

NEPAL

NP-04 WITH **JANAKPUR**

Kathmandu · Pokhara · Chitwan · Janakpur



7 Nights | 8 Days



All Meals | Pure Veg



Heena's Maharaj



What our Guests say about *Nepal*



"The entire Kitchen Staff provided us with excellent services."

We had a wonderful Nepal tour experience travelling with Heena Tours. The tour manager Mr Pushkar Khandelwal and Jenish, the entire Kitchen Staff provided us with excellent services with Best and delicious pure veg /Jain food. Morning tea and masala milk. They have make us feel comfortable during the tour with Best Vehicle arrangements. We look forward to more such tours with Heena. However overall experiences were memorable.

Mukesh Shah

Mumbai · May 2026



"We look forward to travel with Heena travels in future"

My travel with my wife to Nepal with Heena travels was excellent. Their service during whole tour was excellent including food service Hotel selection, transport arrangement during intra travel in Nepal was also good. We look forward to travel with Heena travels in future, with a request to send notification of their various tours. Thanks once again to make our trip to Nepal a memorable event.

Harendra Gandhi

Surat · April 2026



"Arrangement for site visit, food and support from tour manager was well organised"

Have joined NP 5 trip to Nepal 13th to 20th April, 2025. Every aspect of a package like pick up and drop transportation from/to airport, hotel stay, arrangement for site visit, food and support from tour manager was well organised. We enjoyed the trip thoroughly.

Jagish Kothari

Mumbai · April 2025

WHY CHOOSE HEENA FOR NEPAL?

- 1 Internal Flight [Kathmandu to Pokhara]
- Heena's food in difficult places like Jomsom
- 100% Of the time

Since 1988, every Heena tour has served pure vegetarian food – no exceptions, no negotiations with hotels, completely separate menu designed for our guests. Just delicious, home-style food from Leh to Kerala.



All meals guaranteed

Pure veg at every hotel, every stop, every day



Heena Maharaj on Board

Our own cooks travel with groups



Trusted Hotels

Kitchens inspected for cross-contamination



Jain Food available

No onion/garlic options on every departure

"Finally, a tour operator where I didn't have to worry about food for a single meal."

— Kokilaben M, Surat

We are very pleased with the great kitchen staff who provided us with a fresh variety of vegetarian food for breakfast, lunch, and dinner. The kitchen staff constantly offered food at our table

— Varsha Shah – Mumbai

Tour Highlights



KATHMANDU 2 nights

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

POKHARA 2 nights

- Flight from Kathmandu to Pokhara with Views
- Boat Ride at Lake Phewa
- Begnas & Rupa
- 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



Tour Dates

October 2026	4, 11, 18, 25
November 2026	1, 4, 7, 10, 15, 22, 29
December 2026	6, 13, 20, 24, 27
January 2027	3, 10, 17, 24, 31
February 2027	7, 14, 21, 28
March 2027	7, 14, 21, 28



Tour Rates

EX. KATHMANDU

Per Couple	₹1,32,000
Extra Adult / Child with Mattress	₹62,000
Per Child (5–11 yrs.) without Mattress	₹49,000
Child under 5 with Vehicle Seat	₹32,000

i FOR NRI TRAVELLERS ONLY

There is no NRI exit office in Janakpur, so NRI travellers need to return to **Kathmandu for exit formalities**. This adds one extra night in Kathmandu and the transport between cities, these costs don't apply to Indian passport holders.

ADDITIONAL HEENA SERVICE COST

Transport from Janakpur to Kathmandu + Kathmandu hotel stay with breakfast & dinner

Per Couple	₹10,000
Extra adult / Child (5–11 yrs) with mattress	₹5,000
Child (5–11 yrs) without mattress	₹3,500

Additional per person to Heena for Internal Flight, Hotels & Sightseeing	₹16,000
Nepal entry fee per person – Paid directly at the Airport	\$50

Hotels

DESTINATION (7 NIGHTS)	HOTELS	STAR RATING
Kathmandu (2N)	Hotel Tibet / Similar	★★★★
Pokhara (2N)	Lake Star / Murano / Similar	★★★★
Chitwan (2N)	Jungle Crown [Deluxe Rooms] / Similar	★★★★★
Janakpur (1N)	Welcome / Similar	★★★★

DAY 1**KATHMANDU**

Welcome to Nepal! Upon arrival at Kathmandu's Tribhuvan International Airport (**arrive by 2pm**), 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: 2pm), the rest of the day is at your leisure, rest, go shopping (all at your own cost). Dinner & night halt at Kathmandu.

 Lunch & Dinner

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. Then we explore a **Buddhist stupa**. 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.

 Breakfast, Lunch & Dinner



Patan Durbar Square

Pashupatinath Temple

DAY 3**KATHMANDU – POKHARA BY AIR**

 1hr via flight

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 range *[subject to weather conditions]*. Upon arrival in Pokhara, check into your hotel. After lunch, take some time to rest later we leave for a **boat ride on Lake Phewa (included in cost)**. Later return 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. We also explore Himalaya Mountain Valley. Dinner and Night halt at Pokhara.

 Breakfast, Lunch & Dinner

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.

 Breakfast, Lunch & Dinner
DAY 6**CHITWAN**

Wake up early in the morning (6:30am) for **thrilling jungle activities** in **Chitwan National Park - 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, leave for a **Jeep safari or Elephant Safari** (included in cost).

Return to the hotel for dinner and spend the night in Chitwan.

 Breakfast, Lunch & Dinner


Canoe Ride

DAY 7**CHITWAN - JANAKPUR**
 266 Kms / 6 Hrs Approx

After breakfast, check out from the hotel at around 8am. We then leave for **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.

 Breakfast, Lunch & Dinner


Janki Temple

DAY 8**JANAKPUR - DHARBANGA AIRPORT DROP**
 80 kms - 3hrs approx

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 flights after 1pm.**

 Breakfast

We hope you have had a memorable experience with Heena Tours & Travels. . 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!



Inclusions

- 7 Nights / 8 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.**
- **Christmas & New Years surcharge**

***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 according to "Heena Style" (We provide Breakfast, Lunch, Evening Tea/Coffee with light cookies and dinner with dry munching during travel) prepared/cooked by our own expert Cooks.

Important note

To operate this tour with our full Kitchen Facilities/Maharaj Food, we require minimum 8 to 10 Passengers travelling on that particular date, If we receive fewer passengers than the minimum required, you will need to choose one of the following 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 or 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 be by NON-AC Vehicles 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 [base category rooms if not mentioned otherwise] in all the above hotels in advance as per our tour dates, but due to some unavoidable circumstances, if we are 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.

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.

Terms & Conditions

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 whatsapp to your sales executive and co-operate with the tour manager, so that the same can be readdressed 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 [Non Refundable]

The balance payment shall be paid 30 days before tour departure date. If anybody fails to pay the balance amount before 30 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 30 days of tour departure 25% of tour cost + air ticket per person

Between 15 to 30 days 50% of the tour cost + air ticket per person

Between 05 to 15 days 75% of the tour cost + air ticket per person

Within 05 days 100% of the tour cost + air ticket per person (No Refund)

Current Date →

Tour Departure Date

25%	50%	75%	No Refund
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30+ Days Before

15 to 30 Days

5 to 15 days

Under 5 Days

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 40 YEARS

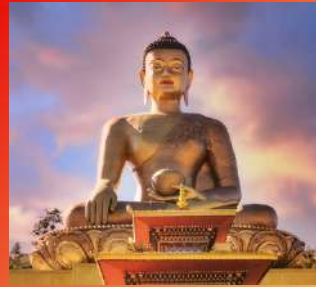
Assam / Meghalaya



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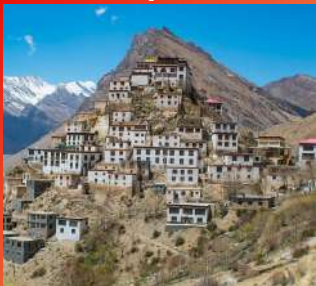
Sikkim



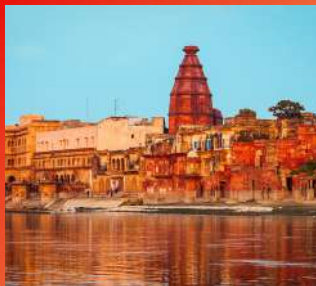
South India [Ooty/Coorg]



Spiti



Uttar Pradesh



Uttarakhand



Andaman



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More info:
www.heenatours.in

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