



# 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 region and 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 neediest 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 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. B/D
- 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