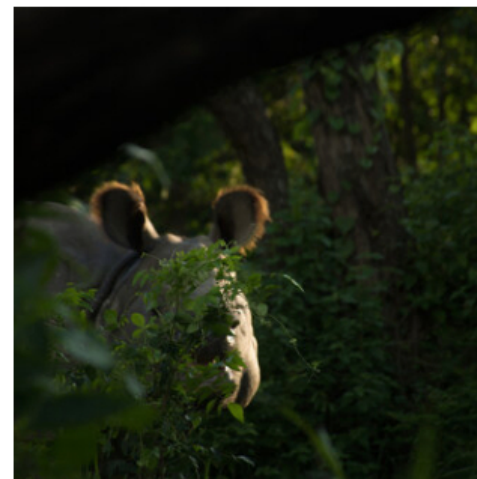


LUXURY ADVENTURE TRAVEL NEPAL

LUXURY TRAVEL IN NEPAL

In Nepal you can trek through some of the highest mountains in the world, immerse yourself in fascinating spiritual rituals, stay at a world-class wellness retreat, attend morning chanting with monks in a Buddhist monastery, take a thrilling

helicopter ride to Mount Everest base camp, go on a jungle safari to see rhinos in the wild, join a traditional stick dance with members of the indigenous Tharu tribe, and prepare and eat delicious home-cooked Nepali food during a family homestay in a remote village, all in one trip. Following the damage wrought by an earthquake in 2015, Nepal is rebuilding and more than ready to welcome visitors back to its multilayered cultural and physical landscapes. Because Nepal has only been open to travelers since the 1950's, parts of this beautiful country are still isolated from the rest of the world and even places on the 'tourist track' here are less trodden and more mysterious than many other parts of the world. Get ready for multi-sensory adventures that will thrill and surprise you at every turn.





WHAT WE LOVE

- **Trekking:** Nepal is home to 10 of the world's 14 highest mountains rising above 8000 meters, and is rightfully famous for world-renowned trekking routes in and around Everest and the Annapurnas. Whether you opt to trek for two days or twenty you'll be treated to stunning views of soaring mountains cresting the clouds. It's simply unlike anything you've ever seen.
- **Jungle Safari:** Chitwan National Park is a World Heritage site covering 932 sq. km of beautiful jungle and grasslands where the one-horned rhino population has actually increased in recent years and is considered one of Asia's great conservation success stories. Go for an exhilarating Jeep safari and look out for the rhinos as well as Bengal tigers, exotic birds, deer, monkeys, and crocodiles, and then rest your head at night at one of several luxury safari lodges located in and around the park.
- **Exploring Kathmandu:** Historically known as just a launching point for a trek in the Himalayas, Kathmandu is worth a few days of exploration. Practice your bargaining skills at bustling markets down narrow cobblestone streets, experience the vibrant nightlife and growing culinary scene, watch playful monkeys frolic at the city's many gorgeous temples

and historic sites, witness fascinating religious ceremonies, and treat yourself to spa services in one of the city's world-class luxury hotels.

- **Cultural Immersion:** Stay in a Tharu village mud hut and join the young female members of this indigenous tribe for one of their upbeat stick dances, sleep in a monastery guesthouse and join the student monks at sunrise for their morning chants, or opt to spend a night with a Newar family at their home in a rural village where you'll cook dinner together and learn about their day-to-day lives. Visit and support artisans at a welcoming Tibetan refugee craft center, or go for a hike in the Chepang Hills where you'll come across the Chepangs, the last hunter-gatherers in Nepal.
- **Active Adventures:** Marvel at the magnificence of the Himalayas from a helicopter ride to Annapurna or Everest base camp, go paragliding and float down over glittering Lake Phewa, take a thrilling ride down river rapids, cross over mile-long suspension bridges on foot, ride a bicycle on dusty roads through sleepy villages past meandering elephants and stunning farmlands, and rise with the sun for a hike to catch magical mountain views backdropping the beautiful World Peace Pagoda.

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REST & REJUVENATE

- **Dwarika's Hotel, Kathmandu:** Dwarika's is considered one of the premier luxury hotels in Asia. The hotel's founder was a pioneer in sustainable heritage conservation with a passion to preserve his Newari heritage, and today Dwarika's is a living museum, housing the rescued wood carvings and other architectural artifacts in his collection. The hotel's 83 rooms are designed with an earthy mix of terracotta and wood, with special touches that make it feel extra luxurious like custom designed handmade furniture crafted by Nepali carpenters, and huge soaking tubs. A spacious bar stands separately in the central courtyard overlooking the swimming pool, which was created with inspiration from 12th century royal baths, and a beautiful spa offers traditional healing and purification treatments. In Nepali customs a guest is akin to a god, and guests at Dwarika's are treated as such.
- **Dwarika's Resort, Dhulikhel:** Nestled in the hills of the Dhelikel with a private helipad nearby, Dwarika's Resort is a wellness retreat with a philosophy drawn from ancient Hindu scriptures, Buddhist medicine, and Himalayan traditions that puts an emphasis on care for nature and for oneself. Luxury here means indulgence while nurturing body and soul. Food is sourced from the farms on the property and guests can take part in picking ingredients for their own meals. Other activities include crystal rock healing therapy and oil painting in a special mountainside atelier. This is a spectacular place to relax at the end of a long trek through the Himalayas or cultural exploration in Nepal's more rustic rural villages.
- **Nepali Ghar, Kathmandu:** Urban-chic Nepali Ghar is situated in the heart of Thamel with many of the city's attractions and top restaurants practically at the hotel's doorstep, yet it feels like a tranquil escape from the hustle-bustle of the city, with a light lemongrass scent wafting through the hallways and light Nepali music enhancing the atmosphere throughout the hotel. A penthouse restaurant and lounge serves both Nepali and international cuisine, and in the mornings the open air terrace turns into a platform for yoga.
- **Traditional Comfort, Kathmandu:** Tucked away down a nondescript alleyway, Traditional Comfort has an understated elegance, with spacious rooms, a beautiful rooftop bar with views over Kathmandu, and an onsite restaurant that serves delicious food. The hotel has an impressive commitment to sustainability, powered entirely through solar panels on the roof, and interior decor crafted by local artisans, from the carved wooden beams to the artwork painted directly onto walls to the handmade bed linens.
- **Summit River Lodge, Darchok:** The journey to Summit River Lodge is half the fun, as the only way to get there is on foot over a long suspension bridge that straddles the banks of the Trisuli river, one of the best spots in Nepal for white water rafting. Midway between Kathmandu and Pokhara, the secluded colonial-style bungalows are set back from an infinity pool nestled into the tropical gardens with incredible sunset views surrounding mountains. Hike through the surrounding villages and visit with locals, discover hidden waterfalls, and bask in the tranquility. Summit River Lodge feels like it sprung up out of the surrounding greenery.
- **Tiger Tops Tharu Lodge, Chitwan National Park:** Since 1964, luxurious Tiger Tops has been a pioneer in environmentally responsible tourism. Located just adjacent to Chitwan National Park, Tiger Tops has worked with the Nepali government to successfully improve the protection and preservation of wildlife in the park. With a mission to allow guests to

experience their surroundings and immersing in the local culture in the most natural way possible, they invite guests to connect with nature through jungle walks with elephants, one of the best elephant interactions in Asia. Take a dip in the pool, relax in a hammock, dine under the mango trees, go for a boat ride down the Narayani River, cycle through the local villages, and of course jump on a rocking open air truck for a jungle safari to see the rhinos and other animals in Chitwan. Tiger Tops Tharu Lodge has an equally beautiful sister property at the edge of Bardia National Park in the western part of the country.

- **Temple Tree Resort & Spa:** Temple Tree is a peaceful and private resort in the heart of Pokhara with a tranquil full-service spa, a lovely pool and outdoor bar, and rooms with terraces that look out into lush tropical gardens. On a clear day the Annapurnas rise in the distance and are reflected on beautiful Phewa Lake, a good spot for a sunset boat ride in a colorful Doonga where you can watch the paragliders descend from the mountains.

WHAT TO KNOW

- **Best Time to Visit Nepal:** July is monsoon season, when the rains can sometimes preclude adventures like helicopter rides and treks, and clouds often obscure views of the famous Himalayas.
- **Altitude:** the elevation in Nepal can make some travelers sick depending on medical history and altitude. Travelers visiting Nepal, especially those who are planning to trek in the Himalayas, should consult their doctor.