7 Days Nepal Tour

7-Day Nepal Golden Triangle Tour: Kathmandu, Pokhara & Chitwan

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Nepal is a land of profound contrasts. Here, centuries-old spiritual traditions thrive near the world's highest peaks. Furthermore, snow-capped mountains quickly give way to dense subtropical jungles.

The Nepal Golden Triangle Tour brings together three iconic destinations: Kathmandu, Pokhara, and Chitwan National Park. First, this journey takes you through the ancient living heritage of the Kathmandu Valley. Next, you will enjoy the tranquil lakeside views and Himalayan panoramas of Pokhara. Finally, you will venture down into the untamed wilderness of Chitwan's safari country.

Kathmandu: The Living Cultural Heritage

The capital city of Kathmandu is an open-air museum. In this city, history, art, and spirituality intertw seamlessly. Moreover, it is home to seven distinct UNESCO World Heritage Sites. As a result, Kathmandu's streets are alive with incense, temple bells, and timeless Newari architecture.

Attractive Travels and Tours



- **Sacred Buddhist & Hindu Landmarks:** Visit Boudhanath Stupa, the vibrant heart of Tibetan Buddhism in Nepal. Additionally, explore Swayambhunath (The Monkey Temple) perched high on a hill. You will also visit Pashupatinath Temple along the sacred Bagmati River.

- **Royal Palaces & Courtyards:** Step into Kathmandu Durbar Square and Patan Durbar Square. Here, you will see ancient royal palaces, intricate wood carvings, and multi-tiered temples. Furthermore, you will visit the residence of the Kumari, Kathmandu’s Living Goddess.

- **Local Markets & Culture:** Experience the energy of Asan Bazaar. Indeed, this centuries-old trading square is filled with spice merchants, colorful textiles, and craft shops.

Attractive Travels and Tours

Pokhara: The Scenic & Adventure Capital

Nestled at an elevation of 820 meters, Pokhara is famous for its serene, laid-back atmosphere. Learn more about regional attractions at the official Nepal Tourism Board. Similarly, it offers breathtaking proximity to the Himalayas. Towering directly above the city is the Annapurna Massif, which includes the majestic peak of Machhapuchhre (Fishtail).



- **Mountain Sunrises:** Drive up to Sarangkot Viewpoint before dawn. Consequently, you can watch the first rays of sunlight paint the mountain peaks in brilliant gold and pink.
- **Lakeside Tranquility:** Enjoy a peaceful rowboat ride on Phewa Lake to visit the island-bound Tal Barahi Temple. Alternatively, you can soak in the peaceful views across nearby Begnas Lake.

- **Natural Wonders & Views:** Explore Devi's Falls, where the Pardi Khola stream plunges into an underground canal. Afterwards, discover the sacred Gupteshwor Mahadev Cave. Finally, visit the World Peace Pagoda and Pumdikot Shiva Statue for aerial valley vistas.

Chitwan National Park: The Untamed Jungle Sanctuary

Located in the southern Terai lowlands, Chitwan National Park was Nepal's first national park. Therefore, it is a protected sanctuary managed by the Department of National Parks and Wildlife Conservation. Covering over 950 square kilometers, it stands as one of the premier wildlife observation destinations in Asia.



- **Jungle Safaris & Wildlife Encounters:** Venture deep into the core forest via open-top Jeep safaris. Consequently, you can track the rare One-horned Rhinoceros, wild Asian elephants, sloth bears, and elusive Royal Bengal Tigers.

- **River Expeditions:** Glide silently along the Rapti River in a traditional wooden canoe. Meanwhile, look for marsh mugger crocodiles, gharials, and diverse aquatic bird species.

- **Indigenous Tharu Culture:** Discover the unique heritage of the local Tharu people through guided village walks. In the evening, enjoy traditional Tharu stick dances and cultural music.

Frequently Asked Questions (FAQs)

Q: What is the best time of year to visit Pokhara?

A: The peak seasons to visit Pokhara are Autumn (September to November) and Spring (March to May). During these months, skies are generally clear. Thus, you can enjoy breathtaking views of the Annapurna range alongside mild, comfortable weather.

Q: What is the best time of year to visit Kathmandu?

A: Kathmandu is best visited from September to November and March to May. For instance, autumn brings crystal-clear blue skies and major cultural festivals like Dashain and Tihar. On the other hand, spring features blooming flora and warm daytime temperatures. Winter months remain sunny during the day. However, mornings and evenings can get chilly.

Q: How far is the journey from Pokhara to Chitwan, and how long does it take?

A: The driving distance between Pokhara and Chitwan is approximately 150 kilometers (93 miles).

- **By Road:** The land journey typically takes 5 to 6 hours by private vehicle or tourist bus. This is due to winding mountain roads and highway traffic.

- **By Air:** Alternatively, a quick 20-minute domestic flight connects Pokhara Airport to Bharatpur Airport. Afterwards, a short 30-minute drive brings you directly to your jungle resort.

Q: How far is the journey from Chitwan back to Kathmandu, and how long does it take?

A: The road distance from Chitwan to Kathmandu is roughly 160 kilometers (100 miles).

- **By Road:** Driving along the highways typically takes 6 to 8 hours. Indeed, travel time depends heavily on traffic bottlenecks around the Kathmandu Valley entry pass.
- **By Air:** Conversely, a 20-to-25 minute domestic flight operates daily between Bharatpur Airport and Kathmandu.

Itinerary

Day 1: Arrival & Initial Kathmandu Sightseeing

- Morning / Arrival: Arrive at Tribhuvan International Airport (KTM). Private airport transfer to your hotel, check-in, and refresh.
- Afternoon: Guided tour of Kathmandu Durbar Square (ancient royal palaces, temples, and the residence of the Living Goddess Kumari) followed by Swayambhunath (Monkey Temple) on the hilltop for panoramic valley views.
- Evening: Visit Boudhanath Stupa, one of the world's largest Buddhist stupas, surrounded by prayer wheels and rooftop cafes. Enjoy an authentic Nepali welcome dinner in Thamel.

Day 2: Kathmandu to Pokhara

"On day 2 After Breakfast of this magnificent excursion, we'll drive to Pokhara for 5-6 hours, where we'll spend the night. You'll pass by the breathtaking peaks of the Dhaulagiri and Annapurna Ranges along the trip. As soon as you arrive, we'll transport you to your hotel for the night

Day 3: Sarangkot Sunrise & Pokhara City Tour

- Start bright and early with a private morning drive to the **Sarangkot Viewpoint** to witness a breathtaking sunrise over the snow-capped peaks of the Annapurna, Dhaulagiri, and Fishtail ranges. After taking in the mountain views, head back to your hotel for a hearty breakfast and a brief rest before launching into the city tour.

  The rest of the day covers Pokhara's essential highlights, starting with a peaceful rowboat ride on Phewa Lake to visit the island-bound **Tal Barahi Temple**. Continue on to explore the natural wonders of **Devi's Falls** and the adjacent underground **Gupteshwor Mahadev Cave**, before driving up to the **World Peace Pagoda** for sweeping aerial vistas of the lake and valley. Conclude your day with a relaxed evening stroll along the vibrant Lakeside promenade.

Day 4: Pokhara to Chitwan National Park

Following breakfast, set out on a scenic 5-to-6-hour drive from Pokhara down to Chitwan. Upon arrival, transfer directly to your hotel or jungle resort to check in and unwind. Located in the Terai region, the UNESCO World Heritage-listed Chitwan National Park is renowned as one of Nepal's premier wildlife sanctuaries. Spend the remainder of the afternoon at leisure, followed by an overnight stay at your resort in Chitwan.

Day 5: Full-Day Chitwan Wildlife & Jungle Experience

Immerse yourself in the wilderness of Chitwan National Park with a full day of guided eco-adventures. Begin with an early morning bird-watching tour along the Rapti River, home to over 500 species of resident and migratory birds. Follow this with a tranquil canoe ride and a guided nature walk through the buffer zone forest to spot one-horned rhinos, deer, and diverse wildlife in their natural habitat.

In the afternoon, set out on a open-top Jeep safari deep into the park's grasslands and dense forests for a chance to encounter wild Asian elephants, sloth bears, and elusive Bengal tigers.

Alternatively, opt for an ethical, hands-off “Elephant Walk,” where you can walk alongside rehabilitated elephants as they forage freely. Return to your resort in the evening for a warm dinner and a traditional Tharu cultural dance performance.

Day 6: Chitwan to Kathmandu & Heritage Walk

Following breakfast at your resort, check out and begin the drive back to Kathmandu. Upon arrival in the capital, transfer directly to your hotel for check-in, refreshment, and a brief rest. In the late afternoon, set out for a guided walking tour of **Kathmandu Durbar Square**, exploring its ancient royal palaces, multi-tiered temples, and the courtyard of the Living Goddess Kumari. Conclude your day with a walk through the bustling **Asan Bazaar**, a vibrant traditional market filled with local spices, textiles, and everyday Nepalese life, before returning to your hotel for the evening.

Day 7: Departure from Kathmandu

Following breakfast, check out of your hotel and enjoy your final hours in Kathmandu at leisure for last-minute souvenir shopping or relaxation. Depending on your flight schedule, your private driver and representative will meet you at the hotel for your transfer to Tribhuvan International Airport (KTM). You will arrive at the terminal three hours prior to your international departure for check-in, security screening, and farewells.

Inclusions

- **Airport Transfers:** Private vehicle pick-up and drop-off at Tribhuvan International Airport (KTM) for both arrival and departure flights.
- **Intercity Transport:** Tourist bus transportation along the **Kathmandu – Pokhara – Chitwan – Kathmandu** route.

- **Accommodation:**
    - Daily Breakfast (B/B) at hotel accommodations in **Kathmandu** and **Pokhara**.
    - Full-Board accommodation (Breakfast, Lunch & Dinner) at hotel/resort in **Chitwan**.
- **Guiding Services:** Government-licensed, professional local tour guide (with an additional assistant guide for groups exceeding 20 travelers).
- **Taxes & Permits:** All applicable government taxes, local municipal charges, and required entry permits.
- **Company Perks & Farewell:** Complimentary company T-shirt, official trip completion certificate, and a traditional Nepalese farewell dinner in Kathmandu.

Exclusions

- **International Travel & Visa:** International airfare to and from Kathmandu, along with Nepal Entry Visa fees (payable upon arrival at Tribhuvan International Airport or online).
- **Meals:** Lunch and dinner during your stays in Kathmandu and Pokhara (allowing you flexibility to explore local dining options).
- **Monument & Heritage Fees:** Entrance fees to UNESCO World Heritage Sites, temples, caves, and scenic viewpoints (e.g., Kathmandu Durbar Square, Boudhanath, Swayambhunath, Sarangkot, Devi's Falls).
- **Personal Expenses:** Personal expenditures such as alcoholic beverages, soft drinks, laundry services, phone calls, and shopping.
- **Tipping & Gratuities:** Tips for your tour guide, private driver, and local hotel/restaurant staff.
- **Travel & Medical Insurance:** Comprehensive personal travel, medical, emergency evacuation, and luggage insurance.