

The Majestic Nepal Journey



Embark on a **peaceful and culturally immersive journey through Nepal**, specially curated for senior travelers who value comfort, tradition, and natural beauty. This thoughtfully paced itinerary explores **Kathmandu's spiritual heart**, the **wildlife-rich Chitwan jungles**, the **serene landscapes of Pokhara**, and the scenic **hill towns of Bandipur and Dhulikhel**. From sacred temples and heritage sites to Himalayan views and tranquil lakes, each destination offers cultural discovery, relaxation, and reflection. Opportunities With gentle travel, curated experiences, and attention to safety, this trip promises a rich and memorable experience of Nepal's heritage, spirituality, and natural charm.

The Itinerary

31 May 2025 - Arrival in Kathmandu & Explore Thamel Market

Upon arriving at **Tribhuvan International Airport, Kathmandu**, our representative will wait at the entry point to greet you with a traditional Nepali welcome. They will assist in transferring your baggage and escort you to the vehicle for a comfortable ride to your hotel, conveniently located in Kathmandu's city center. After a swift check-in, you'll have some time to rest and enjoy tea, coffee, and light refreshments provided to help you settle in.

Later in the afternoon or evening, depending on your arrival time and energy Level, you'll embark on a leisurely orientation walk through **Thamel**, the vibrant heart of Kathmandu's

tourist area. This area is known for its charming narrow lanes filled with cozy cafes, art galleries, trekking gear shops, music stores, and bustling street-side vendors. Our guide will ensure a **relaxed pace, focusing** on accessible and enjoyable spots and providing plenty of opportunities to rest, relax, and soak in the local atmosphere.



It is possible to browse **the local craft shops** that sell traditional Nepali products like Pashmina shawls, handcrafted jewellery, prayer flags, singing bowls, and wood carvings. Visit a cozy café to enjoy a cup of Nepali tea or a light meal, or relax and enjoy the mix of the local culture and international cultural diversity, which Thamel is famous for. The guide can assist you with changing currency, making SIM card purchases, and any other essentials you might need before the trip, and getting a full-on start. Check into your hotel the evening to enjoy dinner, and then a restful evening's sleep. **Stay the night in Kathmandu** in preparation for a fascinating trip through Nepal's history, tradition, culture, as well as spirituality.

**Overnight stay in 3* Hotel
Only**

Meal: Breakfast, Dinner

01 June 2025 Full-Day Cultural Sightseeing in Kathmandu

After having a leisurely breakfast in your hotel, take an all-day tour of **Kathmandu's historical, sacred,** and architectural treasures, each representing Nepal's rich spiritual legacy and cultural diversity.

It all begins by visiting the famous **Pashupatinath Temple, the most sacred Hindu temple in Nepal,** which is dedicated to the god Lord Shiva. It is situated along the banks of the Bagmati River. It is a **UNESCO World Heritage Site** and an important place of pilgrimage for Hindus across the globe. Then, you can visit the imposing **Boudhanath Stupa**. It is among the biggest and most essential stupas anywhere in the world. The site is considered the center of Tibetan Buddhism; this massive white dome, with its omniscient eyes of Buddha, is a symbol of tranquility and peace. In the afternoon, after a meal in a nearby restaurant that

serves traditional Nepali the journey will continue towards **Swayambhunath Temple**, which is also referred to as its Monkey Temple, located on top of a forested mountain that overlooks the Kathmandu Valley. The day can be concluded by **visiting Patan Durbar Square**, located across the River Bagmati within Lalitpur, renowned for its heritage Newari craftsmanship. The Patan Royal Square is a masterpiece of architecture adorned by intricately carved bronze windows, wooden doors, and ancient temples and courtyards. After this fascinating cultural experience, return to your hotel later afternoon or in the early evening. A night stay in Kathmandu is awe-inspiring, full of memories of Nepal's spiritual as well as artistic past.



**Overnight stay in 3* Hotel
Only**

Meal: Breakfast, Dinner

02 June 2025 Kathmandu - Chitwan (Approx. 170 km / 6-7 Hours)

Following an early breakfast at the hotel, start your journey along the **scenic road from Kathmandu to Chitwan**. The road, which is mainly paved with some gravel sections, spans approximately 170 kilometres and takes between six to seven hours, depending on the road conditions and the weather. The road descends into the **Terai lowlands, the subtropical belt of Nepal**. On the way, you can enjoy breathtaking views of the terraced hillsides, picturesque local villages, and lush forests as the terrain gradually gets flatter.



Upon arrival in Chitwan, you'll check into your resort, a comfortable and well-appointed accommodation in the heart of the **Chitwan National Park, Nepal's first national park and a UNESCO World Heritage Site**. After a refreshing shower and a welcome drink, you can relax and enjoy the serene landscape.



Chitwan National Park spans over 995 square kilometers and is considered to be one of Asia's most pristine wildlife refuges. The park has diverse wildlife, including Bengal tigers, one-horned rhinoceroses, Asian elephants, and sloth bears. It also has Gharials and more than 500 bird species. The park is famous for its ecotourism, which is responsible and allows visitors to connect with nature in the tranquil, well-preserved ecosystem. Stay for the night in Chitwan in Chitwan, which is in a peaceful setting surrounded by tranquil views and the sound of the jungle.

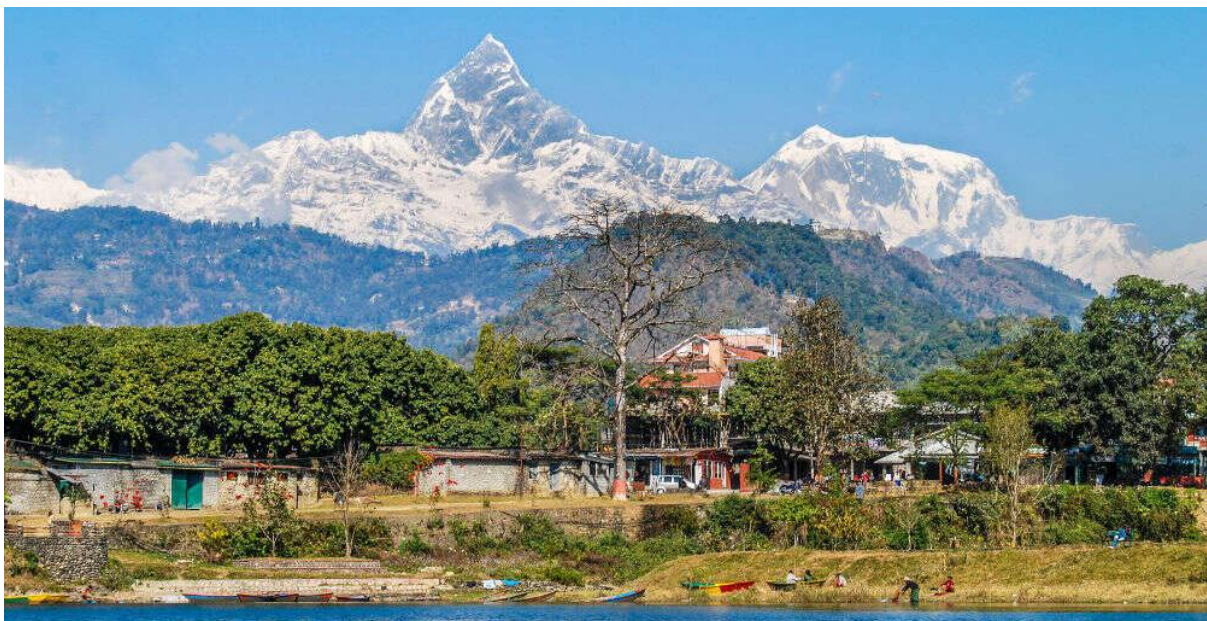
**Overnight stay in 3* Resort / Lodge
Only**

Meal: Dinner

03 June 2025 - Morning Safari in Chitwan & Drive to Pokhara (Approx. 150 km / 5.5-6 Hours)

Start your day early to enjoy the most **memorable experience of a Jeep safari in Chitwan National Park**, the world's most famous wildlife sanctuary. After enjoying a refreshing morning cup of coffee or tea and a quick breakfast, head out on an open jeep 4x4 and be accompanied by an expert naturalist guide whose knowledge and experience will ensure a secure and **rewarding wildlife viewing experience**. The mornings are ideal for viewing wildlife because the forest is slowly awakening. When you walk through the sal forest, grasslands, and the banks of rivers, keep your eyes open for one-horned rhinoceroses with one horned, the spotted wild boar, deer, as well as monkeys, and in the event of luck, you might spot the mysterious Bengal Tiger.

Then, return to the lodge for a hearty breakfast, after which you must complete the check-out procedures. You will then **embark on a scenic journey to Pokhara**, which covers around 150 km and has a journey duration between 5.5 to six hours. The drive runs through lush valleys and along rivers like those of the Narayani along with the Seti, with amazing views of hills, trees, mountains, and the traditional villages on the way. We have planned a variety of comfort breaks to ensure a comfortable and enjoyable journey for all passengers, especially older people.



After arriving at Pokhara, check into your hotel, which is situated near the tranquil Phewa Lake. Relax and refuel after the trip. At night, take an **evening peaceful stroll on the promenade or take a serene boat trip to Phewa Lake**, where you can see the reflections on the lake in the Annapurna Mountain range shining on the water, an extremely relaxing experience. The atmosphere is awe-inspiring. Pokhara, with its peaceful and tranquil surroundings, is perfect for those who want to experience a sense of calm and connect with nature. Stay in Pokhara with the Himalayan mountains as your serene background.

**Overnight stay in 3* Hotel
Only**

Meal: Breakfast, Dinner

04 June 2025 Full-Day Pokhara Sightseeing Tour

After having a relaxing breakfast at the hotel, take a **full-day excursion to Pokhara**, the charming waterside town between the Annapurna Himalayan range. It is **known for its tranquil mountain ranges, snow-capped lakes as well as its relaxed and peaceful environment**, Pokhara is popular with those seeking tranquility as well as scenic beauty.

The first stop on your itinerary is **Davis Falls**, a unique and impressive waterfall locally known as *Patale Chhango*. The water of Phewa Lake disappears underground into an underground tunnel, creating a mesmerizing sight. The falls, named after an unfortunate tourist who drowned in the area, are a must-visit due to their natural power and the associated legends. The road across it leads to **the Gupteshwor Mahadev Cave**, a holy limestone cave housing Lord Shiva's shrine. Deep under the earth, the cave offers a unique geological and spiritual adventure.

The next stop is next, you should visit the **International Mountain Museum**. It offers an informative insight into the past and the culture and gear of mountaineering in Nepal and around the globe. The museum has displays on and about the Gurkha troops, Himalayan tribes, and the summiteers of Everest, which makes it an excellent destination for anyone fascinated by Himalayan culture and heritage.

In the afternoon, after a relaxed meal at a restaurant by the lake that offers stunning views at Phewa Lake, proceed to an excursion to **the Bindhyabasini Temple**, one of the most ancient temples of Pokhara, situated on top of an unassuming hill. The temple is dedicated to the goddess Bhagwati, who is the embodiment of Kali, the goddess of peace; it's a tranquil holy spot that offers panoramic views of the valley.

In the evening, you can enjoy a serene **boat ride along Phewa Lake**, the second-largest in Nepal. The tranquil waters and the surrounding Annapurna mountains create a calm and scenic atmosphere, perfect for those who enjoy a peaceful moment in nature. The ride takes you to the Tal Barahi Temple, a modest but iconic two-story pagoda on an island within the lake.



After a fulfilling day, you can drive towards your final destination, the **World Peace Pagoda (Shanti Stupa)**, perched on a mountain above the lake.

**Overnight stay in 3* Hotel
Only**

Meal: Breakfast, Dinner

05 Jun 2025 Travel to Pokhara towards Bandipur (Approx. 80 km / 3-4 Hrs

Enjoy breakfast at the hotel in Pokhara. Check out and start your drive towards **Bandipur**, a stunning hilltop town in the **Tanahun District** of central Nepal. It is about **80 kilometres** long, and the trip is approximately **3 - 3.5 hours** and making for an enjoyable and relaxing trip, particularly suited to elderly travelers.

The path follows the **Prithvi Highway** that winds past lush valleys, hills, and small villages, offering insight into life in the countryside of Nepal. The route provides short breaks on the route to refuel and take photos.



On arrival in **Bandipur**, make sure to visit a traditional accommodation or guesthouse with authentic Newari architecture and welcoming hospitality. After settling in and enjoying the local food, take the rest of your time **exploring Bandipur on foot**. This ancient trading city is an active art gallery in the **Newari tradition** that includes **preserved structures, carved wooden windows**, and **temples** that date back to the past. Explore the **Bindhyabasini Temple** downtown and the **Siddha Gufa (Cave)**--Nepal's most extensive cave system. The dinner can be taken at the hotel or at a local eatery that serves home-cooked Nepalese dishes such as dal bhat, momo, and sel roti, and lighter continental cuisine. **Stay for the night in Bandipur** to soak in the tranquility and richness of one of the country's best-kept secret places.

**Overnight stay in 3* Hotel
Only**

Meal: Breakfast, Dinner

06 June 2025 Bandipur towards Dhulikhel (Approx. 185 km / 6.5 to 7 Hours)



After having a relaxing breakfast in the tranquil hills in **Bandipur**, check out of your hotel and head to **Dhulikhel**, which is the town that is scenic and historic town located in the eastern part of **Kathmandu Valley**. The route will take you back to the **Prithvi Highway** and then connect to the **Araniko Highway**, driving through beautiful countryside and terraced fields. You'll also see the gorges of rivers, as well as villages scattered throughout the countryside. While driving, there will be a few stops for lunch, rest as well and photography. You can expect to find a variety of local and international cuisines at these stops, catering to different dietary preferences, the shifting scenery, from the green mid-hills to the edge of the valley, and enjoyable. Check into **Dhulikhel** at the end of the afternoon, and then check into your cozy resort or luxury hotel. Many of them sit on hillsides and offer breathtaking panoramas across The **easterly Himalayan range**, including **Mount Gauri Shankar, Langtang, and Everest when it is clear**. The comfort and luxury of your resort will make you feel relaxed and pampered. When you check in, enjoy your time at your leisure. Dhulikhel is famous for its **peaceful setting, fresh mountain air**, as well as its **charming culture**. Walk around the **older town** and be awe-inspired by the beauty of typical **Newari homes**, intricately designed wooden windows, and peaceful temples like those of **Bhagwati** and the **Kali Temple**, each with a panoramic view.

When the sun goes down and the evening draws in, relax with a hot drink on the outdoor terrace or the gardens, and immerse yourself in the profound tranquility of this hill town. You will feel calm and at peace in this serene environment.

**Overnight stay in 3* Hotel
Only**

Meal: Breakfast, Dinner

07 June 2025 Dhulikhel towards Kathmandu (Approx. 30 km / 1 to 1.5 Hours)



Following a leisurely breakfast in your hotel in **Dhulikhel**, prepare to be inspired by the **breathtaking sunrise and Himalayan views**. The tranquil atmosphere and fresh

mountains provide the perfect way to start your day. While traveling on your way, it's possible to take a quick stop in **Bhaktapur Durbar Square** (optional). It is among the oldest and most preserved medieval cities in Nepal and is also a UNESCO World Heritage Site. Bhaktapur is known for its **historic architectural style, red-brick courtyards, temples** as well as the renowned **55-Window Palace**. It's a relaxing stroll through time that older travelers are particularly fond of due to its spaciousness and bustling local life. Check into **Kathmandu in the early afternoon** and check into the hotel. The remainder of the day is yours to enjoy at your own pace, perfect for shopping, unwinding at the hotel, or visiting **Thamel** to purchase last-minute gifts and souvenirs.



At night, immerse yourself in the local culture with a **farewell dinner** at a typical Nepali restaurant, featuring **traditional music and dance** to celebrate the stunning trip across Nepal.

Overnight stay in 3* Hotel Only

Meal: Breakfast, Dinner

08 June 2025 – Departure from Kathmandu

After breakfast, enjoy some free time at your hotel or take a short stroll nearby for any last-minute shopping or quiet reflection. Depending on your flight schedule, our representative will assist with your **transfer to Tribhuvan International Airport**, ensuring you arrive well in time for check-in and immigration formalities.

As you bid farewell to Nepal, you'll take warm memories of Himalayan landscapes, rich cultural encounters, spiritual landmarks, and peaceful moments tailored to a relaxed and senior-friendly journey.

**Overnight stay in 3* Hotel
Only**

Meal: Breakfast

Safe Journey Back Home and we hope to welcome you again!