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7 Days Kathmandu Tour and Travel

URL: <https://boundlessadventure.com/kathmandu-tour/>

Duration

7 days

Per Person Cost

USD 425

Difficulty

Easy

Best Seasons

Mar-Jun, Sep-Dec

Transportation

Car

Max Altitude

2100 m Nagarkot

Trip Type

Tour

Meal

Breakfast

Accommodation

Hotel

Highlights of Kathmandu Tour for 2024 and 2025

- Kathmandu tour service guarantees for 2024 and 2025
- There is no need to worry about high altitudes while you are traveling on the Kathmandu Tour
- Explore the world heritage sites of Kathmandu.
- Paragliding and Ultra-Light in Pokhara.
- Best views of over 8000 meters of mountains
- Comfortable family Tour in Kathmandu.
- There is no Hidden Cost during the Kathmandu Tour.

Trip Overview

7-Day Kathmandu Tour and Travel is an excellent hidden historical adventure that explores the beautiful city of Kathmandu, which is inhabited by green hills. Boundless Adventure Pvt. Ltd always ensures that the Kathmandu Valley tour becomes one of the most memorable chapters of your life within seven days.

We provide various convenient packages for you and your budget in Kathmandu so you can have a great time with your friends and families. Let's give you some details about the Kathmandu tour, starting from the origin of Kathmandu Valley.

According to historical fiction, Kathmandu used to be filled with water, like a huge Lake. When a Tibetan monk named "**Manjushree**" [visited the Kathmandu valley](#), he liberated water from the Lake by cutting down the hills of Chobhar with his sword.

The Lake was converted into land, which became an extraordinary settlement for people and is now known as Kathmandu Valley. Contact us through WhatsApp at +977 9851033819 or email us for 2024 and 2025.

However, history holds a unique identity from the Lichhavi period to the Malla regimes. The Lichhavi Kingdom rose around the 4th century and initiated trade among the Himalayas.

But their reign was destroyed when King Prithvi Narayan Shah took over the kingdom and started to rule as a King of the whole country in 1769 A.D.

The Shah dynasty was the last king to lead this nation until the public of Nepal dethroned them on 28th May 2008 A.D. Our country Nepal was declared the Federal Republic of Nepal.

Kathmandu is the home of the temple.

The capital city of Kathmandu lies in the Bagmati Province. Urban Kathmandu is considered a compound of the Kathmandu, Lalitpur, and Bhaktapur districts, covering a total area of 750sq.km, and has the highest population density in the nation.

Kathmandu is approximately 1400 meters above sea level. Thus, the Kathmandu tour is an overall package that includes the areas of Kathmandu, Lalitpur, and Bhaktapur.

The Kathmandu tour will provide a foothold of natural beauty and the oldest city's historical, cultural, and archaeological significance. You may contact us for more information about Traveling to Kathmandu in 2024 and 2025.

Tour in Kathmandu was ranked first among the top 10 destinations in Asia by Trip Advisor and third globally. Boundless Adventure provides the best packages to enjoy your holidays with family and friends.

We have a bunch of activities on our charts; from roaming down in the *Kathmandu Durbar Square*, Swyambhunath, and [Bhaktapur to tasting](#) the local cuisine of Patan, we can unleash hidden stories of Kathmandu Valley.

Similarly, from chanting prayers in Pashupatinath to seeking inner peace in the Stupas on the Kathmandu Tour. Visiting Kathmandu has a wide range of destinations, so it is suitable for people of any age; as per your requirement, we can make arrangements for family and friends tour packages as well.

We arranged a day tour of Mount Everest Base Camp in Sagarmatha National Park, Upper Mustang, and Annapurna Base Camp in Annapurna Conservation, as per your convenience.

The average weather for the Kathmandu Tour is mild and temperate. The best time to set foot in this place is around March, April, October, and November.

If you like the cold weather, Kathmandu is the best place to be on Earth. However, traveling across all the destinations during rainy seasons might be difficult.

You will find the humblest and most welcoming people alongside the best destinations. We believe in treating our guests with the same respect as God. For your adventurous journey, join your hands with Boundless Adventure; we provide the best services at an affordable cost for the Kathmandu Tour.

Moreover, we have the best travel, food, and accommodation facilities to meet your requirements. We are genuinely determined to our customer's satisfaction and want them to have the best times of their lives.

Similarly, we have experienced tourist guides who will give you every minute detail about a place. The Kathmandu Tours are among the best experiences you will ever collect in this life's journey.

For further information about cost and itinerary, feel free to contact us. However, for some other adventure activities, if you would like, you may explore Mount [Everest by Helicopter](#) and Adventure trekking in the [Nepal Himalayas](#).

Souvenirs

Are you considering buying Souvenirs for your friends, family, and parents? Yes, you can get many different types of Souvenirs in Nepal. Among them are Thankas, 100% sheep wool pashmina, Gorkha knives, And handmade carpets, which are very popular. However, the souvenirs are also available around the tourist hub in Thamel.

Trip Itinerary

Boundless Adventure (p) Ltd provided details and a brief Kathmandu tour seven days itinerary. If you would like to make it longer or customize your trip according to your holidays, please let us know for more information regarding the tour in Kathmandu.

The Tour in Kathmandu is local Newari culture and historical tour including standard and luxury accommodation in Kathmandu, Nagarkot, Pokhara, and adventure trips in Pokhara. However, you will enjoy a given itinerary of the Kathmandu Tour.

Day 01: Arrival in Kathmandu and check in to the hotel

Welcome to the magnificent land of the Himalayas; a representative will meet you in TIA and accompany you to your hotel, where you will stay overnight.

After checking in procedures and your refreshment, our representative provides all details of tomorrow's plan.

If your arrival is late at night, feel free to inform us we will make arrangements of all sorts so that you can reach the hotel easily.

You can get a Nepali local sim and money exchange at the international airport.

**Destination:**

Kathmandu

Accommodation

Hotel

Transportation:

Car

Duration:

20 minutes

Food:

No

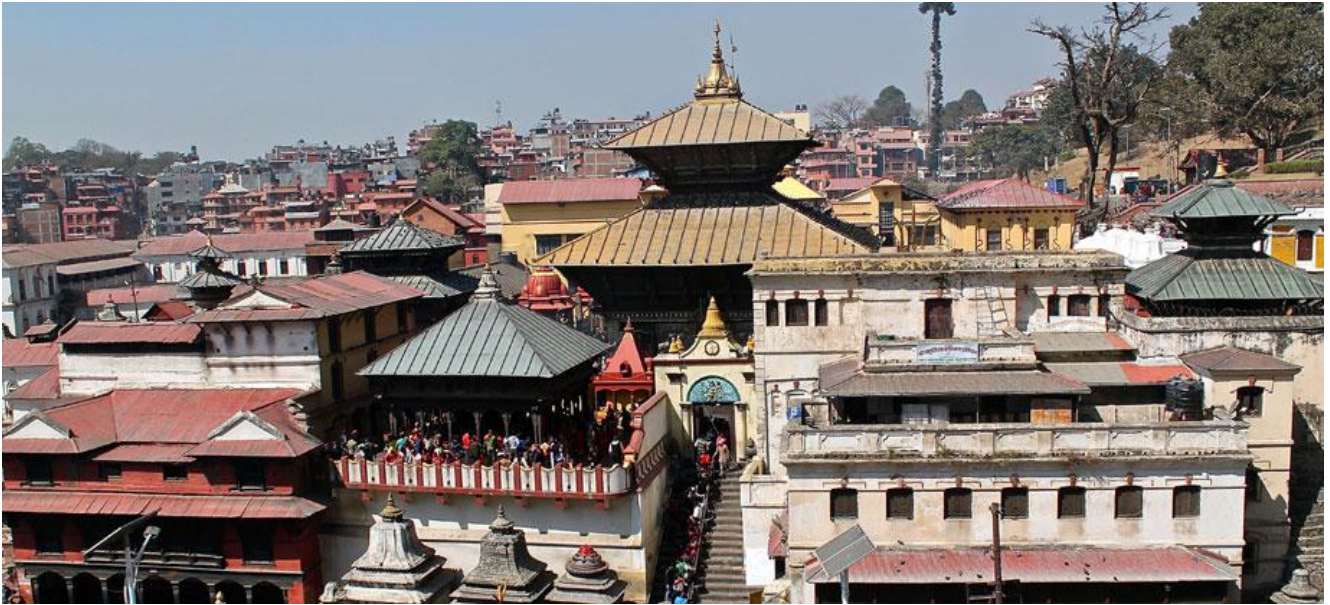
Day 02: Exploring Heritage site of Kathmandu

A beautiful day is waiting for you in this serene land. The adventure begins at 9 am after having breakfast.

The day is set out to visit the first four World Heritage Sites. From Kathmandu Durbar Square to the Pashupatinath temple.

We collect experiences of ancient Kathmandu. Then we head towards Bouddhanath Stupa, where we eat our lunch in the rooftop restaurant, enjoying the stupa's ambiance.

Similarly, we end our day on a high note by visiting the Swayambhunath Stupa. Our tiredness will get high spirits after visiting the Buddhist pilgrimage, and later we return to the hotel to stay overnight.



Nepal Heritage Site

Destination:

Kathmandu

Accommodation

Hotel

Transportation:

Car

Duration:

6 hours

Food:

Breakfast

Day 03: Exploring Heritage site

The 3rd day is for sightseeing at the remaining World Heritage Site.

Like every day, after having breakfast, we start our journey towards Lalitpur Durbar Square, a hub of Nepalese art craftsmanship.

Further, we explore the city of Bhaktapur and head towards Bhaktapur Durbar Square, and we have a delightful lunch in the alleys of Bhaktapur.

Soon after, we march towards the northern side to witness the Changu Narayan Temple, late in the dusk, after observing the evening view from the hilltop of Changu.

We returned to the hotel and stayed there overnight.



Kathmandu and Bhaktapur

Destination:

Bhaktapur

Accommodation

Hotel

Transportation:

Car

Duration:

6 Hours

Food:

Breakfast

Day 04: Flight to Pokhara and Explore

You will be informed earlier about the flight to Pokhara; thus, accordingly, ready your bag packs and wait in the lobby.

We will pick you up from your hotel by private vehicle and drive you to the domestic airport of Kathmandu, Nepal.

After 20 minutes of flight, you reach Nepal's most visited destination, Pokhara, which is in the Gandaki zone.

Our representative will pick you up from Pokhara airport and drives you to the Hotel after some intervals for the rest of the trip and refreshment.

We are preceding our trip according to the itinerary listed:



Pokhara airport

David's Fall: Davis Fall is locally known as "Patale Chango," but the waterfall got Its name as David's Fall when a skinny foreigner named David was wiped into the underground passage beneath the fall.

It is said that while bathing with his wife, the flood wished him down to the fall, and his dead body was found about 280 meters below it.

Bindhyabasini Temple: Bindhyabasini Temple is the oldest temple in the Gandaki zone, Pokhara. According to the Hindu religion, Bindhyabasini is devoted to Goddess Durga.

Who is believed to be the guardian of Lakes in the city? Moreover, the temple is recognized for sightseeing as well.

Phewa Lake: In the city of lakes, Phewa Lake is one of the most prolific lakes to be. It is based below 900 meters from sea level.

However, Phewa Lake is 1 mile wider and 2 miles long but 23 meters deep. You may see the shadow of the Annapurna and Fishtail Himalayan range while boating on the Lake.

Similarly, we can enjoy the Lake feeling the calmness of the atmosphere, and also there is a small Island with a Hindu temple.



Pokhara Lake

Destination:

Pokhara

Accommodation

Hotel

Transportation:

Flight

Duration:

20 minutes

Food:

Breakfast

Day 05: Paragliding in Pokhara

The most exciting and adventurous day is waiting for you. After having breakfast, a 30-minute Jeep ride escorts you to the hills of Sarangkot.

Sarangkot is a top destination that is the perfect epitome of beauty with adventure, majorly known for views of Mt. Dhaulagiri Ranges, The Annapurna Ranges, The Fishtail Ranges, and the Phewa lakes.

Adventures such as paragliding, ultra-light, and zip line are also the focal point. We pre-book paragliding/ultra-light as per your interest and time duration.

The 45 minutes flight of paragliding/ultra-light in the high sky provides glimpses of the Annapurna Himalayan ranges, Mount Fishtail, and the mesmerizing view of Phewa Lake.

Not only this, you will witness the magical wonderland of Pokhara. After that thrilling experience, we have lunch, and after refreshments, we proceed towards the itinerary.

International Mountain Museum is one of the peculiar museums that exhibits mountain past and present scenarios of mountaineers, their lifestyles, traditions, cultures, and ecology.

After the visit, you still have much time left for the day. You can spare time for personal use, like shopping and souvenirs from Nepal.



Paragliding In Pokhara

NOTE: Paragliding and ultra-light are performed by experienced licensed region and Nepali pilots.

Destination:

Sarangkot

Accommodation

Hotel

Transportation:

Van

Duration:

1 hour

Food:

Breakfast

Day 06: Drive back to Kathmandu

After breakfast, pack your belongings and prepare for a road trip adventure to Kathmandu by car/ Van/ Bus.

We travel via the desired vehicle on the twisted Prithvi Highway of Nepal.

The journey is nearly 200 km, followed by several stops, and takes about 4-5 hours.

We exploit the greenery of remote areas and urban Nepal on the brink of the Trishuli and Kali Gandaki Rivers.

During the road trip, you can go for three hours rafting in the Trishuli River or visit Manakamana Temple (optional), which takes about 2-3 hours on-site.

After some stops and refreshments, we set out for Kathmandu. The journey ends in Kathmandu, and you stay overnight in a hotel.



Toyota car drive to Kathmandu

Destination:

Pokhara

Accommodation

Hotel

Transportation:

Car

Duration:

5 Hours

Food:

Breakfast

Day 07: Departure to the international airport

You have a warmer breakfast in the Hotel for the very last time.

Our representative will drop you at the international airport after you complete all the check-out procedures by private vehicle.

If your flight is scheduled late at night, do inform us we will make every sort of arrangement.

Please note: Hotel check-out time is noon.



Departure to the airport

Destination:

Kathmandu

Accommodation

Hotel

Transportation:

Car

Duration:

20 minutes

Food:

Breakfast

Trip Includes

- Three stars accommodation with breakfast according to the itinerary.
- Pick up from the international and domestic airports by private vehicle.
- Drop off at the international airport by private vehicle.
- Plane tickets from Kathmandu to Pokhara.
- Sightseeing in Kathmandu and Pokhara, according to Itinerary.
- Transportation by private vehicle.
- Paragliding in Pokhara.
- Per person, one bottle of mineral water every day in Hotel.
- Tea /Coffee maker in your Hotel.
- Nepal Government tax.

Trip Excludes

- Lunch and Dinner during the tour
- Heritage site entrance fee
- Cable car tickets for Manakamana Temple

- Hard and soft drinks
- Personal expansions.

Frequently Asked Questions

What is the best traveling season in Kathmandu?

Nepal has two best traveling seasons, which are spring and autumn.

The weather is 34°C from March to May and 28°C from September to November in Kathmandu and Pokhara.

But if you are going to over 2000 meters, then colder in November and December of every month.

Is it safe to travel for solo females in Kathmandu?

Yes, no doubt, it is safe to travel for solo female travelers in Kathmandu, Pokhara, Chitwan, and Lumbini.

We are here in Kathmandu for you.

Have you picked up and drop off service from the Airport?

Yes, Boundless Adventure Nepal always gets picked up and drops off service for every client.

We provide a car for up to 3 clients, a jeep for up to 6 clients, a van for up to 14 clients, a costar for up to 26 clients, and a bus for up to 42 clients.

How do I Plan a trip to Kathmandu Nepal?

Boundless Adventure is always fully your support. We are a local and government Registry Company based in Kathmandu Nepal anyway.

Many flights fly worldwide, but most are transects from Qatar, Thailand, Turkey, and India. Just buy online tickets and land at the Tribhuvan international airport of Kathmandu, Nepal.

How many days are best for traveling in Kathmandu?

Kathmandu is the small capital of Nepal. You need to have a minimum of three days to travel to Kathmandu.

Just looking around Kathmandu Valley is not enough; we suggest you explore Pokhara, Chitwan, and Mount Everest by plane for a one-hour or four hours helicopter tour.

Usually, you need seven nights, and eight days are best to travel to Kathmandu.

Does Kathmandu be safe for travel?

Yes, it is still safe to travel to Kathmandu. It is hassle-free, not any political problems; in fact.

You must contact any company to pick you up at the international airport.

How much does the Kathmandu tour cost?

The Kathmandu tour cost depends on your budget and interest.

You can get many types of hotels here in Kathmandu. Some of them are two stars hotels, three stars hotels, four stars hotels, and five stars hotels too.

Different categories of hotels cost different prices. Similarly, ground transportation also has different costs due to air-conditioning or non-air conditioning.

Can we join other groups?

No, we are not suggesting joining another group. Because different people have different timetables, everyone has not long enough holidays.

We provide a private car, private accommodation, and a guide for your safety on the Kathmandu tour.

What would be the size of the biggest group tour you operate?

The group size is a maximum of forty people who can travel together in one bus.

But we have different vehicles for small, medium, and large groups. You need to book the Kathmandu tour in advance.

Are we able to travel with our family ?

Of course, everyone can travel with their family, children, and senior citizen.

We can provide family rooms in every hotel while you are traveling in Kathmandu, Pokhara, Chitwan, and Lumbini.

It is our pleasure to provide you with a family tour of Kathmandu.

Does every hotel provide us free WI-FI?

Yes, Three stars hotel provides you with free WI-FI, but four stars and five stars hotel provides you on request and payable only.

You need to contact every hotel in the Kathmandu tour regarding the cost details.

What are the best tour packages with family ?

Kathmandu Tours offers many packages for your family, including the Kathmandu heritage tour, Nagarkot tour, Pokhara tour, Chitwan jungle safari tour, Lumbini tour, and Mount Everest Base Camp Helicopter tour.

Muktinath temple tour and Mount Everest tour by Helicopter. These are the best place to travel with your family.

Do you provide us tour guide?

Yes, we do have tour guides; everyone speaks English, and they have been well-trained by the Nepal government.

But we provide you on request only. However, some guides speak another language except English. Please let us know if you are looking for a specific language guide.

Do we need to pay the entrance fee ?

Yes, it is necessary to pay the entrance fee while traveling to Nepal's world heritage site.

The entrance fees are free for children but the rest of the travelers have to pay for the sport by you.

How much does an entrance fee cost on the Kathmandu tour?

The entrance fee cost in Kathmandu tour by US\$ 50 to US\$ 60/- per person, would be enough for two days of touring in Kathmandu.

Because every single place costs different, you need to pay the entrance fee at Kathmandu Durbar Square, Swayambhunath, Pashupatinath, Bouddhanath, Bhaktapur, Changu Narayan, and Patan Durbar Square.

Essential Information

Major Attractions in Kathmandu

The primary travel attractions in the Kathmandu Tour are generally categorized into three parts: the Kathmandu district tour, the Lalitpur district tour, and the Bhaktapur district tour. Despite having a small area of 50 sq. km. Kathmandu is gifted with glaring natural beauty, glorifies history, cultures, traditions, and impeccable art craftsmanship, and is often portrayed as the "City of **Temples**" globally.

The beautiful city in the lap of hills is the home of seven World Heritage Sites enlisted by UNESCO; the following sites are listed in numbers from 1 to 7.

For the first four sites, within a day, we have to schedule the remaining three locations for the next day. However, the Tour in Kathmandu will take about 7-8 hours each day.

1) Kathmandu Durbar Square Tour

The palace, which used to host the Kings of Malla and the Shahs dynasty since the early 10th century, is now called Kathmandu Durbar Square. The castle lies in the heart of Kathmandu city and is currently known as Basantapur Durbar Square. It was listed as A World Heritage Site by UNESCO in 1979 A.D.

The Durbar Square joins unprecedented locations: The Hanuman Dhoka, Kathmandu Temple, the oldest wooden temple, and Ninestoreyed Basantapur Temple.

Similarly, the most peculiar building in the square is Kumari Ghar. According to various myths, Kumari is a little girl believed to be an abstract of the Living Goddess/Devi and is worshipped during various festivals by the people of Nepal.

2) The Pashupatinath Temple in Kathmandu Tour

The most significant Hindu temple, Pashupatinath, is located at a nearby distance from the international airport of Kathmandu (TIA); it was enlisted as a World Heritage Site by UNESCO in 1979 A. D. The general area of Pashupatinath lies on 246 hectares of land.

Pashupatinath consists of around 490 temples, 15 Shivalayas (shrine of Lord Shiva), and 12 Jyotirlinga (phallic shrine), and the doors, pillars, and pathways are constructed in such a way they depict the shape of Gods. Every day, thousands of followers visit the holy place to receive the blessings of Lord Shiva.

Recently, people have crazed to listen to the highly spirited Arati (sacred chant) during the evening. Only Hindu people are permitted through the main temple doors, while other travelers can observe the temple from the edge of the holy river.

3) Swayambhunath Stupa in Kathmandu Tour

The “Monkey Temple” is one of the oldest sacred Buddhist stupas and is believed to have evolved from an ancient lake 2000 years ago. UNESCO enlisted the Stupa as a World Heritage Site in 1979 A.D.

Major headlines of the holy pilgrimage are that the Stupa is surrounded by the large eyes of Lord Buddha and the trans bordering the periphery with pictures of different spiritual vibes to the visitors.

Besides this, Shakyamuni Buddha, small Chaityas, Pagoda Temples, the Sleeping Buddha, and the temple of Harati are monumental attractions.

The location of the Stupa at the hilltop attracts a significant group of people during the evening because visitors can enjoy an overall wide-ranging view of the fast-paced city of Kathmandu.

4) Bouddhanath Stupa in Kathmandu

Bouddhanath Stupa is known to be the largest spherical Stupa in the world. The Stupa reflects Tibetan Buddhism Culture and lies around 11 km away from the central zone of the valley.

Lichhavi King Man Dev constructed the profound heritage early in the 5th century and was enlisted as a World Heritage Site by UNESCO in 1979 A.D.

The Stupa consists of four pairs of Buddha’s eyes in all directions, symbolizing that Lord Buddha is watching all the devotees and protecting us.

The shrine is surrounded by 50 different Gompas and various prayer wheels. Generally, visitors are enticed in the evening so they can be part of a holy prayer chanted by the Buddhists.

Similarly, we can enjoy calmness from nearby rooftop restaurants as well.

5) Patan Durbar Square in Kathmandu Tour

The Patan Durbar Square is located at Lalitpur, a few km from Kathmandu, beneath the holy Bagmati river. The Patan Durbar Square, a UNESCO World Heritage Site, consists of an old castle and a series of uniquely designed temples within the square.

Alongside this, the Patan Museum is the major highlight, as it exhibits sculptures of Hindus and Buddhists. Similarly, The Ashoka Stupa, Krishna Mandir, carvings, Malla Palace, and the row of Pagoda temples are an absolute treat to our eye.

6) Bhaktapur Durbar Square in Kathmandu Tour

Bhaktapur Durbar Square combines Pagoda and the Shikhara-style temple dedicated to the Hindu deity. The World Heritage Site enlisted by UNESCO in 1979 A. D is majorly known as the 55 Window Palaces. Other monumental locations are Vatsala, Naytapola, Bhairav Nath, [Golden Gate](#), and Lions Gate.

Likewise, Bhaktapur will see several monuments, stone carvings, wood carvings, and many other historical feats representing the Hindu and Buddhist cultures. Similarly, when walking in the streets of Bhaktapur, your eyes would strike upon cord (JUJU Dhau), which is sweet and generally made on traditional pots.

7) Changu Narayan Temple in Kathmandu Tour.

The Changu Narayan Temple ascends towards the north of Bhaktapur; a few kilometers away lies the Changu Narayan Temple. Changu Narayan is one of the oldest historic temples in the world. Its existence is said to be around 465 AD.

The temple is located on a high hilltop of Changu and is surrounded by Champak trees. It is the temple named for the Hindu God Vishnu, and due to its location in Changu village, the temple was ultimately called Changu Narayan.

The World Heritage site includes the sculptures of Vishnu's ten incarnations, stone inscriptions, and stamped works of bronze and wood alongside the mesmerizing view of the valley.

If someone wants to stay overnight, a few kilometers north of the Changu Narayan Temple, Bhaktapur, there is another viewpoint location known as Nagarkot. The Nagarkot is about 2100 meters from sea level and is famous for eye-catching sunsets and sunrises over the Manaslu Himalayan range. We have customized all the details along with the itinerary for your convenience, which is listed below:

Types of Vehicles in Kathmandu Tour

Boundless Adventure provides the best-traveling vehicle to ensure your safe and fluent visit to Kathmandu. We have private cars, Toyota, Scorpio, Land Cruiser, and Hiace, as per the total no of members in the traveling crew. As per the weather conditions, we provide air-conditioned and non-air-conditioned vehicles for the Kathmandu tour.

Entry Permits in Kathmandu Tour

To visit the world heritage sites of Kathmandu, one must pay a certain entrance fee, depending upon

one's nationality. The SAARC nationalities have to spend less compared to the other races.

Indian tourists are allowed to enter Pashupatinath Temple without any cost. We want to mention that entry permits are entirely excluded from our package; visitors must cover their Kathmandu tour.

Tour Guides for Kathmandu tour (options)

We have the best-experienced tour guides in our company, who will take you to every location and give you every minute detail regarding the world heritage site where you will travel.

The Government of Nepal officially authorizes the principles and holds a proper license. The primary language of communication is English, but you must inform us earlier if you want directions that can be communicated in other languages. If you feel comfortable without a tour guide, we don't mind providing you with a car and driver.

Food and Accommodation in Kathmandu tour

We offer three-star accommodations in Kathmandu and Pokhara with Breakfast. Breakfast is included in Hotel, but Lunch and Dinner are not included in our packages. If you wish to complete board packages, we will provide Lunch and Dinner service while you are in Kathmandu, Nepal.

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