

LNP09N



新东方
NEW EASTERN TRAVEL

9D7N

Discover Nepal

感受尼泊尔魅力之旅



KEY FEATURES

- Sunrise Yoga Session in Pokhara
- Soul-Lifting Hike to World Peace Pagoda

9D7N DISCOVER NEPAL LNP09N

DAY 1 KUALA LUMPUR - KATHMANDU

(Meals On Board)

Assemble at KLIA Airport for your flight to **Kathmandu**. Upon arrival, be greeted with a naturally warm Nepali hospitality before proceeding to hotel.

Hotel: Hyatt Place or similar

DAY 2 KATHMANDU - NAGARKOT

(Breakfast / Lunch / Dinner)

Early morning, your first stop is UNESCO World Heritage Site, **Great Stupa of Boudhanath**: a vast dome-shaped monument that represents the Mind of Buddha. It is the primary pilgrimage destination for Tantric Buddhists of the Himalayas, drawing Tibetan Buddhists from all over the planet. After lunch, set off to **Nagarkot**. Make a stop at **Bhaktapur Durbar Square**, regarded as the abode of traditional Nepali culture, custom and unique arts of wooden and potteries. The historical monument around signifies medieval age culture and tradition of Nepal and this old city is inhabited by indigenous Newari people in large group. Thereafter, take a leisure drive to **Nagarkot**, a scenic beauty that sits on the edge of Kathmandu valley. End the day with a toast to fabulous view of snowy Mt Everest from afar over sumptuous BBQ dinner.

Hotel: Hotel Mystic Mountain or similar

DAY 3 NAGARKOT - CHITWAN

(Breakfast / Lunch / Dinner)

Wake up and witness an early morning 180-degree sunrise view over Himalaya. After breakfast, take a drive to the first national park in Nepal, **Chitwan National Park**, which offers one of the finest wildlife experiences in Asia. Check-in to your feature stay accommodation that are nestled on the border of Chitwan National Park, offering tranquil and serenity amongst one of the world's wildest settings. After lunch, take a walk through the **Tharu Village** where you can observe the Tharu tribe way of life. Here you will get to view amazing sunset pairing with local liquor and seasonal fruits. This evening, catch a local **Tharu Cultural Show** specially arranged.

Hotel: Soaltee Westend Resort or similar

DAY 4 CHITWAN - POKHARA

(Breakfast / Lunch / Dinner)

Take a morning **Jeep Safari** offering an experience like none other, get to sight 1-horned rhinoceroses, Royal Bengal Tiger, Sloth Bear, Leopard, spotted deer, peacocks and other wildlife. Thereafter, drive to **Pokhara** which is one of the most picturesque natural valleys in Nepal. Upon arrival, enjoy your free time at leisure to explore Pokhar's mellow atmosphere and its colourful street. Enjoy a stroll along the Lake Phewa and snap a picture perfect you with brightly painted paddle boats bobbing in the water and stunning Himalayas backdrop. Here, why not tempt your taste buds with local delights that is available with the many restaurants available.

Hotel: Mountain Glory Forest Resort or similar

DAY 5 POKHARA

(Breakfast / Lunch / Dinner)

Today, flex your muscle after breakfast and embark on a soul-lifting hiking experience through the lush green forest to insta-worthy **World Peace Pagoda** which sits atop a hill and overlooks the Annapurna Mountain range. It was built after World War II to inspire peace for all races and creeds. After lunch, proceed on a half-day sightseeing tour to visit **Pokhara Valley, Tibetan Refugee Camp, Bindabasini Temple, Gupteshwor Mahadev Cave and Devi's Waterfall**.

End the day with some shopping spree at the lakeside shopping street.

Hotel: Mountain Glory Forest Resort or similar



Remarks:

Revisions, if any, in itinerary are subject to the
In particular, the Customer is requested to note:
• Itinerary may be subject to change due to
• Accommodation in designated cities is sub
• Sequence of itinerary may be subject to ch
• Different tour groups may be merged.
• Proposed changes, if any, that are not accep
set out in the Terms and Conditions.



Golden Temple of Dambulla 丹布勒金寺



Patan Durbar Square 帕坦王宫广场



Buddha Stupa 满愿塔

DAY 6 POKHARA - KATHMANDU

(Breakfast / Lunch / Dinner)

Freshen up the day with a rejuvenating **sunrise yoga session** to find peace and serenity as you witness the spectacular sunrise against the panoramic views of the Himalayan Mountain ranges, **Mt Machapuchare**. Thereafter, transfer to airport for an exhilarating flight back to Kathmandu, the moment to capture bird eye view of Mt Himalayas and perhaps glimpse of Mt Everest. Arrival at Kathmandu and proceed to your hotel. This evening, indulge in local **Nepalese dinner with a cultural show**.

Hotel: Hyatt Place or similar

DAY 7 KATHMANDU

(Breakfast / Lunch / Dinner)

After breakfast, visit **Patan Durbar Square** complex which is perhaps the most photographed of the three Durbar Squares. Located in the heart of Patan city, this was once the palace of the Kings of Patan. The square is a display of Newari architecture that had reached its pinnacle during the reign of Malla kings who were great builders and patrons of the arts. Next, proceed to **Pashupatinath Temple** which is regarded as the most sacred temple of Hindu Lord Shiva in the world. Thousands of pilgrims from all over the world come to pay homage to this temple which is also known as 'The Temple of Living Beings'. Thereafter, visit a local **Thangka painting studio** to learn the art of Thangka making and have the opportunity to create your own Thangka style painting. End of the day, discover the **"Singing Bowl Therapy"** that has garnered the interest of travelers around in the world. It is a unique form of treatment that you can enjoy in order to relieve yourself of travel stress and to rejuvenate in Kathmandu. Next, visit a **local school** to have a special interaction with the kids to make your day more meaningful. Wrap up the day and experience the colourful tourist hub of Kathmandu like a local with a **Rickshaw ride** and spend your time shopping at **Thamel Street**, a renowned shopping area, where you can purchase a variety of goods including handicrafts, pashmina, garments and accessories at your own expense.

Hotel: Hyatt Place or similar

DAY 8 KATHMANDU - KUALA LUMPUR

(Breakfast / Meals On Board)

If time permits, you can do some last-minute shopping before transfer to the airport for your flight home.

Note: Travellers need to do their own check-in at Kathmandu airport as tour guides are not allowed to enter the airport due to local regulations.

DAY 9 ARRIVE KUALA LUMPUR

Company's Terms and Conditions.
ate the following:
circumstances beyond the Company's control.
ject to room availability.
ange.

pted will be subject to the refund provisions

9天7晚

感受尼泊尔魅力之旅 LNP09N

DAY 1 吉隆坡 - 加德满都

(机上用餐)

在吉隆坡国际机场集合，搭乘客机飞往加德满都。抵达后会先受到尼泊尔人真诚热情的款待，接着再前往酒店安顿。

DAY 2 加德满都 - 纳加阔特

(早餐 / 午餐 / 晚餐)

一早动身，第一站来到名列联合国教科文组织世界遗产的博拿佛塔，这座象征佛陀之心的巨型圆顶纪念建筑不仅是喜马拉雅山地区密宗藏传佛教信徒的主要圣地，也吸引全球各地的藏传佛教徒前来朝圣。午餐后，出发前往纳加阔特。先在巴克塔普尔杜巴广场稍做停留，这座古城堪称传统尼泊尔文化习俗及独特木工制陶艺术的宝库。这里居住着众多尼泊尔原住民，从周围的历史古迹中不难窥见尼泊尔中世纪的文化传统样貌。随后坐上车，悠悠地返回纳加阔特，这个小城座落在加德满都山谷边缘，风景如画，美不胜收。晚上享用豪华烧烤晚宴，最后举杯遥敬珠穆朗玛峰白雪皑皑的绝美景致，结束这一天的行程。

DAY 3 纳加阔特 - 奇特旺

(早餐 / 午餐 / 晚餐)

一早醒来先好好欣赏喜马拉雅山的180度日出美景。早餐后再驱车前往奇特旺国家公园，这是尼泊尔的第一座国家公园，迎接你的将会是亚洲最棒的野生动物体验之一。接着入住位在奇特旺国家公园边界的特色酒店，置身世间最荒凉的地带之一，感受难得的恬静安宁。午餐后，悠然漫步穿越塔鲁村，观察塔鲁族人的日常生活。傍晚时分就在绝美动人的落日余晖中品尝当地好酒和时令水果。晚上再欣赏特别安排的塔鲁文化表演。

DAY 4 奇特旺 - 博卡拉

(早餐 / 午餐 / 晚餐)

今早将展开一场独一无二的吉普车探险之旅，追寻独角犀牛、孟加拉国王虎、懒熊、野豹、花鹿、孔雀和其他野生动物的身影。随后驱车前往博卡拉，走访尼泊尔风景最优美的天然河谷之一。抵达之后，你可以自在的享受一段闲散时光，也可以悠哉的探索博卡拉缤纷多彩的街道，感受当地平和安适的氛围。当你沿着费瓦湖漫步之时，不妨以壮丽的喜马拉雅山及水面上色彩鲜艳的摇桨小船为衬，为自己拍下完美的照片。另外，此处有诸多餐厅提供当地美食，何不一试，让当地美食来挑动你的味蕾？

DAY 5 博卡拉

(早餐 / 午餐 / 晚餐)

今天早餐后锻炼一下肌肉，展开一场令人振奋的健行体验，穿越葱郁苍翠的森林，造访座落在山丘之上的世界和平塔，这座和平塔是在二次世界大战之后为祈求所有种族与宗教信仰的和平而建，站在山丘上可俯瞰安纳布尔纳山脉的壮丽景致，是适合打卡的绝佳地点。午餐后将展开一趟半日观光行程，造访博卡拉谷地、西藏难民营、宾杜巴希尼神庙、摩诃戴弗洞穴及戴维斯瀑布。这一日余下的时间就到湖边的购物街好好逛逛。

DAY 6 博卡拉 - 加德满都

(早餐 / 午餐 / 晚餐)

今早将以日出瑜伽课程助你恢复活力，开启全新的一天，在寻找身心的平和宁静之际，还可一睹壮丽日出，饱览喜马拉雅山脉的鱼尾峰美景。随后到机场搭乘客机返回加德满都，享受一段大快人心的旅程，由机上鸟瞰喜马拉雅山脉，幸运的话或许还能瞥见珠穆朗玛峰。抵达加德满都之后随即前往酒店安顿。今晚好好享受一顿当地的尼泊尔料理晚餐，并欣赏文化表演。

DAY 7 加德满都

(早餐 / 午餐 / 晚餐)

早餐后将造访帕坦王宫广场复合区，这里可说是三个王宫广场之中最受欢迎的拍照地点。广场位处帕坦市中心地带，昔日曾是帕坦王宫所在地，如今广场上处处可见抢眼夺目的尼瓦尔建筑，马拉王朝的君王们功不可没，王朝代代君王俱是卓越的建设家，并极度推崇艺术，尼瓦尔建筑的发展正是在此时期达到巅峰。接下来前往在全世界印度教湿婆神庙中地位最为神圣的帕舒帕蒂纳特神庙，每年有数以千计虔诚的朝圣者从世界各地涌入此地，只为前来这座被称为“生命之殿”的圣庙参拜。随后参观当地的唐卡绘图工坊，你将得以一窥唐卡绘制工艺的奥妙，还有机会动手创作自己的唐卡风格绘画。这一日结束之前来探索已引起全球旅人高度兴趣的“颂钵疗法”，这项独特疗法有助舒缓旅行所带来的压力，让你恢复活力，来到加德满都当然不能错过。接着造访一所当地学校，与孩子们来一场特别的互动，让这一日变得更加意义非凡。最后和当地人一样坐上人力车，在游客如云的加德满都穿街过巷，体验缤纷多彩的在地风情，并到知名的购物区塔美街逛逛，这里有手工艺品、帕什米纳纺织品、服装与配饰等各式各样当地特产，琳琅满目，任君选择。

DAY 8 加德满都 - 吉隆坡

(早餐 / 机上用餐)

早餐后，你可以自由活动至集合时间，然后送往机场搭乘客机回返吉隆坡。

注：由于当地法规不允许导游进入机场，旅客需要在加德满都机场自行办理登机手续。

DAY 9 抵达吉隆坡



Sigiriya Rock Fortress 锡吉里耶古城

Bentota 本托塔



Chitwan National Park 奇特旺国家公园

备注：

行程若更改，需受公司的条款与细则所约束。顾客尤其需注意以下事项：

- 在公司无法控制的情况下，行程可能更改。
- 指定城市的住宿需视客房供应情况而定。
- 行程顺序可能更改。
- 不同团体可能合并成一团。
- 若有更改不被接受，需遵守条款与细则中的退款规定。



Devi's Fall 戴维斯瀑布

The Temple of the Sacred Tooth Relic, or Sri Dalada Maligawa, is a Buddhist temple in Kandy, Sri Lanka. It is located in the royal palace complex of the former Kingdom of Kandy, which houses the relic of the tooth of the Buddha.



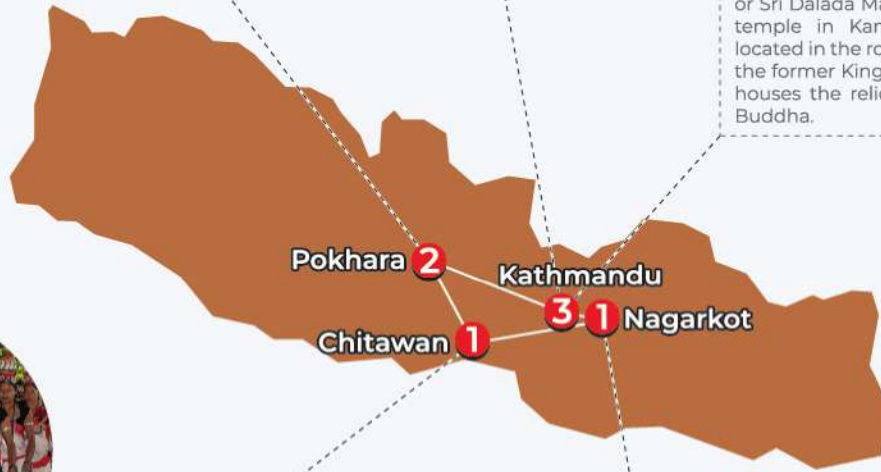
Thamel Street 塔美街

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Great Stupa of Boudhanath 博拿佛塔

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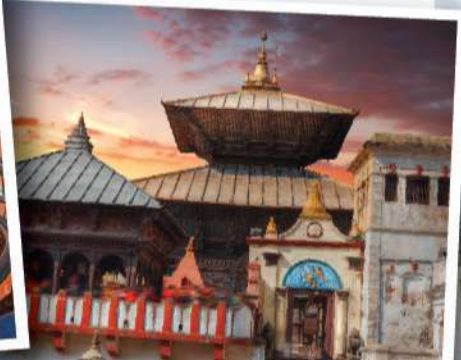
Tharu Cultural Performance 塔鲁文化表演

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Bhaktapur Durbar Square 巴克塔普尔杜巴广场

Yala National Park is a huge area of forest, grassland and lagoons bordering the Indian Ocean, in southeast Sri Lanka. It's home to wildlife such as leopards, elephants and crocodiles, as well as hundreds of bird species.





Bhaktapur Durbar Square 克塔普尔杜巴广场

TOUR HIGHLIGHTS
旅游亮点

NAGARKOT 纳加阔特

- Bhaktapur Durbar Square 巴克塔普尔杜巴广场

CHITWAN NATIONAL PARK
奇特旺国家公园

- Jungle Walk 丛林漫步
- Tharu Cultural Performance 塔鲁文化表演

POKHARA 博卡拉

- Mount Machapuchare 鱼尾峰
- Pokhara Valley 博卡拉谷地
- Bindabasini Temple 宾杜巴希尼神庙
- Tibetan Refugee Camp 西藏难民营
- Mahadev Cave 摩诃戴弗洞穴
- Devi's Fall 戴维斯瀑布

KATHMANDU 加德满都

- Patan Durbar Square 帕坦王宫广场
- Pashupatinath Temple 帕舒帕蒂纳特神庙
- Great Stupa of Boudhanath 博拿佛塔
- Thamel Street 塔美街

All local 4* Hotel
全程入住当地四星级酒店

- Kathmandu - Hyatt Place or Similar
- Nagarkot - Hotel Mystic Mountain or Similar
- Chitwan - Soaltee Westend Resort or Similar
- Pokhara - Mountain Glory Forest Resort or Similar

*Accommodation in designated cities is subject to room availability, and alternatives may be provided if necessary.

19 Meals Included
包含19餐

- 7 Breakfasts 早餐
- 6 Lunches 午餐
- 6 Dinners 晚餐

EXCLUSIVE EXPERIENCES
独特体验

- 30mins Scenic Flight from Pokhara to Kathmandu 由博卡拉飞往加德满都的30分钟观光航班
- Sunrise Yoga Session in Pokhara 博卡拉日出瑜伽课程
- Soul-Lifting Hike to World Peace Pagoda 世界和平塔奋起健行
- Thangka Painting session at Thangka Painting Studio 唐卡绘图工坊唐卡绘制体验
- Singing Bowl Therapy Treatment 颂钵声音疗法
- Rickshaw Ride Along walking street in Kathmandu 坐人力车游览加德满都徒步街区
- 100% Meals with Tibetan, Thai, Western & Chinese Cuisine 餐点全包, 含藏式、泰式、西式和中式料理
- Nepalese Dinner with Cultural Show 尼泊尔料理晚餐与文化表演



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