



TripLegend

Nepal Roundtrip



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Roundtrip from / to Kathmandu

- ✓ 14 days, incl. airport transfers (excl. flight)
- ✓ Mountain Lodges, Family Homestay, Hotel
- ✓ Incl. 4 days Himalaya trekking
- ✓ Incl. 2 days safari in Chitwan
- ✓ Local, professional, English speaking guide
- ✓ 13x breakfast (B), 12x lunch (L), 13x dinner (D)
- ✓ Only guests vaccinated against COVID
- ✓ 100% COVID safe
- ✓ 100% CO2 compensated & 1 tree planted



Find the current entry requirements here:

<https://apply.joinsherpa.com/>

(Third-party supplier, data without guarantee)



14 days per person

from 1.850€

Overview

Discover Nepal

When you think of Nepal, thoughts of dizzying heights on Mount Everest and breathtaking views come to mind. But that's not all Nepal has to offer. The friendly people, the unique wildlife, enchanting trekking trails, impressive mountain villages and much more makes Nepal unique as a travel destination.

Included services

Your travel highlights

- Hike through the enchanting landscape of the Himalayas
- Go on safari in Chitwan
- Experience the world of Buddhist monks
- Discover the ancient architecture of Kathmandu
- Visit a traditional painting school
- Marvel at the magical sunrises over the Himalayas
- Experience unparalleled biodiversity and unique flora and fauna

Accommodation

(This or comparable accommodation)

- 3 nights in Potala Guest House
- 1 night in family homestay (Sarju family house)
- 2 nights at Safari Adventure Lodge
- 1 night at Dahlia Hotel
- 1 night at Namobuddha Monastery
- 5 nights in a mountain lodge



Transportation

- Airport transfer
- Transport on site

Additional included services

- Blankets and sleeping bags during the trek
- English speaking guide
- Detailed vaccination and packing list (PDF)
- 100% CO2 offset for flight and travel
- 1 tree planted per person
- 24/7 Whatsapp support through TripLegend before and during the trip

Travel itinerary

Arrival: Kathmandu International Airport (KTM)

Please remember to book your flights separately. Plan your arrival so that you will arrive at the airport by afternoon to start our Nepal adventure together in the evening.

Day 1

Kathmandu - Welcome to Nepal

Private transfer: about 6km and 20min

Upon arrival at Kathmandu airport, your guide will be waiting to take you safely to your first accommodation. Your first evening and night will be spent in a first class hotel in the center of Nepal's enchanting capital. After you have had time to arrive comfortably, you will have a chance to get to know your fellow travelers over dinner. Enjoy a traditional Nepalese dance show or are you ready to dance yourself? After a successful first evening, you can already look forward to an exciting next day! (-/-/D)

Day 2

Kathmandu - visit the beautiful palaces and temples of Kathmandu.

Private transfer: about 20km and 45min

Today you will explore Patan, the second largest city in the Kathmandu Valley and dive deep into the culture and history of the city. You will experience everything from a walk through Durbar Square to visiting Buddhist shrines and monasteries. After a midday snack, you'll continue on to one of the largest stupas in the world, the Boudhanat Stupa. Of course, a beautiful sunset from a special vantage point cannot be missed after such an impressive day. (B/L/D)

Tag 3

Kathmandu - The ancient site of Kathmandu

Day three of your trip begins with a hearty breakfast, after which you'll head to an ancient city that was damaged by an earthquake not long ago. It is all the more impressive to see how the fascinating buildings, including a five-story temple, survived the earthquake.



While we visit a hilltop temple and watch the sun set, you can listen to the captivating stories of your experienced guide. You will then end the evening with a traditional dinner with Sarju family while getting lost in the exciting conversations about Nepali life. (B/L/D)

Day 4

Changu Narayan - school visit and the silence of the Buddhist monks

Private transfer: about 20km and 45min

Today we will visit and spend time with the children of a local elementary school. After the visit, we will continue to a high Buddhist monastery where we will immerse ourselves in the silence, ease and peace of the Buddhist monks for an evening and a night. Look forward to an indescribable experience. (B/L/D)

Day 5

Pokhara - Experience the Switzerland of Nepal

Private transfer: about 220km and 7 h

Today our journey takes us to a beautiful place, seven hours away, where you can organize your day as you wish. Would you like to explore the lake by canoe, take a walk through the idyllic landscape or rather go out with your fellow travelers to the pubs? In the evening you will have time to relax during a guided meditation session and gather strength for tomorrow's adventure. Be curious! (B/L/D)

Day 6

Ulleri - Our trekking adventure starts

Trekking: 2000m, about 4-5 h

We leave the most beautiful city of Nepal, often called "the Switzerland of Nepal" behind us and drive one hour to a small mountain village. This is where our trek begins. Today, however, we start relaxed, with a four-hour tour. Look forward to the enchanting view of the Himalayas, through which the altitude meters then no longer feel so high. In the evening there is enough time to relax, sit together and gather strength for the next day. (B/L/D)

Day 7

Ghorepani - A hike through the rhododendron forests

Hike: 2850m, about 6-7 h

Let yourself be enchanted by the beautiful rhododendron and oak forests on your trek today. The walk will be worth it, as a breathtaking view of the Annapurna and Dhaulagiri ranges awaits you at the finish. Enjoy the sunset and a delicious dinner with new friends. (B/L/D)

Day 8

Poon Hill - Magical sunrise over the snow-capped Himalayas

Hike: 2450m, about 7-8 h

The early bird catches the worm, as the saying goes. Set off at dawn to a place that will leave you in awe. Watch as the sun transforms the ice-covered peaks of the Himalayas into a mountain of pure gold, before you fortify yourself with a hearty breakfast for the upcoming hike towards Tadapani. (B/L/D)

Day 9

Ghandruk - Get to know the Gurung

Hike: 2000m, about 4-5 h

Today your physical endurance will be tested one last time, but with a great guide and a unique group by your side, it won't be a problem! Once at the destination, you will meet the Gurung, an ethnic group that is at home in the western region of Nepal. We will have dinner together and fall tired into bed after 4 exciting and exhausting days of trekking. (B/L/D)

Day 10

Pokhara - waterfalls and caves

Private transfer: about 60km and 2 h

In the early morning hours we set off towards Pokhara with a stop in a mountain village to experience once again the unique sunrise over the Himalayas. A perfect end to our four-day, yet somewhat sweaty, trekking tour. Before heading to the city to visit some popular attractions, including waterfalls and a cave, we have earned a delicious breakfast. In the evening it is time to rest and relax at Lake Phewa. (B/L/D)

Day 11

Chitwan - In the heart of the jungle

Private transfer: approx. 140km and 4 h

Jungle walk: about 3 h

Our next destination takes us four hours south to a jungle resort where we will spend the next two exciting days. Today you will experience and marvel at the incomparable biodiversity and unique flora and fauna during a guided hike and bird watching tour, through the forest. Afterwards, you will meet the tribe that has called this forest home for centuries and watch their traditional stick dance. After a delicious dinner, you will be well fortified for your jungle adventure tomorrow. (B/L/D)

Day 12

Chitwan - Rendezvous with the wilderness

Canoe trip and/or jeep safari: approx. 3-6 h

Today we will have a real jungle safari adventure with a canoe trip on the Rapti River. Look forward to elephants, rhinos, deer and with a little luck even leopards and tigers in the wild! We will end the exciting day together with a cozy Nepalese dinner at our resort. (B/L/D)

Day 13

Kathmandu - The markets of Kathmandu

Private transfer: about 160km and 6 h

Today we return to our starting point, Kathmandu! Organize your day according to your wishes, perhaps with a visit to the local markets of Kathmandu? Enjoy the last evening together with your new friends and create one last time beautiful memories together. (B/L/D)

Day 14

Goodbye Nepal!

Private transfer: about 6km and 20min

Time to say goodbye! Unfortunately, every adventure comes to an end. It's back home with a suitcase full of new unique memories that we will never forget! (B/-/-)

Departure: Kathmandu International Airport (KTM)

You can flexibly plan your return or onward flight on the day of departure. Tip: Try to book a window seat for your return flight. You will love the view! We are looking forward to the next trip with you! Until then, take it easy and enjoy the journey of a lifetime.

Your Guide: Rakesh



Hello, I am Rakesh and your personal guide for your Nepal trip. I have been working in Nepal and the Himalayas for over 10 years in tourism, social and sustainable development. I discovered my passion for travel when I was traveling in the Nepalese Himalayas and had the chance to discover extraordinary and remote places. I wanted to share these experiences and therefore decided to show travelers from all over the world the best of Nepal and the Himalayan regions, explore local communities with them and thus support local and social tourism.

My interests naturally include traveling, both in my country and around the world, reading books, and writing. I have a dream of writing my own book one day ☺. In addition, I am a strong believer in sustainable travel and tourism that can benefit the remote and rural communities of Nepal. For this reason, our trips support local communities through education, health, environmental, and tourism infrastructure development projects.

I also believe that travel has the power to positively change and transform both the traveler and the local communities. It is important to us to ensure that each and every experience is meaningful to the traveler and allows for personal growth and development.

I warmly welcome you to our country Nepal and look forward to sharing my lifelong experience in Nepal with you and showing you the most beautiful places of my country.

Not included services

Flights:

- International flight tickets (ex.: roundtrip from FRA - KTM with Turkish Airlines for 700-900€, 14-16h)

Info: We are happy to help you with your flight search and booking.

Before the trip:

- possibly needed visas (<https://apply.joinsherpa.com/>)
- PCR tests you may need before and during the trip
- international health insurance (<https://triplelegend.com/reiseversicherung>)
- travel cancellation insurance (<https://triplelegend.com/reiseversicherung>)
- Travel vaccinations
- COVID-19 vaccination (please note that we only travel with fully COVID vaccinated individuals).

Upgrades & Optional:

- Supplement single room per person (550€)

Info: By default, you will share a double room with a person of the same sex traveling with you.

On site:

- Extra meals
- Tips (We recommend 15-25€ for the porters)
- Personal expenses

Please note that the itinerary, activities and hotels may be subject to change. These changes may occur without notice due to availability, inclement weather, seasonal changes or other circumstances beyond our control. We will always do our best to ensure that this has little or no impact on your experience.



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**Any Questions?
Contact us:**

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