

NEPAL

NP-03 & 04 - 7N/8D
KATHMANDU-POKHARA-CHITWAN-JANAKPUR



Places Of Interest

KATHMANDU 2 nights

- Kathmandu Valley
- Pashupatinath Temple
- Bagmati River
- Buddhist Stupa
- Patan Durbar Square - Krishna Temple and Swoyambhunath Stupa

POKHARA 2 nights

- Lake Phewa, Begnas & Rupa
- Boat Ride at Lake Phewa
- Sunrise at Sarangkot Hill Station
- Davis fall (Patale Chhango)
- Gupteswar Cave
- Binde Basini Temple
- Seti George
- Pumdikot
- The 5 peaks of Mt. Annapurna

CHITWAN 2 nights

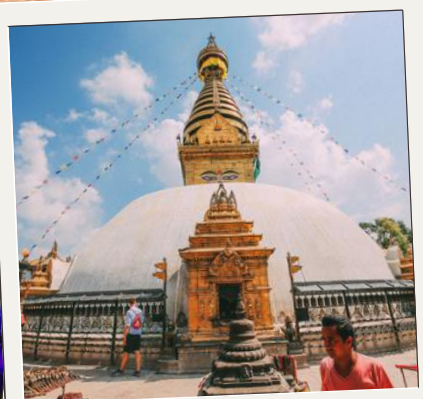
- Manokamana Temple by Cable Car
- Chitwan National Park
- Dance show of Tharu Stick
- Elephant/Jeep safari
- Canoeing Ride
- Elephant Breeding Centre

JANAKPUR 1 night

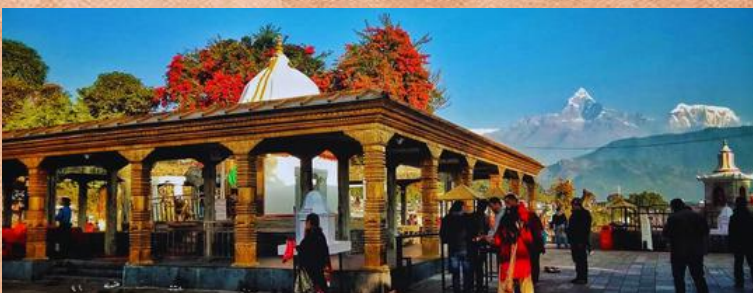
- Janaki Temple / Naulakha Temple
- Vivah Mandap
- Aarti of Ganga.



Lake Phewa



Manokamana Temple



Binde Basini Temple – Pokhara



Janaki Temple – Janakpur

OPTION 1 - NP03
Tour Dates for np03



April 2026	5, 12, 19, 26
May 2026	3, 10, 17, 24, 31
June 2026	7, 14, 21, 28
July 2026	5, 12, 19, 26
August 2026	2, 9, 16, 23, 30
September 2026	6, 13, 20, 27



Tour Rates

EX. KATHMANDU

Per Couple	Rs.1,30,000
Extra Adult / Child with Mattress	Rs.61,000
Per Child (5-11 yrs.) without Mattress	Rs.46,500
Child under 5 with Vehicle Seat	Rs.24,000

FOR NRI ONLY:

- 1. ₹16,000 + \$50 AT NEPAL BORDER PER PERSON FOR ENTRY IN NEPAL
- 2. There is no Exit office in Janakpur, so we have to go to Kathmandu for Nepal Exit.

EXTRA COST FOR NRI

INCLUDES MANASLU HOTEL NIGHT STAY + TRANSPORT FROM JANAKPUR TO KATHMANDU

Per Couple	Rs.10,000
Extra Adult / Child with Mattress	Rs.5,000
Per Child (5-11 yrs.) without Mattress	Rs.2,500

DESTINATION (7 NIGHTS)	HOTEL	Star Rating
Kathmandu (2N)	Manaslu - Heritage & Boutique Hotel / Similar	★★★★
Pokhara (2N)	Atithi Resort & SPA / Similar	★★★★
Chitwan (2N)	Hotel Jungle Crown [Villa Rooms] / Similar	★★★★
Janakpur (1N)	Hotel Welcome / Similar	★★★

OPTION 1 - NP04
Tour Dates for
np04



April 2026	5, 12, 19, 26
May 2026	3, 10, 17, 24, 31
June 2026	7, 14, 21, 28
July 2026	5, 12, 19, 26
August 2026	2, 9, 16, 23, 30
September 2026	6, 13, 20, 27



Tour Rates

EX. KATHMANDU

Per Couple	Rs.1,15,500
Extra Adult / Child with Mattress	Rs.56,000
Per Child (5-11 yrs.) without Mattress	Rs.43,500
Child under 5 with Vehicle Seat	Rs.24,000

FOR NRI ONLY:

- 1. ₹16,000 + \$50 AT NEPAL BORDER PER PERSON FOR ENTRY IN NEPAL
- 2. There is no Exit office in Janakpur, so we have to go to Kathmandu for Nepal Exit.

EXTRA COST FOR NRI

INCLUDES TIBET HOTEL NIGHT STAY + TRANSPORT
FROM JANAKPUR TO KATHMANDU

Per Couple	Rs.8,000
Extra Adult / Child with Mattress	Rs.4,000
Per Child (5-11 yrs.) without Mattress	Rs.2,000

DESTINATION (7 NIGHTS)	HOTEL	Star Rating
Kathmandu (2N)	Hotel Tibet / Similar	★ ★ ★
Pokhara (2N)	Queens Park / Similar	★ ★ ★
Chitwan (2N)	Hotel Jungle Crown [Deluxe Rooms] / Similar	★ ★ ★ ★
Janakpur (1N)	Hotel Welcome / Similar	★ ★ ★

DAY 1

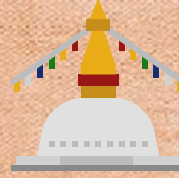
KATHMANDU



Welcome to Nepal! Upon arrival at Kathmandu's Tribhuvan International Airport (prior to 1400 Hrs), you will be greeted by our representative. Kathmandu, the capital of Nepal, is nestled within a valley encircled by the majestic Himalayan Mountains. Renowned for its religious landmarks, including temples, monasteries, and stupas, Kathmandu offers a rich cultural experience. Once you have completed the check-in process at your hotel (check-in time: 1400 Hrs), the rest of the day is at your leisure, rest, go shopping (all at your own cost). Dinner & night halt at Kathmandu.

DAY 2

KATHMANDU TOUR



After enjoying breakfast leave for a full-day sightseeing tour of Kathmandu Valley. Visit the Pashupatinath Temple, a World Heritage Site with a golden roof and silver doors, situated by the Bagmati River. Explore a Buddhist stupa as well. Return to the hotel for lunch, then continue with a half-day city tour, including Patan Durbar Square with its oldest Krishna Temple, and the Swoyambhunath Stupa, also known as the Monkey Temple, offering stunning views of the valley and Western Hills. Enjoy dinner and overnight stay in Kathmandu.

DAY 3

KATHMANDU – POKHARA BY AIR

200 Kms / 1hr approx



After breakfast check out from hotel and **proceed to Kathmandu Airport to depart for Pokhara via flight** – From your flight you will see the Glorious & breathtaking Himalayan/Everest range [*subject to weather conditions*]. Upon arrival in Pokhara, check into your hotel. After lunch, take some time to rest until 16:00 Hrs. At 16:30 Hrs, embark on a delightful boat ride on Lake Phewa (included in cost). Lake Phewa is the only lake in Nepal that houses a temple at its center, known as Barahi Mandir. Take in the serene surroundings before returning to the hotel for dinner and spending the night in Pokhara.

DAY 4

POKHARA



Experience the breathtaking sunrise at Sarangkot Hill Station in the early morning. After breakfast, begin the sightseeing tour of Pokhara which includes visiting Davis Fall (Patale Chhango) and Gupteswar Cave, Binde Basini Temple, Pumdikot [Beautiful Shiva Statue] and Seti Gorge. For the Mountain Lovers Pokhara offers the magnificent views of Mt Fish Tail & also the 5 peaks of Mt. Annapurna, Dhaulagiri, Himanchuli & other Peaks. Also explore Himalaya Mountain Valley & Phewa Lake (at your own cost). Dinner and Night halt at Pokhara.

DAY 5

POKHARA - CHITWAN

160 Kms / 5 Hrs Approx



After breakfast, check out from your hotel and prepare to depart for Chitwan. On the way, we will visit the Manokamana Temple by cable car (included in cost). The temple is within walking distance from the cable car station. We will have lunch at Manokamna Temple.

Continue your journey to Chitwan, popular for its exceptional and rare wildlife species that are not found anywhere else in Nepal. On arrival, check in at your hotel. In the evening, immerse yourself in the vibrant Tharu Stick Dance show. Conclude the day with a delicious dinner and spend the night in Chitwan.

DAY 6

CHITWAN



Wake up early in the morning (0630 Hrs) for thrilling jungle activities in Chitwan National Park. Then go for a canoeing ride (included in cost) on the Rapti River, where you might spot crocodiles (Ghadiyal) and visit the Elephant Breeding Centre. Return to the hotel for breakfast. Afterward, indulge in a jeep safari or Elephant Safari (included in cost). Return to the hotel for dinner and spend the night in Chitwan.

DAY 7

CHITWAN - JANAKPUR

266 Kms / 6-7 Hrs Approx

After breakfast, check out from the hotel at around 8am. We then leave for Janakpur. Janakpur, the birthplace of Goddess Sita, is a vibrant city known for the iconic Janaki Temple, rich Mithila culture, and colorful festivals. A sacred destination for spiritual and cultural exploration. After reaching Janakpur we visit - Janaki Temple, Vivah Mandap and Aarti Of Ganga. Dinner & Night Stay at Janakpur.



Ganga Aarti
Janakpur

DAY 8

JANAKPUR - DHARBANGA AIRPORT DROP

80 KMS - 3HRS APPROX



GOODBYE!

After breakfast, check out from the hotel with your luggage. We will leave for Dharbanga Airport for your onward journey to your hometown. We hope you have had a memorable experience with Heena Tours & Travels (**book your flight after 1 PM**). Let's stay connected through Facebook or email, and we look forward to welcoming you again on another unforgettable holiday. Until then, see you soon!

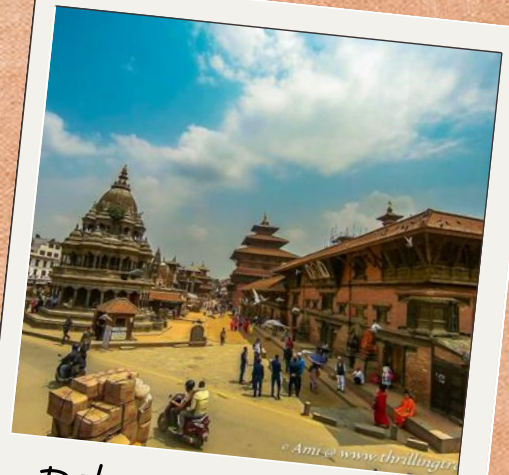
THIS TOUR STARTS WITH LUNCH ON DAY - 01 & CONCLUDES WITH BREAKFAST ON DAY -08.



Gupteswar Cave



Chitwan National Park



Patan Durbar Square

Inclusions

- 07 Nights / 08 Days Hotel Accommodation
- Kathmandu to Pokahra Flight *[with view of Glorious Himalayas]*
- All Meals will be prepared by our maharaj in the hotel kitchen. (PURE VEG)
- All transfers and sightseeing as per the itinerary by AC Vehicle.
- All Entry fees during sightseeing.
- Service of Caring Tour Manager.
- Mineral water during travelling.
- **Above rates are valid for Indian Nationals only.**

Exclusions

- To & Fro Air Fare
- Any Kind Of Personal Expenses like Drinks, Phone Calls, Laundry, Etc.
- Anything not specified in Inclusions.
- **5% GST (Tax subject to change as per Govt. Regulations) + TCS (Tax Collected at Source) on total billing with valid PAN Card details.**

***HEENA TOURS & TRAVELS WILL NOT BE RESPONSIBLE IF THE FLIGHTS GETS DELAYED OR CANCELLED.**

Important notes for Nepal

- For Nepal Tour, guests have to carry original Passport (Valid for 6 months from the date of your return journey) or original Voter ID Card with 2 Xerox copies, also submit a copy of the same at the time of booking.
- Children / Student below 18 yrs. are requested to carry original Valid Passport or Original Birth certificate (ENGLISH) along with School / college Photo Identity card (ENGLISH).
- For Infants carry 2 passport size photographs.
- Covid Rules – Double vaccination or RTPCR before 72 hours (it can change as per government rules)
- NRI : NRI Guest need to fill form for On-Arrival Visa & will have to pay \$50 approx per person on Kathmandu Airport on arrival.

Travel Tips for Nepal

- Carry Valid Photo Id (Passport / Voter Id).
- Carry Universal adaptor for charging of your cell phones.
- Carry clothes that are light with fast drying fabric and good breathability.
- In case of any riots/political situation during tour please follow Managers instructions.
- Carry your Regular Basic medicines & Basic First Aid Kit with you.
- Carry Indian Currency from Rs.200 or below denominations.
- All SIM Cards will work in Nepal if you get your International Roaming (Differs from service provider to service provider) activated. It would not work without International Roaming.

Terms & Conditions

OUR FOOD:

DURING THE TOUR WE WILL PROVIDE DELICIOUS, PURE VEGETARIAN / JAIN / SWAMI NARAYAN FOOD SPECIALLY PREPARED FOR YOU. (WE PROVIDE BREAKFAST, LUNCH, EVENING TEA/COFFEE WITH LIGHT COOKIES AND DINNER WITH DRY MUNCHING DURING TRAVEL) PREPARED/COOKED BY OUR OWN EXPERT RAJASTHANI COOKS IN THE HOTEL KITCHEN.

IMP NOTE:

TO OPERATE THIS TOUR WE REQUIRE MINIMUM 08 TO 10 PASSENGERS TRAVELLING AT A TIME ON THAT PARTICULAR DATE, IF WE GET LESS NUMBER OF PASSENGERS AS MENTIONED ABOVE, THEN YOU WILL HAVE TO OPT FOR ANY ONE OF THE BELOW OPTIONS-

01 – YOU MAY SWITCH TO ANY OTHER SECTOR AS PER YOUR CHOICE OF DATE

02 – YOU MAY OPT FOR CUSTOMIZED PACKAGE (FIT) WITH HOTEL FOOD (BREAKFAST & DINNER) WITH SOME ADDITIONAL AMOUNT IF APPLICABLE.

*WE ARE NOT RESPONSIBLE FOR ANY FLIGHT/TRAIN CANCELLATION CHARGES APPLICABLE TO YOU.

TRANSPORTATION:

SEAT NUMBERS IN THE BUS ARE PROVIDED ON FIRST COME FIRST SERVE BASIS, AS PER THE BOOKING DATE AND THE SEAT NUMBERS REMAIN FIXED THROUGHOUT THE TOUR, STILL THE PASSENGERS MAY INTERCHANGE THEIR SEATS WITH THEIR CO-PASSENGERS ON MUTUAL CONSENT. ONCE REACHING DESTINATION, ALL THE ROAD TRAVEL WILL BY NON-AC VEHICLES (AC WILL NOT BE OPERATIONAL DURING TRAVELLING ON HILLS/GHATS) AS PER GROUP SIZE. DUE TO UNAVOIDABLE CIRCUMSTANCES, IF THERE IS ANY ROAD BLOCK, OR TRAFFIC JAM, YOU WILL HAVE TO CO-OPERATE WITH THE TOUR MANAGER. IN CASE OF ACCIDENT, PLEASE FOLLOW THE INSTRUCTIONS OF THE TOUR MANAGER TO REACH THE NEXT DESTINATION, IN SUCH CASES WE ARE NOT RESPONSIBLE FOR THE DAMAGE TO YOUR LUGGAGE OR ANY INJURY TO THE PASSENGER.

HOTELS:

THOUGH WE HAVE MADE BLOCKING OF ROOMS IN ALL THE ABOVE HOTELS IN ADVANCE AS PER OUR TOUR DATES, BUT DUE TO SOME UNAVOIDABLE CIRCUMSTANCES, IF WE FORCED TO CHANGE THE HOTELS, WE HAVE FULL RIGHTS TO CHANGE WITHOUT PRIOR NOTICE TO THE GUEST. IF WE HAVE TO PROVIDE ALTERNATIVE/SIMILAR ACCOMMODATION, FOR WHICH NO REFUND SHALL BE ALLOWED. THE ROOMS SHALL BE ALLOTTED AS PER THE CHECK-IN TIME OF THE HOTELS AND THEY SHALL HAVE TO BE VACATED AS PER THE HOTELS CHECK-OUT TIME. IN SOME HOTELS THE ROOMS MAY BE TWIN BEDDED. NON AC ROOMS WILL BE PROVIDED IN HILL STATIONS.

LUGGAGE:

DURING THE ENTIRE TOUR OUR STAFF WILL BE AT YOUR SERVICE TO CARRY YOUR LUGGAGE, BUT AT THE SAME TIME WE ARE NOT RESPONSIBLE FOR THE THEFT OR DAMAGE TO YOUR LUGGAGE. NO CLAIMS TO BE ENTERTAINED.

Terms & Conditions

TOUR MANAGER:

WE ADVISE YOU TO CO-OPERATE WITH OUR TOUR MANAGER IN ALL RESPECT TO MAKE YOUR TOUR REALLY ENJOYABLE. ALLOTMENT OF ROOMS, SELECTION OF THE DAILY FOOD MENU, IS THE DUTY OF THE TOUR MANAGER AND PASSENGERS SHOULD NOT INTERFERE IN THESE MATTERS. PASSENGERS INDULGING IN UNWANTED HINDRANCE, IN THE SMOOTH OPERATION OF THE TOUR, OR QUARRELLING WITH THE MANAGER OR OTHER PASSENGERS, SHALL BE ASKED TO LEAVE THE TOUR AT THAT SPOT IMMEDIATELY AND SHALL NOT BE GIVEN ANY REFUND FOR THE SAME.

UNAVOIDABLE CIRCUMSTANCES:

IF DUE TO REASONS BEYOND OUR CONTROL LIKE RIOTS, FLOODS, POLITICAL UNREST, BAND'S, ACCIDENTS, TRAFFIC JAM OR ANY OTHER NATURAL OR MANMADE CALAMITIES, THE PROGRAM OF THE TOUR HAS TO BE CHANGED OR EXTENDED, THE ADDITIONAL EXPENDITURE FOR THE SAME WILL HAVE TO BE BORNE BY THE PASSENGERS. IF ANY PASSENGERS HAS TO LEAVE THE TOUR MID-WAY, DUE TO ANY REASONS LIKE DEATH OF RELATIVE / ILLNESS / ANY OTHER REASONS, THERE SHALL BE NO REFUND FOR THE REMAINING PORTION OF THE TOUR. AND THE EXPENSES FOR RETURNING BACK TO YOUR DESTINATION ALSO SHALL BE BORNE BY THE PASSENGERS. .

SUGGESTIONS / COMPLAINTS DURING THE TOUR:

IF THE PASSENGERS HAVE ANY SUGGESTIONS/COMPLAINTS REGARDING OUR SERVICES LIKE HOTEL, BUS, FOOD ETC. ARE ADVISED TO INFORM TO YOUR SECTOR IN-CHARGE AND THEN OUR OFFICE IMMEDIATELY BY WATSAPP TO YOUR SALES EXECUTIVE AND CO-OPERATE WITH THE TOUR MANAGER, SO THAT THE SAME CAN BE READDRESSSED AS EARLY AS POSSIBLE. NO COMPLAINTS OR REFUND FOR THE SAME BE ENTERTAINED AFTER COMPLETION OF THE TOUR.

BOOKING & CANCELLATIONS:

YOU CAN CONFIRM YOUR BOOKING BY PAYING A DEPOSIT OF 25% OF THE TOTAL TOUR COST OR ₹10,000 PER PERSON, WHICHEVER IS HIGHER.

THE BALANCE PAYMENT SHALL BE PAID 21 DAYS BEFORE TOUR DEPARTURE DATE. IF ANYBODY FAILS TO PAY THE BALANCE AMOUNT BEFORE 21 DAYS, THEN YOUR ROOMS WILL BE AUTO RELEASED AND NO REFUND WILL BE PROVIDED. IF WE ARE FORCED TO CANCEL THE TOUR DUE TO THE UNAVOIDABLE CIRCUMSTANCES LIKE NATURAL CALAMITIES - FLOODS, RIOTS, BANDS, STRIKES OR ANY POLITICAL REASONS ETC. THEN WE SHALL GIVE YOU AN OPTION OF DATE CHANGE OR CREDIT NOTE AFTER DEDUCTING 10% OF THE TOTAL TOUR COST AS OUR SERVICE CHARGE FOR MAKING THE NECESSARY ARRANGEMENTS FOR YOUR TOUR.

CANCELLATION POLICY:

BEFORE 21 DAYS OF TOUR DEPARTURE RS.10,000 + AIR TICKET PER PERSON

BETWEEN 10 TO 21 DAYS 50% + AIR TICKET OF THE TOUR COST.

BETWEEN 05 TO 10 DAYS 75% + AIR TICKET OF THE TOUR COST.

WITHIN 05 DAYS 100% + AIR TICKET OF THE TOUR COST (NO REFUND).

**WE HOPE THAT YOU HAVE READ ALL OUR ABOVE TERMS AND CONDITIONS BEFORE
CONFIRMING YOUR TOUR WITH US.**



INDIA'S PIONEER IN PURE VEG & JAIN FOOD TOURS SINCE 38 YEARS

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Auli / Chopta



Bhutan



Chardham



Himachal



Kashmir



Kerala



Leh Ladakh



Nepal



Rajasthan



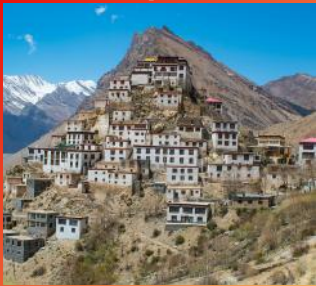
Sikkim



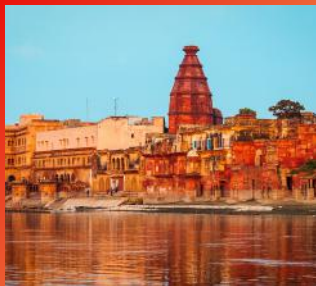
South India [Ooty/Coorg]



Spiti



Uttar Pradesh



Uttarakhand



Andaman



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More info:
www.heenatours.in

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