

Travel with Purpose!



AN ALTERNATIVE JOURNEY TO THE HIMALAYAS: COMMUNITY PROJECT & WILDLIFE

Nature, Culture & Adventure | 14 DAYS PRIVATE TOUR | **15 – 28 FEB 2026**

Nepal – A country of breathtaking landscapes, rich history, and vibrant cultures, Nepal offers more than just scenic beauty. It is home to the world's highest peaks, thriving wildlife, and endearing people. From the soaring snow-capped Himalayas to the lush jungles and sacred rivers, *travel-to-nature Asia* invites travellers to explore with purpose.

This journey is not just about seeing the sights, but about connecting with the land and its people. Begin by immersing yourself in the history and culture of Nepal's medieval cities, including Kathmandu Valley's Hindu and Buddhist temples, pagodas, and the timeless town of Bhaktapur with its cobblestone streets.

Then, embark on a meaningful visit to the PHASE project village in Bolgaun, Baruwā (Sihupalchowk), where you'll witness the incredible work being done to provide healthcare services to local communities. It's an opportunity to truly understand the impact of community-focused travel and contribute to ongoing efforts that make a tangible difference.

Next, journey to Bardia National Park in the southwestern Terai region, a sanctuary for wildlife lovers and adventurers alike. Here, you'll experience Nepal's natural beauty while spotting Bengal tigers, one-horned rhinoceroses, wild elephants, and hundreds of bird species in their natural habitat.

The adventure concludes in the serene Pokhara Valley, where the majestic Himalayas rise above, offering panoramic views like nowhere else on Earth. Surrounded by pristine lakes, lush greenery, and snow-covered peaks, Pokhara is a place of tranquility and awe.

This is not just a tour – it's an invitation to **travel with purpose**, to explore, experience, and contribute to the communities and wildlife that make Nepal one of the most unique places on the planet.

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Main Attractions

- Ancient Temples & Pagodas
- Picturesque Nepalese Mountain villages
- Spectacular Himalayan Panorama
- Viewing Asian Wildlife up close in their nature habitat
- PHASE Project Village

Trip Highlights

- Kathmandu Valley: Unveil the spiritual mysteries of age-old cities of Kathmandu Valley
- Visit Hindu Pashupatinath (UNESCO Heritage site) and its sacred temple complex on the banks of the holy Bagmati river
- Visit one of the world's largest Buddhist Stupas – Boudhanath (UNESCO Heritage Site)
- Visit Bhaktapur: Durbar Square (UNESCO Heritage site)
- Bardia National Park: Spot wildlife and maybe the elusive Bengal tiger
- Pokhara – Relax and unwind in Begnas Lake Resort

travel-to-nature Asia Itinerary

Spring, 2026

Day 1 (15 Feb): Arrive Kathmandu (1350m)

In Capital City Kathmandu

Welcome to Kathmandu and the start of your holiday!

Upon arrival in Kathmandu, you are met by travel-to-nature Asia Tour Manager & Guide at the airport — look out for your name on a sign or paging board in the arrivals area. They bring you to the hotel where your room is pre-booked. If you're feeling up and not too tired and time permits depending upon your arrival schedule, take some time to explore Kathmandu's tourist hub – Thamel which is within walking distance from your hotel.

Accommodation: Hotel Yak & Yeti 5* (Deluxe Room)

Meal: N/a

Day 2 (16 Feb): The Magical Kathmandu Valley

Pashupatinath, Boudhanath & Bhaktapur

We begin our morning, visiting Hindu Pashupatinath (UNESCO Heritage site) and its sacred temple complex on the banks of the holy Bagmati river. Here, monkeys run up and down the steps of the burning ghats, and trident-bearing saddhus draped in burnt-orange and saffron sit serenely meditating – when they're not posing for photos-for-rupees.

Next, the striking Buddha eyes of Boudhanath Stupa (UNESCO Heritage site) watch over a lively and colorful Tibetan community and attract pilgrims from all over the Himalayan Buddhist realm. In the midst of traditional gompas, and hung with long strings of multi-colored prayer flags, Boudhanath attracts Sherpas, Tibetans and tourists alike for daily circumambulations (koras) of the stupa.



For lunch we will drive to Bhaktapur city. Bhaktapur (UNESCO Heritage site) is a home of medieval art and architecture and it is like a living museum. As we walk along its cobblestone streets, notice the many ornately carved windows for which the town is famous.

Accommodation: Hotel Yak & Yeti 5* (Deluxe Room)

Meal: Breakfast

Day 3 (17 Feb): Kathmandu – Bolgaun (Baruwa)

Drive east of Kathmandu to Bolgaun mostly on off road. Though the drive a bit rough but views are gorgeous. After about six hours drive, we arrive in Bolgaun.

Accommodation: Homestay

Meals: Breakfast, Lunch, Dinner

Day 4 (18 Feb): In Bolgaun

PHASE Clinic observation, interaction/visit to school and also observe livelihoods activities.

Accommodation: Homestay

Meals: Breakfast, Lunch, Dinner

Day 5 (19 Feb): Trek to Chyomuthang

After our breakfast we head to Chyomuthang which is about 6 hours of trekking.

Accommodation: Chyomuthang Resort (Basic)

Meals: Breakfast, Lunch, Dinner



Day 6 (20 Feb): Chyomuthang – Ama Yangri – Helambu

Today we trek about 3 hours, mostly uphill, to reach Ama Yangri - a prominent mountain located in the Helambu region and is known for its picturesque landscapes and rich cultural heritage. Ama Yangri offers stunning views of the surrounding mountains, including the Langtang range and the peaks of Ganesh Himal and Manaslu.

Accommodation: Homestay/Lodge

Meals: Breakfast, Lunch, Dinner

Day 7 (21 Feb): Drive Helambu to Kathmandu

Today we return back to Kathmandu from Helambu and drive involves mostly off road. After the bumpy drive and being the lap of Himalayas for the past four days we relax in our hotel and enjoy nice meals.

Accommodation: Hotel Yak & Yeti 5* (Deluxe Room)

Meal: Breakfast

Day 8 (22 Feb): Fly Kathmandu – Nepalgunj

We head to domestic terminal and take about 50 minutes flight to Nepalgunj - a sub-metropolitan city in southwestern of Terai of Nepal. It's a major industrial and transportation hub in the country, and is known for its rich culture and traditions as being in the close proximity to Indian town in Uttar Pradesh of India.

In order to have magnificent views of the Himalayan Range a window seat on the right-hand side of the plane is desirable. Actually, one of the highlights of the flight is the breathtaking view of the Himalayas on the north, with snow-capped peaks visible from the windows. As the plane flies over the green hills and valleys of Nepal, the scenery transitions from mountainous terrain to the plains of the Terai region, offering a unique perspective of Nepal's diverse geography.

Upon arrival in Nepalgunj airport a representative from Tiger Tops will meet/greet and drive to the Karnali Lodge along the East-West Highway of Nepal. After about 2 hours' drive, we arrive to the lodge.

Accommodation: Tiger Tops Karnali Lodge (Traditional Room)

Meals: Breakfast, Lunch, Dinner

Day 9-10 (23-24 Feb): In Bardia National Park

Bardia National Park is the largest national park in the Terai, a beautiful, unspoiled wilderness of sal forest, grassland and alluvial washes cut by the many fingers of the Karnali River. Largely unpopulated, it is often described as what Chitwan National Park was like 30 years ago, before

its commercial development. One can raft through the park for hours on end and not encounter another person.

Park Consisting of magnificent Sal and riverine forests, and extensive grasslands, the park's 936 square kilometres are home to Tiger, Leopard, Elephant, Rhino, a few Blackbucks, Spotted Deer (Chital), Sambar, Barking and Hog Deers, Nilgai, Wild Boar, Sloth Bear, Serow, Goral, as well as the Marsh Mugger Crocodile and the endangered Gharial. Nearly 400 species of birds occur in the park and during your time here you will hope to find such species as Great Black-headed Gull, Great Slaty Woodpecker, Crested Kingfisher, Wallcreeper, Large-billed Leaf Warbler, Greater Racquet-tailed Drongo and Scaly-bellied Green Woodpecker. Bardia is bounded to the west by the Karnali River, the largest in Nepal, and this enables us to explore the park by raft, as well as by jeep and on foot. A network of game trails in the park allow one to explore the abundant wildlife of the jungle.



Early morning and late afternoon excursions by jeep to remote regions of Bardia offer good chances of glimpsing a, Sloth Bear or wild Elephant as well as large herds of Chital. An inflatable raft trip down to the southern boundary of the park is a tranquil way of viewing the birdlife and water-oriented animals such as Smooth Otters, Marsh Muggers and Gharial Crocodiles. The Karnali River is also one of the best areas in Nepal to view the highly endangered Gangetic River Dolphin. It is also possible to leave the park and cross the Karnali by an impressive, but somewhat out of place, suspension bridge and take a hike up the Karnali

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Gorge along an old trade route. Here there will be the opportunity to meet traders with their pack trains of sheep and ponies carrying goods from northern Nepal and Tibet.

Accommodation: Tiger Tops Karnali Lodge (Traditional Room)

Meals: Breakfast, Lunch, Dinner

Day 11 (25 Feb): Fly Nepalgunj – Pokhara

Since the flight leaves Nepalgunj for Pokhara eight in the morning, today we have to really start early. We leave the lodge with packed breakfast to catch 35 minutes flight to Pokhara. If the weather is clear, you will have another opportunity to admire the snow-capped peaks of the Great Himalaya as you head east past Annapurna, 'Fishtail' and Langtang.

Note: Every week there are three flights between Nepalgunj-Pokhara, flying on every **Sundays, Wednesdays and Fridays** (as per their current schedule).

Pokhara, is centre of the Western Development Region and traditional trading Centre in the shadow of the Annapurna Massif. During our half an hour flight the view of the mighty Himalayan range, including the Annapurna, Ganesh, Mt. Nilgiri, and Manaslu will be a life time experience. Upon arrival our local representative will transfer us to our hotel

Accommodation: Begnas Lake Resort & Villas (Classic Room)

Meals: Breakfast, Dinner



Your hotel "Begnas Lake Resort & Villas" is located 12 km east of bustling Pokhara town lies this wondrous paradise. Surrounded by pristine Nature. Just the ideal setting for our long-deserved escape to another world!

Day 12 (26 Feb): Begnas Lake Resort

You will enjoy pure, unadulterated Nature. In the surrounding hill forests we look for mountain birds and waterfowls in the lake. In this healing and life-nourishing environment, we can also experience the Himalayan Nature Spa that offers a wide range of classical Ayurvedic activities such as Yoga, meditation, as well as soothing and rejuvenating massage conducted by an experienced team of Ayurveda experts. Swimming in the Begnas lake is something refreshing and great fun.

Alternatively, there are several interesting village trails criss-crossing the Begnas area offering possibilities of day hikes for us 2-6 hours depending on one's interest.

NOTE: All above mentioned activities at the resort are **OPTIONAL** (not included in our package price) and can be booked with us or directly at the resort in advance.

Accommodation: Begnas Lake Resort & Villas (Classic Room)

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Meals: Breakfast, Dinner

Day 13 (27 Feb): Pokhara - Kathmandu

You'll head to the airport after breakfast and take short flight from Pokhara to Kathmandu. During the 25 minute flight you're treated to stunning views of the Himalaya, taking in the Annapurna, Ganesh, Mt. Nilgiri, and Manaslu. Seeing these enormous mountains from the air is an experience you will not quickly forget. Your local representative meets you at the airport for your hotel transfer. Rest of the day free for Individual activities.

Accommodation: Hotel Yak & Yeti 5* (Deluxe Room)

Meal: Breakfast

Day 14 (28 Feb): Departure

we send you off to the airport for your scheduled international service flight to your return journey back home.

Meal: Breakfast

End of your journey!!

PACKAGE PRICE IN BRITISH POUND (£)

Group Size	4-5 Pax	6-9 Pax	10-15 Pax	Single Supplement
Package Price (Per Person)	£3,565	£3,432	£3,333	£850

EXTRA - INTERNAL AIRFARE*:

Kathmandu - Nepalgunj: £ 110

Nepalgunj – Pokhara: £ 160

Pokhara - Kathmandu: £ 86

***Subject to change without prior notice. Airfares are not guaranteed unless ticketed or purchased.**

Group Size: Minimum 6 persons | Maximum 15 persons

Included in the Price:

- ✓ Airport / Hotel / Airport pick up & drop off service by private tourist vehicle.
- ✓ Twin-Sharing accommodation in all Hotel/Resort/Lodge as mentioned or similar
- ✓ Basic twin sharing accommodation in Bolgaun, Chyomuthang, Helambu
- ✓ Meals as mentioned in the itinerary
- ✓ All meals (breakfast, lunch, dinner) while in PHASA Project site
- ✓ All meals at the Tiger Tops Karnali Lodge
- ✓ Guided tour in Kathmandu by English speaking guide in a private tourist vehicle.

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- ✓ English speaking trekking guide, his food, accommodation, salary, insurance, equipment
- ✓ Jeep Safari/Boating/Birdwatching and all Jungle /Wildlife Activities
- ✓ Sightseeing/Monument entrance fees in Kathmandu.
- ✓ All our government taxes, vat, tourist service charges.
- ✓ Accompanying tour leader Krishna Karki throughout the trip

Price Exclude:

- Travel insurance
- Airfare for international flight
- Internal air tickets
- Nepal entry visa; you can obtain a visa easily upon your arrival at Tribhuvan International
- Airport in Kathmandu. (Tourist Visa with Multiple Entries for 30 days can be obtained by paying US \$ 40)
- Alcoholic, hot and cold drinks.
- Personal trekking Equipment/Gear
- Tips for Guides, trekking staff and driver
- Extra expenses for Optional programme if taken
- Items/services not listed under "included"

HOTEL ENVISAGED:

Day	Hotel	Room Type	Place/City	Nights
1-2	Hotel Yak & Yeti 5*	Deluxe	Kathmandu	2
3-4	Homestay	N/a	Baruwa	2
5	Chyomuthang Resort	N/a (Basic)	Baruwa	1
6	Homestay/Lodge	N/a	Helambu	1
7	Hotel Yak & Yeti	Deluxe	Kathmandu	1
8-10	Tiger Tops Karnali Lodge	Traditional Room	Bardiya	3
11-12	Begnas Lake Resort 4*	Classic Room	Pokhara	2
13	Hotel Yak & Yeti 5*	Deluxe	Kathmandu	1
TOTAL NIGHTS				13

Namaste!