Kathmandu Valley Trekking with Bardia National Park

Journey to the unknown jungle

This tour gives you the unique opportunity to combine some of Nepal's finest viewing points of the Himalaya's with the remote and impressive Bardia National Park. There are numerous trekking routes and Chisapani to Nagarkot is a very famous one. For tourists (especially families) we created this easy trekking route, that yet offers also some challenging and rewarding parts. But this package is aimed at everybody who wants to do a short trekking, enjoy the fullest of Himalayan views and see the wildlife of Nepal. It is a short route close to the Kathmandu which makes it possible to present this comprehensive tour in just 13 days. During this trekking you not only see natural beauty but also the authentic life styles of the unique culture of people who live in the hills of the Kathmandu Valley.

Place of special interest is the Nagarkot hill, a famous place to see the mountain ranges especially at sunrise. It's situated in an altitude of 2195 m. It is the nearest place from Kathmandu Valley to see the Mount Everest.

Bardia National Park in the Western Terai of Nepal is a famous but for most tourists unknown habitat for the wildlife in the region. The National Park which also includes the Babai River Valley preserves in its forest, grassland and river habitats the rare species of flora and fauna - wildlife and birds - including rhinoceros, Wild elephants, The Royal Bengal Tiger, Swamp deer, Black buck, Gharial Crocodile, and Gangetic Dolphins. The Tour encompasses both the cultural visits to Kathmandu valley's ancient and medieval sites as well as activities like bird-watching, jungle tour, elephant safari, and cultural programs inside the Bardia National Park.

Day 1: Arrival in Kathmandu, o/n in a hotel +D
Himalayan Dream Team will pick you up at the international airport for your transfer to the hotel. As a welcome you will have a typical Nepalese dinner with some of the staff members, momo's and Dal Bhat coming up! And do not forget to try our typical Nepalese drink with great mood of cheers.

Day 02: Sightseeing around in Kathmandu valley, o/n in a hotel +B
Our first day starts early after breakfast to visit the main sightseeings in Kathmandu. Our complete roundtrip today starts with Pashupatinath- the most venerated Hindu temple of Nepal and Boudanath, the biggest Buddhist stupa of the world. The Monkey temple is next, situated on a hill where we can overlook Kathmandu. You will see temples, stupas, and monasteries and will see lots of nice intricate wood and stone works. In the afternoon we return and drop you off at your hotel in Kathmandu. Private transport and entry fees included!

Day 03: Kathmandu-Sundarijal (1.350m)-Chisapani (2.140m), o/n in teahouse, 5 hrs, B+L+D.
After breakfast, our guide will pick you up from the hotel and we drive for an hour to Sundarijal, the starting point of our trekking. The trail begins with an ascend through the Shivapuri National Park.
before climbing higher to Mulikharka, a typical Tamang Village. They are one of the major Tibeto-
Burman speaking communities and trace their ancestry from Tibet, and even further back to Mongolia.
They have a distinct culture, language, and religion. The route leads us through the forests where we see our famous rhododendrons and oak trees. Then we move downward to Chisapani and on the way we see panoramic views of Annapurna and Everest and end up in a nice Tea House at Chisapani.

**Day 04: Chisapani to Nagarkot (2195m), o/n in hotel, 5 to 6hrs, +B/L/D**
After breakfast, we begin our trail to Nagarkot. We continue a trail downhill. On the way we enjoy the beautiful views of forests, villages, and also mountains. We stay overnight at Nagarkot. It is renowned for its sunrise view of the Himalaya including Mount Everest as well as other snow-capped peaks of the Himalayan range of eastern Nepal. Nagarkot also offers a panoramic view of the Kathmandu Valley. From Nagarkot we can see five of the world’s ten highest peaks, Everest, Lhotse, Choyu, Makalu and Manaslu. Situated in a strategic location, Nagarkot was an ancient fort of the Kathmandu valley to monitor external activities of another kingdoms. Later, it became a summer retreat places for the royals before becoming popular as an international hill station. It is also popular spot for sunrise and sunset.

**Day 05: Nagarkot to Dhulikhel (1625m), o/n in hotel, 6hrs, +B/L/D**
After breakfast we continue our trek. The trail climbs up to the tower of Nagarkot. From the tower one can enjoy excellent views of mountains as well as the whole Kathmandu Valley. The trail descends continuously through some small villages, forests on our way to Dhulikhel. Dhulikhel lies along the B.P. Highway and Arniko Highway. Arniko Highway connects Kathmandu, Nepal’s capital city with Tibet’s border town of Kodari. Dhulikhel is located at the Eastern rim of Kathmandu Valley, south of the Himalayas at 1550m above sea level. If clear weather, this day we see Eastern side of the Himalayas. We stay overnight in a hotel in Dhulikhel and explore the town.

**Day 06: Dhulikhel to Namobuddha (1982m), o/n at Monastery, 3hrs, +B/L/D**
Today we start our journey toward Namobuddha, where a very popular Buddhist Monastery is located. It is a small village which houses very old Thrangu Tashi Yangtse Monastery which is one of the most important Buddhist pilgrimage sites in Nepal and one of the holiest in the world. It is known as the place where the Buddha, in a previous life as a prince, gave his body to a starving tigress and her cubs. Namobuddha is a beautiful and peaceful town, perfectly situated in harmony with the impressive nature. Here, we have the unique opportunity to meet the monks, talk with them and also watch their praying rituals. To make the experience complete we dine and stay overnight at this monastery.

**Day 07: Namobuddha to Panauti (1500m), o/n in hotel, 2 hrs and drive Back to Kathmandu, +B.**
The next day after breakfast, we descend to Panauti, a typical Newari village. In Panauti we visit the Indreshwor Mahadev Temple, massive temple of Lord Shiva, and other Hindu Temples. Panauti is famous for Newari culture and traditions. After visiting Panauti we drive back to Kathmandu by bus and overnight at our hotel in Kathmandu.
Day 08: Fly to Nepalgunj & Drive to Bardia National Park, o/n in National park +B/D
We take an hour’s flight from Kathmandu to Nepalgunj in Western Nepal, the nearest airport from the Bardia National Park. Nepalgunj itself is an interesting Terai town of Nepal with influences from both the Nepal hills as well as local Hindu & Muslim cultures. The Bardia National Park is 90 kilometers from Nepalgunj, a 2 hours’ drive. Reaching Bardia, you will be transferred to your resort. There will be a briefing about the program at the National Park. In the evening, village tour to an ethnic Tharu village nearby, believed to be original inhabitants of the local jungle area.

Day 09: Activities in Bardia National Park including Jungle Walk, o/n in National park +B/L/D
The Bardiya (Bardia) National Park is a protected area in Nepal that was established in 1988 as Royal Bardia National Park. Covering an area of 968 km² it is the largest and most undisturbed national park in Nepal's Terai, adjoining the eastern bank of the Karnali River and bisected by the Babai River in the Bardiya District. Its northern limits are demarcated by the crest of the Siwalik Hills. The Nepalgunj-Surkhet highway partly forms the southern boundary, but seriously disrupts the protected area. Natural boundaries to human settlements are formed in the west by the Geruwa, a branch of the Karnali River, and in the southeast by the Babai River. After breakfast we embark for a Jungle Drive deep into the woods. The Bardia jungle is home to a number of wild animals including Asian Elephant, Great One Horn Rhinoceros, Spotted Deer or Chital, Hog Deer, Barking Deer, Sambhar, Swamp Deer or Barasingha, Nilgai, Black Buck, Wild Boar, Royal Bengal Tiger, Leopard, Golden Jackal, and Striped Hyena, etc. About 70% of the park is covered with forest, with the balance a mixture of grassland, savannah and riverine forest.[4] The flora recorded in the park comprises 839 species of flora, including 173 vascular plant species comprising 140 dicots, 26 monocots, six fern, and one gymnosperm species. We visit a crocodile breeding center. Our experienced nature guide would help you in tracking the wild life. Later on we also visit the Tharu Museum. The Tharu people are an ethnic group indigenous to the Terai, the southern foothills of the Himalayas in Nepal and India.

Day 10: Activities in Bardia National Park including Jungle Safari & Relax, o/n in National park +B/L/D
We have another full day for our wildlife experience. In the morning, we go for a jungle walk which would also serve the purpose of bird-watching. An interesting feature of today's activities is the elephant safari into the deep & dense jungle. Apart from the fun, another benefit of elephant ride into the jungle is that there is a better chance of seeing wild animals, since the wild animals are less scared when you’re on the top of their mammoth friend. Moreover, riding the elephant also saves you from any potential attacks by the wild animals. The elephants usually head northwest and you may see deer, langur monkeys, rhinos and boar. In the evening, we enjoy a cultural program of Western Nepal Tharu dances organized by the villagers.

Day 11: Drive to Nepalgunj & Fly to Kathmandu, o/n in a hotel +B
Today after taking breakfast we drive back to Nepalgunj to catch our flight to Kathmandu. Depending
on the flight time, we can spend some time visiting nearby places. Upon arrival in Kathmandu, you will be transferred to Hotel.

**Day 12: Free day in Kathmandu for shopping, o/n in a hotel +B**
The free day in Kathmandu either will be for leisure to rest or for perhaps some shopping before going home or explore any sights we missed during our first day in Kathmandu.

**Day 13: Transfer to international airport for fly back to home +B**

**Trip highlights:**

- Authentic Nepali style welcome dinner in Kathmandu
- Sightseeing main attractions in Nepal's capital
- Complete package for first timers and families to Nepal
- Easy trekking and seeing breathtaking Himalayan panoramic views
- Overnight in hotels, teahouses and a Tibetan Monastery
- Discover Tamang and Newari culture
- 1 week easy cultural trekking, especially suitable for families
- Largest and unique national park and jungle life in the Terai
- Elephant and jeep Safari

**Included:**

- Airport pick up and drop
- Cultural Tour Guide and transport for Kathmandu Sightseeing, entree fees to all temples and monuments
- Trekking Guide and porter(s) during trekking
- Domestic flights to Nepalgunj and back
- 3 nights in Bardia Jungle Cottage with all meals, accommodation and activities as to program
- Trekking Permit and National Park Fee
- All transportation as per program

**Excluded:**

- International airfare
- Personal expenses
- Travel and rescue insurance
- Optional excursions
- Cost of visa in Nepal
- All not mentioned in include section