

# Nepal

INCREDIBLE 10-DAY NEPAL EXPERIENCE  
INCORPORATING 5-DAY POON HILL SUNRISE TREK

Explore Nepal's heritage, culture, and  
magnificent Himalayan landscapes with  
**Walking With My Bear Adventures**



Walking With My Bear®

# Embark on a journey of discovery

One of the biggest mistakes we make in life is assuming we have more time than we do. Life moves fast, and in the pursuit of money, status, possessions, and the next milestone, it is easy to lose sight of what actually matters.

My own journey taught me that real fulfilment does not come from what we own, but from what we experience, who we become, and how deeply we connect with ourselves and the world around us.

Time is our most precious asset. Once it is spent, we never get it back. That is why I believe we need to slow down, be present, and make space for the things that truly give life meaning.

Jonathan Kattenberg



## ULTIMATE 10-DAY NEPAL EXPERIENCE

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*Embrace the moment and experience this remarkable place one step at a time. This adventure is designed to inspire and excite, as you immerse yourself in local culture and witness some of the most magnificent views on Earth.*

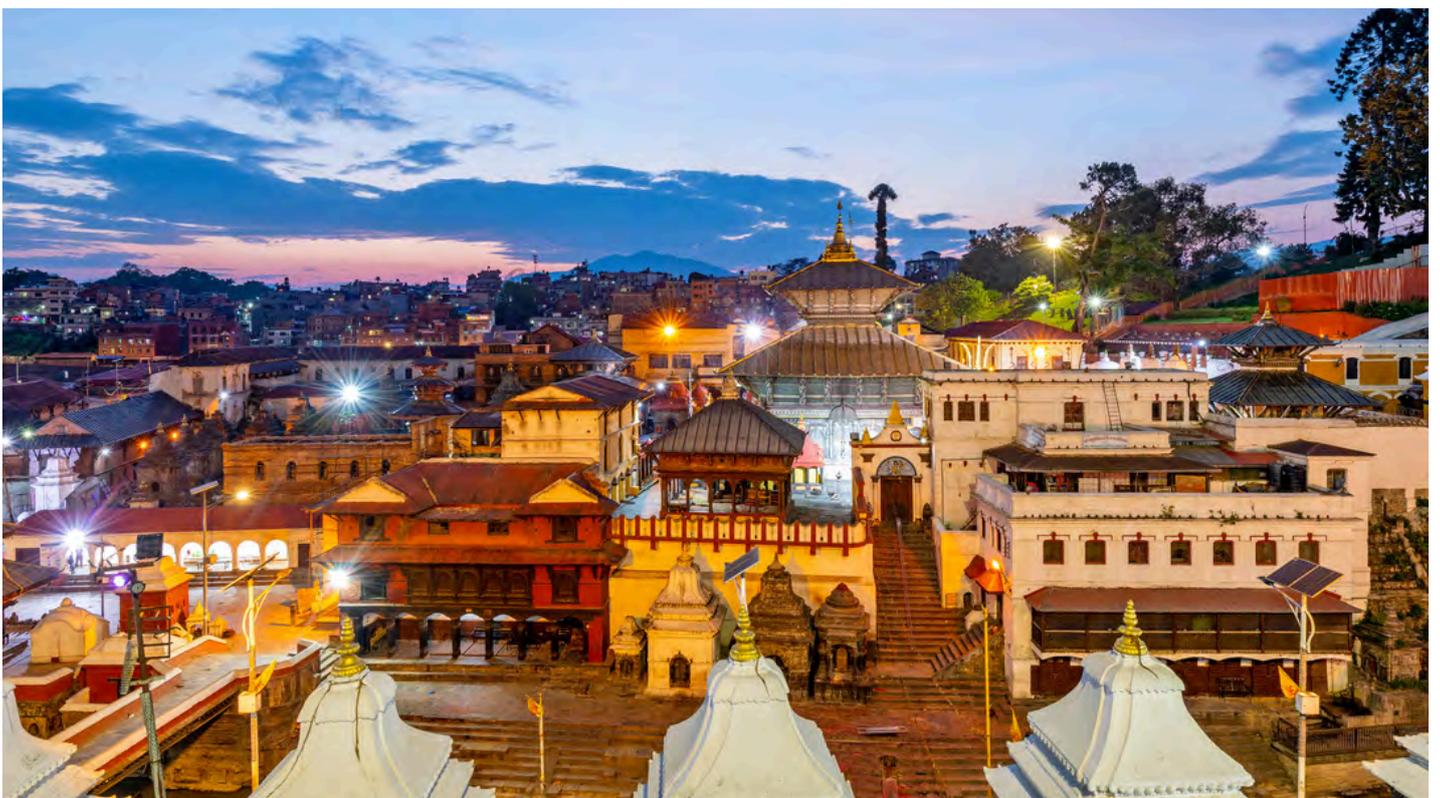
# DAYS 1-2: KATHMANDU VALLEY HERITAGE

## Your 10 - day itinerary



Arriving in Kathmandu, you will spend two days immersing yourself in the rich history and culture of the region. Your itinerary includes visits to six key monuments across Kathmandu, Bhaktapur, and Patan. Highlights include all three Durbar Squares, the Monkey Temple with a private Buddhist art history talk, Pashupatinath Temple, and the Budhanilkantha Stupa.

Nepal boasts three iconic Durbar Squares—Kathmandu, Bhaktapur, and Patan—each serving as the political and cultural heart of the Newar kingdoms and listed as UNESCO World Heritage Sites. These squares reflect the region's rich heritage, featuring exquisite architecture, ancient temples, and remarkable craftsmanship. :



## Kathmandu Durbar Square

Known as Hanuman Dhoka Durbar Square, Kathmandu's central square was the royal palace and the seat of the Malla kings from the 12th to 19th centuries. It exemplifies Newar architecture, blending Hindu and Buddhist monuments including temples, shrines, courtyards, and the Hanuman Dhoka Palace. Notable sites include Kumari Ghar (the residence of the living goddess Kumari), Kal Bhairab Temple, and Taleju Temple. The square has been the site of significant historical events, such as the coronation of Prithvi Narayan Shah and the 1950 political uprising. Although heavily damaged in the 2015 earthquake, ongoing reconstruction continues to restore its glory.

## Patan Durbar Square

Located in Lalitpur (Patan), one of the valley's oldest cities, Patan Durbar Square is celebrated for its symmetry and artistry. Its architecture showcases exceptional wood and stone carvings and features a variety of Buddhist and Hindu monuments, reflecting the area's religious harmony. The Mahabouddha Temple, Hiranya Varna Mahavihar (Golden Temple), and Vishwanath Temple are notable structures. Patan flourished during the Malla Dynasty and was regarded as Nepal's cultural capital, famed for its artisans and Newar craftsmanship. Despite damage from the 2015 earthquake, Patan remains one of the valley's most well-preserved squares.

Photos: Kathmandu has so much to see. Here are just a few images to entice you to visit this magical place.

# KATHMANDU - THE FAMOUS SQUARES



## Bhaktapur Durbar Square

Bhaktapur Durbar Square is often described as the best-preserved medieval square in the Kathmandu Valley. Its original architecture and character remain intact, with temples, palaces, and narrow alleys that transport visitors to a bygone era. The square showcases striking pagoda-style architecture and intricate woodwork, with highlights including Vatsala Temple, Nyatapola Temple (Nepal's tallest pagoda), and the 55 Window Palace. Bhaktapur was a major centre of trade, art, and culture during the Malla period. Significant restoration has taken place since the 2015 earthquake, with much of the square now returned to its former splendour.

## Differences Durbar Squares

Kathmandu Durbar Square stands as the ancient kingdom's political centre, renowned for its royal palaces, temples, and role in historic events. Patan Durbar Square is a hub of artistic achievement, noted for its intricate woodwork and stone carvings and the fusion of Hindu and Buddhist cultures. Bhaktapur Durbar Square is prized for its well-preserved medieval atmosphere and Newar architecture, offering an authentic glimpse into Nepal's past. Each square possesses its own unique charm, representing the country's rich historical, cultural, and architectural legacy.

Photos: From ancient temples to mystical Buddhist figures. The orange robes is supposed to symbolise simplicity and detachment from materialism



# DAYS: 3 – 8

## Day 3: Travel to Pokhara

You have two options for this day. You may travel to Pokhara by vehicle, stopping en route to visit the Manakamana Temple via cable car. Alternatively, you can fly from Kathmandu to Pokhara, which allows for a visit to the Gurkha Welfare Trust (GWT) and, if time permits, Tashi Ling – the Tibetan refugee village – where you can meet senior leaders and hear their stories of migration from Tibet. In Pokhara, you will meet Captain Nims and the Gurkha Welfare Trust team to learn about the history of the Gurkhas and their ongoing work worldwide.



## Day 4: Pokhara to Ulleri Trek

Travel by vehicle from Pokhara to Nayapool, a scenic journey of about 1.5 hours. From Nayapool, you will start your trek up the foothills towards Ulleri, covering a distance of 11km over 6–7 hours and reaching an elevation of 1,960m.



## Day 5: Ulleri to Ghorepani

Trek from Ulleri to Ghorepani, enjoying the vibrant rhododendron forests on the way. Upon arrival, you can relax and prepare for the next stage of the journey, with the Annapurna range in view. The trek covers 10km in approximately 4 hours, reaching an elevation of 2,880m. There is also an option for partners to travel by vehicle to Ghorepani, experience the Poon Hill sunrise, and then continue to Ghandruk for rest.



Photos: Each day you will experience something new. An exciting piece of a journey that will inspire and excite. Many who have gone before you on this trek have said that these few days were life changing and life affirming.

# DAYS: 6 – 7

## **Day 6: Poon Hill Sunrise and Trek to Tadapani**

Begin early with a 1.5km walk to the summit of Poon Hill (3,210m) to witness a spectacular sunrise over the Himalayas, including Annapurna. After returning to your lodging for breakfast, set off for the next stage, trekking to Tadapani. The day involves an 8km trek taking 5–6 hours, descending from 3,210m to 2,630m.

## **Day 7: Tadapani to Ghandruk**

After breakfast, the trek continues through lush rainforest, with opportunities to see waterfalls and Langur monkeys before reaching Ghandruk. In Ghandruk, visit the Annapurna Conservation Area Project (ACAP), which began as a pilot programme in 1986 and now supports Himalayan villages. There is also a chance to visit Ghandruk's Buddhist Monastery for meditation and explore the Gurkha museum to learn more about their heritage. Partners can join you for a walk through the rice fields the following morning.



Photo: The world – famous and awe-inspiring, Poon Hill sunrise.

# DAYS: 8 – 10

## Day 8: Ghandruk to Pokhara

Walk a few kilometres from Ghandruk to Bhadi, passing through picturesque Himalayan rice fields. From Bhadi, you will be picked up and driven to Naya Pool for a local lunch, before heading back to Pokhara (1.5 hours by car). In Pokhara, you have the option to take an Ultra Flight Plane experience, flying across the Himalayan ranges towards Annapurna Base Camp for 40–60 minutes.



## Day 9: Return to Kathmandu

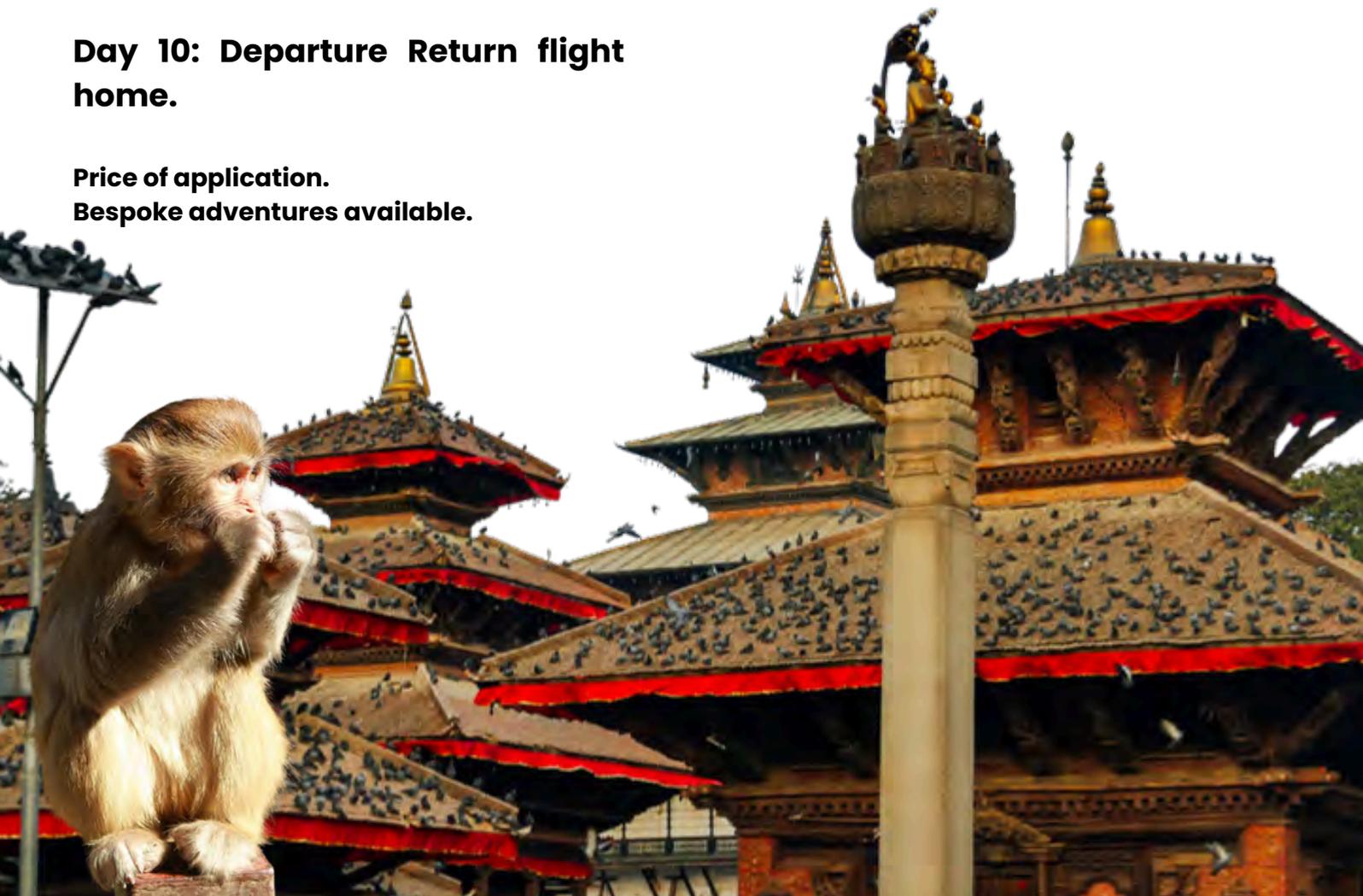
Take a morning flight from Pokhara back to Kathmandu. Enjoy the rest of the day exploring the city, fitting in last-minute sightseeing or shopping as you wish.



## Day 10: Departure Return flight home.

**Price of application.**

**Bespoke adventures available.**



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