

## Multi Environment Adventure in Nepal

A Nepal trek is for some a once in a lifetime adventure while for others it is a place to return to again and again. It's no wonder that Nepal holds such a fascination for so many. This little mountain kingdom is home to some of the cultures and religions that have molded the philosophical outlook of the civilized world for over a thousand years. And, of course, there's the splendor of its natural wonders. What follows is a plan for experiencing the [Best of Nepal](#).

The natural starting place for this and almost every other place in Nepal is the valley of Kathmandu since this is surely where you'll arrive in the country. Though you could land in Khatmandu and be flying off for a trek the next day this could be a major mistake. Khatmandu is not just another dirty international city; instead it offers a wide range of interesting cultural heritages well worth exploring. An ancient city, Khatmandu was first settled in the eighth century. The valley of Kathmandu is actually composed of three royal cities, Kathmandu (the capital), Patan & Bhaktapur. If you love culture, religion and history you'll want to leave yourself at least a day each for exploring these 3 cities.

Having explored the cities of the Kahmandu valley it's time to set off on a trek. Here it is suggested that you look towards Dhampus and Ghandrung, with spectacular mountain views. Pokhara looks on to one of the most beautiful Himalayan panoramas in the world. The Annapurna and famous "Fishtail" mountain peak of Machhapuchhare tower over the tropical setting of Pokhara, and the time you spend here will be the scenic highlight of your trip if not your lifetime. Make sure not to skip the traditional Newari village of Bandipur with its stunning vistas, and relaxing ambiance.

When you have had enough of walking let one of Nepal's rivers help you to continue your adventure. A two-day rafting trip on the Trisuli River with its lovely valleys, deep gorges, and a mixture of both thrilling rapids and milder sections will bring you to Chitwan National Park. Within the park you can 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.

If you haven't yet had enough of Nepal, and who can ever get enough of this country, consider taking an airplane ride to see one of the world's greatest natural wonders, Mount Everest. You will be awestruck by the beauty of this mountain. If an airplane isn't enough of an adventure for you, you could always opt for a flight in an ultra-light tandem paraglider. Just be sure you have an experienced pilot flying with you.

The ideal length of time for the trip laid out here would be 18 days in Nepal. If you're short on vacation time you could pack it in to as few as 13 days, but considering what you'll be missing it would be worth negotiating hard for those extra few days away from the job.