



Nepal Family Adventure

Country(ies): Nepal

Tour type: Family

Transport: A/C minibus, 4x4 jeep, internal flight

Group size: Min: 3 | Max: 16

Days: 14 days

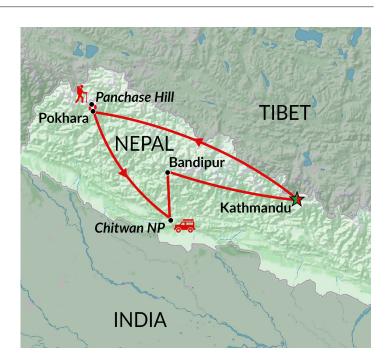
Start Location: Kathmandu, Nepal

End Location: Kathmandu, Nepal

Meals: Breakfasts - 13, Lunches - 7, Dinners - 7

Highlights:

Kathmandu sightseeing, Annapurna foothills lodge trek, sunrise from Panchase Hill, Bandipur hill village & school visit, Child friendly white-water rafting, safari activities in Chitwan National Park



Itinerary

Day 1: Arrive in Kathmandu, transfer to hotel

Namaste! After arriving into Kathmandu today, our reps meet you at the airport and then transfer you to your hotel for the start of your tour. In the evening, your rep will give you a brief introduction to the local area of Thamel.

OVERNIGHT: Kathmandu hotel

MEALS: None

EXTRAS: Extra day in Kathmandu - pre-tour Single room supplement (NPFANA)

Day 2: Thamel Rickshaw Ride and Durbar Square. See the Living Goddess & visit Swayambunath Stupa

Our Nepal tour starts with an exciting Rickshaw ride through the backstreets of Thamel, to Durbar Square. We'll pass through small back streets full of numerous tiny shops, workshops, temples, and stupas to Durbar Square with its array of wooden and stone carved temples and palaces, where we'll have plenty of time to walk around and explore. We'll make time whilst in Durbar Square to visit the Living Goddess, Kumari. In Nepal a young prepubescent girl is chosen from the Newar community to embody the goddess Taleju, a manifestation of the Hindu goddess Durga. She is believed to be the living incarnation of the divine feminine and is worshipped by both Hindus and Buddhists.

After an included lunch at Rum Doodles restaurant, we drive to the important Swayambunath Stupa which sits on a hilltop overlooking the city, visible from miles around. Also known locally as the 'monkey temple', we'll see these nimble inhabitants scampering in and around the trees and temple.

OVERNIGHT: Kathmandu hotel

MEALS: Breakfast, Lunch

EXTRAS:

Day 3: Fly to Pokhara. Enjoy a boat ride on Lake Phewa and learn how to make Momos

Start your day with an early morning flight from Kathmandu to Pokhara, taking in breathtaking aerial views of the majestic Himalayan range as you soar through the skies. Upon arrival in Pokhara, a picturesque city nestled in the foothills of the Himalayas, head straight to the serene Lake Phewa. Here, embark on a leisurely boat trip, allowing the tranquil waters and the stunning backdrop of the Annapurna mountains to captivate your senses.

After working up an appetite, delve into the heart of Nepali culture with a hands-on momo making class. Under guidance, you'll learn the art of crafting these delectable dumplings from scratch... and of course enjoy them afterwards!

OVERNIGHT: Pokhara hotel

MEALS: Breakfast

EXTRAS:

Day 4: Begin the Panchase Trek to Bhundi (3-4 hours)

Today, we begin our 3-day trek in the beautiful Annapurna region of the Himalayas. After being introduced to the porters and cooks, a bus will take us to Dam Head from where we start trekking on to Bhumdi (1,500m), which is where we will stay on the first night.

The trek to Bhumdi typically takes around 3-4 hours, depending on pace and the number of stops we make along the way. Upon arrival in Bhumdi, a small village nestled in the hills, you'll be rewarded with panoramic views of the surrounding mountains and a sense of tranquility that sets the stage for the rest of your Panchase Trek adventure.

OVERNIGHT: Trekking Lodge/Home Stay

MEALS: Breakfast, Lunch, Dinner

EXTRAS:

Day 5: Trek from Bhundi to Panchase Bhanjjang (4-5 hours)

Today we trek from Bhundi to Panchase Bhanjjang which will take 4 to 5 hours. The trek is a scenic uphill journey through picturesque landscapes, offering glimpses into rural Nepali life and stunning mountain views.

Starting from Bhumdi, a quaint village nestled in the hills, the trail gradually ascends through terraced fields and forests. You'll pass through charming villages like Majhgaon and Chisapani, where you can interact with friendly locals and observe their daily routines. The path winds its way through lush greenery, offering occasional views of the snow-capped peaks in the distance.

As you climb higher, the air becomes cooler and the scenery more dramatic. You'll encounter patches of rhododendron forests, which burst into vibrant colors during the spring season. The trail continues to meander through picturesque landscapes, with occasional glimpses of the majestic Annapurna range.

The final stretch to Panchase Bhanjyang involves a steeper climb, but the reward is worth the effort. Upon reaching Panchase Bhanjyang, a small settlement perched on a ridge, you'll be greeted with panoramic views of the Himalayas. The sight of the Annapurna and Dhaulagiri ranges, bathed in the golden hues of the setting sun, is truly awe-inspiring. Panchase Bhanjyang

OVERNIGHT: Trekking Lodge/Home Stay

MEALS: Breakfast, Lunch, Dinner

EXTRAS:

Day 6: Optional hike up Panchase Hill, trek to Bhadaure (3-4 hours)

This morning you have the opportunity to make the climb up to Panchase Hill (2,500m) for an even better view of the nearby peaks of which include Dhaulagiri (8,167m) and Manaslu (8,156m).

After lunch we continue our trek from Panchase Bhanjyang to Bhadaure which is a delightful descent through picturesque landscapes and charming villages. As you leave the heights of Panchase Bhanjyang, the trail winds downwards, offering breathtaking vistas of terraced fields, lush forests, and distant mountain peaks. Along the way, you'll encounter quaint settlements inhabited by Gurung and Brahmin communities, where you can witness their traditional way of life and perhaps even share a cup of tea with a local family. The path, though well-defined,

can be steep and rocky in places, adding a touch of adventure to the journey.

After a fulfilling day of trekking, the welcoming village of Bhadaure awaits, offering a place to rest and recharge before finishing your trek tomorrow.

OVERNIGHT: Trekking Lodge/Home Stay

MEALS: Breakfast, Lunch, Dinner

EXTRAS:

Day 7: Trek to Naudanda (3 hours) and drive back to Pokhara

Our short camping trek ends today with an easy walk down to Naudanda.

The trek from Bhadaure to Naudanda is a relatively easy and scenic downhill walk, taking approximately 3 to 4 hours to complete. The trail covers around 10 kilometers and mainly follows a mix of stone staircases, dirt paths, and a brief section of jeep track.

As you descend from Bhadaure, you'll be treated to views of terraced farmlands, charming villages, and lush green landscapes. Along the way, you'll have opportunities to interact with the locals and experience their warm hospitality. Keep an eye out for small streams and bridges, which add to the picturesque charm of the trek.

The final part of the trek involves joining a wider jeep trail that eventually leads to Naudanda where your vehicle will be waiting to transfer you back to Pokhara. You'll have the remainder of the day free.

OVERNIGHT: Pokhara hotel

MEALS: Breakfast

EXTRAS:

Day 8: Family friendly white-water rafting on the Lower Seti and camping by the riverside

Embark on a scenic drive from the bustling city of Pokhara towards the tranquil banks of the Lower Seti River. The journey itself offers glimpses of the picturesque Nepali countryside, setting the tone for the adventure that awaits. Upon arrival at the river's edge, you'll be greeted by the experienced rafting team who will provide a comprehensive safety briefing and equip you with all the necessary gear. The day will unfold with thrilling white water rafting, navigating gentle rapids and calm stretches alike, perfect for families.

As the sun begins to set, you'll disembark and set up camp along the river banks. All camping equipment will be provided, ensuring a comfortable and hassle-free overnight experience. Gather around a crackling campfire under the starlit sky. The gentle lull of the river and the sounds of nature will create a serene ambiance, making it a memorable night for the whole family.

OVERNIGHT: Rafting camp **MEALS:** Breakfast,Lunch,Dinner

EXTRAS:

Day 9: Drive to Chitwan National Park, begin safari activities and explore the local Tharu village

After breakfast at our riverbank setting, we'll pack up our camp and bid farewell to the tranquil Lower Seti River. Our journey continues onward to the renowned Chitwan National Park, nestled in the lowland Terai region of Nepal. This dramatic shift in landscape will transport us from the refreshing river valleys to the heart of a lush subtropical jungle teeming with diverse wildlife.

Upon arrival at the park, we'll check into our comfortable accommodations, allowing you time to freshen up and settle in. Then, the afternoon beckons with our first taste of safari adventure. You'll join either an immersive jungle walk, where you'll tread softly through the dense foliage, or embark on a thrilling jeep safari, venturing deeper into the park in search of its iconic inhabitants. Keep your eyes peeled for glimpses of majestic rhinos, elusive tigers, playful monkeys, and a vibrant array of birdlife.

As dusk approaches, we'll take a leisurely stroll through a nearby Tharu village, offering a unique cultural experience. Witness the traditional way of life of this indigenous community, known for their vibrant art, music, and close connection to nature.

OVERNIGHT: Chitwan hotel **MEALS:** Breakfast,Lunch,Dinner

EXTRAS:

Day 10: Chitwan National Park safari activities

We spend the whole day today exploring Chitwan National Park in search of the endangered Asian one-horned rhino, which Chitwan is famous for protecting. If you're very lucky you may also see a leopard, wild elephant or sloth bear, or even an elusive Bengal tiger, while the rhino, deer, monkeys, sloth bears, wild boar and numerous different birdlife are common sightings. Activities included are a jungle walk, river canoe trip and jeep safari.

OVERNIGHT: Chitwan hotel **MEALS:** Breakfast,Lunch,Dinner

EXTRAS:

Day 11: Chitwan to the hilltop village of Bandipur. Bandipur walking tour

Early this morning you can take a walk outside the park dedicated mainly to bird watching. After breakfast we then leave Chitwan and the Terai and drive to the ancient hilltop Newari trading village of Bandipur. The centre of Bandipur has been restored, and is vehicle free, with some lovely old buildings. We'll have a short guided walking tour around the centre of Bandipur before you have free time this afternoon to relax, or take a walk or hike through the surrounding fields, villages and hills. Walks include a 2-hour downhill hike through fields and forest to Siddha Cave, one of the largest in Asia and full of impressive rock formations (bring a torch). You can hike back uphill to Bandipur from here or walk down to the highway for our vehicle to pick you up. A shorter walk from the town centre can take you uphill for around 30min to the Thani Mai Temple, which is well worth it for its views at sunset if the weather is clear. In fact the whole of Bandipur affords good mountain views.

OVERNIGHT: Bandipur hotel **MEALS:** Breakfast, Dinner

EXTRAS:

Day 12: Return to Kathmandu, free afternoon

Today, we bid farewell to the charming hilltop town of Bandipur and embark on a scenic drive back to the vibrant capital city of Kathmandu. As we wind our way through the picturesque countryside, relish the final glimpses of terraced fields, quaint villages, and the majestic Himalayan peaks that have graced our journey.

Upon arriving in Kathmandu, you'll check into your comfortable hotel, providing a welcome respite after the morning drive. The remainder of the day is yours to explore the city at your own leisure. Perhaps you'll wander through the bustling streets of Thamel, browsing the vibrant shops and savoring local delicacies.

OVERNIGHT: Kathmandu hotel

MEALS: Breakfast

EXTRAS:

Day 13: Bhaktapur ancient centre with Pottery Class, Pasupatinath & Boudhanath

This morning we'll visit one of the ancient cities in the Kathmandu valley, Bhaktapur. The centre of Bhaktapur has been designated a World Heritage Site, and hosts the best preserved ancient buildings and temples in the Kathmandu valley, with some great examples of traditional wooden architecture to be seen. Our tour here will really give you a taste for how life has been led in the valley for centuries, and you'll see several traditional crafts still taking place, including a whole square dedicated to pottery - You'll even have the chance to partake in an included pottery class.

After a break for lunch we head back into Kathmandu to visit two of the city's most important, and contrasting religious pilgrimage sites - Pasupatinath temple (Hindu) and Boudhanath stupa (Buddhist). The evening is free for you to explore Kathmandu and Thamel one last time and enjoy a farewell meal together.

OVERNIGHT: Kathmandu hotel

MEALS: Breakfast

EXTRAS: Everest Mountain Flight

Day 14: Kathmandu, tour ends, airport transfer

Your time is free today until we transfer you to the airport in time for your flight home.

OVERNIGHT: N/A MEALS: Breakfast

EXTRAS: Everest Mountain Flight Bardia National Park Extension Extra day in Kathmandu - post-tour

Included:

- All accommodation as stated in the itinerary
- Private car, minivan or minibus subject to group size
- All transfers, including 24-hour airport arrival & departure transfer service
- Internal flight from Kathmandu to Pokhara
- Services of a local escort throughout the tour
- Specialist city guides and wildlife safari guides in Kathmandu and Chitwan
- Trekking guide
- Trekking porters (provided with clothing, footwear and accommodation as per IPPG recommendations)

- Annapurna Conservation Area entry fees
- Trekking permit
- White Water Rafting
- All national park entry and activity fees
- Meals as indicated in the itinerary
- All entrance fees to sites visited in the itinerary

Excluded:

- International flights (available on request)
- Visa fees (available on arrival for most nationalities)
- Travel insurance (compulsory, available on request)
- Meals not indicated in the itinerary
- Drinks, snacks and other personal expenses (e.g. laundry)
- Tips for tour leader, guides and porters
- Any other items not mentioned above

Options

Our tours are designed to include all that you need to enjoy a really special time in the destination you're visiting. However, we do also offer some extra options to complement the tour and add some additional sightseeing or activities, or some extra time at either end of the tour.

All accommodation based options (e.g. Single supplements, extra nights, cruise upgrades) should be booked and paid for in advance so that we can make the appropriate arrangements. Other options may either be booked and paid for in advance or while you are on the tour, though we recommend booking in advance to ensure there are no issues with availability.

Many options are priced the same throughout the year, but some may incur single or high season supplements - full details are given on the tour reservation form or on request.

Everest Mountain Flight

Min numbers: 1

This short but spectacular flight takes you from Kathmandu up towards and around Everest and the surrounding high peaks and Tibetan plateau. The planes have good sized clear windows, and window seats are guaranteed. The flight takes around 1 hour and we aim to book one of the first flights of the morning when the views tend to be better and the flights are less liable to delays or cancellations. Transfers to and from your hotel are included. If the flight does not run due to poor weather, we will aim to reschedule it for later in your tour. If that is not possible then you will be refunded.

Bardia National Park Extension

Min numbers: 1

Day 1

You are picked up from your hotel in Kathmandu and transferred to the airport for a domestic flight to Nepalganj. Aim to sit on the right side of the plane for great mountain views of Langtang and the Annapurnas.

On arrival in Nepalganj, you are met and transferred by jeep through the lowland Terai region of Nepal, passing several small villages before you reach the park. We'll stop at a bridge over a river as we enter the park which has sandbanks popular with resting gharial and mugger crocodiles.

We leave the main road through the park and drive through more tiny Tharu villages to the park entrance and our lodge accommodation for the next few days, Bardia Eco Lodge. The journey takes around 2 1/2 hours. Bardia Eco Lodge is located directly on the banks of a tributary of the Karnali river, with the park on the far bank. Monkeys, deer, peacocks, eagles and other wildlife are common sightings from the lodge. You'll also see the park elephants passing in front of the lodge in the morning and evening as they head to and from their stables. After checking in, take a guided walk from the lodge through neighbouring fields, villages and farmland to see and learn more about rural Tharu life.

Meals - Dinner

Days 2 & 3

These two days are available for a range of activities in and around the park (see list below). Activities are payable locally. If you wish to take a jeep safari or take a rafting trip please advise us in advance so we can confirm availability for you. In the evenings enjoy a relaxing beer or soft drink on the lodge balcony overlooking the river and the park.

Meals - Breakfast, lunch & dinner

Day 4

You have a final morning available for a last activity in the park today before we leave the lodge and head back to Nepalganj for your flight back to Kathmandu. On arrival you are met and transferred back to your hotel in the city.

Meals - Breakfast

Includes:

- Return flights between Kathmandu and Nepalganj
- Airport/hotel transfers in Kathmandu
- Nepalganj-Bardia transfers
- 3 nights accom
- All meals

Excludes:

- National Park entry fees and activities
- · Drinks and snacks
- Tips

Park activities:

The following activities are available from the lodge. Please advise us in advance if you would like to do a jeep or rafting trip so that we can confirm availability.

- Half day jungle walk with guide = US\$30 p/p
- Full day jungle walk with guide = US\$50 p/p
- Half day jeep safari with guide = US\$80 p/p (min 2)
- Full day jeep safari with guide = US\$100 p/p (min 2)
- Full day easy rafting (no fast rapids) & jungle walks = US\$90 p/p (min 2)

The main package price is based on 2 people travelling and sharing a twin or double room at the lodge. A supplement will apply for solo travellers or if you are travelling with other people but require a single room.

Extra day in Kathmandu - post-tour

Min numbers: 1

This option adds an extra day to the end of your tour, staying in the same hotel as the main tour itself (subject to availability). Your airport departure transfer is still included. Prices shown are per person and based on two people sharing.

Note: Single room and peak season supplements apply.

Extra day in Kathmandu - pre-tour

Min numbers: 1

This option adds an extra day to the start of your tour, staying in the same hotel as the main tour itself (subject to availability). Your airport arrival transfer is still included. Prices shown are per person and based on two people sharing.

Note: Single room and peak season supplements apply.

Single room supplement (NPFANA)

Min numbers: 1

Due to the style and nature of this tour, we do not arrange room shares between people not travelling together. This option therefore provides a single room in all the accommodation throughout the tour and should be added by all solo travellers.

Note: Single supplement prices may vary seasonally.

Child discount (6-9)

Min numbers: 1

This discount option may be added for all children aged between 6-9 years at the date of travel. Please contact us for more information on individual rooming arrangements and pricing for your family.

1. Accommodation

1. Hotels in Kathmandu, Pokhara, Bandipur

We use comfortable tourist class hotels in Kathmandu and Pokhara (approx. 3 star). The hotels in Bandipur are at a slightly lower level but make up for it with some great mountain views.

2. Trekking with lodges

For this lodge-based trek, we will use a variety of Lodges and Teahouses. In recent years many new lodges have sprung up and many offer quite good facilities and amenities. However, in some areas the lodges can be run on a very simple basis where toilets and washing facilities are outside the building. We can't promise that you will always have full amenities all the time, so you should understand this before embarking on this trek.

Staying in lodges gives you more comfort overnight than camping, and also allows you to meet up with and talk with other trekkers and guides at the end of the day. It also allows us to put more back into the local economies than if we were bringing everything with us.

Rooms in lodges are normally based on same sex sharing of twin rooms (though couples and families will be able to share). Some sheets & blankets are provided but a sleeping bag is still required. We provide the option to hire a sleeping bag in our trekking pack option, though you may still wish to bring your own inner sleeping bag liner or sleep sheet if you wish. Warm showers are available for a small fee at most lodges, though these may be bucket showers higher up.

3. Safari lodges in Chitwan National Park

At Chitwan National Park, we use safari lodges with comfortable clean rooms and en-suite bathrooms. We normally use lodges in and around the village of Sauraha on the edge of the park, which increases the number of activities you can do while at the park.

Please check the Single Room Supplement option for details on room sharing options and charges for solo travellers on this tour.

2. Transport

Private vehicles are used for all sightseeing tours and most of the journeys throughout the tour. A variety of transport including jeeps & canoes is used when you visit Chitwan.

3. Transfers

The tour includes a 24-hour airport meet & assist service in Kathmandu airport, your arrival and departure airport-hotel transfers and all other transfers.

4. Group Size/Tour Leaders/Guides

We are committed to being a small group operator, as we feel this gives everyone in the group the best chance to get to know their fellow travellers and to hear and make the most of their guide. There's no point in us providing great guides if you've got to peer over 30-40 shoulders to see them! So, we won't ever put you in a 50-seater coach with 49 other people and just one guide. Instead, we set this Nepal Family group departures to have a maximum of 16 travellers. Average group sizes are 8-12, lower during the low season (December-February, June-September).

Fully trained English-speaking Nepalese trekking, rafting and safari guides are provided on this tour and many of our travellers consider them a highlight of their tour. We also provide a fully trained English-speaking guide for

any sightseeing tours. A tour leader (often your trekking guide) will accompany you throughout the trip.

We support and follow international guidelines for the employment of any trekking porters we use, including those of the IPPG (International Porter Protection Group)

At Encounters Travel we only use local Nepali guides and reps. We feel this gives you the best experience of the country and the sites you are seeing.

5. Trekking

The trekking times given above are approximate, and will vary depending on your fitness, and also importantly, on the speed you want to walk. We will normally set off early in the morning, and have plenty of breaks during the day, before finishing trekking in mid-late afternoon. Some days will be longer than others, and your guide will let you know when there is a long day ahead.

All meals during your trek are included in the price of your tour. Drinks and snacks are not included however a good selection of choices are available at all of the trekking lodges we use.

We have graded this trek as: EASY TO FAIR:

"A trek, where the terrain can vary considerably. Most days will be quite easy walking, but on others the going will be a little harder. You must have confidence in your ability to be able to complete a day's walk even when the route becomes tough."

6. Rafting

It is a popular myth that white-water rafting is only for the young and super fit.

For all our rafting tours, you must be a competent swimmer and be unafraid of the water and to this end we are unable to accept bookings from non-swimmers. So, whether you are male or female, young or old, if you are prepared to honestly assess your physical abilities and accept the challenge then rafting is right for you.

You need to bring swimming gear, some trainers or sandals you don't mind getting wet, and a towel. We will provide wetsuits, and all the rafting equipment.

All the Nepalese rafting guides we use are fully trained and experienced on the river, and we carry a first aid kit and use safety kayakers. For the rafting option on this particular tour on the Lower Seti River, there are Class II and III rapids (Grades run from I to V), and you only need to be relatively fit. You don't need any previous rafting experience, and the start of your time on the river will be spent learning the skills and teamwork required. We consider the Lower Seti river ideal for beginner rafters and those travelling with children.

Class II: mild rapids, suitable for children and anyone seeking an enjoyable experience

Class III: larger rapids, requiring a little more skill but with little real danger

Class IV: powerful rapids, needing more advanced techniques

7. Entrance Fees

All your entry fees and permits are included (to cover entry into the trekking conservation areas, and sites on the city tour).

In Chitwan, all National Park activity costs are included, to cover one of each of the following: Jungle Walk, Village Walk, River canoe trip, Elephant Ride or Jeep Safari.

8. Dates & Prices

We run regular small-group departures on this tour during the main school holidays. All departures are guaranteed to run with a minimum of 3 travellers. Departure dates and prices are listed on our website and in our brochures. Please check the website for the most up-to-date prices and any special offers available.

Note: We do include some departure dates during the main monsoon season (late June to mid-September). During this period not all activities may be available in Chitwan, and you should travel prepared for muddy trails and rain during the trek. Despite the probability of some heavy rain showers, visiting Nepal during the monsoon season can be a very pleasurable and different experience to the rest of the year, with everything looking very lush and far fewer tourists around, particularly on the trekking routes.

Printed on: Wednesday 22nd of October 2025

Note: Please <u>download an up-to-date copy</u> of these tour notes shortly before you travel as itineraries and information does change from time to time.