

## **SELECT'S - BEST OF NEPAL**

### **07 NIGHTS / 08 DAYS**

Valid from **01<sup>st</sup> March '18** to the **30<sup>th</sup> November '18**



**Nepal**, officially the Federal Democratic Republic of Nepal, is a landlocked sovereign state located in South Asia. It is located in the Himalayas and bordered to the north by the People's Republic of China, and to the south, east, and west by the Republic of India. With an area of 147,181 square kilometres (56,827 sq. mi) and a population of approximately 30 million, Nepal is the world's 93rd largest country by land mass and the 41st most populous country. Kathmandu is the nation's capital and the country's largest metropolis.

Nepal has a rich geography. The mountainous north has eight of the world's ten tallest mountains, including the highest point on Earth, Mount Everest (8884 M). It contains more than 240 peaks over 20,000 ft. (6,096 m) above sea level. The fertile and humid south is heavily urbanized.

**Kathmandu, the capital**, represents Nepal in a form of bouquet that shows you the best of Nepal. This itinerary for **08 days** is a comprehensive program which will let you experience all aspects of NEPAL. The program features:

- **CULTURAL HERITAGE OF KATHMANDU**
- **BUDDHIST AND HINDU WAY OF LIFE**
- **CITY OF LAKES & NATURE – POKHARA**
- **MOUNTAIN RANGE**
- **WELL BALANCED PROGRAM**

Select Incentive Group Travel – Leona Meadows  
P.O.BOX 164, Muizenberg, 7950: Postal Address  
+ 27 (21) 788-2456: Telephone  
+ 27 (84) 397 0876: Cellphone  
[leona@selecttravelsa.co.za](mailto:leona@selecttravelsa.co.za): E-mail  
[www.selectincentive.com](http://www.selectincentive.com): Website

**DAY 01:**

**ARRIVE KATHMANDU**

Arrive at **Tribhuvan International Airport.**

**On arrival in Kathmandu:** Having cleared immigration, collect your luggage and pass through customs, please make your way towards the exit of the terminal building where our **representative** will be waiting to greet you.

Transfer to Hotel for check in.

**Overnight at Hotel in Kathmandu.**

**DAY 02:**

**KATHMANDU SIGHTSEEING**

**Breakfast at Hotel**

Today, you will visit Kathmandu Durbar Square and Swoyambhunath Stupa.

**Kathmandu Durbar Square** is located in the heart of old city Kathmandu. There are around 50 temples in the vicinity. In this tour, we visit the 17th Century Durbar complex, Hanuman Dhoka, Parvathi temple, great Bell and Drum, Bhairav and Taleju Temple. All around the splendour of historical monuments is the hustle & bustle of the market place. Vegetable vendors, trees of flutes, salesmen with their wares displayed on their person, souvenir hawkers, and street shop selling imported goods and tucked away in a quite corner the glittering bead market for custom made bead necklaces.



Next, you will visit **Boudhanath.**

**BOUDHANATH** today, is the Vatican City of Buddhism.

The biggest and beautiful Stupa is surrounded by the Monasteries belongs to four famous orders of Tibetan Buddhism: Ningma-pa, Kagyu-pa, Sakya-pa and Gelug-pa. While circumambulating, you will contemplate the prayer flags, prayer wheels and Buddhist and non-Buddhist people, amazed by the magic of the Stupa.

Mindful circumambulation around one of the biggest and beautiful stupa of the world.



**Overnight at Hotel in Kathmandu.**

**DAY 03:**

**KATHMANDU - LUMBINI**

**Breakfast is at Hotel.**

Drive to Lumbini (Distance 280 km /Tim taken will be around 6-7 hours drive)

**Half day sightseeing of Lumbini (Maya Devi Temple / Ashoka Pillar / Monastery)**

**Lumbini** - The birthplace of the Buddha, located some 280 kilometres west of Kathmandu, rests on the plains of Kapilvastu. In the 6th Century B.C., when the Buddha lived, a confederacy of Sakya clan people was situated here. There are numerous buildings of religious significance in Lumbini, the most important of which is massive stone pillar erected by the Mauryan Emperor Ashoka in 250 B.C. It was discovered only in 1895. Beside the Ashoka Pillar and the Maya Devi Temple, plinths of huge temples and a pond, where the new-born infant and his mother bathed, have been unearthed.



**Overnight at Hotel in Lumbini.**

**DAY 04:**

**LUMBINI - POKHARA**

**Breakfast at hotel**

Drive to Pokhara from Lumbini [approx. 199 km – 5/6 hrs]. **Pokhara** is a remarkable place of natural beauty. Situated at an altitude of 900m from the sea level and 200km west of Kathmandu valley, the city is known as a centre of adventure. The enchanting town has several beautiful lakes and offers stunning panoramic views of Himalayan peaks. The serenity of lakes and the magnificence of the Himalayas rising behind them create an ambience of peace and magic.



Arrive in Pokhara and check in Hotel

Enjoy a one hour boat ride at **Phewa Lake**

**Phewa Lake:** The centre of attraction in Pokhara is the Phewa Lake - the second largest lake in the Kingdom. It is the largest and most enchanting of the three lakes that add to the splendence of Pokhara. Here, one can sail or row a hired boat across to the water or visit the island temple in the middle. After your boat ride have some free for shopping in the lake side market.

**Overnight at Hotel in Pokhara.**

**DAY 05:**

**POKHARA**

**Early morning, View Sunrise Sarangkot and visit Bindabashini Temple.**

**Sarangkot.** The sunrise above Himalayan range is spectacular from Sarangkot View tower. The facility of Binocular is available to grasp closest view of Annapurna Mountain Ranges. We start our trip early morning around 5a.m to Sarangkot and view the sunrise from the hilltop.

**Back to Hotel for Breakfast.**

**Today sightseeing in David's Fall, Tibetan Refugee Camp and World Peace Stupa.**

**David's Fall.** Devi's Fall (also known as Devin's and David's) is a lovely waterfall lying about 2-Km south-west of the Pokhara airport on the Siddhartha Highway. Legend has it that a trekker (Devin, David) was washed away by the Pardi Khola and mysteriously disappeared down into an underground passage beneath the fall.

**Next visit Tibetan** refugee camp and Peace Stupa.

**World Peace Stupa** (1100 m) is a Buddhist pagoda style monument on a hilltop in Ananda hill of Pumdi Bhumdi Village Development Committee near Pokhara. Nepal has two of the eighty peace pagodas in the world: Shanti Stupa in Lumbini, the birthplace of Buddha and Shanti Stupa in Pokhara. Shanti Stupa of Pokhara has also become a tourist attraction. It provides a panoramic view of the Annapurna range, Pokhara city and the Phewa Lake. Situated about 7 kilometres from the Highway. It located on the peak and stands as a beacon of peace and can be seen from every corner of the Pokhara valley. Shanti Stupa is the only stupa in Pokhara located at such a great height. The stupa itself covers 100 metres and its height is 11 metres. The stupa has been painted white because it is the colour and symbol of peace, therefore the name is also Peace Stupa. On the pinnacle of the stupa a golden cupola is mounted that is visible from a long distance. Among others, four majestic statues of the Buddha are placed at the four compass points and are most eye-catching.



**Overnight at Hotel in Pokhara.**

**DAY 06:**

**POKHARA - KATHMANDU**

**Breakfast is at Hotel.**

Drive back to Kathmandu.



Lunch will be at Local restaurant (by own)

Arrive in Kathmandu, Half day sightseeing of **Swoyambhunath.**

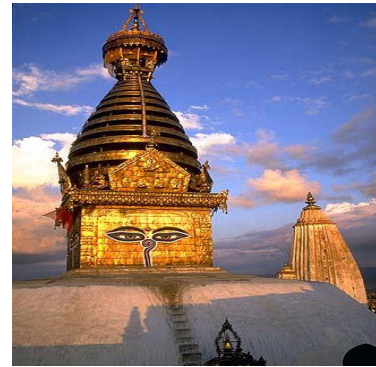
**Swoyambhunath (UNESCO World Heritage Site) -**

Swoyambhunath literally means 'Self-Existent One.'

Swoyambhunath is believed to have been established more than 2,500 years ago. An inscription dated 460 A.D. states that the construction was carried out by King Mahadeva.

By the thirteenth century Swoyambhunath had developed

into an important Buddhist learning site. It is also known as the **Monkey Temple** as there are holy monkeys living in parts of the temple in the North West. Swoyambhunath occupies a central position; it is probably the most sacred among Buddhist Pilgrimage sites.



**Overnight at Hotel in Kathmandu.**

**DAY 07:**

**KATHMANDU - NAGARKOT**

**Breakfast is at Hotel.**

Drive to Bhaktapur City (Distance 15 Km and time taken will be around 30 min. Drive).

Bhadgaon, another Newer city founded in the 9th century. Visit the ancient gateway, Durbar Square the Royal Residential Quarter of Bhupatindra Malla, famous five storied temples of Nyatapola in Pagoda style, Batsala temple, Bhairavnath temple, Duttatraya temple, Pujari Math and Palace of 55 windows.



**Continue Drive to Nagarkot (20 Km and 50 min. Drive from Bhaktapur city)**

**NAGARKOT**

Situated at an altitude of 2175 m. to the east of Kathmandu, Nagarkot stands proud as one of the most popular tourist destinations in Nepal. It offers incredible panoramic Himalayan views like Mt. Everest, Manaslu, Gauri Shankar and many others. It also promises the most magnificent unparalleled sunrise view. Its favourable climatic condition makes it the very ideal getaway for holidaying and honeymooning. It has best resorts, cafeteria and restaurants.



**Overnight at hotel in Nagarkot.**

**DAY 08:**

**KATHMANDU - DEPART**

**Early Morning sunset view from Hotel Premises.**

**Breakfast is at Hotel.**

Drive to Tribhuvan International Airport for final departure.

\*\*\*\*\*END OF PROGRAM\*\*\*\*\*

**RECOMMENDED HOTELS**

<u>City</u>	<u>4 Star Hotel</u>	<u>5 Star Hotel</u>
<b>Kathmandu</b>	<b>Grand Hotel</b> <a href="http://www.grandhotelnepal.com">http://www.grandhotelnepal.com</a>	<b>Radisson</b> <a href="https://www.radisson.com/kathmandu-hotel-np/nepkathm">https://www.radisson.com/kathmandu-hotel-np/nepkathm</a>
<b>Lumbini</b>	<b>Lumbini Garden</b> <a href="http://www.newcrystalhotels.com/hotellumbinigarden/homepage.php">http://www.newcrystalhotels.com/hotellumbinigarden/homepage.php</a>	<b>Lumbini Garden</b> <a href="http://www.newcrystalhotels.com/hotellumbinigarden/homepage.php">http://www.newcrystalhotels.com/hotellumbinigarden/homepage.php</a>
<b>Pokhara</b>	<b>Mount Kailash</b> <a href="http://mountkailashresort.com">http://mountkailashresort.com</a>	<b>Pokhara Grande</b> <a href="http://www.pokharagrande.com">http://www.pokharagrande.com</a>
<b>Nagarkot</b>	<b>Country Villa</b> <a href="http://www.hotelcountryvilla.com">http://www.hotelcountryvilla.com</a>	<b>Club Himalaya</b> <a href="http://clubhimalaya.com.np">http://clubhimalaya.com.np</a>
<b>1-2 Pax</b>	SAR 12,975.00 per person	SAR 14,130.00 per person
<b>3-4 Pax</b>	SAR 12,570.00 per person	SAR 13,725.00 per person
<b>5-6 Pax</b>	SAR 10,920.00 per person	SAR 12,150.00 per person
<b>7-8 Pax</b>	SAR 10,005.00 per person	SAR 11,235.00 per person
<b>9-10 Pax</b>	SAR 9,930.00 per person	SAR 11,160.00 per person
<b>Single Supplement</b>	SAR 5,220.00	SAR 6,705.00

**Services to be provided:**

- 03 Night's accommodation in respective hotels in Kathmandu on a B&B Basis.
- 01 Night's accommodation in respective hotels in Lumbini on a B&B Basis.
- 02 Night's accommodation in respective hotels in Pokhara on a B&B Basis.
- 01 Night accommodation in respective hotels in Nagarkot on a B&B Basis.
- English Speaking Guide during sightseeing tour of Kathmandu, Pokhara & Lumbini.
- All transfers and sightseeing tour by A/C vehicle
- Entrance fee at monuments.

**Services NOT Included: -**

- International or Domestic Airfares - airfares can be quoted at time of booking
- Comprehensive Medical and Travel Insurance
- Meals and Items not specified mentioned above
- Drinks with meals other than juice/tea/coffee with breakfast
- Porterage of baggage at hotels
- Nepal Visa – please see below
- Items of a personal nature (*hotel extras, laundry, phone calls etc.*)
- Airfare departure taxes and fuel Increases
- All bookings now require full surnames & first names as per passport
- All quotes are subject to availability at the various hotels mentioned above and subject to change.
- Gratuities for the tour guides, local guides and coach drivers (*Select Travel offers a guideline of \$3.00 per person per day for the guide and \$2.00 per person per day for the driver*)
- Taxes and surcharges
- Any other services not mentioned above

**VISA's:**

South African passport holders require a visa. Tourist entry visas can also be obtained on arrival at the following immigration offices in Nepal

- Immigration Office, Tribhuvan International Airport, Kathmandu
- Immigration Office, Kakarvitta, Jhapa (Eastern Nepal)
- Immigration Office, Birganj, Parsa (Central Nepal)
- Immigration Office, Kodari, Sindhupalchowk (Northern Border)
- Immigration Office, Belahia, Bhairahawa (Rupandehi, Western Nepal)
- Immigration Office, Jamunaha, Nepalgunj (Banke, Mid-Western Nepal)
- Immigration Office, Mohana, Dhangadhi (Kailali, Far Western Nepal)
- Immigration Office, Gadda Chauki, Mahendranagar (Kanchanpur, Far Western Nepal)

Visa fee when obtained in South Africa

Visa Type	Costs - ZAR	Method of Payment
Multiple Entry - 15 days	R425	
Multiple Entry - 30 days	R680	
Multiple Entry - 90 days	R1700	Cash

All the above quoted rates are valid from **01<sup>st</sup> March '18** to the **30<sup>th</sup> November '18** and are inclusive of presently applicable Government taxes. Should there be any increase on tax structure, same will be additional. T&C's apply. E&O's