Itinerary for Package: The Essence of Nepal: Heritage, Rural Life & Wildlife

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Nepal is a country best experienced through its people, traditions, and landscapes. This journey takes you beyond the well-known landmarks to discover the everyday stories that make Nepal so special. Wander through ancient cities rich in history, spend time in the charming hilltop town of Bandipur, and explore the wildlife-rich forests of Chitwan National Park. Along the way, meet welcoming local communities, experience living traditions, and enjoy a slower pace of travel that reveals the true character of the country. Thoughtfully crafted in the Rural Journeys style, this itinerary offers an authentic and meaningful introduction to the heart and soul of Nepal.

Package Duration: 8 days

Day 1: Arrival Kathmandu: 1350m
Upon arrival in Katmandu, Tribhuvan International Airport, you will be welcomed by the representative from Rural Journeys and transferred to hotel by private vehicle. Although the fertile Kathmandu Valley has been inhabited for thousands of years, its rich and varied cultural legacy essentially began during the 14th century under the Malla Dynasty. Patronized by the nobility, Newar artisans constructed temples, monasteries and elaborate courtyards that constitute a fascinating architectural history. The remainder of the day is yours to enjoy at your leisure or to take a leisurely stroll around surroundings. In the evening, there will be a comprehensive briefing about the program, including an interactive question and answer session with your tour leader / guide. Overnight at the hotel

Day 2: Full day Kathmandu sightseeing
After breakfast, begin our day at Swoyambhunath Stupa, resting on a hillock 3km west of Kathmandu, it is one of the holiest Buddhist Chaityas in Nepal. It is said to have evolved spontaneously when the valley was created out of a primordial lake more than 2,000 years ago. This stupa is the oldest of its kind in Nepal and has numerous shrines and monasteries on its premises. Afterwards, continue visit to Kathmandu Durbar Square, which never fails to impress visitors with its ensemble of palaces, courtyards and temples built during the Malla period. The Durbar Square includes the Hanuman Dhoka Royal Palace - the historic seat of the royalty; the magnificent Taleju Temple towering more than 40 meters; Kumari Ghar - the residence of the Living Goddess, Kumari and Kal Bhairav - the God of Wrath. Rest of the day explore Thamel, a vibrant neighborhood where traditional and modern Kathmandu meet. Its bustling streets are lined with local craft shops, restaurants, cafés, and hidden courtyards, making it an ideal place to experience the energy of the city. Overnight at the hotel

Day 3: Kathmandu – Bandipur: 1030m | 4-5hrs drive
After breakfast, drive to Bandipur village, it is a living museum of Newari culture, a beautifully preserved village crowning a lofty ridge, its main street lined with traditional row houses. Time seems to have stood still here, although it has taken a lot of effort to preserve this magic while developing the town as a destination. Derelict buildings have been reborn as cafes and lodges, and temples and civic buildings have been pulled back from the edge of ruin. With its attractive 18th-century architecture, pedestrian zone and outdoor dining, it combines a distinctly European charm with the breathtaking mountain landscapes of Nepal. Rest of the day explore the beautiful surroundings of Bandipur. Overnight at the hotel

Day 4: Bandipur – Chitwan National Park: 415m | 115kms - 3/4hrs
Early morning enjoy sunrise view over the Majestic Himalayas (weather permitting) After breakfast, drive to Chitwan National Park in Nepal's southern Terai region stands out for wildlife enthusiasts. A UNESCO World Heritage Site, it's a biodiversity heaven with Bengal tigers, rhinos, and diverse fauna. Engage in thrilling jungle safaris, and river expeditions on the Rapti. Beyond wildlife, Chitwan offers a safari vibe. Explore lush landscapes, navigate the tropical climate, and spot over 500 bird species. Upon arrival at the Lodge we will be briefed by the resident Guest Relations officer regarding the National Park and the wildlife programmes available. Afternoon: Jungle related activities. Overnight at the jungle lodge

Day 5: Chitwan National Park
Fullday jungle related activities including walks to explore the surrounding villages and countryside, wildlife activities including jungle drive, nature walks, bird watching, boat rides, river sunset viewing. Overnight at the jungle lodge

Day 6: Chitwan National Park – Kathmandu | 170km – 5/6hrs
After breakfast, drive back to Kathmandu. Today, travel overland from Chitwan to Kathmandu, passing through river valleys, terraced hills, and vibrant local settlements. The journey provides a wonderful opportunity to observe Nepal's diverse landscapes and everyday rural life before returning to the cultural heart of the country. Rest of the day at leisure. Overnight at the hotel

Day 7: Kathmandu sightseeing
After breakfast, begin our day at Bhaktapur Durbar Square, one of Nepal's most beautifully preserved medieval cities. Explore the intricately carved temples, palaces, and courtyards, including the 55-Window Palace, Vatsala Temple, and the iconic Nyatapola Temple. Stroll through narrow streets lined with traditional pottery and artisan shops, offering a glimpse into the city's rich Newar culture. Afterwards, drive back and visit Boudhanath Stupa, one of the largest and holiest Buddhist stupas in Nepal. Walk around the massive mandala, spin prayer wheels, and observe monks and devotees performing their daily rituals. The surrounding area is dotted with monasteries and shops selling traditional Buddhist crafts and souvenirs. Later proceed to nearby Pashupatinath Temple, a UNESCO World Heritage Site and one of the most sacred Hindu temples dedicated to Lord Shiva. Witness the rituals along the Bagmati River, including cremation ceremonies at the ghats, and explore the temple complex with its pagoda-style architecture, gilded roofs, and sacred statues. Rest of the day at leisure Overnight at the hotel

Day 8: Departure
Free until departure transfer to international airport for onward flight.