Dorje Lakpa - 6.980m, Everest - 8.848m, Lhotse - 8.516m, and Makalu - 8.464m.

Included meals: breakfast, lunch and dinner.

Day 13: Zhangmu – Lhasa

Back from Tibet, installation at the hotel. Entertainment dinner at 7.00pm. Overnight at the hotel. According to the return hour from Tibet, you will either visit some place or have a free time until 6.30pm.

Included meals: breakfast, lunch and dinner.



Day 14: Kathmandu's surroundings visit

Breakfast, transfer in minibus and visit of Bakthapur, free time in the city, visit of Changu Narayan, back to Kathmandu, dinner and overnight at the hotel. Bakthapur is the 3rd city of Nepal through its importance. It is an ancient royal capital which would have dominated politically and culturally all Nepal until the 16th century. Since then, Bakthapur has always been constituted a full-blown city, living in an economic self-sufficiency and very attached to its independency. Beautiful small town of villagers and craftsmen, Bakthapur is differencing itself by its calm and property. Its three aired Durbar Square, in which one possesses the highest Hindu temple in Nepal, and its pedestrian center, full of craftsmen potters and woodcarvers, make it a place of strolling and wonder. Changu Narayan is a charming little village situated on top of a hill. It is one of the oldest sites of the valley, still sheltering traces of constructions of the 4th century. Its Hindu temple, registred at the UNESCO World Heritage Site in 1979, is surrounded by buildings intended for the accommodation of pilgrims.

Included meals: breakfast, lunch and dinner.

Day 15: Kathmandu's surroundings visit

Breakfast, morning stroll in the ancient part of Kathmandu and visit of Durbar Square. Lunch, free afternoon to go shopping. Dinner in Kathmandu. Durbar Square is the heart of the old city and from where leaves the ancient main street of the city. This grandiose site, classified as a UNESCO World Heritage Site, is none other than the palace (Dubar) where the kings were crowned and

from which they ruled. Katmandu Dubar Square is dotted with many sanctuaries, palaces, pagodas, statues and temples dedicated to the innumerable Hindu deities.

Included meals: breakfast, lunch and dinner.

Day 16: Return

Included meals: breakfast



ESTIMATED PRICE

(Depending on season, types of accommodation and activities)

- The estimated budget for this trip is from 2408 € / person.
- Talking about fixed prices when discussing about a tailored trip makes little sense. Indeed, it varies depending on many factors (quality of services, period, turnaround time and many more).
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Price of the trip

(Price per person in USD)

These price are valid until 30/09/2025

Group of 2	Group of 3-5	Group of 6-9	Sgl Suppl
Contact us	Contact us	Contact us	Contact us

Name of the city / List of hotels	Name of the hotel	Room category
Kathmandu	Marshyangdi Hotel*** www.hotelmarshyangdi.com Newa Chen Hotel*** www.newachen.com	Deluxe
Lhasa	Bramaputra Hotel Kyichu Hotel Flora Hotel	Deluxe Standard Budget
Gyantse	Gyantse Hotel Tsogu hotel	Deluxe/Standard Budget
Shigatse	Manasarovar Hotel Yak Hotel	Deluxe/Standard Budget
Segar	Segar Hotel	Deluxe/Standard/Budget
Rongbuk or Everest's base camp	Everest View Hotel Rangbuk Guest House	Deluxe/Standard Budget

<i>The price includes</i>	<i>The price excludes</i>
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<ul style="list-style-type: none">• <i>Flight tickets to Tibet</i>• <i>Every on land transports as described in the itinerary</i>• <i>All the accomodations</i>• <i>Entrance fees</i>• <i>Treks permission</i>• <i>The Sherpas</i>• <i>All the meals</i>• <i>French speaking guide in Nepal and Tibet</i>	<ul style="list-style-type: none">• <i>International flights and airport taxes</i>• <i>Visa fees</i>• <i>Insurance, sleeping bag, drinks</i>• <i>Personal expenses and medical evacuation</i>• <i>Tips</i>• <i>Single room supplement</i>
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ADVENTUROUS STAY in Nepal



Highlights of the trip | 14 days / 13 nights

- *Visit of Nepal's capital and the occasion of climbing the highest summits in the world*
- *Visit many original monuments : temples, palaces, pagodas, considered as world cultural heritage by UNESCO*
- *Discover the 2 major religions of the region: Buddhism and Hindu by the vestiges in the valleys*
- *Unbelievable landscapes*



Adventurous stay in Nepal

Day 1: Arrival in Kathmandu. Visit of Patan Durbar Square

This is by taking your time that you will arrive to **Kathmandu**. The morning will be reserved for your check-in and your acclimatization. In the afternoon, you will visit **Patan Dubar Square** – the ancient royal city which has been the former capital and artistically city of the country, also known under Lalitpur's name (city of beauty). You will discover a **whole of Hindu temples**, each one of them built under the reign of a different king in front of the former royal palace. Inside, we can find the **Patan museum**, reputed for its collection of statues of Hindu and Buddhist divinities. It is certainly the wealthiest museum of Nepal. Patan was once a great center for Buddhist teaching, as testimony many monasteries that you will meet in encounter in the maze of alleys of the Medieval Patan. You will have the opportunity to visit the **Golden Temple**. It is a real piece of goldsmithery, composed of a triple roof and a golden copper facade whose origins go back to the 12th century and where everything is engraved and carved.



At the corner of an alley, you will also discover **the temple Maha buddha, or temple of the nine thousand Buddhas**, built in the fourteenth century with the effigy of Buddha. It is, in fact, reproduced on each of the bricks which constitute it, and this, nearly nine thousand times and of all sizes. Beauties that make Nepal a culturally and artistically rich country. Great craft center, Patan will know how to seduce you. You will have the opportunity to spend the night in the Newar Chen hotel, former Newar House (the Newars are the first inhabitants of the Katmandu Valley) run by the Shrestha family. This house has been restored and preserved thanks to a UNESCO initiative.

Included meals: lunch, dinner

Day 2: Swayambunath - Katmandu Dubar Square

In the morning, you will visit **Swayambunath**, also called **monkeys temple**. You will have the opportunity to go **admire well-known Buddhist Stupas** located on the top of a hill where hundreds of monkeys are living. This summit offers a remarkable view of Katmandu and its agglomeration. Swayambunath is a part of the oldest religious site of Nepal, the city shelters the

most ancient Stupa of the valley. It is also considered as one of the first sanctuary Buddhist in the world. Although the site is assimilated to Buddhism, the site is venerated both by Buddhists and Hindus. In the afternoon, you go to **Dubar Square of Katmandu** – the heart of the former city. This grandiose site, classified as a UNESCO World Heritage Site, is none other than the palace (Dubar) where the kings were crowned and from which they ruled. Katmandu Dubar Square is dotted with many sanctuaries, palaces, pagodas, statues and temples dedicated to the innumerable Hindu deities that your guide will help you discover. Before going back to Patan's hotel, you will spend the night in Thamel, a very lively and touristic neighborhood created following the tourism of the 1980s, where you will find the "modern" Kathmandu.

Included meals: breakfast, lunch, dinner



Day 3 : Pashupatinah - Buddhanath

The afternoon will be particularly religious thanks to the visit of Pashupatinath (Pashupati is one of the multiple names of the great Shiva god), high-place of the cremation of the deceased in Kathmandu, located on the banks of the river Bagmati. If this place is essentially characterized by its center of cremation, it also gathers many Hindu temples of every sizes, shapes and colors. We also find the famous Saddhus, These men covered with ashes, living outside the world. They cut every link with their family, don't own anything, and have no roof and feed themselves of donations of the devotees. The afternoon will be devoted to the visit of **Buddhanath**, sanctuary of Buddhism, represented by its gigantic Stupa surrounded by Tibetan monasteries. This site is populated by many Tibetans who fled to Nepal after the Chinese invasion. It is interesting to go there at the end of the day to attend the ritual of the believers which consists of turning around the Stupa in a clockwise direction. You will be able to immerse yourself in the serene atmosphere that comes from it and have the opportunity to visit a Tibetan monastery and the temple of Gokarna. You will certainly have the occasion of attending a **Buddhist mass** and the **prayers of the monks in the monastery**. They always recite mantras, precious meditation supports for the Buddhist monks. The purpose of his practice may be a physical or spiritual benefit. It is characterized by a series of sounds repeated many times according to a certain rhythm, measured by the play of the drums. Between these moments of singing are inserted instrumental passages where are mixed the sounds of the ritual instruments: oboes, trumpets, conches, drums, cymbals and bells. These songs with different vocal registers will allow you to escape the time of a liturgy and invite you to meditation. After this profound moment of spiritual sharing we will return to Patan to spend the night.

Included meals: breakfast, lunch, dinner



Day 4: Departure to Pokhara and paragliding

This is after a travel in the heart of the Nepalese roads that you will have the joy to arrive in **Pokhara**. After your installation, you will have the opportunity to visit the **surroundings of the Lake encircled by Nepalese artisans**. Pokhara is the third Nepalese city according to its number of inhabitants and is one of the most touristic destination of the country. Its lakes are making it an important holiday town and its proximity to the massif of the Annapurna makes it a very popular destination. In the north, the outskirts of the city touches the foot of the Annapurna range and the mountains that dominate the whole horizon are a true source of contemplation and admiration for tourists and local inhabitants. No other city in Nepal offers such an impregnable view of the high peaks of the Himalaya. Pokhara offers a very relaxing atmosphere where you will have the opportunity in clear weather and with a little luck to see reflected in the backdrop, in the clear water of the lakes, the summits of the Annapurna and the Dhaulagiri. In the afternoon, you will leave to **Sarangkot**, departure place for your paragliding activity. You will be welcomed by the team who will explain to you the process to follow. And then the high jump comes! Along with a professional, you will jump above Pokhara and its lakes. The view is breathtaking: from Dhaulagiri until Machapuchere passing through the Annapurna chain, you will have the chance to contemplate the most beautiful summits of the world. Back to Pokhara, overnight at the hotel.

Included meals: breakfast, lunch, dinner



Day 5: Rest, Davis Fall, Mahadev's grotto and Tibetan refugee camp

The amazing « **Davis Fall** » **waterfalls**, that you will visit in the morning, allows to admire the karstic relief of the valley, the river dives into a gorge of more than 50 meters before disappearing underground. A deep chasm that leaves contemplative...According to the history of the fall, trekkers bathed on day under the Few dam, both the doors has been opened without they noticed it to lower water's level. None of the trekkers noticed the signal that they had to go away, and they were unfortunately taken away. One of them disappeared mysteriously in the underpass under the fall. It's since then that the fall is called "Davis Fall", from the name of the unfortunate disappeared. We will go next to discover the **Mahadev's grotto**, a beautiful cavern which is located in the south of Pokhara's valley. The cavern possesses many ramifications and we haven't reached the end yet. The principal segment is 20 meters deep, the bottom is large and spacious. We can find there a picture of Lord Shiva. One of the cavern ramifications brings to the "Davis Fall" that we can approach. We will finally visit a **Tibetan refugee camp**, which will allow you to visit their carpet weaving workshop as well as the monastery. This is a real Tibetan village, where the culture, traditions and way of life of Tibet are perpetuated.

Included meals: breakfast, lunch, dinner



Day 6-7: Excursion in bicycle

After breakfast, departure in bicycle from Pokhara to **Sarangkot** and then **Naoudadan** to arrive in **Dhampus** where you will spend the night. The road is tarred up to Sarangkot and then you will take a meandering path between **the terraces, rice paddies, fields of corn and wheat**. Along the way you will sometimes get a chance to see the beautiful lakes of Pokhara. Arrival in **Dhampus**, a beautiful village offering amazing views on the Himalayan massifs. The next day, departure from Dhampus at around 7.00am towards Phedi. The path is particularly pleasant, sloping most of the time, crossing several **picturesque villages**. The road then follows the **Ghobang Khola River to Yangdi**. From Yangdi to Pokhara the path joins a **broader river, Seti Khola**. The landscapes are just as beautiful. At your arrival in Pokhara, you will visit the **Dinda Shini temple** Located on a small hill overlooking the city. It is a very important temple for Hindus living in Pokhara. Return and overnight at the hotel.

Included meals: breakfast, lunch, dinner

Day 8: Rest and boat ride on Fewa lake

You will have a free morning, you will be able to rest as your wish after these two days of bicycle or decide to stroll in the surroundings. In the afternoon, you will embark in pretty wooden boats for a **2-3 hour stroll on Fewa Lake**. The atmosphere is magical. In the evening, you are going to visit the **Old Pokhara**. You will discover ancient architectures, houses with wooden doors and windows, or authentic markets. Return and overnight at the hotel.

Included meals: breakfast, lunch, dinner



Day 9-10-11: Rafting and then transfer to Chitwan

Your hotel is located in **Sauraha**, a village situated just at the entrance of the National park of Chitwan.

Included meals: breakfast, lunch, dinner

Jour 12: Chitwan, Pirogue on the lake and safari on elephant's back

In the morning, a canoe trip down the **Rapti River** will allow you to enjoy the jungle in a peaceful way. You will sail along the water between two banks rich in abundant flora and will observe migratory birds coming from Russia. Also know that the turbid waters on which you will float shelter crocodiles... so open your eyes and above all, stay on your guard! Two hours of hiking in the jungle will then make you enjoy a rare entertainment. The afternoon will be consecrated to a **Safari on elephant's back**. The pachyderms will allow you to get more intimately into the heart of the Chitwan National Park to observe the animals without disturbing them; thus, sometimes the tigers will be less timid. You will have more chance to see wild animals and this experience will leave you an unforgettable memory. Return and overnight in Sauraha.

Included meals: breakfast, lunch, dinner

Day 13: Back to Kathmandu

Transfer to **Kathmandu**. You will enjoy your last day to make what you want to do: shopping for some, relaxing for others. Overnight at the hotel in Kathmandu.

Included meals: breakfast, lunch, dinner

Day 14: Departure

You will leave the hotel before 12.00am and then you will be transferred to the airport for your returning flight.

Included meals: breakfast



ESTIMATED PRICE

(Depending on season, types of accommodation and activities)

- The estimated budget for this trip is from 1411 € / person.
- Talking about fixed prices when discussing about a tailored trip makes little sense. Indeed, it varies depending on many factors (quality of services, period, turnaround time and many more).
- The only exact price will be the one of your personalized quote.

Price of the trip

(Price per person in USD)

These price are valid until 30/09/2025

Group of 2	Group of 3-5	Group of 6-9	Sgl Suppl
Contact us	Contact us	Contact us	Contact us

Name of the city / List of hotels	Name of the hotel	Room category
Kathmandu	Marshyangdi Hotel*** www.hotelmarshyangdi.com Newa Chen Hotel*** www.newachen.com	Deluxe
Pokhara	Barahi Hotel**** www.barahi.com	Deluxe
Rafting	Camping	Tent
Chitwan	Jungle Safari Lodge www.junglesafarilodge.com	Deluxe

The price includes	The price excludes
<ul style="list-style-type: none"> • Every on land transports as described in the itinerary • All the accommodations • French speaking guide 	<ul style="list-style-type: none"> • International flights and airport taxes • Visa fees • Insurance, sleeping bag, drinks • Personal expenses and medical evacuation

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|--|---|
| <ul style="list-style-type: none">• <i>Entrance in the monuments and activities as described in the itinerary</i>• <i>All the meals</i> | <ul style="list-style-type: none">• <i>Tips</i>• <i>Single room supplement</i> |
|--|---|



Information

These travel proposals have been studied for you carefully, according to the information you have given us: the number of participants, the holiday period, the hotels category... **Your travel will become definitive, therefore contractual, only after the order registration and the receipt of the deposit.**

The mentioned hotels above are for informational purposes only. Their confirmation depends on the quickness of your order. In case of reservation impossibility or cancellation by the hotel, **the quoted hotel(s) will be replaced by a hotel in similar category.**

The hotel rooms are officially at your disposal from 2.00pm the day of your arrival and until 12.00am the day of your departure from the hotel.

Domestic flights are insured by the local airline company of the visited country. The schedules given in this travel descriptive may be the subject of changes without notice from the company. The best solution will be the replacement of the flight. Mandarin Road VOYAGES cannot be held responsible regarding its customers for everything related to the force majeure case.

In a general way, the given information in this document are effective at the time of the travel preparation and may be the object of an adjustment **at the time of its realization**, for reasons beyond the control of Mandarin Road Travels. For instance: domestic or international flights schedule changes, collective rail transports ways, sea or river, road network change... We will inform it to you when the time comes.

For your safety:

Health: No vaccine is required. However, we advise you to be **updated regarding your classical vaccinations** (diphtheria, tetanus, typhoid, poliomyelitis, hepatitis).

An appropriate antimalarial treatment may be necessary. Ask your doctor for advice. Do not forget to check your dentist before you leave - see the *General Information* section of our website.

Food / water: The Vietnamese cuisine is healthy, very varied and light. Westerners find common features with their daily food, but also typical Asian tastes.

Regarding **water**, we advise you to buy bottled water bottles (mineral water or purified) or take Pure Micro pellets. Note that tap water in hotels is not always drinkable.

However, be sure that we bring all our attention so that your travel is a success and gives you full satisfaction.

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