

Puskar Exclusive Tour

Local Village Immersion and Adventure Trip - 14 Day Itinerary

Day 1: Arrive in Kathmandu

Arriving in Kathmandu is a special experience for even the most seasoned traveler. The energy of this bustling city is amplified by its ancient history and captivating spiritual mystique. Upon your arrival, I – Garrett (also known as *Puskar*) – will receive you at the airport. We will first go to your hotel so you can get situated. With what time is left with the day we will spend checking out some of the unique spots throughout the city.

Day 2: Travel to Pokhara, Sightseeing and relax

Starting in the morning we will make our way to Pokhara. Those on the Backpackers Package will get on the tourist bus departing at 7am; those on the Royalty Package will hop over to the airport to take the short 30 min flight to Pokhara. After arriving we will check into our hotel and do some sight-seeing. Pokhara is known for being the gateway city to the famous Himalayan Annapurna Range, and it surely will not disappoint.

Day 3-6: Cultural experience

We will head out of the city and into the village to really see and experience life as a local. We will spend 4 days and 3 nights with a Nepali host family, giving you the chance to understand first-hand why Nepal is known for being one of the most hospitable cultures in the world. Some of our cultural experience activities will include, a welcoming ceremony, Nepali cooking lesson, tasting local delicacies, drinking tea (and/or local alcohol) while chatting with the locals, scenic hikes, nature walks, village tour, and most importantly time to just relax and soak in the spirit which makes this country so special. On day 6, after a farewell ceremony, we will return to Pokhara to begin our next adventure...

Day 7-10: Adventure of your Choice (choose one of the following)

A) Yoga retreat – Powerful energy created from centuries of spiritual leaders, amplified by the mystic Himalayan range, makes Nepal the prime place to focus on inner growth and self work. Experience a five-day, four-night yoga retreat at the foothills of the Himalayas including yoga and meditation classes led by experienced teachers and fresh locally grown vegetarian food.

B) Cycle Excursion – Imagine yourself cruising down a dirt path - a cool breeze kissing your face while the white snowcapped peaks of the tallest mountain range in the world majestically sit in the background, inspiring you every turn. After getting fit with top-of-the-line bicycles in Pokhara, you will be led by Puskar and another experienced local cycle guide to an unforgettable off-road cycle tour at the base of the Himalayas. Our five-day, four-night tour, will take you through rice paddies, local

villages, and to breath-taking lookouts. Accommodations will be in local village homestays and small guest houses. Difficulty level will depend on your/your group's experience and interest.

C) Himalayan Trek – The aura of the Himalayas has always lured both foreign and local adventure seekers. All who have visited can attest to the uniqueness of these mountains – something that extends beyond just their extraordinary beauty. Led by myself and another experienced guide, we will hike up to the basecamp of the legendary *Machapuchre* (Fishtail) Himal, immersing ourselves in the grandness of this majestic mountain range. On our 5-days, 4-nights trek we will stay at local homestays and guest houses, fueling ourselves with the Nepali staple, *dal bhat*, a delicious plate of locally grown rice, vegetables and lentil curry. To reach basecamp and return in 5 days, a moderate-high fitness level (capable of trekking 5-6 hours on hilly terrain per day) is required. For those with lower fitness levels a less challenging Himalayan trek can be organized.

D) Combo Plan - 1 day yoga : 1 day bicycle trip : 2 day trek

With the combo plan, first I will lead you on an amazing day bicycle ride through local villages and Himalaya viewpoints. The next day you will rest your body and connect with your spiritual side with a one-day yoga retreat. The following day, we will trek up to the village of *Sarangkot*, which sits adjacent to the Himalayas and overlooks the city of Pokhara for a one-night stay. After dark on Sarangkot, one can really feel the power of the Himalayas which are even visible at night around the time of a full moon. The following day we will return to Pokhara taking a breathtaking ridge hike with views of Pokhara and Fewa Lake to one side and the Himalayas to the other.

Day 11: Sightseeing in Pokhara

No matter which adventure you are returning from, a day to rest and explore Pokhara will be exactly what you need. My personal recommendation for a perfect day in the city – wake up and take the peaceful stroll along the lakeside to AmPm Cafe, one of Pokhara's finest breakfast stops, to enjoy handcrafted coffee drinks and either Western or Nepali breakfast fare. After fueling up, we'll take to the air! - paragliding off of Sarangkot where you will get to soar over Fewa Lake and Pokhara with the Annapurna Himal Range just a few miles away. Once grounded, I suggest taking a paddle boat on Fewa Lake over to the World Peace Pagoda, a great place to overlook the city have lunch and reflect on you experiences thus far. Upon return, take a little relaxation time lake side or hang at one of Pokhara's cafes to enjoy some local coffee. Next, you can shop the Lakeside street to buy some souvenirs or get great deals on cheap adventure gear. For dinner, there is a plethora of international and Nepali restaurants to fulfil any craving you may have. If you are up for it, after dinner head down to Busy Bee, Pokhara's hottest dance spot to get a taste of Nepal's nightlife. Other possible activities include: nature hike, yoga classes, day on Sarangkot, the International Mountain museum, tour of uptown Pokhara, coffee shop hop, food tour, Tibetan refugee camp, Bhindibashini temple, and massage/spa.

Day 12: Return to Kathmandu

Whether we are bussing (Standard package) or flying (Royal package), we will leave Pokhara in the morning to return to Kathmandu. After checking into your hotel in the capital, we will walk the narrow Asaan Alleyways – getting a true taste for where the locals go to shop. In Asaan you will find everything from local produce markets to clothing stores to Nepal's famous brass workshops. When evening hits, we will head over to the Pashupatinath Temple, one of Nepal's UNESCO World Heritage Site and the

most revered Hindu temple in Nepal. Here, we will witness the lively chants and flickering butter lamps of the mesmerizing Pashupati Bagmati Aarati Ritual – a prayer performed daily for the unity and betterment of humanity.

Day 13: Sightseeing in Kathmandu

There is no better way to start the day than to experience the immense peaceful energy of the Bouddhanath temple – another UNESCO World Heritage Site and one of the holiest Buddhist temples in the world. After trying some of the area’s local Tibetan delicacies we will continue our Kathmandu tour by checking out a couple other UNESCO Sites and less known local spots. If time permits, we will visit Patan Durbar Square – the ancient palace residence of the Malla Kings.

Day 14: Depart from Kathmandu

Depending on your time of departure, we can do a bit more sightseeing in Kathmandu – including a culinary food tour, temple hopping, shopping, or pay homage to some of your favorite spots from the previous day.

If you are interested, arrangements can be made to extend your trip to see the UNESCO World Heritage Site of Bhaktapur Durbar Square – the +300-year-old royal palace of the Bhaktapur Kingdom.

*Trip duration and activities are flexible and can be altered to meet your needs and desires.

*Itinerary will be followed as close as possible; however, alterations may be made according to weather or other unexpected delays.

Cost:

Standard Package-

- Experience all that Nepal has to offer while staying in clean and simple rooms.
- Eat like the locals – enjoy Nepal’s local restaurant scene.
- We will take public transportation – including a beautiful 7 hour scenic bus ride from Kathmandu to Pokhara and return.

Groups of 3-4 \$1600 / person *minimum group size of 3

Groups of 5-6 \$ 1550 / person

Groups of 7-8 \$ 1500 / person

Royalty Package –

- Stay in the finest Hotels that Nepal has to offer.
- Fine dine like royalty and experience Nepal's traditional food with an up-scale gourmet twist.
- Save time by traveling by air as we fly round trip from Kathmandu to Pokhara. Local transportation will be in a private rented jeep.

Groups of 3-4 \$2700 / person *minimum group size of 3

Groups of 5-6 \$ 2600 / person

Groups of 7-8 \$ 2500 / person

Both Standard and Royalty Packages Include:

- Full attention, guidance, Nepali translation, and cultural insight from Garrett (*Puskar*)
- Food (Each day: 3 meals, one snack, and up to 2 alcoholic drinks)
- Lodging
- In country transportation
- All permits, entrance fees for local attractions, logistics
- Any local guides who accompany us on our adventures (extra tips are optional but not included)
- 5% of your trip cost will support the mother's health group in the cultural experience host village

Not included:

- Personal hiking equipment/recommended clothes
 - Travel insurance
 - Airfare to and from Kathmandu
 - Souvenirs
 - Any food or drink more than what is included in price (Included: per day 3 meals, one snack, and up to 2 alcoholic drinks)
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