Kathmandu-Pokhara-Lumbini-Chitwan Tour

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**12 Days**
DIFFICULTY	**Easy**
MAX ALTITUDE	**1400m**
GROUP SIZE	**17 People**
BEST SEASON	**ALL THE YEAR**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,000 per person**

Trip overview

The Kathmandu – Pokhara – Lumbini – Chitwan Tour is one of Nepal's most comprehensive and rewarding travel experiences, combining the country's rich cultural heritage, breathtaking natural beauty, spiritual significance, and remarkable wildlife into a single unforgettable journey. This carefully designed tour connects four of Nepal's most iconic destinations: Kathmandu, the cultural and historical heart of the country; Pokhara, Nepal's most scenic lake city and gateway to the Himalayas; Lumbini, the sacred birthplace of Lord Buddha; and Chitwan, home to Nepal's first national park and some of the country's most diverse wildlife.

This journey offers travelers a unique opportunity to experience Nepal's incredible diversity within a single itinerary. From exploring ancient temples and royal palaces in Kathmandu to admiring the Himalayan panoramas of Pokhara, discovering the spiritual atmosphere of Lumbini, and embarking on thrilling jungle safaris in Chitwan, every destination provides a distinct and memorable experience.

Ideal for culture enthusiasts, nature lovers, spiritual seekers, wildlife photographers, and first-time visitors to Nepal, this tour presents a complete introduction to the country's history, traditions, landscapes, and people.

Geography and Landscape

One of the most fascinating aspects of the Kathmandu – Pokhara – Lumbini – Chitwan Tour is the extraordinary variety of landscapes encountered throughout the journey. Nepal may be a relatively small country, but it contains an astonishing range of geographical features, from Himalayan foothills and mountain valleys to fertile plains and subtropical forests.

Kathmandu Valley lies at an elevation of approximately 1,400 meters and is surrounded by green hills, terraced farmland, and traditional settlements. The valley has served as Nepal's political, cultural, and religious center for centuries and is known for its unique blend of natural beauty and historical significance.

Pokhara, situated at around 820 meters above sea level, is famous for its spectacular mountain scenery. Nestled beneath the Annapurna and Machhapuchhre (Fishtail) mountain ranges, the city

features beautiful lakes, waterfalls, caves, and lush green hills. The reflection of snow-capped peaks on the calm waters of Phewa Lake creates one of Nepal's most iconic and photographed landscapes.

As the journey continues southward, the terrain gradually descends into the fertile Terai plains. Lumbini, located at approximately 150 meters above sea level, is characterized by peaceful gardens, agricultural fields, monasteries, and subtropical vegetation. The serene environment offers a striking contrast to the mountainous regions of central Nepal.

Chitwan shares the warm subtropical climate of the Terai and is home to dense forests, grasslands, rivers, and wetlands. The region's diverse ecosystems support an extraordinary variety of wildlife and provide one of the finest jungle experiences in South Asia.

Together, these regions offer travelers a complete cross-section of Nepal's geographical diversity, showcasing everything from Himalayan views and lake landscapes to sacred plains and tropical jungles.

Culture and People

Nepal is renowned for its cultural diversity, and this tour provides an excellent opportunity to encounter a wide range of ethnic groups, traditions, and lifestyles.

Kathmandu Valley is strongly influenced by the Newar community, whose artistic achievements, architecture, festivals, and traditions have shaped Nepalese civilization for centuries. Ancient temples, courtyards, and traditional marketplaces continue to reflect their rich cultural heritage.

In Pokhara, visitors experience the traditions of Gurung, Magar, and other indigenous hill communities. These groups are known for their warm hospitality, colorful cultural practices, traditional music and dance, and strong connection to the Himalayan environment.

Lumbini is home to a mixture of Tharu, Madhesi, and other ethnic communities. The region reflects both Nepali and South Asian cultural influences, creating a welcoming atmosphere for pilgrims and visitors from around the world.

Chitwan is particularly famous for the Tharu people, whose culture is closely linked to the forests and rivers of the Terai. Traditional Tharu villages, unique architecture, cultural performances, and local customs provide valuable insight into the lifestyle of Nepal's indigenous lowland communities.

Throughout the tour, travelers have opportunities to enjoy traditional cuisine, interact with local people, and gain a deeper appreciation for Nepal's rich cultural mosaic.

Religion and Spiritual Heritage

Religion plays a central role in Nepalese society, and this tour offers an exceptional opportunity to explore the country's spiritual traditions.

Kathmandu is renowned for its sacred Hindu temples and Buddhist stupas. The valley represents a remarkable example of religious harmony, where Hinduism and Buddhism have coexisted and influenced one another for centuries. Daily rituals, festivals, prayer ceremonies, and sacred sites continue to shape everyday life.

Pokhara also holds spiritual significance, with numerous temples, caves, and monasteries scattered throughout the region. The surrounding Himalayan peaks are regarded as sacred in both Hindu and Buddhist traditions.

Lumbini is one of the most important Buddhist pilgrimage destinations in the world. As the birthplace of Lord Buddha, it attracts monks, pilgrims, scholars, and spiritual seekers from across the globe. The

peaceful monasteries, meditation centers, and sacred gardens create an atmosphere of reflection, compassion, and spiritual discovery.

The spiritual experiences encountered throughout the journey provide travelers with valuable insight into Nepal's religious heritage and cultural identity.

Highlights

- Explore UNESCO sites in Kathmandu Valley including major heritage monuments.
- Visit Swayambhunath Stupa, Pashupatinath Temple, Boudhanath Stupa, and Kathmandu Durbar Square.
- Enjoy Himalayan views from Sarangkot and boating on Phewa Lake.
- Explore Davis Falls and Gupteshwor Cave.
- Visit sacred Lumbini, birthplace of Buddha, including Maya Devi Temple.
- Experience wildlife adventures in Chitwan National Park, including jungle safaris, canoe rides, and birdwatching.
- Spot rhinos, crocodiles, deer, and diverse bird species.
- Enjoy traditional Tharu cultural performances and village visits.
- Experience Nepal's rich mix of culture, nature, spirituality, and wildlife.

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Walk: 1–2 hrs airport transfer + briefing · Stay: Hotel · Visit: Nepal · Meals: Dinner

Upon arrival at Tribhuvan International Airport in Kathmandu, our representative will warmly welcome you and transfer you to your hotel. After check-in, enjoy time to relax and recover from your journey. In the evening, attend a tour briefing and enjoy a traditional Nepali welcome dinner

Day 2 : Kathmandu Heritage Sightseeing (1,400m)

Altitude: 1,400m - 1,400m

Walk: Full-day sightseeing tour · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Full-day guided tour of Kathmandu Valley's UNESCO World Heritage Sites:

- Swayambhunath Stupa
- Kathmandu Durbar Square
- Pashupatinath Temple
- Boudhanath Stupa

Discover Nepal's rich history, architecture, and the harmony of Hinduism and Buddhism

Day 3 : Fly to Pokhara (820m)

Altitude: 1,400m - 820m

Walk: 25 min flight or 6–7 hrs drive · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Transfer to Pokhara for a scenic flight or drive. Arrive and explore Lakeside. Enjoy sunset views over Phewa Lake.

Day 4 : Pokhara Sightseeing Tour (820m)

Altitude: 820m - 820m

Walk: Full-day sightseeing tour · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Early morning visit to Sarangkot for sunrise over Annapurna, Dhaulagiri, and Machhapuchhre. Later explore Phewa Lake, Davis Falls, Gupteshwor Cave, and World Peace Pagoda.

Day 5 : Drive to Lumbini (150m)

Altitude: 820m - 150m

Walk: 6–8 hrs drive · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Drive through hills and river valleys to Lumbini, the birthplace of Lord Buddha. Evening at leisure in this peaceful pilgrimage site.

Day 6 : Lumbini Sacred Garden Exploration (150m)

Altitude: 150m

Walk: Full-day sightseeing · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Visit Maya Devi Temple, Ashokan Pillar, Sacred Garden, and international monasteries. Experience the spiritual atmosphere of Buddhism’s holiest site.

Day 7 : Drive to Chitwan National Park (150m)

Altitude: 150m - 415m (approx. Chitwan region)

Walk: 5–6 hrs drive · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Arrive at Chitwan National Park and check into a jungle resort. Visit Tharu village, enjoy sunset at Rapti River, and experience cultural dance performance.

Day 8 : Full-Day Jungle Activities (415m)

Altitude: 415m - 415m

Walk: Full-day jungle activities · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Canoe ride on Rapti River, jungle walk, and jeep safari inside Chitwan National Park. Spot rhinos, deer, monkeys, crocodiles, and diverse bird species.

Day 9 : Wildlife Exploration & Bird Watching (415m)

Altitude: 415m - 415m

Walk: Full-day activities · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Morning birdwatching, visit Gharial Crocodile Breeding Center, and optional jungle exploration or relaxation at the resort.

Day 10 : Leisure Morning & Return to Kathmandu (1,400m)

Altitude: 415m - 1,400m

Walk: 5–6 hrs drive + transfer · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Relaxed morning before driving back to Kathmandu via rivers and countryside landscapes. Evening at leisure.

Day 11 : Free Day in Kathmandu (1,400m)

Altitude: 1,400m

Walk: Flexible leisure day · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Free day for shopping, optional sightseeing, spa, or exploring Thamel. Farewell dinner in the evening.

Day 12 : Departure

Visit: Nepal · Meals: Breakfast

Transfer to Tribhuvan International Airport for your onward flight. Your Nepal tour concludes with lasting memories of culture, nature, wildlife, and spirituality.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 25°C / night 9°C
- Day 2 · Kathmandu Heritage Sightseeing · 1,400 m · day 25°C / night 9°C
- Day 3 · Fly to Pokhara · 1,400 m · day 25°C / night 9°C
- Day 4 · Pokhara Sightseeing Tour · 820 m · day 28°C / night 12°C
- Day 5 · Drive to Lumbini · 820 m · day 28°C / night 12°C
- Day 6 · Lumbini Sacred Garden Exploration · 150 m · day 31°C / night 17°C
- Day 7 · Drive to Chitwan National Park · 150 m · day 31°C / night 17°C
- Day 8 · Full-Day Jungle Activities · 415 m · day 30°C / night 15°C
- Day 9 · Wildlife Exploration & Bird Watching · 415 m · day 30°C / night 15°C
- Day 10 · Leisure Morning & Return to Kathmandu · 415 m · day 30°C / night 15°C
- Day 11 · Free Day in Kathmandu · 1,400 m · day 25°C / night 9°C

What’s included

Transportation

- Airport pick-up and drop-off by private tourist vehicle
- All ground transportation as per itinerary (Kathmandu, Pokhara, Lumbini, Chitwan)
- Domestic flight: Kathmandu – Pokhara (one-way or return as per package)
- Comfortable private vehicle for sightseeing and intercity travel
- Fuel, parking fees, and driver allowances included

Accommodation & Meals

- 3–4 star hotel accommodation in Kathmandu, Pokhara, and Lumbini
- Luxury jungle resort accommodation in Chitwan National Park
- Daily breakfast in all hotels
- Full-board meals (Breakfast, Lunch, Dinner) during Chitwan stay
- Welcome dinner in Kathmandu

Sightseeing & Entrance Fees

- UNESCO World Heritage Site entry fees in Kathmandu Valley
- Monument and heritage site entrance fees (Kathmandu, Pokhara, Lumbini)
- Chitwan National Park entry permit and conservation fees
- All guided sightseeing activities as per itinerary

Guide & Staff Services

- Licensed English-speaking professional tour guide throughout the trip
- Local nature guide in Chitwan National Park
- Guide salary, insurance, and government licensing included
- Assistance from tour coordinator during entire journey

Jungle Safari Activities (Chitwan)

- Jeep Safari inside Chitwan National Park
- Canoe ride on Rapti River
- Guided jungle walk
- Bird watching tours
- Tharu cultural dance program
- Gharial Crocodile Breeding Center visit

Not included

International Flights

- Airfare from home country to Kathmandu (Nepal)
- Return international flight from Kathmandu

Nepal Visa Fees

- Nepal tourist visa fee (available on arrival or embassy)

Travel Insurance (Mandatory)

- Comprehensive travel insurance covering medical emergencies
- Trip cancellation coverage
- Theft or loss coverage
- Emergency evacuation (if needed)

Personal Expenses

- Lunch and dinner in Kathmandu, Pokhara, and Lumbini (outside package)
- Personal drinks, bottled water, snacks, and beverages
- Shopping, souvenirs, and personal expenses
- Wi-Fi, laundry, hot shower, and battery charging fees in some hotels

Tips & Gratuities

- Tips for guide, driver, and safari staff (recommended but optional)

Optional Activities

- Extra sightseeing or extension tours not mentioned in itinerary
- Upgrades to luxury hotels or private experiences
- Extra domestic flights or helicopter services (if requested)

Dates & prices

- 02 Mar 2027 – 13 Mar 2027 · USD 1,000 · Available
- 16 Mar 2027 – 27 Mar 2027 · USD 1,000 · Available
- 06 Apr 2027 – 17 Apr 2027 · USD 1,000 · Available
- 20 Apr 2027 – 01 May 2027 · USD 1,000 · Available
- 04 May 2027 – 15 May 2027 · USD 1,000 · Available

Best time to visit

Best months: February–April and October–November. The Kathmandu Valley can be visited all year. October–November and March–April are pleasant and clear; December–February are sunny with cold mornings, and the monsoon brings afternoon showers but green, uncrowded heritage sites.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)

- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Duration

Standard duration: 8 to 12 days

Flexible extensions available depending on travel style

Can be customized for luxury, adventure, or cultural focus

Transportation

- Private air-conditioned vehicle for overland travel
- Optional domestic flights (Kathmandu–Pokhara or Bharatpur–Kathmandu/Pokhara)
- Jeep transfers for Chitwan National Park activities
- Hotel pickup and drop-off included in all destinations

Tour Route & Major Destinations

1. Kathmandu (2–3 Days)

Key highlights:

- Swayambhunath Stupa (Monkey Temple)
- Boudhanath Stupa
- Pashupatinath Temple
- Kathmandu Durbar Square
- Optional Patan or Bhaktapur heritage extension

Cultural introduction to Nepal’s Hindu and Buddhist heritage.

2. Pokhara (2–3 Days)

Key highlights:

- Phewa Lake boating and lakeside relaxation
- Sarangkot sunrise over Annapurna and Machhapuchhre
- Davis Falls and Gupteshwor Cave
- World Peace Pagoda
- Optional adventure activities: paragliding, zipline, ultralight flight

Pokhara offers a perfect mix of nature, adventure, and relaxation.

3. Lumbini (1–2 Days)

Key highlights:

- Maya Devi Temple – birthplace of Lord Buddha
- Ashoka Pillar – ancient historical site
- Sacred Garden and Monastic Zone

- International Buddhist monasteries
- Peaceful meditation and spiritual environment

Lumbini is a globally important Buddhist pilgrimage destination.

4. Chitwan National Park (2–3 Days)

Key highlights:

- Jungle safari by jeep inside Chitwan National Park
- Canoe ride on Rapti River
- Wildlife spotting: one-horned rhinoceros, deer, crocodiles, birds
- Tharu cultural village tour
- Elephant breeding center (if operational access allowed)
- Jungle walks with naturalist guides

Chitwan is Nepal's premier wildlife and jungle experience destination.

Difficulty & Physical Requirements

This is a very easy and comfortable tour, suitable for all travelers.

- No trekking required
- Light walking at heritage and safari sites
- Suitable for families, seniors, and children

Best Season

- March–May: Warm weather, clear skies, good wildlife sightings
- September–November: Best overall season with excellent visibility
- December–February: Cool and comfortable, especially in Chitwan and Pokhara
- June–August: Monsoon season; lush greenery but occasional rain

Accommodation

Accommodation varies by destination and category:

- Kathmandu: Boutique, premium, and luxury hotels
- Pokhara: Lakeside resorts and mountain-view hotels
- Lumbini: Comfortable pilgrimage hotels near sacred garden
- Chitwan: Jungle resorts and eco-lodges inside or near national park

All accommodations can be customized based on client preference.

Meals

Daily breakfast included in most packages

- Full-board meals in Chitwan jungle resorts (standard practice)
- Lunch and dinner available in all destinations
- Wide range of Nepali, Indian, and international cuisine
- Special Tharu cultural dinner in Chitwan

Additional information

Guide Services

Professional licensed guides are available throughout the tour:

- Cultural guides in Kathmandu and Lumbini
- Naturalist guides in Chitwan National Park
- Activity coordination and safety support
- Cultural, Natural & Wildlife Highlights
- This tour combines Nepal’s most diverse experiences:
- UNESCO World Heritage Sites in Kathmandu Valley
- Himalayan mountain views from Pokhara
- Birthplace of Lord Buddha in Lumbini
- Jungle safari in Chitwan National Park
- Rare wildlife including rhinos, crocodiles, and deer
- Rich Tharu indigenous culture
- Lakes, rivers, forests, and mountains in one itinerary

Essential Items to Carry

Recommended:

- Comfortable walking shoes
- Light clothing with warm layers (seasonal)
- Sunglasses and sunscreen
- Camera or smartphone
- Binoculars for wildlife viewing (Chitwan)
- Insect repellent for jungle areas
- Modest clothing for temples and monasteries

Communication & Connectivity

- Strong mobile and internet coverage in Kathmandu, Pokhara, and Lumbini
- Good connectivity in Chitwan resort areas
- Wi-Fi available in most hotels and lodges

Why Choose Kathmandu – Pokhara – Lumbini – Chitwan Tour?

This is the ultimate Nepal travel circuit:

- Covers culture, nature, spirituality, and wildlife in one trip
- Includes Nepal’s top UNESCO and national park destinations
- Suitable for all age groups and travel styles
- Balanced itinerary with diverse experiences
- Combines Himalayan views, jungle safari, and pilgrimage sites
- Fully customizable for luxury or standard travel
- Perfect first-time Nepal experience

Frequently asked questions

How difficult is the Kathmandu-Pokhara-Lumbini-Chitwan Tour?

The Kathmandu-Pokhara-Lumbini-Chitwan Tour is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Kathmandu-Pokhara-Lumbini-Chitwan Tour?

For the Kathmandu Valley & mid-hills region the best months are February–April and October–November. The Kathmandu Valley can be visited all year. October–November and March–April are pleasant and clear; December–February are sunny with cold mornings, and the monsoon brings afternoon showers but green, uncrowded heritage sites.

What permits do I need for the Kathmandu-Pokhara-Lumbini-Chitwan Tour?

You need entry tickets for the heritage sites you visit. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Kathmandu-Pokhara-Lumbini-Chitwan Tour?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Kathmandu-Pokhara-Lumbini-Chitwan Tour as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Kathmandu-Pokhara-Lumbini-Chitwan Tour?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip’s highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Kathmandu-Pokhara-Lumbini-Chitwan Tour?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page:
https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/kathmandu-pokhara-lumbini-chitwan-tour/

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com