



Nepal Discovery Adventure

7 Days



The Adventure Company | EST. 1969

MT•SOBEK™
MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ Nepal Discovery Adventure

Perfect for first-time visitors to the Himalaya region, this new adventure offers an easy introduction to the magical land of Nepal. Enjoy seven full days in the heart of the Himalaya: explore the sensorial city of Kathmandu, traditional mountain villages, and serene Buddhist temples and monasteries. Via short and spectacular hikes, scenic flights, and easy transfers, revel in some of the best views and experiences Nepal has to offer — with MT Sobek, the first and most respected outfitter in the region, since 1969.

Details

Arrive: Kathmandu, Nepal

Depart: Kathmandu, Nepal

Duration: 7 Days

Group Size: 6-15 Guests

Minimum Age: 8 Years Old

Activity Level:



Testimonials

"I've taken six MTS trips and they have all exceeded my expectations. The staff, the food, the logistics and the communications have always been exceptional. Thank you for being my "go to" adventure travel company!"

Margaret I.

"I have traveled extensively around the world. The experience with MTS was by far the best I have ever had. Thank you for such excellence."

Marianne W.

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Why Take This Trip With Us?

REASON #01

MT Sobek is a legendary outfitter in Nepal, offering pioneering adventures in the Himalayas since 1969.

REASON #02

Our team of local guides are true experts, with over 20 years' experience in the Kathmandu Valley.

REASON #03

This specially crafted discovery adventure is quick, easy and perfect for first-timers to Nepal.

What to Expect



ACTIVITIES

Cultural touring in the Kathmandu Valley with visits to shrines and temples, plus short hikes and scenic flights



LODGING

Scenic and comfortable mountain accommodation in Nepalese inns and lodges, plus three nights at Kathmandu's luxury Shangri-La Hotel.



CLIMATE

Daytime temperatures in Kathmandu range from mid-70°Fs-low 80°Fs. Nighttime temperatures range from mid-40°Fs-mid-50°Fs.

Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Sanjay Nepal has been a trip leader in Nepal, India, Bhutan and Tibet since 1999. He is well-loved for his anecdotes, humor, and patience in the field. In addition to a Master's Degree in English Literature from Tribhuvan University in Kathmandu and an Executive MBA, Sanjay has deep knowledge of religion and culture on the sub-continent. He speaks Nepali, Hindi, Urdu, English and French fluently and has traveled extensively to learn more about Buddhism, Hinduism, Palmistry and Chinese Face Reading. Sanjay is also an accomplished writer and poet. Meet Sanjay on MT Sobek's popular Himalayan Passages tour or on our new Nepal Discovery Adventure.

Sanjay Nepal

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Itinerary

DAY 1

ARRIVE IN KATHMANDU

Welcome to Nepal! Meet your MT Sobek trip leader or representative and transfer to your hotel. After settling in, take an easy heritage walk through old Kathmandu, exploring the sights and smells of the energetic town. Enjoy an atmospheric rickshaw ride before returning to the hotel for a Nepali welcome dinner with the group.

Activity: 1–2 hours walking; 20-minute rickshaw ride

Meals: D

DAY 2

TOUR THE KATHMANDU VALLEY

The Kathmandu Valley, a UNESCO World Heritage Site, is renowned for its rich cultural heritage. Tour the sacred region with stops at Swayambhunath Stupa — the most ancient holy shrine in the valley — and UNESCO-listed Kathmandu Durbar Square. Also explore the ancient city of Patan, with its Durbar Square, Golden Temple, and Patan Royal Palace Complex, where you'll lunch. Enjoy a Himalayan healing bowls demo and therapy session at the Patan Fair Trade Center, and then take a momo (stuffed dumpling) cooking lesson before dinner in an old Rana palace complex.

Activity: 6-8 hours cultural touring

Meals: B, L, D

DAY 3

EXPERIENCE HINDUISM & BUDDHISM IN KATHMANDU VALLEY

Continue exploring the fascinating Kathmandu Valley. Visit Bodnath's enormous Buddhist stupa — the largest in Asia; Pashupatinath Hindu temple complex on the Bagmati River, the holiest temple of Nepal; and Bhaktapur, an enchanting medieval city home to Nyatapola Temple, the tallest in the country. In Bodnath, visit a monastery-run cooperative and learn about thangkas, the famous Tibetan Buddhist cotton paintings. Experience a special prayer ceremony and blessing at a Buddhist monastery and then, after lunch, drive to Nagarkot, famous for its stunning sunset views of the mighty Himalayas.

Activity: 6-8 hours cultural touring

Meals: B, L, D

DAY 4

HIKE KATHMANDU VALLEY, FLY TO POKHARA

Hike from Nagarkot to Telkot, passing through Tamang villages with spectacular views of the eastern Himalaya ranges. During the hike, we will stop and visit traditional homes along the way and have the opportunity to interact with locals, learning about the hilltribe Tamangs and their lifestyle. If the weather is clear, we will see

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Langtang, Dorjelakpa, Gangchenpo and other eastern Himalayan peaks. Drive to airport and board a flight to Pokhara.

Activity: 1.5 hours/2-3 miles hiking with 1,200' elevation loss

Meals: B, L, D

DAY 5

JOURNEY TO BANDIPUR

This morning, drive 2.5 hours to bustling Bandipur, a traditional Newari village with its colorful bazaar and charming homes nearly unchanged since ancient times. It has a surprisingly European air, thanks to its 18th-century architecture and al fresco dining. Take a short hike up to Thani Mai Temple for panoramic views of the Himalaya — the tallest mountains on Earth!

Activity: 2 hours/2 miles hiking with 450' elevation gain/loss

Meals: B, L, D

DAY 6

FLY TO KATHMANDU

After breakfast, drive back to the Pokhara Airport and catch a short flight to Kathmandu. Enjoy the afternoon at your leisure — shop, sightsee, or simply relax. Gather this evening for a festive farewell dinner at Rum Doodle, which is decorated with thousands of cardboard Yeti footprints with messages from climbers and hikers.

Meals: B, D

DAY 7

DEPART FOR HOME

After breakfast, bid farewell to the group and Nepal as you transfer from the hotel to the airport, and depart Kathmandu on your homeward-bound flight.

Meals: B

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Dates

Oct 25 - 31, 2019

Nov 17 - 23, 2019

Mar 22 - 28, 2020

Apr 8 - 14, 2020

Oct 25 - 31, 2020

Nov 17 - 23, 2020

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries may be subject to change.

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Pricing

2019

\$ 3,995 per person

Additional Cost

\$ 275 Internal Airfare

\$ 540 Single Supplement

2020

\$ 4,195 per person

Additional Cost

\$ 285 Internal Airfare

\$ 600 Single Supplement

PRICE INCLUDES

- Expert leadership from experienced adventure guides
- Accommodations as noted in the itinerary
- Meals as noted in the daily itinerary
- Potable water and snacks throughout
- 1 glass of wine or beer at dinner
- All tips and gratuities for support staff with the exception of your lead adventure guide(s)
- All group entrance fees, activities, and ground transportation
- Arrival and departure day airport transfers

PRICE DOES NOT INCLUDE

- International airfare, any airport taxes, or excess baggage charges
- Lunch on Day 6
- Optional tips to your lead adventure guides
- Personal expenses such as medical immunizations, phone calls, laundry, or souvenirs
- Airport transfers if arriving outside of day 1
- Optional travel protection

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➤ The World of MT Sobek

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are *the* adventure company.

Awards



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