

# Nepal – the Country



# 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

# A country with rich cultures, exotic traditions and festivals

- A population of 30 million: 80% Hinduism and 10% Buddhism
- About 60 ethnic groups speaking 70 different languages



# Climate

- Influenced by maritime and continental factors
- Has four distinct seasons
  - Spring (Mar to May): warm with rain showers; max. 22°C
  - Summer (Jun to Aug): monsoon season; max. 30°C or more; hills are lush and green; trekking is difficult and uncomfortable
  - Autumn (Sep to Nov): cool with clear skies; max. 25°C; most popular season for trekking
  - Winter (Dec to Feb): cold (could be below 0°C at night and 20°C at daytime; mountains covered with snow

# 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

# **Kathmandu Valley - historical and artistic achievements**

## **Seven groups of monuments and buildings**

- Patan Dubar Square
- Kathmandu Dubar Square
- Bhaktapur Dubar Squire
- Swayambhunath (Monkey Temple)
- Boudhanath Stupa
- Pashupatinath Temple
- Changu Narayan Temple

# Lumbini

- Birthplace of the Lord Buddha, Siddhartha Gautama
- Has a number of temples, many moments, monasteries and a museum
- Buddhist pilgrimage site



# Chitwan National Park

- Dense forests and grassy plains
- Home to rare mammals such as one-horned rhinos and Bengal tigers and numerous bird species
- Activities:
  - Canoe ride in Rapti River to discover crocodiles, otters, water birds, etc.
  - Jeep safari in the forests to spot wildlife
  - Elephant ride in the forests
  - Bird watching



# Sagarmatha National Park

- World's highest peaks
  - Mt Everest (8,848m)
  - Seven other peaks over 6,000m (Lhotse, Cho Oyu, Pumori, Ama Dablam, Thamerku, Kwangde, Kangtaiga and Gyachyung Kang)
- Home to several rare species (snow leopard, red panda, dazzling pheasants )
- Dramatic beauty of mountains, glaciers and deep valleys

# **Nepal Trek and Tour Options**

# Nepal offers solutions to all categories of travellers

- Trekking trips: range from easy to challenging
  - Everest Region
  - Annapurna Region
  - Langtang Region
  - Manaslu Region
  - Mustang Region (Forbidden Kingdom of Lo)
- Culture, nature and wildlife tours
- Adventures: peak climbing, paragliding, whitewater rafting, mountain biking, ziplining
- Nepali special: Everest mountain flight, helicopter tours

## Everest Region popular treks

- Everest Base Camp Trek via Gokyo Lakes – 19 Days (challenging)
- Everest Base Camp Short Trek – 16 Days (challenging)
- Everest Base Camp Three-Pass Trek – 21 Days (challenging)
- Everest Base Camp Trek via Jiri – 24 Days (challenging)
- Everest View Trek – 12 Days (moderate)
- Gokyo Lakes and Gokyo Ri Trek – 15 Days (moderate to challenging)
- Gokyo Lakes and Gokyo Ri Trek with Tengboche – 17 Days (moderate to challenging)

## **Annapurna Region popular treks**

- Annapurna Base Camp – 15 Days (moderate to challenging)
- Annapurna Circuit Trek – 16 Days (challenging)
- Annapurna Circuit Trek – 20 Days (challenging)
- Annapurna FoothillsTrek – 12 Days (easy to Moderate)
- Khopra Danda Trek – 15 Days (moderate)
- Ghorepani-Poon Hill Sunrise Trek – 10 Days (easy to moderate)

## Langtang Region popular treks

- Langtang Valley Trek – 11 Days (moderate)
- Langtang Valley Trek with Gosiankunda Lake – 18 Days (moderate to challenging)
- Tamang Heritage Trek – 11 or 15 days (easy to moderate)
- Helumbu Trek - 9 Days (easy moderate)

# Manaslu and Mustang Region popular treks

- Manaslu and Annapurna Circuit Trek – 26 Days (challenging)
- Manaslu Larke Pass Trek – 18 Days (challenging)
- Tsum Valley and Manaslu Trek – 25 Days (challenging)
- Upper Mustang Trek – 16 Days (moderate)

# Sightseeing Tours

- Touring cultural and natural heritage sites with private transportation
- Enjoy breathtaking views of snow-capped mountain peaks in the Himalayan range in a relaxing way
- Suitable for young families and people who prefer not to be physically challenged
- Popular places for sightseeing tours
  - Kathmandu Valley
  - Lumbini
  - Pokhara / Sarangkot
  - Chitwan
  - Nagarkot



# Sightseeing and Hiking Tour Suggestions

- Highlights of Nepal (9 or 11 days)
  - Kathmandu Valley, Pokhara, Chitwan, Nagarkot)
- Nepal Heritage and Nature Tour with Hot Springs Trek (16 Days)
- Nepal Wonders (13 days)
  - Including “Highlights of Nepal Tour” + Lumbini
- Nagarkot Sunset & Sunrise Hike with Bhaktapur Tour – 2 Days
- Nagarkot Dhulikhel Cultural Hike with Sunrise and Sunset – 3 Days

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