

7 Days Nepal Kathmandu & Pokhara Hiking Tour

Trip overview

Immerse yourself in the soulful charm of Nepal with our **7-day Kathmandu and Pokhara hiking tour**. This private journey is the perfect blend of cultural immersion and light trekking, taking you from the ancient, bustling streets of the Kathmandu Valley to the serene, snow-capped vistas of Pokhara.

Begin your adventure exploring the UNESCO World Heritage Sites of **Kathmandu, Patan, and Bhaktapur**, where every corner reveals centuries of history and vibrant Newari culture. Then, escape to **Pokhara**, Nepal's gateway to the Himalayas. Here, you'll boat across the tranquil **Phewa Lake**, hike to the iconic **World Peace Pagoda**, and witness a spectacular sunrise over the **Annapurna range** from Sarangkot. Whether you are a history buff or a nature enthusiast, this tour offers an unforgettable glimpse into the heart of the Himalayas.

- **Durations:** 7 Days
- **Destinations:** Kathmandu - Pokhara - Kathmandu
- **Tour inquiry:** <https://asiachinatour.com/7-days-kathmandu-pokhara-hiking-tour/>

Itinerary

Day 1: Kathmandu Arrival

Welcome to the vibrant capital of Nepal! Upon your arrival at **Kathmandu Tribhuvan International Airport (KTM)**, our professional representative will be waiting for you at the arrival hall with a personalized pickup board. You will then be transferred to your hotel in a private, air-conditioned vehicle.

The remainder of the day is yours to unwind and acclimatize. You may choose to relax at your hotel or take a leisurely stroll through the nearby streets—perhaps exploring the famous **Thamel** district, known for its colorful shops and diverse local eateries—to begin your immersion into the unique atmosphere of the Kathmandu Valley.

Accommodation: Hotel in Kathmandu

Meals: /

Professional Advice:

To ensure a seamless arrival, we recommend having your visa pre-approved or keeping the exact USD fee ready for a "Visa on Arrival." For your first evening, Thamel is an excellent place to exchange currency or pick up a local SIM card. To keep your energy high for the trekking ahead, we suggest sticking to bottled water and dining at well-established local restaurants during your first night.

Day 2: Kathmandu Valley & Patan - The Heart of Newari Heritage

After breakfast at your hotel, you will begin a deep dive into the cultural soul of the **Kathmandu Valley**, exploring its ancient cities and living traditions. Your journey starts at the **Ason Tole Vegetable and Spice Market**, the oldest and busiest marketplace in the city. Navigating its narrow alleys offers a raw and vibrant look at the daily lives of local traders and the sensory explosion of Himalayan spices.

Later, you will move to the magnificent **Kathmandu Durbar Square**, a UNESCO World Heritage Site since 1979. This historic seat of royalty is home to the **Kumari Temple**, where you may catch a glimpse of the Living Goddess. You will also admire the towering **Taleju Temple** and the formidable stone relief of **Kal Bhairav** from the square's historic courtyard.

In the afternoon, a short drive takes you to the city of **Patan** (Lalitpur). Renowned for its fine arts and metalwork, you will explore **Patan Durbar Square**, a masterpiece of Newari architecture. Your day concludes at the **Swayambhunath Stupa** (the Monkey Temple). As the most ancient and enigmatic shrine in the valley, this hilltop stupa provides a breathtaking panoramic view of Kathmandu as the sun begins to set. Finally, you will be driven back to your hotel.

Accommodation: Hotel in Kathmandu

Meals: Breakfast, Lunch

Professional Advice:

When exploring the bustling markets of Ason Tole, keep your camera ready but be mindful of the heavy foot traffic. At Swayambhunath, the 365-step climb is a great way to "warm up" your legs for the hiking days ahead. Please be cautious with the local monkeys—they are known for being quite bold with food and loose items! For the best experience, we recommend wearing comfortable walking shoes and carrying a small bag for your temple entrance tickets, as you will need to present them at multiple checkpoints.

Day 3: Spiritual Wonders & The Ancient City of Bhaktapur

Following breakfast, your cultural odyssey continues to the monumental **Boudhanath Stupa**, known locally as "Chorten Chenpo." As one of the largest spherical stupas in the world, its massive white dome and the watchful "Painted Eyes of Buddha" create a profound atmosphere of peace and devotion. Next, you will visit **Pashupatinath**, the most sacred Hindu temple complex in Nepal dedicated to Lord Shiva. Revered as the "Temple of Living Beings," this site on the banks of the Bagmati River offers a deep look into the spiritual rituals and traditions of Hindu life.

In the afternoon, a scenic drive leads you to the medieval city of **Bhaktapur**, the "City of Devotees." You will step back in time at **Bhaktapur Durbar Square**, where the 55-Window

Palace and the Golden Gate showcase the pinnacle of Newari woodcarving and masonry. To complete your day, visit the ancient **Changu Narayan Temple**. Perched on a high ridge, it is considered the oldest temple in Nepal and is celebrated as one of the seven UNESCO World Heritage structures in the valley. You will return to your hotel in Kathmandu for the evening.

Accommodation: Hotel in Kathmandu

Meals: Breakfast, Lunch

Professional Advice:

At Pashupatinath, please be mindful that while the main temple is restricted to Hindus, the surrounding complex offers a full view of the sacred riverbank ceremonies; photography of cremation rituals should be avoided out of respect. In Bhaktapur, don't miss the chance to try "Jaju Dhau" (The King Curd), a rich and creamy yogurt served in traditional clay pots that is a local delicacy. This is also an excellent day to browse for authentic thangka paintings and handmade pottery for which the city is world-famous.

Day 4: Kathmandu to Pokhara via the Charming Town of Bandipur

After breakfast, you will leave the bustle of Kathmandu behind for a scenic 4.5-hour drive toward **Pokhara**, the gateway to the Annapurna range. To break the journey, you will stop at **Bandipur**, a beautifully preserved hilltop settlement. Often described as a "living museum," Bandipur showcases authentic Newari culture with its traditional 18th-century architecture, brick-paved streets, and vibrant bougainvillea. It is the perfect place to enjoy a local lunch while taking in the sweeping mountain views.

Upon arriving in the lakeside city of **Pokhara**, you will check into your hotel. The rest of the afternoon is yours to enjoy at leisure. You can relax by the pool, explore the many artisanal shops along the lakeside, or simply sit at a café and watch the colorful wooden boats drift across the water.

Accommodation: Hotel in Pokhara

Meals: Breakfast, Lunch

Professional Advice:

The road to Pokhara offers stunning views of the Trishuli River, where you might see white-water rafters below. If you are prone to motion sickness, we recommend sitting in the front of the vehicle as the road can be winding. Once in Pokhara, the 'Lakeside' area is incredibly pedestrian-friendly and safe for evening strolls; it's a great time to pick up any last-minute hiking gear or snacks for the active days ahead.

Day 5: Pokhara - Lakeside Serenity & Panoramic Hiking

Your day begins with the tranquil beauty of **Phewa Lake**, the second-largest lake in Nepal. After breakfast, you will board a **private boat** to glide across the emerald waters, which perfectly reflect the snow-capped peaks of the Annapurna range on a clear day.

After reaching the southern shore, you will begin a scenic **hike up to the World Peace Pagoda** (Shanti Stupa). This massive white monument sits atop a ridge, offering one of the most famous panoramic views in the world—overlooking Pokhara city, the lake, and the towering Machapuchare (Fishtail) mountain.

In the afternoon, you will explore the geological wonders of the valley. First, visit **Devi's Fall**, a dramatic waterfall where the Pardi Khola river disappears into an underground tunnel. Just across the street, descend into the **Gupteshwor Mahadev Cave**, a sacred Hindu site housing a natural stalagmite shrine. Your day concludes at the **International Mountain Museum**, where you can learn about the history of Himalayan mountaineering and the diverse cultures of the mountain people.

Accommodation: Hotel in Pokhara

Meals: Breakfast, Lunch

Professional Advice:

The hike to the World Peace Pagoda takes about 45 to 60 minutes through shaded forest trails. While it is a moderate climb, we recommend wearing shoes with good grip and carrying a light jacket, as the breeze at the summit can be cool. When visiting the Gupteshwor Mahadev Cave, please be prepared for damp and slightly slippery steps inside the cavern. At the World Peace Pagoda, remember to maintain a quiet atmosphere as it is a place of active meditation and worship.

Day 6: Sarangkot Sunrise & Return to Kathmandu

Your day begins before dawn for a truly unforgettable experience. A short drive and a light trek bring you to the **Sarangkot viewpoint**, the premier spot for witnessing the **Himalayan sunrise**. As the first rays of light hit the snow-capped peaks, you will see the Annapurna Range and the iconic, needle-pointed **Machapuchare (Fishtail Mountain)** turn from icy blue to brilliant gold.

After returning to the hotel for a well-earned breakfast, you will be transferred to Pokhara Airport for a quick, scenic **flight back to Kathmandu**. Flying over the lush foothills offers one last aerial view of the mountains you've been admiring.

In the afternoon, you will have free time to explore **Thamel**, Kathmandu's most famous tourist district. It is the perfect place for last-minute souvenir shopping or relaxing in a rooftop café. To celebrate the conclusion of your journey, you will enjoy a **farewell dinner** featuring authentic Nepali cuisine accompanied by a vibrant **traditional cultural dance performance**.

Accommodation: Hotel in Kathmandu

Meals: Breakfast, Dinner (Traditional Cultural Show)

Professional Advice:

Sarangkot can be quite chilly in the early morning, even in the spring or autumn, so we highly recommend wearing layers and bringing a warm hat. For the flight back to Kathmandu, try to sit on the left-hand side of the plane for the best views of the Himalayan range. During the farewell dinner, don't be afraid to try the "Dal Bhat"—it's the national dish of Nepal and the best way to end your culinary journey through the country.

Day 7: Kathmandu Departure

Enjoy your final breakfast in the shadow of the Himalayas. Depending on your flight schedule, you may have some **leisure time** for a last stroll through the streets of Kathmandu. This is a great opportunity to pick up any final souvenirs—perhaps some Himalayan tea, hand-woven

pashminas, or local handicrafts—to take a piece of Nepal home with you.

At the designated time, your private vehicle and driver will meet you at the hotel to provide a comfortable transfer to **Kathmandu Tribhuvan International Airport (KTM)**. As you check in for your departure flight, you'll carry with you the vibrant memories of ancient Durbar Squares, the serene beauty of Pokhara, and the golden sunrise over the snow-capped peaks. We wish you a safe and pleasant journey onward!

Accommodation: /

Meals: Breakfast

Professional Advice:

Traffic in Kathmandu can be unpredictable, especially during peak hours. We recommend leaving your hotel at least 3 to 3.5 hours before your international flight departure to ensure a stress-free check-in. Before leaving for the airport, double-check that you have all your travel documents and that your power banks are in your carry-on luggage, as they are not allowed in checked bags at KTM. Safe travels!

Booking Policy

Cancellation Policy

Cancellation by Customer

- Cancellation received before 60 days: FREE of charge
- Cancellation received from 30 days to 59 days prior arrival date: 20% of total rate
- Cancellation received from 15 days to 29 days prior arrival date: 40% of total rate
- Cancellation received from 7 days to 14 days prior arrival date: 70% of total rate
- Cancellation received less than 7 days prior arrival date or No show: 100% of total rate

Children Policy

The rate for children applicable for one child sharing a twin or double cabin with two adults.

- For infant (<04 years old): Free of Charge
- 04 - 11 years old without bed: 50% adult rate
- 04 - 11 years old with extra bed: 75% adult rate
- Above 11 years old with extra bed: 100% adult rate

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