



Natraj Trekking since 1967

One of the leading trekking agency in Nepal for Bhutan & Tibet & India tour packages

EXPLORE UNESCO WORLD HERITAGE SITES – 04 DAYS



Bhaktapur Durbar Square (Bhadgoan)



Living Goddess- Kumari at Kathmandu Durbar Square

HIGHLIGHTS OF TRIP

- ❖ Visit UNESCO World Heritage Sites within Kathmandu Valley
- ❖ Optional Tour - Mountain flight in Nepal is to be “Once in a life time experience”
- ❖ Taste of Nepali cuisine with a live ethnic cultural show at Nepali Restaurant

OVERVIEW

Explore The UNESCO World Heritage Sites- 04 Days Tour is specially designed for those who are interested of Nepal's capital, Kathmandu UNESCO World Heritage Sites. This tour is suitable to all categories of travelers.

Nestled amongst the peaks of the great Himalayan Mountains, Nepal is a country blessed with an abundance of natural beauty and colorful history. Staying in comfortable and character-full hotels, without any strenuous activities, this tour lets you discover ancient city streets and architecture and see some of Nepal's most famous UNESCO World Heritages Sites. Optional flight to **Everest** is one of the highlight lights on this tour and it is also considered “**Once in a life time experience**”

TRIP FACTS

Trip Duration	:	04 Days (Kathmandu to Kathmandu)
Trip Grade	:	Easy
Activities	:	Cultural Tours
Best Seasons	:	Whole year around
Accommodations	:	3 nights' accommodation in Kathmandu
Meals	:	As mentioned in the itinerary
Trip Starts/Ends	:	Kathmandu (Capital of Nepal)
Transportation	:	Private vehicle
Group Size	:	Any
Price	:	USD 260 (Min 2 pax) – Please refer details on cost for information

DETAILED DAY BY DAY ITINERARY

Day 01

Arrive Kathmandu

Arrive Kathmandu Tribhuvan International Airport, you will be met and welcomed by our representative. Please look for signage of **Natraj Trekking with your name** once you come out of Arrival Terminal Hall after collecting your luggage. You will be escorted by our representative to the hotel

Welcome to Kathmandu, capital of the ancient Mountain Kingdom of Nepal. Kathmandu has the air of a medieval city with a maze of narrow streets, wooden temples and beautifully decorated palaces.

Upon arrival at the hotel, you will be provided welcome drinks along with the room key

Overnight at the hotel

Meals included: No

Day 02

In Kathmandu

- ❖ Breakfast at the hotel
- ❖ AM: Visit Kathmandu Durbar Square and Swayambhunath Stupa
- ❖ PM: Visit Patan Durbar Square
- ❖ Overnight at the hotel

Breakfast at the hotel

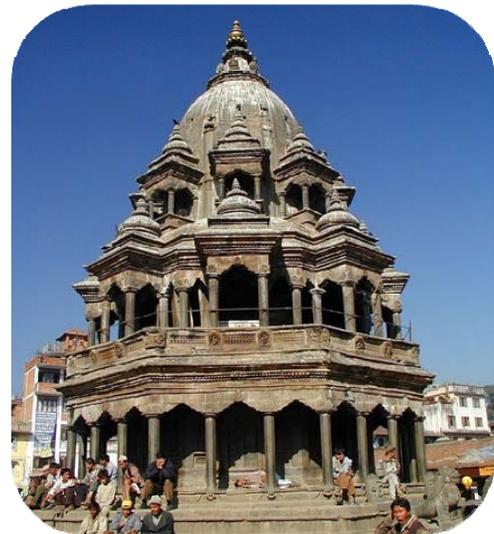
Visit Kathmandu City & Swayambhunath Stupa

You will be taken on a sightseeing tour **Kathmandu Durbar Square** in the heart of the city. Many of Kathmandu's most historic and important temples are located here. Interesting things for visitors to see are Taleju temple, gigantic figure of Kalbhairav (the god of destruction), Basantapur Durbar, and Temple of Kumari (living goddess)

Visiting the **Swayambhunath Temple** (also known as the Monkey Temple) The world's most glorious Buddhist Chaityas built 2000 years ago situated on a hillock about 77 m above the level of the Kathmandu valley. Visitors will also have a grand view of the valley from this spot.

Afternoon visit **Patan Durbar Square**

Next you will drive to **Patan**, a beautiful city in its own right which rivalled Kathmandu in terms of the splendor of its temples and squares and is now better preserved, less polluted and less crowded. You cross a bridge over the Bagmati River that links Kathmandu with the city of Patan, its neighbour to the south.



Krishna Temple at Patan Durbar Square

Patan boasts of many famous sites and unique architecture. Krishna Mandir in this Square was built to honor an incarnation of Vishnu. One of the best examples of stone architecture in the world, scenes from Mahabharat, Asia's greatest mythological war, are carved on the temple's walls.

Overnight at the hotel

Meals Included: Breakfast

Day 03

In Kathmandu

- ❖ Breakfast at the hotel
- ❖ AM: Visit Pashupatinath Temple
- ❖ PM: Visit Bhaktapur Durbar Square and Boudhanath Stupa
- ❖ Overnight at the hotel

Breakfast at the hotel

Morning Visiting **Pashupatinath Temple** is the most sacred Hindu shrines in the world. The richly-ornamented pagoda houses the sacred linga, or phallic symbol, of Lord Shiva. Chronicles indicate the temple's existence prior to 400 AD. Devotees can be seen taking ritual dips in the holy Bagmati river flowing beside the temple. Cremation of the dead body Hindus/Buddhist takes place at the bank of Bagmati River at Pashupatinath.

Then, you will be driven to Bhaktapur for sightseeing tour of one of the UNESCO World Heritage Sites Visiting **Bhaktapur** means "the city of devotees" in Nepali language. It is also known as Bhadgaon and was founded

in 889 AD by King Anand Dev. Today it covers an area of four square miles and is flanked by Khasa Khusung and Hanumante Rivers. The palace complex in the middle of the city portrays the prosperity of the Malla years and the details at which the crafts people then worked. The Palace of Fifty-five Windows stands in the square, which was also home to many kings of Bhaktapur. The kings of Bhaktapur ruled over Kathmandu and Patan from the 12th century to the 14th century.

Then you will be driven to **Boudha** to explore one of the largest stupas in South Asia and it is also known as a **Little Tibet**

Visiting **Bouddhanath Stupa** is among the largest stupas in South Asia, and it has become the focal point of Tibetan Buddhism in Nepal. The white mound looms thirty-six meters overhead. The stupa is located on the ancient trade route to Tibet, and Tibetan merchants rested and offered prayers here for many centuries. When refugees entered Nepal from Tibet in the 1950s, many of them decided to live around Bouddhanath. They established many gompas, and the "Little Tibet" of Nepal was born.



Bouddhanath Stupa

This "Little Tibet" is still the best place in the Valley to observe Tibetan lifestyle. Monks walk about in maroon robes. Tibetans walk with prayer wheels in their hands, and the rituals of prostration are presented to the Buddha as worshippers circumambulate the stupa on their hands and knees, bowing down to their lord.

Evening Farewell to Nepali Dinner with a local ethnic



cultural show at one of the finest Nepali Restaurant

A mixture of various ethnic groups have made Kathmandu Valley a unique place not only for its cultural and tradition, but also for its authentic cuisine. Decorated in traditional Nepali ambience, soft lights cast long shadows in the room. Tradition paintings along with old handicrafts and soft melodious music makes for a truly enchanting evening. Another feather in its cap is the traditional folk music and cultural dance program performed every evening.

The idea behind it is to familiarize the guest(s) with the costume, traditions and life styles of various ethnic groups in Nepal.

Overnight at the hotel

Meals included: Breakfast and dinner



Day 04

Depart Kathmandu

- ❖ **Optional tour of Everest Flight**
- ❖ Breakfast at the hotel
- ❖ Transfer to airport for final departure

Optional Tour – Everest Flight (Mountain flight)

In the morning there is the opportunity to take a flight to Everest. Mountain flight appeals to all categories of travelers. For those who are restricted by time or other considerations from going trekking, these flights offer a panoramic view of the Himalaya in just one hour. Even those visitors who like the rigors of a trek still don't miss the opportunity to "conquer" the mountains in one fell swoop.

Mountain flight in Nepal is to be "Once in a life time experience"

Note: If your international flight from Kathmandu in the morning, this tour can be organized on day 02.

You are saying good bye to the mountains as your journey in Nepal comes to an end today! We hope you enjoyed the tour with us and we expect that you plan your next adventure in the wonderful country of Nepal again.

Approximately 3 hours before your scheduled flight time, a representative from Natraj Trekking will transfer you to the airport.

Meals include: Breakfast

PRACTICAL INFORMATION

Notes about your Accommodation

Although accommodation choices in Nepal are expanding and overall standards improving, please note that whatever the level, from basic guesthouse to high end city centre hotel, you should always be prepared for standards to be different than in the West. For example, even in the best hotels, plumbing and electricity supplies can be somewhat erratic and although the welcome is always warm, service levels may be less efficient than you may be used to.

Natraj Trekking will be pleased to welcome all category of clients, hence, we have categorized package trip as Standard, Superior and Deluxe as per the categories of hotel (e.g. 3, 4, 5 star hotels at each place). Please note that our ground services are same either client chooses **Standard** or **Deluxe** package but hotels will be different (as per the category). Our selection of hotels to be used for any category are chosen based on standard of hygiene, standard of service and food, location, etc

Booking a Single Room

All of our tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation.

On this particular tour we are pleased to be able to offer customers the option of pre-booking a guaranteed single room for each night of the tour. Please refer prices section for single room option prices for this tour.

Personal Expenses

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location and the prices below are given as a rough guide for budgeting.

Local Costs

ITEMS	COST IN USD
Tea/Coffee	US\$ 0.80
Soft Drink	US\$ 1.10
Bottled Water	US\$0.70
Bottle of Beer	US\$5.30
2 Course Meal*	US\$12.00
3 Course Meal**	US\$15.00
Bottle of Wine	US\$19.00

- ❖ Cheap local fare in a small cafe or restaurant.
- ❖ Typical food in a simple, reasonably comfortable mid-range restaurant.

Foreign Exchange

Local Currency: Nepali Rupee.
Recommended Currency for Exchange: US\$, GBP, EUR, CHF & AUD.

ATM Availability: Although you may occasionally find cash machines these are very unreliable – do not rely on plastic!

Credit Card Acceptance: Credit cards are not generally accepted except in larger establishments in Kathmandu and Pokhara.

Travellers Cheques: In Kathmandu and Pokhara only.

Best Season

Autumn (mid Sept to mid Dec) and spring (February to April) are the best seasons for the Discover Nepal tour. However, this tour can be organized throughout the year.

What to Wear

Light weight clothing is recommended from May through October. Warm garments are required in October- March. An umbrella or a raincoat is a must for the rainy season (May to August)

Packing for your trip

Here we make a few specific recommendations with regard to your tour. Please use this list as a guideline. Adjustments to the list can be done according to your needs, interests, duration of your trip, season of your trip, etc.

Luggage: One main piece of baggage and a daypack. You will find it more convenient to travel light when outside Kathmandu. Any extra luggage can be stored in Kathmandu hotel. Total allowance: 44lbs/20kgs.

Clothing: You can expect to wear short sleeved shirts and t-shirts during the day in the Spring and Autumn months but it does get cool in the evening, so bring some warmer clothing as well (especially in Dec/Jan as these are the coldest months). It's worth bringing a good quality waterproof. No bright coloured clothing for Chitwan. Do not wear lycra tights or leggings or very short shorts as the Nepalese find these offensive.

Footwear: Comfortable shoes (eg. trainers) and sandals, plus lightweight boots if you wish to take part in any walks.

Equipment: A torch. Binoculars for animal & bird watching in Chitwan National Park, a universal bath plug and antibacterial hand wash, are useful to have along.

Electricity in Nepal

Nepal's Electricity is 220-240 Volts and 50 MHZ (some countries like U.S and Canada are 110-120 volts/60 MHZ).

- In Nepal electric Plugs are of two or three round prongs, but not flat prongs as found in use in the United States or in other countries.
- If your appliance's plug doesn't match the shape of these sockets, you will need a travel plug adapter in order to plug in. Travel plug adapters simply change the shape of your appliance's plug to match whatever type of socket you need to plug into. If it's crucial to be able to plug in no matter what, bring an adapter for both types.
- If you are planning on taking a hair dryer, electric shaver, curling iron, laptop computer or other electrical devices on your travels, in these cases, you will need to obtain either a voltage adapter (electrical converter) or a plug adapter for your travels, most often both. Most voltage adapters for travel convert 220-240 to 110-120, usable by your American and similar appliance. A plug adapter, on the other hand, allows you to plug into a foreign outlet.

Meeting and greeting in Kathmandu

You need to pass on your International flight details to us for a 'meeting and greeting' service at the Airport. You just pass through the Customs and come out of the Terminal building where you will see our representative standing with a placard that states either **Natraj Trekking** or **your own name**.

Nepal Visa

All visitors except the Indian nationals must hold passport and valid visa. Visa can be obtained at the Nepalese diplomatic missions and consulates abroad. Visa is also issued at the entry points. It can be extended at the Department of Immigration, Bhrikutimandap, Kathmandu. Children under 10 years need not pay any visa fee. People willing to get entry Visa at the air port or any of the land entry points are required to fill a visa form with passport photograph.

If you are obtaining Nepal Visa upon arrival (**please note that some of the nationalities cannot get visa upon arrival**). Please be noted that Visa Application Form can be received through us by e-mail. Two passport size photographs are required and following visa fee to be paid at the airport as per your stay in Nepal

Tourist Visa

Visa Facility	Duration	Fee
Multiple Entry	15 days	US\$ 25 or equivalent convertible currency
Multiple Entry	30 Days	US\$ 40 or equivalent convertible currency
Multiple Entry	90 Days	US\$ 100 or equivalent convertible currency

Note: Please note that visa fees and rules are subject to change.

Responsible Travel

The beautiful environment of the Himalayas is also an extremely fragile one. At **Natraj Trekking**, we are extremely conscious about the environment and aim to minimize the detrimental impact on the environment as much as possible.

Insurance

It is recommended of joining any of **Natraj Trekking** trips that be protected against comprehensive expenses potential to incur due to medical issues or accidents (to include air ambulance, helicopter rescue, and treatment costs). Please be noted that we do not arrange or sell insurance.

Custom formalities

All baggage must be declared and cleared through the customs on arrival at the entry. Personal effects are permitted free entry. A tourist may bring in dutiable goods, such as tobacco and liquors, within the prescribed quantity free of duty. Carrying narcotics, arms and ammunition are strictly prohibited (Tel: 00977 1 4470110/ 4472266). Visitors can export souvenirs to their respective countries. The export of antiques, however, requires special permission from the Department of Archaeology, National Archive Building, RA.

Know before you go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs, including advice re: the legality of and local attitudes towards same-sex relationships.

Why with Natraj Trekking

Natraj Trekking is the one of the leading and oldest tour operator in Nepal since 1967. We organize tour for Tibet and Bhutan as well. We excel in this field because we genuinely love what we do and are committed to providing you with the best services as we commit you.

Departure Dates

We will easily organize this trip on the dates requested by you. Please contact us for your customized departure date

Tipping

Tipping is the accepted way of saying 'thank you' for good service. Tips do not form part of the wages of your guides, porters and trek crew but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. Normally the tips are given at the end of the trek and this is best done as a group. Most groups will give the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the trip. The amount depends on your budget and appreciation of their work.

Detail Cost of the above package

Standard Hotels Option (3 star) Kathmandu(Manaslu Or Similar)	
Group Size	Cost in US\$ Per Person
01 – Person	US\$ 450
02 – Person	US\$ 260
03 - 05 Person	US\$ 250
06 - 09 Person	US\$ 205
10 - 14 Person	US\$ 190
15 & Above	US\$ 180
Single Supplement	US\$ 85
Superior Hotels Option (4 star) Kathmandu(Shanker Or Similar)	
Group Size	Cost in US\$ Per Person
01 - Person	US\$ 555
02 - Person	US\$ 325
03 - 05 Person	US\$ 320
06 - 09 Person	US\$ 275
10 - 14 Person	US\$ 260
15 & Above	US\$ 250
Single Supplement	US\$ 120
Deluxe Hotels Option (5 star) Kathmandu(Yak & Yeti Or Similar)	
Group Size	Cost in US\$ Per Person
01 – Person	US\$ 640
02 – Person	US\$ 365
03 - 05 Person	US\$ 360
06 - 09 Person	US\$ 315
10 - 14 Person	US\$ 300
15 & Above	US\$ 290
Single Supplement	US\$ 165

The above cost includes the following items:

Transport, Entrance Fee, Guide, etc

- ✓ Welcome with flower garland by our representative upon arrival
- ✓ Airports pick up and drop by private vehicle in Kathmandu transfers
- ✓ Two full day tour with an English speaking guide by a private vehicle in Kathmandu
- ✓ Monument entrance fees as mentioned in the itinerary

Accommodations

- ✓ 3 nights accommodation with breakfast in Kathmandu (as per the choice of package)
- ✓ 24.3% VAT and Service Charge

Cost excludes

- ✓ International Airfare
- ✓ Nepal Visa Fee
- ✓ Personal expenses (Tips, beverage, laundry, telephone call, etc)
- ✓ Travel Insurance/ Emergency Evacuation Cost
- ✓ Lunch and dinner in Kathmandu

The above rates are valid till December 31, 2013

Note: The price does not include: undue escalation in fuel prices, new taxes levies on hotels and transportation services or any hikes in entrance fees. Any large tax hikes and new levies shall be payable extra and shall be billed accordingly with prior notice.