

Highlights of Nepal

A Cultural and Natural Heritage Tour

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April 2017

NEPAL MAP



The geographical disadvantage of Nepal is a big constraint for the country's economic development, but the Himalayan range provides great tourism attractions in addition to the rich cultural heritage in the country

Note: the red dots roughly mark the locations of the four UNESCO world heritage sites

Nepal is full of cultural and natural wonders

4 UNESCO World Heritage Sites

- Kathmandu Valley: 7 cultural heritage sites counted together
- Lumbini: the birthplace of Lord Buddha
- Chitwan National Park: wildlife
- Sagarmatha National Park: Mt Everest

Nepal offers solutions to all categories of travellers

- Trekking trips: from easy to difficult
- Culture, nature and wildlife tours
- Adventures: peak climbing, paragliding, whitewater rafting, mountain biking
- Nepali special: Everest mountain flight
(an experience to make a lifetime memory)

Kim and friends' holiday in Nepal:

Highlights of Nepal

(a cultural and natural heritage tour)

Day 1: Arrival

The start of a 10-day cultural and natural heritage tour



Reunion at Kathmandu Airport

I convinced my friends from the old time to explore Nepal with me.
I hadn't seen them for 10 years.

Day 2: Kathmandu sightseeing

Highlight:

- Visit 4 UNESCO cultural heritage sites

Patan Dubar Square



One of the three old royal palaces in Kathmandu Valley, many temples and idols are erected in Patan Dubar Square.



Beautiful architecture
at Patan Dubar Square



Exquisite woodcarvings
at Patan Dubar Square

The 2015 earthquake damaged some structures. These woodcarvings are among those saved from the debris.





Artwork at Patan Dubar
Squiare





Pashupatinath, a holy temple that is all about life and death



Cremation ceremonies were about to take place at the Bagmati river bank

Pashupatinath



Apr 2017

Boudhanath Stupa

Oct 2016:
Repair work in progress after
the 2015 earthquake



One of the largest
Buddhist stupas in the
world



Turning the prayer wheels at Boudhanath Stupa for good wishes



A happy home for monkeys

Swayambhunath
(Monkey Temple)

Hindu shines and Buddhism stupas co-exist
--- an example of religious harmony

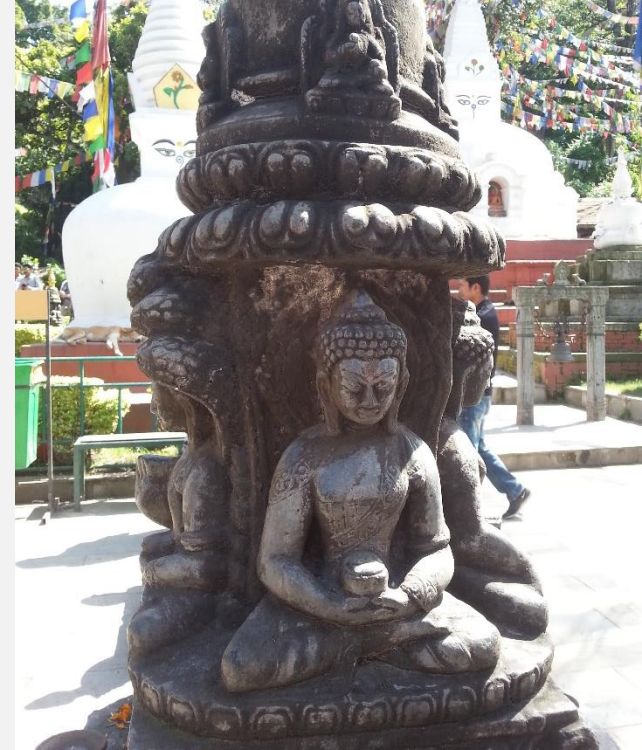




Swayambhunath overlooks the Kathmandu Valley



Pay attention to the different hand gestures the Buddha makes – they have different meanings





A festival time at Swayambhunath



Day 3: Transfer from Kathmandu to Pokhara

Highlight:

- Whitewater Rafting in Trishuli River



Whitewater Rafting in Trishuli River

Lots of fun!





A Kayaker performed
a roll for us





Spectacular views
and white beaches
along Trishuli river





Manual cable car over Trishuli River
(a transportation tool the locals still use nowadays)

Day 4: Pokhara

Highlights:

- Watching sunrise and sunset in Sarangkot
- Boating in the charming Phewa Lake
- Paragliding

Pokhara is so beautiful that I feel my photographing skill does not justify the scenery



Sunset in Sarangkot



Phewa Lake in Tranquility



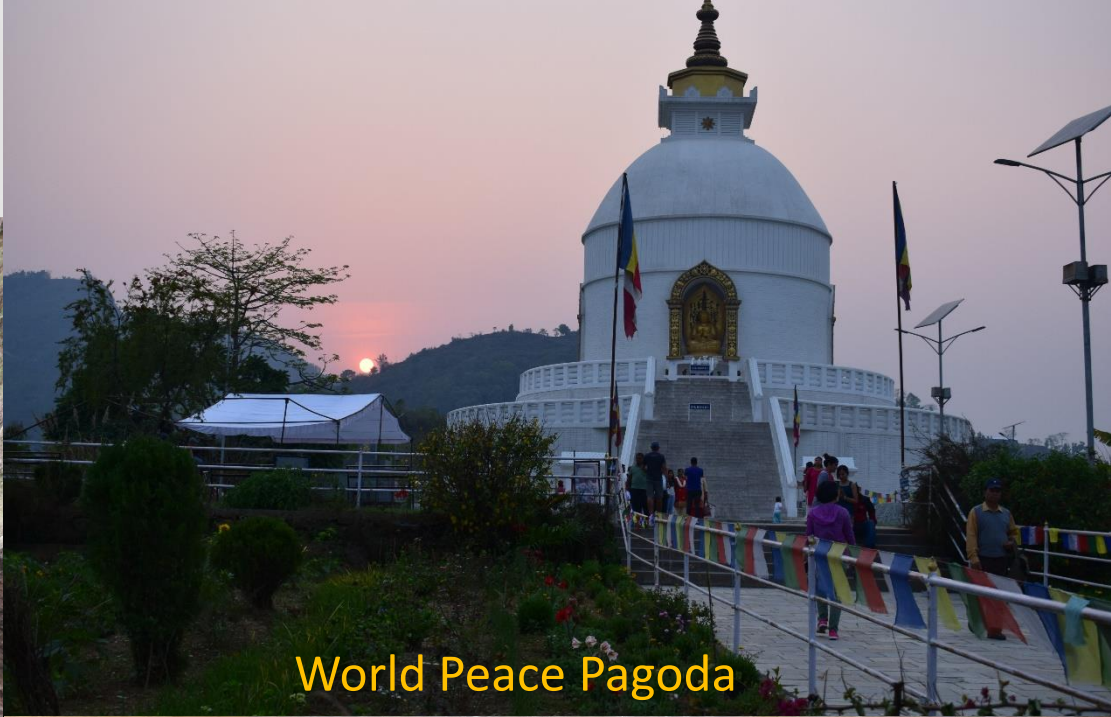
Boating in Phewa Lake



Pokhara sightseeing



Devi's Fall



World Peace Pagoda



Mahendra and Bat Cave



Paragliding
(flying with an eagle)



Day 5 - 6: Chitwan National Park

Highlights:

- Canoe ride at Rapti River (crocodiles, water birds, otters, etc.)
- Wildlife jeep safari
- Elephant ride
- Jungle hike
- Bird watching



Canoe ride in Rapti River



Elephant ride





Jungle walk



An orchid growing on a tree branch

Termite mound





Wildlife Jeep Safari



Day 7: Transfer from Chitwan to Kathmandu

Highlight:

- Shopping in Thamel (the commercial centre of Kathmandu) after we were back to Kathmandu

Recommended things to buy in Nepal:

- Thangka paintings
- Singing bowls
- Pashmina
- Khukuri knives
- Bodhi seed malas and bracelets
- Handmade jewelry
- Handcrafts
- And many more.....

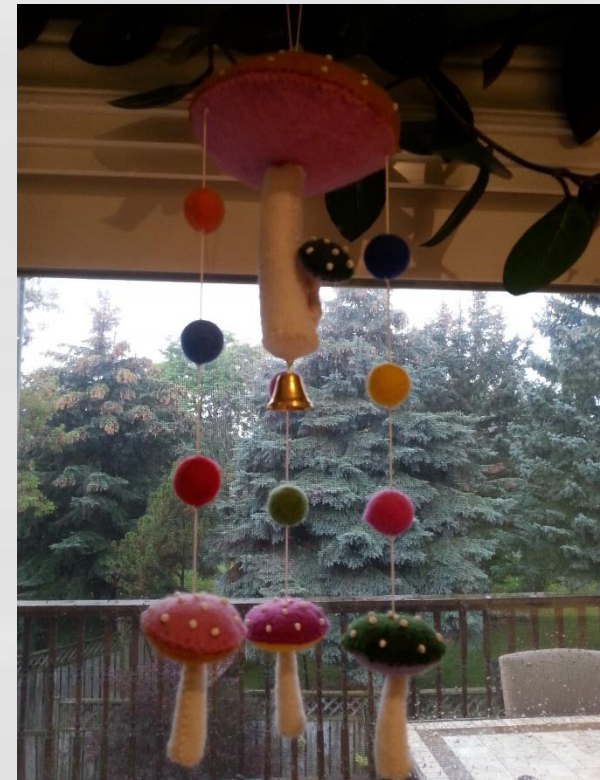
Note: make sure you bargain when you shop in Nepal



The souvenirs
I brought home



Note: If you buy khukuri knives, you will need to have them delivered. I had a problem at the airport with this little knife.



Day 8: Nagarkot

(a popular place to view sunrises and sunsets)

Highlights:

- Sunset at Nagarkot
- Great views of Langtang valley and mountain peaks
- Refreshing air



Sunset at Nagarkot

Day 9: Nagarkot & Bhaktapur

Highlights:

- Sunset at Nagarkot
- Bhaktapur



Sunrise at Nagarkot



Bhaktapur



Golden Gate



Day 10: Shopping and Departure

Bye-bye, my old friends!



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