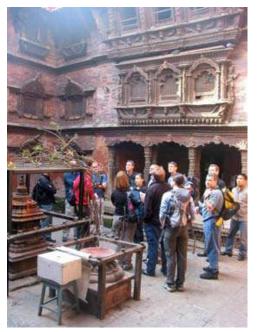


# KarmaQuest Ecotourism and Adventure Travel



# Cultures, Arts and Wonders of Nepal Benefiting Paropakar Orphans

#### October 2009 and 2010

Nepal is blessed with not only the highest mountains on earth, but a cultural landscape that blossoms with colorful ritual traditions, hand-tooled arts and crafts, and time-worn temples at every turn. This trip is designed to let you experience it all, from a bird's eye view of Mount Everest, to strolls along cobblestone paths amidst gilded medieval palaces. During your ten days in Nepal, you'll visit Kathmandu Valley's World Heritage sites at Bhaktapur, Kathmandu and Patan, fly over the Everest regionand tour picturesque lakeside Pokhara.

A highlight of the trip is a visit to Paropakar Orphanage in Kathmandu. KarmaQuest has a long-standing relationship with

Paropakar and a Bay Area charity organization, Virtue's Children Nepal, which will oversee the delivery of your generous educational scholarship funds to the needlest children at Paropakar. Your donation will support and educate a blind child in school in one year.

## **Itinerary**

Days 1-2-3	Travel from US to Bangkok, fly to Kathmandu: After an overnight in Bangkok, fly to Kathmandu
	where KarmaQuest staff will meet you and transfer you to Nagarkot Farm House, a hill
	station known for stunning mountain views. The afternoon is free. /D
Day 4	Nagarkot-Changu Narayan: Rise early morning for sunrise, lighting up 300 miles of snowy

- Day 4 Nagarkot-Changu Narayan: Rise early morning for sunrise, lighting up 300 miles of snowy Himalaya. Take an easy 3-4 hr downhill trek through countryside villages to Changu Narayan temple, with a magnificent display of wooden carvings, 4th century stone statues and pagoda temples. Drive back to Nagarkot and overnight at the Farm House. B/L/D
- Day 5 Bhaktapur: Drive one hour to Bhaktapur, a lovely well-preserved medieval city. Walk along cobblestone streets, seeing artisans at work amidst impressive temples, palaces, and sculptures. This World Heritage site is a favorite to all. Overnight in Bhaktapur. B/L/D
- Day 6 Bhaktapur-Kathmandu: Drive an hour to Kathmandu and check into the luxurious Yak & Yeti Hotel, in the heart of downtown. Visit Boudhanath Stupa, a giant stupa adorned with lotus-shaped petals and topped by the all-knowing eyes. Enjoy traditional Nepali cuisine in a royal setting at Bhojan Griah restaurant, followed by a lively cultural show. B/D
- Day 7 Kathmandu: Rise early and join Buddhist pilgrims at Swayambhunath Temple, a holy site since ancient times. Later, visit Kathmandu Durbar Square, and the home of the Living Goddess, the Kumari (photo above). Visit lively Asan Tole open market, where traders have bartered for centuries. Spend the afternoon with the boys of Paropakar Orphanage, celebrating Nepal's largest Hindu festival of the year, Dasain. Take part in a ritual blessing, and join in a festive meal, getting to know some of the boys whom your support has benefited. B/

- Day 8 Mountain flight and Patan: Board a small jet and fly amidst the towering peaks surrounding Mt Everest. Return to Kathmandu and visit Pashupati Temple, the valley's most important Hindu temple, straddling the holy Bagmati River. After lunch visit Patan, overflowing with temples, and housing an award-winning cultural museum. B/
- Day 9 Fly to Pokhara: (35 minutes). Transfer to the serene Shangri-La Village Resort from where exceptionally close-up mountain views can be seen without lifting a foot. After lunch, visit the Mahendra caves and stroll by the lake or shop for souvenirs in the bazaar. B/L/D
- Day 10-11: Royal Chitwan National Park: Drive to the southern Terai for two nights/three days of jungle safari by elephant, jeep and on foot. Led by trained naturalists, you'll explore one of Asia's best wildlife areas on the watch for rhinos, crocodiles, and a myriad of wildlife species. B/L/D
- Day 12 Chitwan-Kathmandu: Rise early for a last look at the jungle before flying to Kathmandu. Enjoy the rest of the day at your leisure. Overnight at the Yak & Yeti Hotel. B/
- Day 13 A free day to explore on your own and shop in Kathmandu: Enjoy a farewell dinner and bid adieu to Kathmandu, and your new Paropakar friends. Overnight at the Yak & Yeti Hotel.
- Day 14-15 Fly Kathmandu to Bangkok. Overnight in Bangkok. Fly early morning to US. B/

#### **Trip Cost**

No. of Pax	Rate in US \$	Tax Deductible	
		Scholarship Donation	
2-4 persons	\$2,350 per person	\$700	
5-7 persons	\$2,250 per person	\$700	
8-12 persons	\$2,055 per person	\$700	

### The above cost includes:

- Accommodations on twin sharing full board basis except in Kathmandu (bed and breakfast)
- Meals as specified, including a welcome Nepali dinner with culture show in Kathmandu, Newari style dinner in Bhaktapur, a farewell dinner in Kathmandu
- Guided sightseeing tours throughout Nepal with English speaking guides
- All land transportation, domestic flights and airport transfers in Nepal
- A one hour Mountain Flight to Everest
- Photography and entry fees inside temples and monasteries
- A tax deductible donation to Virtue's Children Nepal as an educational scholarship for a Paropakar orphan or disadvantaged child.

#### Costs not included:

- International flights: US-Bangkok-Kathmandu-Bangkok-US
- Two nights accommodation and meals in Bangkok, airport transfers in Bangkok
- Emergency evacuation (if needed), travel and medical insurance (required)
- Nepal visa fee
- Personal medical kit, laundry and personal expenses.
- International airport taxes
- Excess baggage on flights
- Alcoholic beverages
- Optional tips to staff, airport luggage handlers, and hotel staff, laundry and personal expenses.
- Single supplement room charge: \$500

Email: karmaquest@earthlink.net Website: www.karmaquests.com