

Nepal

KATHMANDU CULTURAL EXPLORATION

CUSTOM TOUR | 4 DAYS

TRIP ITINERARY




Boundless
JOURNEYS

1.800.941.8010 | www.boundlessjourneys.com

How we deliver

THE WORLD'S GREAT ADVENTURES

A passion for travel. Simply put, we love to travel, and that infectious spirit is woven into every one of our journeys. Our staff travels the globe searching out hidden-gem inns and lodges, taste testing bistros, trattorias, and noodle stalls, and discovering the trails and plying the waterways of each remarkable destination. When we come home, we separate wheat from chaff, creating memorable adventures that will connect you with the very best qualities of each destination.

Unique, award-winning itineraries. Our flexible, hand-crafted journeys have received accolades from the world's most revered travel publications. Beginning from our appreciation for the world's most breathtaking and interesting destinations, we infuse our journeys with the elements of adventure and exploration that stimulate our souls and enliven our minds. Whether you are looking for a challenging physical expedition or a leisurely cultural exploration, Boundless Journeys has exceptional itineraries to match your sense of adventure.

Insider connections. There is simply no substitute for traveling with a knowledgeable insider, and our expert local guides will open doors for you that other travelers miss, like dinner with their extended family in Peru's Sacred Valley, or meeting an art scholar in Florence. Relationships developed over many years allow you to experience our destinations through a well-connected friend.

Small groups. Although the camaraderie of a group of like-minded travelers often enhances the journey, there can be too much of a good thing! We tread softly, and our average group size is just 8–10 guests, allowing us access to opportunities that would be unthinkable with a larger group.

Flexibility to suit your travel style. We offer both scheduled, small-group departures and custom journeys so that you can choose which works best for you. Not finding exactly what you are looking for? Let us customize a journey to fulfill your travel dreams.

Customer service that goes the extra mile. Having trouble finding flights that work for you? Want to surprise your traveling companion with a bottle of champagne at a tented camp in the Serengeti to celebrate an important milestone? There is no request that is too big—or too small—for our staff to handle. From your first call, we guide you through choosing your trip, provide advice on preparing for your adventure, and hold your hand until you return home.



Multi-year recipient of *Travel + Leisure* magazine's "World's Best Tour Operator"; and recognized by the editors of *National Geographic ADVENTURE* magazine as one of the **Best Adventure Travel Companies on Earth**.

Nepal | KATHMANDU CULTURAL EXPLORATION

Thank you for your interest in this fantastic journey to Nepal. We have hand-crafted this tour from our own experience and hope you fall in love with the area—as we have!

THE INSPIRATION FOR THIS JOURNEY

This cultural extension takes you to the Kathmandu Valley, where you'll explore the iconic architectural and artistic achievements for which the region is famous. With a local guide, you'll learn about the significance of each historic site, and gain a deeper understanding of this unique destination, where Buddhism, Hinduism, and traditional beliefs have coexisted peacefully for centuries.

For those wishing to conclude their journey with a flight over Mount Everest, this can be arranged (at an additional cost) and is a perfect way to complete your journey among the world's highest mountains.

HIGHLIGHTS

- Visit Bhaktapur, a traditional Newari city of local artisans
- Explore iconic Hindu temples and Buddhist stupas, then learn about their unique coexistence in the Kathmandu Valley with a visit to Durbar Square
- View unique Asian religious art at the Patan Museum
- Relax in 5-star accommodations at Dwarika's Heritage Hotel, and perhaps indulge in a multi-course Nepali dinner at the onsite Krishnarpan restaurant
- See Mt. Everest from above, on an optional hour-long scenic flight

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TOUR OVERVIEW



THE BASICS

Duration:	4-day trip
Accommodations:	3 nights in a deluxe hotel
Tour start/end:	Kathmandu, Nepal
Trip rating:	1+ 2 3 4 5 Easy Strenuous (See page 14 for more details)
Land cost:	\$1,595 per person (<i>based on double occupancy</i>) \$1,750 per solo traveler
Single Supplement:	\$500



WHAT'S INCLUDED

Just pack your bags—we've got you covered! When you're on a Boundless Journeys adventure, every detail is taken care of for you, so you can relax and truly experience each moment.

Put your wallet away, leave your travel books behind, fold up your maps, and BE there. Your Boundless Journeys adventure includes.

- Expert leadership
- All accommodations
- Meals as noted in the itinerary
- All touring activities as noted in the itinerary
- Airport transfers and private ground transportation

Airfare is not included in the price of your trip. Please contact your local travel agency or the airlines directly to make any arrangements you may need. If you would like assistance with booking your flights or other travel plans, please contact Boundless Journeys directly for a referral to our partners who will best fulfill your needs.

ITINERARY AT-A-GLANCE

DAY 1: Upon arrival, meet your guide and check in to your hotel.

DAY 2: Full day exploring Bhaktapur, Pashupatinath, and Boudhanath temple complexes

DAY 3: Visit Patan, Durbar Square, and Swayambunath Stupa.

DAY 4: After breakfast, transfer to the airport for departure or optional Everest flight.

THE JOURNEY



DAY 1: Arrival in Kathmandu

Welcome to Nepal! Upon arriving in Kathmandu, you are transferred to the 5-star Dwarika's Heritage Hotel. If time allows, you may choose to explore Kathmandu independently this afternoon.

This evening you dine at a local restaurant where guests are not only introduced to authentic Nepali & Newari style cuisine, but where one can also enjoy traditional Nepali live music and dance. You will hear Nepali folk songs and witness dances showcasing Nepal's various ethnic groups including Newari, Maithili, and Tharu.

Accommodation: Dwarika's, Kathmandu

Meals: D

DAY 2: Bhaktapur to Boudhnath

Activity Overview: Cultural touring

Activity Level: Easy

Activity Length: 4-6 hours

Today after breakfast we set off on a cultural exploration of important religious and cultural sites in and around Kathmandu. We begin at Bhaktapur—one of the most well-preserved medieval cities in the region—known for its rich arts, culture, and towering temples. Many local artisans live and still practice their trades here. Continuing on, we next visit the Boudhanath Stupa, often referred to as the “Great Stupa” as it is the largest Buddhist stupa in Nepal. This iconic stupa possesses the classic “Buddha Eyes” or “Wisdom Eyes” commonly painted on most Nepali stupas. These eyes symbolize the omniscience of the Buddha.

Our final stop is the Pashupatinath Temple, one of the most sacred Hindu temple complexes in Nepal. Located on both banks of the Bagmati River on the eastern outskirts of Kathmandu, Pashupatinath is the most important Nepalese temple complex dedicated to the Hindu god Shiva. Pashupatinath is the site of many religious festivals throughout the year where devotees come to worship. Pashupatinath is also the site of traditional, open-air cremations.

This evening is free to enjoy at your leisure.

Accommodation: Dwarika's, Kathmandu

Meals: B, L

DAY 3: Patan and Durbar Square

Activity Overview: Cultural touring

Activity Level: Easy

Activity Length: 4-6 hours

This morning our cultural journey continues as we explore fascinating sites that neighbor Kathmandu. We first visit Patan, once an independent city-state just across the Bagmati River. We'll see an array of temples and palaces, and visit a museum known for its incredible collection of Asian religious art. Next, we head to Durbar Square, known for some of the most striking architecture in Nepal's cultural heritage. Our last visit today is Swayambhunath Stupa, perhaps the most impressive architectural feat in the Kathmandu Valley. Surrounded by prayer flags, the structure is a symbol of Buddhist beliefs, with a white dome that represents Earth and 13 tiers towering above that represent the stages of nirvana.

A BOUNDLESS MOMENT IN NEPAL:

We arrive in Bhakatapur, and are immediately in awe of the unique, beautiful architecture. Orange bricks buildings are complemented by elaborately designed, intricate carvings in rich, dark wood. Our attention, however, quickly turns to the activity around us. Local potters work clay nearby, spinning their pieces on the ground, using the same traditional methods as their ancestors. It was magical to watch—the opposite of the fast-pace and instant gratification of everyday modern life. Here, there was pleasure in the process, and a relaxed patience inspiring to observe.



The evening is yours to enjoy at your leisure. You may choose to dine at one of Dwarika's onsite restaurants, or venture to Kathmandu's bustling Thamel district for a variety of shopping and restaurant options.

Accommodation: Dwarika's, Kathmandu

Meals: B, L

PLEASE NOTE: *This is a typical itinerary, and actual activities may vary to take advantage of weather conditions, local events and to allow serendipity to play a hand in your experience. Accommodations are as outlined in the itinerary, although we reserve the right to change these should the need arise. See our booking terms and conditions for more information about our change policy.*

DAY 4: Departure from Kathmandu

Mt. Everest Flight (optional)

This morning there is an opportunity to experience one of the most spectacular mountain flights in the world. This optional scenic mountain flight departs Kathmandu and flies east along the Himalayas, giving eye-level views of the highest peaks on earth, including Mount Everest. Later, you will be transferred to the international airport in time for your departure flight.

Meals: B

MOUNT EVEREST FLIGHT

The flight lasts approximately one hour, and the cost is \$250 per person. The mountain flight may be scheduled on the morning of the last day before your departing international flight, if time allows. International departure flights should be scheduled no earlier than 2:00 p.m. to allow enough time for the mountain flight.

Please note: You may have the opportunity to see some of these mountains on your flight to Nepal; however, it will be from a much greater distance.

Please contact Kristen Bernarsky, the destination manager for this trip by email: kristen@boundlessjourneys.com or by phone: 800-941-8010.

WHAT TO EXPECT



TRIP RATING

Boundless Journeys' trips are designed for energetic and flexible individuals who like to be active and have a spirit of adventure and a positive attitude. Kathmandu Cultural Exploration is rated 1+, easy, on a scale of 1-5 (with 5 being the most strenuous). The walks on this trip are day walks with some vehicle support. Much of the walking on this tour will be on flat terrain, while sightseeing, 4-6 hours per day, broken up by rest and meals.

PREPARING FOR THIS TRIP

It is very important that you realistically assess your physical condition with regard to the demands of this trip. The more well-prepared you are for the activities, the more you will enjoy yourself. As a general guideline, we suggest that you engage in easy to moderate aerobic activities (such as walking, hiking, jogging, or cycling) for at least 30-45 minutes several times a week for 4-6 weeks before the trip. If you live in a flat area, try to incorporate some stairs into your workout, or use a treadmill with varying incline capability (consult your doctor before undertaking any new fitness program). Please contact us if you have any doubts regarding your physical match with this tour.

WEATHER

Temperatures in Nepal can be quite cool in the mornings and evenings, but heat-up at midday due to strong direct sunlight at high altitudes. These mountainous areas have pronounced rainy and dry seasons. The dry season lasts from October through May. Again, days tend to be warm with nighttime temperatures dropping significantly. Any time of year, dressing in layers is a good strategy, so that you can shed or add layers as the day heats and cools. The driest weather and clearest skies are typically in

October and November during the harvest season. During March through May, beautiful flowers are in bloom and it is the planting and ploughing time of year. The months of December through February are clear and cool (and can be below freezing at night); it is the shoulder season, so you will encounter fewer visitors. June through August is the monsoon season and it is generally not recommended to travel to Nepal at this time of year. See the chart below for monthly average temperatures.

AVERAGE TEMPERATURE °F (HIGH/LOW)

	MAR	APR	OCT	NOV
Kathmandu	70/50	77/57	74/59	68/49

You may obtain more detailed weather information online at: www.weatherbase.com

TRAVELER'S RESPONSIBILITY

Trip participants have certain responsibilities to both Boundless Journeys and your fellow travelers. This includes understanding the conditions described in the trip itinerary and making sure it is appropriate for your interests and abilities, based on a review of the trip ratings, consultation with Boundless Journeys' staff, and perhaps your doctor. In addition, trip participants are responsible for preparing for a trip by undertaking the proper fitness training. At the guide's discretion, a participant may be asked to leave the trip if the guide feels that the person's further participation may be detrimental to the individual or to other trip participants. If you have any questions about the difficulty level of the trip you have chosen, please contact Boundless Journeys to speak with one of our Destination Managers.



FOOD & WATER

The general rule for food when traveling to developing countries is “wash it, cook it, peel it, or forget it.” The well-run hotels where we stay and the restaurants where we eat prepare foods in a sanitary manner, using distilled water to wash vegetables, and iodine to kill any bacteria. You should drink bottled water, and avoid ice cubes and frozen drinks if you are unsure of the water used for making the ice. Bottled water is provided by hotels for use when brushing your teeth.

DRINKING WATER

We provide purified or bottled water on all trips; however, in an effort to reduce waste, we strongly encourage you to bring a water bottle to refill where it is safe to do so. This will be the case in much of Europe, as well as a few other destinations, where tap water is safe to drink (please review Immunizations & Health Concerns for more information). In parts of the world where water must be purified, bottled water may be our only option. Here, we do our best to provide purified water from larger containers to refill your bottles, rather than using many small single-use bottles throughout your trip. This is just one small way we strive to travel more responsibly and we appreciate your efforts in helping us to protect the extraordinary places we visit.

Boundless Journeys has taken the Travelers Against Plastic company pledge to promote sustainable travel and encourage travelers to avoid buying bottled water when they travel. You can take the pledge, too, and learn more about TAP's efforts at www.travelersagainstplastic.org.

CUISINE

Nepalese cuisine is not well-known in the rest of the world. While the food in Nepal is plentiful, healthy, and flavorful, it is not the reason anyone should plan a trip to this country. Kathmandu has a surprising variety of restaurants serving many types of international cuisine. Remember that Nepal is a relaxed culture and service is usually much slower than Westerners are used to. Outside of the cities, the food is primarily a combination of Nepalese (which has a large Indian influence) and Tibetan. Rice, lentils, and vegetables are staples, with a variety of meats, which are used somewhat sparingly. Tasty soups, fried breads, and steamed dumplings filled with meat or vegetables are among the local favorites. The national drink is sweet tea brewed with milk.

Please inform us of any specific dietary restrictions by completing your guest forms, and we will do our best to accommodate you. Please call our office with any questions or concerns about our ability to meet your needs.

TRANSPORTATION

All on-tour transportation is provided in private, air-conditioned, passenger vans.

ACCOMMODATIONS



NIGHTS 1-3

Dwarika's Heritage Hotel

Kathmandu, Nepal

Tel: (977-1) 4479488/ 4470770 | info@dwarikas.com

www.dwarikas.com

Dwarikas is a 5-star heritage hotel, espousing traditional Newari-style architecture and Nepalese charm and hospitality. The construction of the hotel began as a cultural restoration project, and incorporates ancient architectural traditions. Today it is Nepal's most desired accommodation. The onsite restaurant, Krishnarpan, offers a unique multi-course menu with a variety of Nepalese dishes.

OUR GUIDES

With a Boundless Journeys guide, your experience is that of friend and local adventurer. We believe strongly in working with local guides, experts in the areas to which we travel, and they hold the keys to unlocking the hidden delights of your chosen destination. Although you will never know they are at work—the mark of a truly great leader—our guides make magical things happen and add a dimension to your trip that you could not experience on your own. Over the years we have forged bonds with some of the best guides in the world, and we typically work with a small team of guides in each region. You will be informed of the guide for your trip one month prior to your departure.

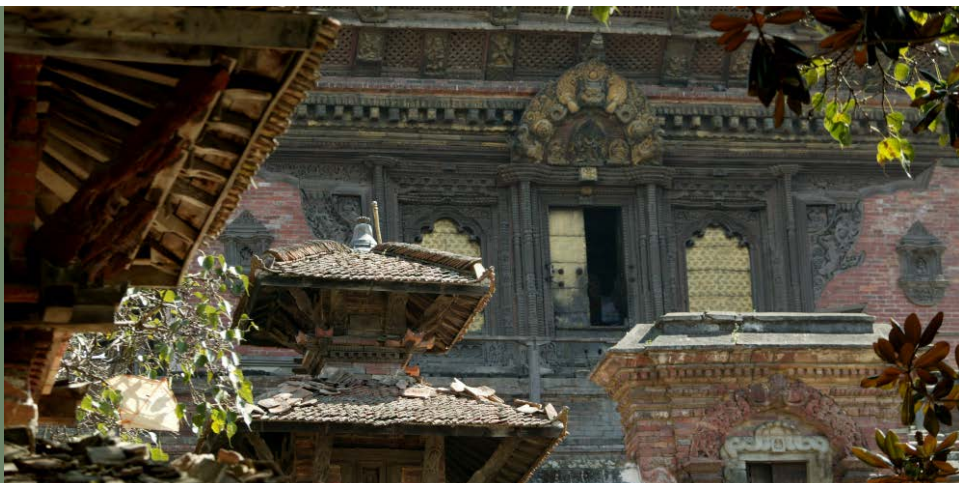
One of our featured guides in Nepal:



BASUDEV GIRI

Basudev Giri lives in Kathmandu with his wife and two children. He began guiding in 1994, and has worked as a guide ever since! He also works part time as a lecturer at one of the local colleges, and in his free time enjoys playing volleyball and singing folk songs. Basudev looks forward to welcoming you to Nepal and showing you the sights of his home city of Kathmandu!

NEXT STEPS



TO MAKE A RESERVATION

You can call Boundless Journeys at 800-941-8010, request a reservation online, or contact your travel agent. We will confirm your spot with a deposit of \$500 per person and the payment of internal airfare, payable by check or credit card. The balance for your trip is due 90 days prior to departure.

ONCE YOU RESERVE

As soon as you confirm your adventure, we will provide you with an extensive, detailed trip planner that includes arrival and departure instructions, a complete packing list, regional information, required documents, a reading list, and other details.

TRIP CANCELLATION INSURANCE

In addition to your detailed trip planner, we will email you a quote for Travel Guard trip insurance. Please let us know if you would like us to purchase a policy on your behalf. If you choose to decline this service, we ask that you sign and return the Insurance Waiver included in your trip planner package. Boundless Journeys strongly recommends purchasing Trip Insurance.

CANCELLATION & REFUND POLICY

If it becomes necessary to cancel your trip, the following schedule applies to your land cost and is determined by the day that we receive written notification:

- >120 days prior to the trip: deposit is non-refundable.
- 120-91 days prior to the start of the trip: 25% of payments are non-refundable
- 90-61 days prior to the start of the trip: 50% of payments are non-refundable.
- 60-0 days prior to the start of the trip: 100% of payments are non-refundable.

QUESTIONS? WHICH TRIP IS RIGHT FOR YOU?

Adventure travel may involve exotic destinations, unusual levels of physical exertion, and activities that may be new to you. If you have any questions about the level of comfort, difficulty, or activities included on your trip, please call Boundless Journeys at 800-941-8010, or email us at info@boundlessjourneys.com. Our travel experts look forward to helping you select the perfect adventure.

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LOOKING FOR MORE CULTURE?

Check out. . .

- **VIETNAM:** Cultural Explorer
- **BHUTAN:** Hidden Kingdom in the Himalayas

BOUNDLESS BEYOND



RESPONSIBLE TRAVEL

At Boundless Journeys, our goal is to create meaningful experiences that protect the delicate ecosystems and attributes of every location we visit. We aim to educate our guests on the best responsible travel practices for each destination.

WE ARE COMMITTED TO

Making connections. Our local guides offer insider knowledge of their country, including tips on etiquette and customs. They facilitate meaningful interactions with the people and places we visit, such as dinner at the home of a local family. While you may arrive in a destination as a visitor, you leave with a deeper understanding and connection to each place.

Going local. Boundless Journeys' small group size stems from a desire to provide a more intimate traveler experience, giving us the freedom to move through the tight alleys of old towns on foot, eat and sleep at traditional guesthouses, participate in immersive cultural exchanges, and leave a smaller footprint on all of the locales we visit. This mobility allows us to support local economies directly, forging strong relationships with our partners and friends abroad as we return year after year.

Respecting people and the environment. We support organizations working to protect ecosystems and improve the livelihoods of local communities. On many of our trips, we explore stunning natural landscapes where conservation is of the utmost importance. As visitors, we practice Leave No Trace ethics and actively contribute to the conservation of parks and protected areas.

HOW YOU CAN HELP

Give back. Instead of receiving a Boundless Journeys t-shirt or water bottle, you can opt to donate the value of your gift to our travel scholarship fund, which will be awarded to a local student for an educational or service-based travel opportunity.

Learn more. Visit boundlessjourneys.com/responsible-travel to read more about how our values are reflected in our trip offerings. We also offer a selection of Resources for the Responsible Traveler, which suggests ways to tread lightly and ensure your journey has a positive impact.

Join us. Boundless Journeys has taken the Travelers Against Plastic company pledge to promote sustainable travel and encourage travelers to avoid buying bottled water when they travel. You can take the pledge at travelersagainstplastic.org.

CONSERVATION IN ACTION

Boundless Journeys is a proud member of the Adventure Travel and Trade Association, a global network of adventure seekers who believe in the protection and promotion of local communities and wilderness areas.

