



## Nepal Heritage Tour with Everest Experience

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| <b>Trip code</b>      |  |
| <b>Package name</b>   | Nepal Heritage Tour with Everest Experience                    |
| <b>Duration</b>       | 4  |
| <b>Max. elevation</b> | 1380 m   |
| <b>Level</b>          | BEGINNER   |
| <b>Transportation</b> | Domestic flight and grounded vehicals.                         |
| <b>Accomodation</b>   | 3***hotel in Kathmandu twin sharing bed basis during the tour. |
| <b>Starts at</b>      | Kathmandu  |
| <b>Ends at</b>        | Kathmandu  |
| <b>Trip route</b>     | Kathmandu city tour and mountain flight                        |
| <b>Cost</b>           | USD 550 per person   |

### Highlights

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- World Heritage site ( Boudhnath, Pasupatinath, Swayambunath and Kathmandu durbar square.
- One hour mountain flight with beautiful mountain views.

### Overview

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Rich in natural resources, Nepal is also famous for trekking, expedition and climbing. Among the highest peak of the World, 10 of the highest peaks are located in Nepal along with other several peaks. The highest Mountain of the World; Mount Everest / Mount Sagarmatha is located in Nepal at the altitude of 8848 meter.

Being a country full of adventure, Nepal has never set its limit for the travellers. The country offers variety of packages which are ideal for the family tour, couple tour, trekking tour, climbing tour, wildlife tour, cultural tour, historic tour and tour for retired adults. For the mountain and natural beauty lovers, people usually choose the trekking and climbing tour. If they are bounded by the time limit then for those types of travellers, Nature Trail Travels & Tours Trekking & Expedition offers a special Mountain Flight Tour from where one can enjoy the panoramic views of the World Tallest Mountains ranging from East to West. An hour flight ride above the World's Tallest Mountain will be the unforgettable experience for your life time. This journey through the Himalayas is amazing and awesome.

Mount Everest Flight is operated from Kathmandu International Airport by various domestic airlines. This flight usually takes off early in the morning before noon in order to provide its guest with the fantastic views of the mountains very closely. We recommend you to take the flight on a clear sunny day since you will be able to clearly observe and locate all the Mountains. However, sometimes due to the unfavorable weather, flights cancellation can occur. After your flight takes off from Kathmandu, within five minutes you will start to see the ranges. You will witness the beauty of following mountains while you are on this flight: Mount Everest (8848 m), Mount Lhotse (8516 m), Ama Dablam (6812 m), Cho Oyu (8201 m), Langtang Lirung (7227 m), Shishapangma (8013 m), Dorje Lhakpa (6966 m), Phurbi Ghyachu (6658 m), Gaurishankar (7134 m), Melungtse (7181 m), Karyolung (6511 m), Gyachung Kang (7952 m), Nuptse (7861 m), Chamlang (7319 m), ChobaBhamare (5933 m), Numbur (6958 m), Pumori (7161 m), Chugimago (6259 m), Makalu (8481 m), etc. They will give you a brochure to identify each peak and the air hostess also names you the peak. But it is up to you to remember. The pilot and the co-pilot will allow you to take pictures from the cockpit.

As the aircraft lifts up and heads towards the east, passengers don't have to wait too long to find out what is in store for them. There they are – the mountains, as they always have been. First to their far left visitors see Gosaithan, also called Shishapangma, standing at the majestic height of 8,013 meter. Immediately to the right of Gosaithan, there appears Dorje Lakpa (6,966 m), a mountain that looks like the number 8 lying down and covered with snow. To the right of Dorje Lakpa is Phurbi-Ghyachu, which looms over the Kathmandu Valley. As the plane moves along, the mountains come closer and closer. Next on the vision is ChobaBhamare, the smallest one at the altitude of 5,933 meters but singularly stubborn as it has never been climbed. Further, there appears the mountain that is not only prominent in sight but also in spiritually Gaurishankar. Lord Shiva and his consort Gauri are said to protect this mountain, at the proud height of 7,134 meter and the summit had a history of unsuccessful attempts till 1979. Gaurishankar is sharp and very conspicuous during the mountain flight. As the plane moves towards the land of the rising sun, the eastern Himalaya a succession of glorious mountains follows. Melungtse, a Plateau – like mountain stretches up to 7,181 meter. Chugimago at 6,259 meter is still a virgin, waiting to be climbed. Standing at 6,958 meter, Numbur Mountain resembles a breast, maternal source in the sky providing pure milk to the Sherpas of the Solu Khumbu. Next is Karyolung, an intensely white mountain that at 6,511 m gleams with the rising sun. Cho-Oyu is the eighth highest mountain in the world. Reaching a height of 8,201 meter, it appears stunningly beautiful from the aircraft. Next on the menu is Gyachung Kang, at a majestic height of 7,952 meter, is considered an extremely difficult Mountain to climb. To the right of Gyachung Kang is Pumori (7,161m). As passengers get closer to Everest, there's Nuptse (7,861 m), which means West Peak, signifying its direction from Everest. Finally, there's Everest (8,848m) itself, known as Sagarmatha by the Nepalese and Chomolungma by the Tibetans. Much has already been written about Everest, but to actually witness it face to face during a mountain flight is something else. Even while it looms therein front of the eyes, it remains an enigma, this highest spot on earth.

The best season for a mountain flight tour is from mid of August to December and March to May. Whereas during the monsoon season (June & July), and winter season (January to mid of February), flight cancellation usually occurs due to fog and other climate issues so we do not recommend to take a flight in this seasons though some airlines operate a Mountain flight tour in this season too.

## **Trip Itinerary**

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### **Day 1 : Arrival at Tribhuvan International Airport. Upon arrival, meet and transfer to hotel.**

Flying to the country of Mountains is a wonderful experience in itself. On a clear day, the views of snowcapped mountain peaks will take your breath. Your flight lands at Tribhuvan International Airport which is located in Kathmandu. Kathmandu is a small town and the capital of the country surrounded by the hills from all sides. It is the historical and cultural heart of Nepal. The capital of modern Nepal is nestled in the middle of the snow-capped Himalayan Mountains, in a valley surrounded by gentle, green terraced hills, ancient temples, shrines and red tiled-roofed houses.

Proceed for the customs and luggage'sclearance and then exist from the Airport Departure lounge. As soon as you exist you can see number of peoples outside holding a placard. Among them one of the representative of Nature Trail Travels & Tours, Trekking & Expedition will be holing a placard with your name in it. So, closely look at them. He will then escort you to your respective hotels. Or else, you can visit our office and after full description about your trip, you will be driven to your hotel.

### **Day 2 : Transfer to airport for an hour Mountain Flight ride.**

Word of caution: don't set a stringent schedule for the day. Although the flights are typically in the morning to take advantage of the best weather, each airline has several flights operating on the day and your booking is for one of them, not for a particular flight. You are, however, guaranteed a departure and that if there are several people in your party, you'll be on the same flight.

### **Day 3 : Full Day sightseeing tour including: Pashupatinath, Boudhanath and Bhaktapur Durbar Square**

Today after breakfast, you will have a private vehicle and a professional tour guide at your disposal. After breakfast, get on with today's sightseeing tour which includes: Pashupatinath Temple, Boudhanath Stupa and Bhaktapur Durbar Square.

Pashupatinath Temple

Pashupatinath, dedicated to Shiva the Destroyer, is the holiest Hindu pilgrimage destination in Nepal. It is a must visit temple for all the Hindus in their life. Shiva in the form of Rudra was imagined by the early Aryans and later was worshipped in the form of a Linga, a Phallus, a vertical piece of stone placed in an upward position on a round pedestal. The Indus Valley civilization in Pakistan has shown that the people there worshipped Shiva in the form of a Linga in about the 3rd century BC. Besides south Asia, archaeological excavations in some ancient cities of Europe have revealed that the Linga-worship cult existed there too. Shiva has been worshipped in Nepal from the beginning of the Neolithic civilization in the Kathmandu Valley, with scientific archaeological studies and findings around the temple proving that the god Pashupatinath was worshipped here from about the beginning of the Christian era. From about the 7th century onwards it became the first and foremost temple of Nepal, with kings, aristocrats and the rich offering a great deal of wealth and land in trust to the god, making it one of the richest temples in Nepal. Many temples and statues around the temple were added making it a big complex rather than just a temple. The main God or the Linga of Pashupatinath is carved on a blackish stone, with four faces engraved on four sides of the Linga.

Pashupatinath temple is one of the UNESCO enlisted world heritage site located in the bank of holy river Bagmati and has a history of more than 2000 years. Pashupatinath temple also being the temple of Lord Shiva possessed its two-storied golden roof and silver doors and is famous for its superb architecture. The richly-ornamented pagoda houses the sacred Shiva Linga, or phallic symbol. 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. Only Hindu pilgrims can enter the premises of the temple. This temple stands as a symbol of faith, religion, culture and tradition. It is believed that Pashupatinath temple was built in the fifth century and later renovated by the Malla king of Kathmandu. In this temple thousands of Hindu pilgrims visit every year from all around the world. In Maha Shivaratri which falls in the month of February or March, people swarm to Pashupatinath to celebrate the birth of the Lord Shiva. Maha Shivaratri is one of the great Hindu festivals of the valley attracting thousands of Hindu pilgrims to one of the four most Shiva shrines. In this day you see Sadhu, follower of Shiva, covered with sack clothes, dust and ashes.

### Boudhanath Stupa

Boudhanath Located about 11 km (6.8 mi) from the center and northeastern outskirts of Kathmandu, the Stupa's massive mandala makes it one of the largest spherical Stupas in Nepal. The Buddhist Stupa of Boudhanath dominates the skyline. The ancient Stupa is one of the largest in the world. As of 1979, Boudhanath is listed in UNESCO World Heritage Site. The Stupa is said to entomb the remains of Kassapa Buddha. According to the myth, it is believed that even if a person who has committed great sins circles around the Stupa even once shall be granted one chance to atone for their sins. The April 2015 Nepal earthquake badly damaged Boudhanath Stupa, severely cracking the spire. As a result, the whole structure above the dome, and the religious relics it contained, had to be removed, which was completed by the end of October 2015. The reconstruction began on 3 November 2015 with the ritual placement of a new

central pole or “life tree” for the Stupa at the top of the dome.

## Bhaktapur Durbar Square

Bhaktapur Durbar Square is a cluster of prehistoric temples, shrines, and sculptures: the Golden Gate, 55 Windows Palace, Big Bell, Dog Barking Bell, Taleju Temple, Vatshala Temple, Statue of Bhupatindra Malla etc. which is scattered all over this site. It is a museum of medieval art and architecture with several examples of sculpture, woodcarving and colossal pagoda temples consecrated to different gods and goddesses which is 15 km far from Kathmandu. It is a conglomeration of pagoda and shikhara-style temples grouped around a fifty-five window palace of brick and wood. The square is one of the most charming architectural showpieces of the Valley as it highlights the ancient arts of Nepal. The golden effigies of kings perched on the top of stone monoliths, the guardian deities looking out from their sanctuaries, the wood carvings in every place-struts, lintels, uprights, tympanums, gateways and windows-all seem to form a well-orchestrated symphony. Pottery and weaving are its major traditional industries. On 25 April 2015, major earthquake damaged many buildings in the square. The main temple in Bhaktapur's square lost its roof, while the Vatsala Devi temple, famous for its sandstone walls and gold-topped pagodas, was demolished by the quake.

## Day 4 : Depending upon you flight schedule, transfer to airport for departure

Your 4 days tour will end today. This itinerary is designed for those people who have limited period of time to travel Nepal. If you want this itinerary to be customized and add other programs too, we can tailor this itinerary for you. We hope this tour will be a life time memory. We will be expecting to see you back in future will longer days of your vacation. We believe that you had a good time in Nepal, discovering the wonders of Nepal , a country of Gods and mountains.

## Inclusions

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### What is included?

International & domestic airport transfers as per the itinerary.

One hour mountain flight.

Tour in kathmandu city

3 nights 3 star hotel accommodation in Kathmandu on twin sharing basis on BB plan.

A professional english speaking guide for entire trip and his Salary , Insurance.

Complementary farewell dinner in a Typical Nepali cultural restaurant.

All government taxes, VAT, Tourist Service charges and official expenses.

### What isn't included?

International Air fare

Entry Visa fees - at present \$25 for 15 day, US\$ 40 for 30 day, and US\$ 100 for three month visa on entry into Nepal.

Lunch and Dinner in Kathmandu.

Temple and monastery entry permit fees.

Bar bills and Personal Expenses.

Tips for staff and guide (expected)

## **Complimentary**