

Best of Nepal

Trek Description

The Best of Nepal Tours lets you experience all that Nepal has to offer: excellent trekking, safe whitewater rafting, stunning wildlife safaris, history and culture.

Ancient Cities

Kathmandu, our start and end point for this trip, offers a wide range of interesting cultural sites and heritages to discover.

Founded in the 8th century, Kathmandu is comprised of three royal cities, Kathmandu (capital city), Patan & Bhaktapur (Bhadgaon).

Trekking through Natural Beauty

Your trekking adventures take you to Dhampus and Ghandrung, with spectacular mountain views. The Annapurna and famous “Fishtail” mountain peak of Machhapuchhare tower over the tropical setting of Pokhara.

Whitewater Rafting and Safari

Continue your adventure with a two-day rafting trip on the Trisuli River, ending at Chitwan National Park. Travel by jeep and elephant as you search for Asian One-Horned Rhino, Leopard, and the Royal Bengal Tiger. Home to over 400 species of birds and the Gangetic Dolphin, Nepal’s first national park is an ecological treasure.

Highlights of the trek

- Kathmandu Cultural Tour.
- Visit to UNESCO World Heritage City of Bhaktapur [Read more](#).
- Everest View Flight.
- 3 day Jungle Tiger Safari in Royal Chitwan Park on the Indian border [Read more](#).
- 2 day Trisuli river rafting trip (easy grade) [Read more](#).
- 2 days in Pokhara, the Gem of Nepal, home of Lake Phewa and starting point of Annapurna treks.
- 3 day trek to view 5 of the top 10 mountains on our planet.
- Optional micro-light flight with views of Annapurna.

Detailed itinerary

Itinerary can be customized according to your needs and length of stay.

Trek details

Trek dates

Daily

Season

All year round

Duration

18 days (can be shortened)
Additional trekking days at
USD 70 per person/day

Trekking grade

Easy

Starting point

Kathmandu

Finishing point

Kathmandu

Trek style (accommodation)

Camping and Tea House
Jungle lodge

Trek code

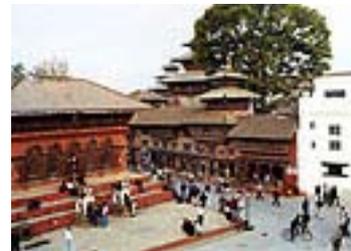
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Day 01

Upon arrival in Kathmandu you are welcomed and transferred to your hotel. Enjoy dinner at one of our favorite local restaurants while taking in the expedition briefing.

Day 02

Full day tour of old Kathmandu with its Durbar Square, Kumari temple and the living Goddess, then continue to Swayambunath stupa (monkey temple). Drive to the World Heritage City of Patan for lunch at the Patan Cafe, part of the Patan museum complex. After lunch visit the Patan Museum and take a tour of Patan city and its cultural sites and unique artisans (Patan is known as the city of fine arts). End the tour with a visit to the Tibetan Refugee camp where you can view carpet weaving and buy fine traditional Tibetan hand-knotted carpets. Overnight at the hotel.



Kumari Temple

Day 03

Early morning transfer to the airport for a mountain flight around Mt. Everest and the surrounding region. Get a close-up and comfortable view of these spectacular mountains from the air. After breakfast we will drive to the Kopan monastery on a hilltop overlooking Bodnath, then continue the drive down to Bodnath for a tour of the stupa, its monasteries, stalls and market. Afterwards we head off to tour the Pashupatinath Hindu temple.



Mountain Flight

Day 04 & 05

Tour to UNESCO World Heritage City of Bhaktapur. This traditional city was founded by King Anand Dev in 889 AD. Tour the monuments and temples, the Palace of Fifty-five Windows, and the museums of woodcarving and metalwork. Watch clay craftsmen and cloth weavers practicing their arts much as they have for centuries. Overnight at a hotel in Bhaktapur.

Day 06 & 07

After an early breakfast and view of the Himalayas at sunrise, we drive or catch a flight to Pokhara. In Pokhara we take an optional boat on the Phewa Lake or simply chill on lakeside with its many shops. For a real thrill, experience the optional, 30-minute tandem paraglider flight from Sarangkot viewpoint with an experienced pilot. Fly like an eagle under a silky canopy, the snowy peaks spread out before you. You'll have two days to relax, explore and soak up the atmosphere around Pokhara.



Phewa Lake

Day 08

We start the day with an early breakfast and trek brief with your guide followed by a short drive to Phedi to begin the trek to Dhampus, supported by porters and your fully qualified ItrekNepal guide. Considered an easy peak to climb, Dhampus provides spectacular views of Machapuchare (fishtail peak), Annapurna massif and other giant peaks. Overnight at the lodge.

Day 09

Trek to Ghandrung, one of the most famous destinations for trekkers and known for its beautiful mountain views. Ghandrung is also home to the Gurung people, one of the ethnic groups of Nepal. The Gurung have their own dialect, culture, costumes, and life style. We will have an opportunity to visit the Gurung museum. Overnight at the lodge (extension possible including 2 day round trip to Poon Hill).

Day 10

Trek to Birethanti and meet our vehicle for the drive back to Pokhara. Overnight at the lodge.

Customize your Trek

You may choose to stay an extra day on your own to explore Pokhara. Trek itinerary options are also available, including treks in the Kathmandu valley or the short Everest Trek or join the Ghorepani Trek from Pokhara from Day 3 to Day 8.

Day 11 & 12

Drive to the Trisuli river put in point and begin our 2-day river raft trip to Chitwan National Park. Modern rafts, experienced staff and well-maintained equipment mean that even complete beginners can safely enjoy this trip. Overnight on the banks of the Trisuli river at a riverside tented camp.

Day 13

Continue your river rafting adventure until we reach Chitwan National Park, where our vehicle pick-up will drive us to a jungle lodge for wildlife safari activities transported by jeep and elephants.

Day 14 & 15

Jungle lodge (jungle activities). Spend the day observing rare and endangered species such as the Asian One-Horned Rhino, Leopard, and Royal Bengal Tiger (if you're lucky). Home to over 400 species of birds and the Gangetic Dolphin, Nepal's first national park is an ecological treasure.

Day 16 & 17

Fly or drive back to Kathmandu and transfer (1.5 hrs) to the Himalayan resort town of Nagarkot famous as one of the best spots to view Mount Everest as well as other snow-topped peaks of Himalayan range of eastern Nepal. With an elevation of 2,195 meters, Nagarkot is described by visitors as a place whose beauty endures year round

Day 18

End of Trip, transfer to Airport.



Trisuli River



Trisuli River

The trek program is – because of weather or unforeseen events – subject to change.

■ Services & costs included in price

- Airport pick-up and drop-off
- Three night's
- Hotel accommodation and breakfast in Kathmandu
- Licensed and trained trekking guides
- Porters for carrying goods and supplies
- All accommodation during the trek
- All meals, mineral water on trek and hot beverages
- Transportation to and from trailhead
- All necessary documents and permits for trekking (where applicable)
- National Park/Conservation Area entry permit
- Equipment such as sleeping bag, tents and mattresses
- Cooking equipment
- Camp-site charges
- Insurance, medication, and equipment for staff
- Coordination of Quick Rescue service (costs covered by your Insurance plan)

■ Services & costs NOT included in price

- International airfares
- Travel/trekking insurance
- Excess baggage charges more than 16kg and hand bag more than 5 kg in domestic flights
- Visa fees
- Airport departure tax
- Rescue charge
- Drinks (Cold & Alcoholic)
- Expenses of personal nature
- Permit & Liaison officer fee (where applicable)