



Nepal Discovery Trek: Culture, nature & fun! (12 Days)

For curious minds aged 16 and above – solo travellers, friends, or siblings!

Overview

- Explore Nepal's rich culture, nature, and light adventure
- Designed for curious travelers aged 16 and up
- Visit UNESCO heritage sites in Kathmandu, Chitwan, and Bhaktapur
- Trek scenic hills of Ghorepani with stunning Himalayan views
- Enjoy thrilling activities: paragliding and ziplining in Pokhara
- Experience peaceful lakes, jungle safaris, and vibrant local culture
- Balanced itinerary with exploration, relaxation, and fun flexibility

What's Included:

- Professional guide fees throughout the trip
- All transportation (airport transfers and private vehicles)
- Comfortable accommodation in wellness hotels and eco-lodges
- All necessary permits and guided visits to UNESCO World Heritage Sites, National Parks and Trek Costs
- Emergency ambulance and helicopter standby for quick medical access
- Daily wellness activities: yoga, meditation and massage.
- Choose your adventure (paragliding, zipline, mountain biking or boating)
- Emotional support and safe space available when needed
- Daily breakfast included

Please note: Lunch and dinner are not included, allowing participants the flexibility to explore local cuisine at their own pace and preference.

Mission of the Trip:

To inspire meaningful connections through authentic cultural experiences and light adventure across Nepal's stunning landscapes.

Nepal Discovery Trek Itinerary



DAY 1

Day 1: Arrival in Kathmandu- Jet Lag Recovery

- Airport pickup with a traditional greeting
- Relaxation massage therapy (Ayurvedic or Shiatsu)
- Group introduction and program orientation
- Sunset views from a rooftop in Thamel



DAY 2

Day 2: Cultural Heritage Day – Kathmandu

- Visit Swayambhunath (Monkey Temple), Boudhanath & Pashupatinath
- Learn about Hindu and Buddhist traditions firsthand
- Witness evening aarti at the sacred Pashupatinath Temple
- Explore spiritual symbolism in everyday Nepali life



DAY 3

Day 3: Scenic Drive to Pokhara via Bandipur

- Midway stop in Bandipur – explore the community museum
- Stroll through cobbled streets of a preserved hill town
- Enjoy mountain views and traditional Newari architecture
- Continue to Pokhara and settle lakeside



DAY 4

Day 4: Trek Starts – Nayapul to Tikhedhunga

- Scenic drive to trailhead at Nayapul
- Begin trek through terraced farms and stone villages
- Cross suspension bridges and pass small waterfalls
- Overnight at a cozy teahouse in Tikhedhunga

Nepal Discovery Trek Itinerary



DAY 5

Day 5: Trek to Ghorepani

- Steep ascent through rhododendron forests
- View cascading waterfalls along the trail
- Interact with fellow trekkers and local villagers
- Arrive at Ghorepani for stunning dusk mountain views



DAY 6

Day 6: Sunrise at Poon Hill & Trek to Ghandruk

- Early morning hike for panoramic sunrise
- See Annapurna, Dhaulagiri, and Machhapuchhre ranges
- Trek down to Ghandruk, a Gurung heritage village
- Learn about local culture and mountain life



DAY 7

Day 7: Return to Pokhara & Relax

- Scenic drive back to Pokhara
- Lakeside massage and relaxation time
- Explore shops and cafes near Phewa Lake
- Optional yoga session in the evening



DAY 8

Day 8: Adventure Day in Pokhara

- Choose paragliding, zipline, cycling, or a boat ride
- Glide above Pokhara or ride around lakeside trails
- Capture unforgettable mountain and lake views
- Enjoy a flexible afternoon with optional spa

Wellness Retreat Itinerary



DAY 9

Day 9: Drive to Chitwan – Beach Resort Stay

- Scenic drive to Chitwan National Park
- Check into a riverside resort with a pool
- Evening walk near the Rapti River
- Relax by a bonfire with local storytelling



DAY 10

Day 10: Jungle Safari & Culture Night

- Morning jeep safari with expert naturalists
- Canoe ride spotting birds and gharials
- Visit to Tharu village and museum
- Evening cultural dance and local dinner



DAY 11

Day 11: Drive to Bhaktapur – Ancient City Tour

- Travel back toward the valley and visit Bhaktapur
- Walk through Durbar Square and Pottery Square
- Watch artisans at work and try clay making
- Sample Newari cuisine in a historic setting



DAY 12

Day 12: Farewell from Kathmandu

- Closing reflections and group photo
- Final shopping or journaling time
- Airport transfers based on flight schedules
- Depart with lifelong memories and connections

End of Itinerary – Nepal Discovery Trek: Culture, Nature & Fun!



Until we meet again...

Thank you for being part of this journey. We hope Nepal's mountains, people, and stories have inspired you to slow down, reconnect, and live mindfully. Your Zen Zone experience doesn't end here—it lives on in the memories, values, and perspectives you take home.

We can't wait to welcome you back.

Trip Pricing:

- 1-4 participants: CAD \$4,000 per person
- 5-10 participants: CAD \$3,500 per person
- 11+ participants: CAD \$3000 per person

***Includes:** Accommodation, daily breakfast, guided tours, permits, transportation, domestic flights, entrance fees, and cultural experiences.

Custom options available for private groups, families, or solo travelers. Reach out to personalize your trip!



If any inquiries, please kindly reach us at:

☎ Phone or Whatsapp: +1-403-837-3700

✉ Email: info@zenzonenepal.com

📷 Instagram: [@thezenzonenepal](https://www.instagram.com/thezenzonenepal)