



Himalayan Adventure Treks & Tours

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Kathmandu, Pokhara & Chitwan Tour with White Water Rafting :- 8 Days - USD 900 Per Person

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Highlights

- *Tour three of the most famous cities in Nepal.*
- *Visit the world heritage sites in Chitwan and Kathmandu.*
- *Indulge in a jungle safari in Chitwan.*
- *Thrilling white water river rafting in the Trishuli River.*

Overview

Kathmandu Pokhara Chitwan Tour with White Water rafting is a mix of culture and adventure while taking you to three famous cities of Nepal. You also visit a fair share of UNESCO world heritage sites on the trip. Hence, you can learn about the cultural diversity of Nepal while on the trip. In addition, you also get to enjoy white water rafting on the Trishuli River. So, this trip is a mix of a cultural tour with adventure sports. First of all, you'll visit the world heritage sites in Kathmandu valley. You'll visit Swayambhunath, Pashupatinath, and Boudhanath along with the Kathmandu Durbar Squares. You get to observe the culture and tradition inside the Kathmandu valley. Further, you head to Chitwan and indulge in white water rafting en route. You stop at Charaudi and start your rafting on the Trishuli River after a brief preparation. Then, you continue towards Chitwan. Further, you explore Chitwan National Park on a jeep safari the following day. You can also go on an elephant safari and visit Tharu village. Finally, you drive to Pokhara from Chitwan. Here, you visit Phewa Lake, Mahendra Cave, Davis Falls, and World Peace Stupa among others. The next day, you...

Itinerary

Outline itinerary:

Day 01: Arrival at Kathmandu Airport.

Day 02: Explore Kathmandu Valley. (B)

Day 03: Drive from Kathmandu to Chitwan, with White water Rafting. (B/L/D)

Day 04: Jungle Activities in Chitwan National Park. (B/L/D)

Day 05: Drive from Chitwan to Pokhara. (B)



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Day 06: Sightseeing around [Pokhara](#) Valley. (B)

Day 07: Drive from Pokhara to Kathmandu. (B/D)

Day 08: Departure to Airport. (B)

What's included?

- *Three Night 3* hotel in Kathmandu with Breakfast.*
- *Two Night 3 * hotel in Pokhara with Breakfast.*
- *Two Night 3* hotel in Chitwan with full board meals.*
- *Activities in Chitwan National Park.*
- *Full board meal in Chitwan National Park.*
- *National park fees for all activities in Chitwan National Park.*
- *White water rafting with lunch (Day Trip).*
- *All overland transfers using a private vehicle.*
- *Kathmandu and Chitwan sightseeing tours accompanied by a local guide fluent in the English language.*
- *Last Night's farewell dinner at an authentic Nepalese restaurant with a cultural performance.*

What's excluded?

- *Beverages and alcoholic drinks.*
- *Entrance fees.*
- *Extension of any other tours/accommodation.*
- *All kinds of personal expenses.*

Equipment

Checklist for Tour in Nepal

Nepal is not only famous for adventure trekking and expedition but also a popular destination for Cultural, Historical, and natural tours. Budget to luxury tours can be done in this beautiful Himalayan nation. Nepal's towering great Himalayas range and ages of old temples monuments, it's no surprise from any point of view that so many people have first choice, this small South Asian country on their travel bucket list. Dozens of best trekking trails in the world, Buddhist and Hindu famous religious sites, Natural, Cultural diversity, and delicious local food, travelers either young or old fall in love with Nepal every year. That's what's we can't say that Nepal is not the best destination for the tourism hub. Either a short tour or long tour we always welcome the guest from all over the world.

Before you pop on the first plane to Kathmandu, Nepal, it's important to think about what you'll put



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on your backpack list for your amazing holiday. Any type of tour either private car tour, Luxury tour, Honeymoon tour, adventurous tour needs certain types of equipment to help you out, here's a list of packing essentials for Nepal, as well as what you should buy or rent in Nepal.

What to Bring to Nepal for my Package Tour:

Passport:

This may seem obvious important documents, but don't lose your passport! This is your ticket in and out of Nepal with min 6 months valid passport required. Bring along some photocopies of your main passport page too, just in case, and bring few Passport sizes photos for a trekking permit or for a local SIM card.

Guidebook for Nepal:

Lonely Planet guidebook to Nepal provides an excellent overview of different places to explore in Nepal, as well as essays on social and cultural norms, a few useful and common Nepali phrases, and tons of hotels, restaurants, and Places recommendations. A guidebook is a great way to learn more about the particular country you're visiting, and it can help orient you when you're feeling lost.

Camera and charger:

Photos make your memory recall after many years of your holiday. It keeps your past fresh and unforgettable. During the tour in Nepal, there are so many things that you should keep on your camera. Chances are that you'll get mountains, Landscape, wild Animals, River and so many attractive views during your visit and you'll want to have a camera at the ready to make sure you capture the scenery. The Canon EOS Rebel Digital T5 is a good option for beginning photographers who still want quality photos. Alternatively, you can take some pretty great photos with high mega pictures iPhone these days use whatever you're comfortable with. All hotels during the tour can charge your camera cell.

Cell phone and charger:

Bring your cell phone with you, especially if you know that it's unlocked (Verizon phones, for example, are generally unlocked). SIM cards in Nepal cost less than \$3.00, and a data package is also relatively inexpensive. If you think being able to make calls and have data will be useful, I definitely recommend that you purchase a Local SIM to contact your friends & family. Wi-Fi is also available in most of the places in Nepal.

Travel insurance:

Travel insurance is important for anyone going overseas. Package Tour in Nepal also required travel insurance and it can be purchased prior to arriving in Nepal. World Nomads and other insurance companies offer excellent, affordable, and flexible travel insurance.

Water bottle or Camelbak:



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Water is essential for life, and clean water is imperative during holidays. When visiting less developed countries like Nepal it is a concern that all travelers should consider. Camelbak's water sack has come in handy countless times during my travels in Nepal. It's important to carry potable water with you. Bottle water is the main option during the tour and available to all the destinations.

Water purification tablets or water filter:

Nepal does not have potable drinking water (although it's much worse in urban areas than up in the mountains), so it's important that you bring along a water filter or purification pills for the trekking but bottled water is also available during the tour, but I would recommend avoiding creating all that plastic waste!

Sandals:

Although most of the time we travel by private car even we need comfortable sandals. Sports sandals definitely come in handy in Nepal, particularly if you're traveling during hot weather or the monsoon. You'll be doing a lot of walking during the tour time, so you want something comfortable; Kathmandu is also quite dusty, so something that can be cleaned easily is important.

Non-hiking clothing:

You're going to explore the sights and sounds of Pokhara, Kathmandu, Nagarkot, Lumbini, Chitwan, or whatever other places you're visiting. Nepalis avoid dressing shabbily, and few wear athletic clothing on the street. You probably won't need anything fancy, but I would highly recommend bringing one reasonably modest and nice outfit that you can wear out and the season-wise September to February winter clothes and March to August summer clothes.

Rain jacket/ Raincoat:

Bring a windbreaker/rain jacket to keep you warm and dry, particularly if you're traveling between June to August when it rains more consistently. Monsoon season is more active these 2/3 months so a nice umbrella also works for the tour.

Credit and debit card:

While Nepal is a primarily cash-based society, ATM s are regularly available in Kathmandu, Pokhara, Chitwan, and other large towns. Bring a credit or debit card so you can withdraw cash when you're in urban areas. I would recommend withdrawing some little expenses like water, entrance fee, souvenir, and meals amount in Kathmandu. Sometimes all the ATM doesn't accept the international card. Max Rs 35000 per transaction and charge Rs 500 per transaction.

Money belt:

While petty thievery is not rampant in Nepal, it does happen but Protects yourself and your belongings by wearing a money belt, which you can use to conceal cash for your daily expenses and important documents like your passport. This particular belt also protects you from thieves who might try to scan



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your card electronically!

Shampoo and Soap:

Most of the hotels and resort provide the soap and shampoo during your tour but maybe less quality or you might have an allergy issue so highly recommend to bring your own and your favorite.

Power adapter:

Nepal uses plugs from India, Europe, and the United States, so it's a good idea to bring a converter along with you to make sure you're able to charge all of your devices without any trouble.

Personal medications:

It should go without saying that you should bring any prescription medication you use with you to Nepal. While certain pharmaceuticals are available at the small pharmacies commonly found in Kathmandu and other parts of the country.

Toiletries:

Razor, razor blades, shaving cream, aftershave toothbrush, toothpaste, dental floss, sunscreen, toilet paper, small towel, and period pads (for women).

Medication:

First Aid Medical Kit box also available on the tourist plate car/ jeep during the tour. Altitude Medicines (Diamox), Tylenol, aspirin, ibuprofen, Anti-diarrheic, Powerful antibiotics, and Nasal Spray or Drops can buy in Thamel or in Pokhara lakeside areas.

Sunscreen:

It's likely that you'll be spending a lot of time outdoors during your tour in Nepal, and it's important to make sure that your skin doesn't get burned. I like Neutrogena's sunscreen because it's creamy without being greasy, and at 85 SPF provides pretty strong protection. It is possible to buy sunscreen in Nepal tourist areas like Thamel, Pokhara, and Chitwan, but you may not be able to find higher-quality brands.

Power bank:

Until recently, power outages (referred to in Nepal as 'load shedding') were very common, particularly in Kathmandu and other parts of the country so it's a good idea to keep your devices charged and to carry around a power bank just in case.

Other packing list items for Nepal:

Sleep mask



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Scarf

Sunglasses

Travel-sized umbrella

Flash drive

Kindle or paperback novel

Journal

Small lock

Toiletry bag

Daypack

Sewing kit

Travel pillow

Travel sheet/sleeping bag liner

Photos from home

Feminine products

Laundry detergent

Headphones

What do you need to bring for a day rafting trip?

- *T-shirt.*
- *Swimming wear for on the river.*
- *Warm clothing for the evenings including a fleece or a pullover.*
- *Sunscreen and lip protector.*
- *Sunglasses (with retaining device) or cap.*
- *Personal medication.*
- *Footwear.*

Trip Notes



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Entrance fees of Heritage Sites of Nepal:

Nepal is famous for world heritage sites, Tourist attractions places, and monuments areas. Tourism is the second income source of the country. Entrance fees, National park fees, climbing royalties are the backbone of the Nepalese economy. Foreigner tourists visiting heritage sites, attraction places, and monuments of the country and have to pay a certain entrance fee to get inside the area. The people of South Asian countries (SAARC) have to pay fewer entrance fees in comparison to tourists from other countries. Many tourists want to see the typical Nepalese art and cultural places, happily paying the entrance fee because it is worth paying to visit.

The 7 heritage sites of Kathmandu valley are amazing. Boudhanath, Pashupatinath, Swayambhunath, Kathmandu Durbar Square, Patan Durbar Square, Bhaktapur Durbar Square, and Changunarayan have their own history. They are not only rich in art and architecture but also fountain spiritual places of Hinduism and Buddhism. Most of the constructions made have a tantric background and old history. Not only the Kathmandu valley but other parts of the country are also rich in nature and history. Lumbini (Birth Place of Gautam Buddha) Chitwan National park, Pokhara, Nagarkot, Trekking trails, Peak climbing, Expedition are the main tourist destination in Nepal and main income sources of the country. It is the government that keeps the price of priceless monuments and makes some money from tourists who visit them.

Please find the attached PDF file for the Entrance fees of World heritage and other attraction places in Nepal.

[Entrance Fees of UNESCO World Heritage Sites in Nepal](#)

About Country

Popularly recognized worldwide for its majestic sky-dominating peaks, Nepal is one of the most sought-after nations for trekking and other adventure activities. This tiny Himalayan nation is home to eight of the world's tallest peaks, including Mt. Everest (8848.86m)- the highest mountain in the world. Moreover, the rugged and rural trekking trails to the massifs along the dense forest which is filled with exotic floras and faunas instills excitement and adventures to the travelers. However, traveling to Nepal is not only about the mountains and natural beauty. Unraveling the beauty that lies in the old monuments, palaces, and temples. Nepal has a diverse array of cultures, traditions, languages, and history which are reflected in the lifestyle of the people.

Key Facts

Location: Nepal is located in South Asia; between two great giants the Republic of China to the north and India to the south, east, and west.

Geography: A landlocked country, Nepal is divided into three geographical regions, namely, the Himalayas, the Hills, and the Terai.

Capital: The capital city of Nepal is Kathmandu.



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Area: *The total area of Nepal is 147,181sq km.*

Population: *The current population of Nepal is 29 million.*

Political system: *Nepal is a federal republic country with a multi-party system.*

Major religion: *Nepal is a secular state but the majority of people follow Hinduism, followed by Buddhism and Christianity.*

Time zone: *The time zone of Nepal is GMT +5:45.*

Official Language: *The official language of Nepal is Nepali.*

Working hours: *The working hours in Nepal are from 10 am to 5 pm.*

Electricity: *Currently, all the major cities have electricity while electricity supply in some rural areas is limited. The standard voltage of electricity in Nepal is 220V.*

Visa Information

All tourists visiting Nepal except tourists from India should have a valid passport and visa. An On-Arrival visa to enter can be obtained at the Tribhuvan International Airport or any other land entry/exit points at the Nepal-Tibet and Nepal-India border. During the peak season, there will be a long line of tourists here trying to get their visas. So, to avoid the endless waiting you should visit the nearest Nepalese diplomatic missions stationed in your country before your arrival.

An On-Arrival Tourist Visa costs USD 30 for 15 days, USD 50 for 30 days, and USD 125 for 90 days. Find more information regarding the updated visa fees at <http://www.nepalimmigration.gov.np/post/notice-regarding-visa-fee-updates>.

You can also extend your visa within a valid period which will cost you USD 3 per day. However, if you are visiting Nepal from SAARC countries you don't have to pay visa fees as gratis fee or free visa is applicable for 100 days. Regarding information about tourist visas, you can head to the information on the official website of the Department of Immigration at <http://www.nepalimmigration.gov.np/page/tourist-visa>.

How to reach the country

Nepal is very well accessible via air, rail, and road. Tribhuvan International Airport is the only international airport and the entry point for those arriving by air. Nepal Airlines is the main operator in the nation. Other international airlines here are Air Arabia, Air Asia, Etihad airlines, Fly Dubai, Jet Airways, Malaysia Airlines, Qatar Airways, Silk Air, and Thai air. The rail and road service can only be used by those arriving from India.

In terms of land transport, there are several land entry/exit points at the Nepal-Tibet and Nepal-India borders. Kerung and Kodari are the entry/exit points at the Nepal-Tibet border whereas



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Janakpur-Jainagar railway is the sole railway that connects Nepal with India, several buses connect Delhi and Kathmandu.

Popular destinations to visit

There are many places you can visit in Nepal. Nepal is not only gifted with natural beauty but it is also culturally rich which means there are many heritages and sites you can visit. Kathmandu Valley is the first and foremost destination that you should not miss out on. The seven UNESCO world heritage sites in the valley, namely, Patan Durbar Square, Bhaktapur Durbar Square, Kathmandu Durbar Square, Pashupatinath, Swayambhunath, Boudhanath, and Changunarayan.

Other places you must visit while in Nepal are Pokhara, Chitwan, and Lumbini. Pokhara is a scenic lake city, located 6 hours' drive away from Kathmandu city. There you will be able to enjoy the serene and peaceful nature with the Annapurna ranges in the backdrop. Lumbini, the birthplace of Lord Buddha, is a historic destination whereas the Chitwan National Park is a natural haven for exotic flora and fauna. Both of these are also enlisted as world heritage sites by UNESCO. Palpa, Bandipur, Bardia National Park, and Ilam are some of the popular destinations.

As for trekking and mountaineering activities, Annapurna, Everest, Langtang, Manaslu, Upper Mustang, and Dolpo regions are some of the most popular ones in Nepal.

Internet and Communication in the country

You do not have to worry about not getting communication service or Internet service in Nepal. In recent years, the internet and communication services have drastically progressed and developed. While in the major cities and tourist destinations, you can use free Wi-Fi including many of the cafes and restaurants. Similarly, almost every hotel and some public areas provide Wi-Fi services. However, Wi-Fi is not always available in remote areas in the Himalayas and rural Hilly regions.

In such situations, a cellular connection is the best option for both Internet access and communication. NTC and Ncell at two of the biggest telecommunication corporations and offer sim cards with various packages at a reasonable price. These service providers have a wide reach over many parts of Nepal. You will easily be able to purchase any sim card with your passport or identity card.

Local currency and foreign exchange

While in Nepal, you should use Nepali rupees (NRs) which is also the official currency of Nepal. You can easily exchange your currency into the Nepalese Rupee at the Tribhuvan International Airport or the exchange counters and banks around the major cities. Also, the major cities like Kathmandu, Pokhara, Chitwan, and Lumbini have a great availability of banks and ATMs. However, their availability becomes quite scarce when you head to the Himalayas and remote areas.

So, it is best if the travelers perform all their money-related activities while they are in the major cities.

Weather and climate



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The climate in Nepal varies according to altitude and the current season. The lowland of the Terai region in the southern part of the country is very hot and humid during the summer. The temperature there can get as high as 45 degrees Celsius. The middle part is also known as the hilly region has a pleasant and bearable climate all year long. However, in winter the nights and early mornings can get quite chilly. The Himalayan region is the northernmost part of the country and is above 3300m. This region usually has alpine climatic conditions and during the winter season, it experiences adverse weather conditions.

Nepal generally has four seasons, namely, spring, summer, autumn, and winter. The spring here means every part of the country has flowers blooming and summer means a lot of humidity and rainfall. While the autumn is neither too hot nor too cold and the skies are always clear. The winter season brings snow in the Himalayan region and some parts of the hilly region as well. Finally, during the monsoon season, the entire country experiences heavy rainfall except in the rain shadow areas of Upper Dolpo and Mustang.

People, culture, and festivals

Nepalese are known to be one of the kindest people all over the world. With a smile on everyone's face, you will be warmly welcomed and greeted. The word "Namaste" is used while they join their hands together which means a respectful greeting. Nepal is a culturally rich country with many different castes, languages, and traditions. The diverse culture and tradition result in many different festivals celebrated all around the nation. The major festivals celebrated are Dashain, Tihar, Holi, Sonam Losar, Gyalpo Losar, and many more. Especially in Newari settlements, people celebrate many colorful and radiant festivals. You will be able to experience wonderful and lifelong memory if you visit Nepal during the time of festivals.