Kathmandu–Pokhara–Lumbini Tour in Nepal

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

DURATION	**8 Days**
DIFFICULTY	**Easy**
MAX ALTITUDE	**1400m**
GROUP SIZE	**10 People**
BEST SEASON	**ALL THE YEAR**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,000 per person**

Trip overview

The Kathmandu – Pokhara – Lumbini Tour is one of Nepal's most rewarding cultural and scenic journeys, offering travelers a comprehensive introduction to the country's rich heritage, spiritual traditions, natural beauty, and historical significance. This carefully crafted tour connects three of Nepal's most iconic destinations: Kathmandu, the cultural and historical heart of the nation; Pokhara, the picturesque gateway to the Himalayas; and Lumbini, the sacred birthplace of Lord Buddha.

Designed for travelers seeking a balanced blend of culture, nature, and spirituality, the tour showcases Nepal's remarkable diversity within a single journey. Visitors explore ancient temples, royal palaces, sacred stupas, serene lakes, breathtaking mountain landscapes, and internationally renowned pilgrimage sites. Whether you are a history enthusiast, spiritual seeker, photographer, or cultural explorer, this tour provides an unforgettable experience that captures the essence of Nepal.

The journey offers a unique opportunity to discover UNESCO World Heritage Sites, vibrant local communities, and landscapes that range from Himalayan foothills to subtropical plains. Along the way, travelers gain valuable insight into Nepal's traditions, religions, architecture, and way of life.

Geography and Landscape

One of the most fascinating aspects of the Kathmandu – Pokhara – Lumbini Tour is the incredible geographical diversity experienced throughout the journey. Nepal may be relatively small in size, but it contains some of the most varied landscapes in the world.

Kathmandu Valley lies at an elevation of approximately 1,400 meters and is surrounded by forested hills and fertile farmland. Historically regarded as the cultural center of Nepal, the valley features ancient cities, terraced fields, and traditional settlements set against a backdrop of green ridges and distant Himalayan peaks.

Pokhara, located at an elevation of around 820 meters, is famous for its spectacular natural setting beneath the Annapurna and Machhapuchhre (Fishtail) mountain ranges. The city is blessed with pristine lakes, waterfalls, caves, rivers, and lush green hills. Phewa Lake, reflecting the snow-capped Himalayas, creates one of Nepal's most iconic and photographed landscapes. The surrounding

mountains provide stunning panoramic views and contribute to Pokhara's reputation as one of the most beautiful destinations in South Asia.

Further south, the landscape changes dramatically as the route descends into Nepal's Terai region. Lumbini, situated at approximately 150 meters above sea level, lies within the fertile plains bordering India. This peaceful region is characterized by agricultural fields, wetlands, monasteries, and subtropical vegetation. The calm atmosphere of Lumbini provides a striking contrast to the mountainous scenery of central Nepal.

Together, these diverse geographical regions allow travelers to experience Nepal's extraordinary natural beauty, from Himalayan vistas and tranquil lakes to sacred gardens and fertile lowlands.

Culture and People

Nepal is home to a remarkable diversity of ethnic groups, languages, customs, and traditions. Throughout this tour, travelers encounter a rich cultural mosaic that reflects centuries of history and cultural exchange.

Kathmandu Valley is strongly influenced by the Newar community, whose artistic achievements, architecture, festivals, and traditions have shaped Nepalese civilization for generations. Ancient courtyards, intricately carved temples, and bustling traditional markets reflect the enduring legacy of Newar culture.

In Pokhara, visitors experience the traditions of Gurung, Magar, and other indigenous hill communities. These groups are known for their warm hospitality, traditional dances, agricultural lifestyles, and deep connection to the Himalayan environment. The relaxed atmosphere and friendly local culture create a welcoming environment for visitors.

Lumbini is home to diverse communities including Tharu, Madhesi, and other ethnic groups of Nepal's southern plains. The region reflects a unique blend of Nepali and South Asian cultural influences, creating a peaceful and multicultural environment for pilgrims and travelers alike.

Throughout the journey, visitors have opportunities to sample traditional cuisine, interact with local communities, observe daily life, and gain a deeper appreciation of Nepal's cultural richness.

Religion and Spiritual Heritage

Religion plays a central role in Nepalese society, and this tour provides a remarkable opportunity to explore both Hindu and Buddhist traditions.

Kathmandu is renowned for its sacred temples and stupas, where Hinduism and Buddhism have coexisted harmoniously for centuries. Ancient rituals, prayer ceremonies, and festivals continue to shape daily life throughout the valley.

Pokhara combines natural beauty with spiritual significance. Numerous temples, monasteries, and sacred caves can be found throughout the region, while the surrounding Himalayan peaks are revered 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 pilgrims, monks, scholars, and spiritual seekers from across the globe. Sacred gardens, meditation centers, monasteries, and historical monuments create an atmosphere of peace, reflection, and spiritual inspiration.

Highlights

- Explore UNESCO sites in the Kathmandu Valley including major heritage landmarks.
- Visit Pashupatinath Temple and Boudhanath Stupa.
- Discover Kathmandu Durbar Square and Swayambhunath Stupa.
- Enjoy views of Phewa Lake and the Annapurna Himalayas.
- Watch sunrise from Sarangkot.
- Visit Davis Falls and Gupteshwor Cave.
- Explore sacred Lumbini, birthplace of Buddha.
- Visit Maya Devi Temple and ancient monasteries.
- Experience Nepal’s blend of culture, spirituality, history, and nature.

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

Arrival at Tribhuvan International Airport in Kathmandu, where you will be welcomed and transferred to your hotel. After check-in, the day is free for rest after your international journey. In the evening, a short briefing about the tour program will be provided. If time permits, explore Thamel, the vibrant tourist hub of Kathmandu.

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

Altitude: 1,400m - 1,400m

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

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

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

This tour offers a deep cultural experience of Hindu temples, Buddhist stupas, ancient royal palaces, and living traditions. Return to hotel and overnight in Kathmandu.

Day 3 : Fly or Drive 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 by flight or scenic drive. Upon arrival, relax at Phewa Lake. Evening sunset at Lakeside or visit World Peace Pagoda.

Day 4 : Pokhara Sightseeing Tour (820m)

Altitude: 820m - 820m

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

Places covered:

Phewa Lake

Sarangkot sunrise viewpoint

Davis Falls

Gupteshwor Cave

Enjoy sunrise views of Annapurna and Dhaulagiri ranges, boating on Phewa Lake, and evening leisure at Lakeside.

Day 5 : Pokhara – Lumbini (150m)

Altitude: 820m - 150m

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

Scenic drive from Himalayan foothills to the southern plains of Nepal. Arrive at Lumbini, birthplace of Lord Buddha, and relax in a peaceful environment.

Day 6 : Lumbini Sacred Garden Exploration (150m)

Altitude: 150m - 150m

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

Explore UNESCO World Heritage Site of Lumbini including:

- Maya Devi Temple
- Ashokan Pillar
- Sacred Garden
- International monasteries

A spiritually rich day ideal for meditation and reflection

Day 7 : Return to Kathmandu (1,400m)

Altitude: 150m - 1,400m

Walk: 25 min flight + transfer · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Fly from Bhairahawa to Kathmandu. Upon arrival, transfer to hotel. Rest of the day free for shopping, relaxation, or personal activities.

Day 8 : Final Departure

Visit: Nepal · Meals: Breakfast

After breakfast, transfer to Tribhuvan International Airport for your onward journey, marking the end of your Nepal tour.

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 or Drive 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 · Pokhara – 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 · Return to Kathmandu · 150 m · day 31°C / night 17°C

What's included

Transportation

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

Accommodation & Meals

- 3-star standard hotel accommodation in Kathmandu, Pokhara, and Lumbini
- Daily breakfast in all hotels
- Clean and comfortable twin-sharing rooms with private bathroom
- Welcome dinner in Kathmandu (optional in premium packages)

Sightseeing & Entrance Fees

- UNESCO World Heritage Site entry fees in Kathmandu Valley
- Monument and temple entrance fees as per itinerary
- Lumbini entrance fee and Sacred Garden access permit
- All guided sightseeing activities included

Guide Services

- Licensed English-speaking professional tour guide throughout the trip
- Cultural and historical explanation at all major sites
- Guide salary, insurance, and government licensing included
- Assistance from tour coordinator during the entire journey

Tour Organization

- Fully arranged itinerary and logistics management
- Assistance during travel between destinations
- On-tour support and coordination service

Not included

International Flights

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

Nepal Visa Fees

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

Travel Insurance (Mandatory)

- Comprehensive travel insurance covering medical emergencies
- Trip cancellation coverage
- Loss or theft of belongings
- Emergency evacuation if required

Personal Expenses

- Lunch and dinner in Kathmandu, Pokhara, and Lumbini
- Personal drinks, bottled water, snacks, and beverages
- Wi-Fi, laundry, hot showers, and charging services in hotels
- Shopping, souvenirs, and personal expenses

Tips & Gratuities

- Tips for guide and driver (optional but highly recommended)

Optional Services

- Extra sightseeing or activities not mentioned in itinerary
- Hotel upgrades (3-star to 4-star or 5-star luxury options)
- Additional domestic flights or helicopter services (if requested)

Dates & prices

- 02 Mar 2027 – 09 Mar 2027 · USD 1,000 · Available
- 16 Mar 2027 – 23 Mar 2027 · USD 1,000 · Available
- 06 Apr 2027 – 13 Apr 2027 · USD 1,000 · Available
- 20 Apr 2027 – 27 Apr 2027 · USD 1,000 · Available
- 04 May 2027 – 11 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: 6 to 9 days
- Flexible extensions available depending on interests
- Can be customized for luxury, cultural, or pilgrimage-focused travel

Transportation

- Private air-conditioned vehicle for overland travel
- Optional domestic flights (Kathmandu–Pokhara / Pokhara–Kathmandu)
- Comfortable tourist-standard road transfers
- Hotel pickup and drop-off included in all cities

Tour Route & Major Destinations

1. Kathmandu (2–3 Days)

Key highlights:

- Swayambhunath Stupa (Monkey Temple)

- Pashupatinath Temple
- Boudhanath Stupa
- Kathmandu Durbar Square
- Patan or Bhaktapur (optional extension)

Cultural introduction to Nepal's Hindu and Buddhist heritage.

2. Pokhara (2–3 Days)

Key highlights:

- Phewa Lake and boating experience
- Sarangkot sunrise view over Annapurna range
- Davis Falls and Gupteshwor Cave
- World Peace Pagoda
- Optional adventure activities (paragliding, zipline, ultralight flight)

Pokhara is known for its relaxed atmosphere and stunning Himalayan backdrop.

3. Lumbini (1–2 Days)

Key highlights:

- Maya Devi Temple – exact birthplace of Lord Buddha
- Ashoka Pillar – ancient historical inscription site
- Sacred Garden and Monastic Zone
- International monasteries from various Buddhist countries
- Peaceful meditation environment

Lumbini is one of the most important Buddhist pilgrimage sites in the world.

Difficulty & Physical Requirements

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

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

Best Season

- March–May: Pleasant weather and clear mountain views
- September–November: Best overall travel season
- December–February: Cool and comfortable, especially in Pokhara and Lumbini
- June–August: Monsoon season; lush landscapes but occasional rain

Accommodation

Accommodation is available in a range of categories:

- Kathmandu: Boutique, premium, and luxury hotels
- Pokhara: Lakeside resorts and mountain-view hotels
- Lumbini: Comfortable pilgrimage hotels and resorts near the sacred garden

All accommodations can be customized based on budget and preference.

Meals

- Daily breakfast included in most packages
- Lunch and dinner available at local or hotel restaurants
- Wide range of Nepali, Indian, and international cuisine
- Optional fine dining and lakeside dining experiences in Pokhara

Additional information

Guide Services

Licensed English-speaking guides available throughout the tour provide:

- Historical and cultural interpretation
- Religious and spiritual insights
- Local assistance and travel coordination

Cultural & Natural Highlights

This tour offers a diverse Nepal experience:

- Ancient Hindu and Buddhist heritage in Kathmandu
- Himalayan mountain views from Pokhara
- Peaceful lakes, caves, and waterfalls
- Birthplace of Lord Buddha in Lumbini
- Blend of spirituality, nature, and culture
- UNESCO World Heritage Sites
- Stunning sunrise and sunset mountain views

Essential Items to Carry

Recommended:

- Comfortable walking shoes
- Light clothing with warm layers for mornings/evenings
- Sunglasses and sunscreen
- Camera or smartphone
- Personal travel essentials
- Modest clothing for temple visits

Communication & Connectivity

- Strong mobile and internet coverage in all three destinations
- Wi-Fi available in hotels, cafés, and restaurants
- Easy access to communication services throughout the trip

Why Choose Kathmandu – Pokhara – Lumbini Tour?

This is the most complete introduction to Nepal:

- Combines culture, nature, and spirituality in one itinerary

- Covers Nepal’s top three destinations
- Suitable for all age groups and travel styles
- Includes UNESCO heritage and world pilgrimage sites
- Offers Himalayan views and peaceful lake scenery
- Flexible and customizable itinerary options
- Ideal for first-time visitors to Nepal

Frequently asked questions

How difficult is the Kathmandu–Pokhara–Lumbini Tour in Nepal?

The Kathmandu–Pokhara–Lumbini Tour in Nepal 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 Tour in Nepal?

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 Tour in Nepal?

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 Tour in Nepal?

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 Tour in Nepal 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 Tour in Nepal?

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 Tour in Nepal?

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-tour-in-nepal/

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