

EXOTIC
DESTINATIONS 异国风情

7天5夜 EXOTIC尼泊尔

加德满都，博卡拉，纳加阔特 (→内陆单飞)

Tour Code: 7XNN



尼泊尔

博卡拉

加德满都

纳加阔特



Erotic Temple



桑冉库特



Mountain Flight



苏瓦扬布拿佛塔



杜巴广场



博大哈佛塔



喜马拉雅山



精简行程



遗产



历史



文化



风景



休闲

第一天

吉隆坡 - 加德满都 - 纳加阔特

(32 KM, 1小时30分钟) (机上用餐/- / 晚餐)

- 帕坦杜巴广场 (步行游览)
- 克里希纳寺 (步行游览)
- 黄金庙 (步行游览)

第二天

纳加阔特- 博卡拉 (235 KM, 5小时15分钟)

(早/午/ 晚餐)

- 喜马拉雅山观看日出

第三天

博卡拉

(早/午/晚餐)

- 世界和平塔 (在湖边观看)
- 费瓦湖 (参观含船票)
- 魔鬼瀑布 (参观含门票)
- 西藏难民营 (参观含门票)
- 古德许瓦洞穴 (参观含门票)
- Bindabashini寺庙 (参观含门票)

第四天

博卡拉-加德满都 (30分钟)

(早/午/晚餐)

- 萨兰阔特 (步行游览)
- 加德满都杜巴广场 (步行游览)
- 独木庙 (库玛丽寺) (步行游览)
- 哈努曼宫 (拍照)
- 斯瓦扬布寺 (步行游览)

*博卡拉 ✈ 加德满都 (国内班机) (30分钟)

第五天

加德满都

(早/ 午/ 晚餐)

- 帕斯帕提那寺 (参观含门票)
- 博大哈佛塔 (参观含门票)
- 塔美街 (自由活动)
- 尼泊尔传统表演

第六天

加德满都- 吉隆坡

(早/ - / 机上用餐)

- 回程

第七天

抵达家园

纳加阔特

- **喜马拉雅** - 喜马拉雅山脉是世界海拔最高的山脉，位于亚洲的中国与尼泊尔之间，分布于青藏高原南缘。

加德满都

- **加德满都杜巴广场** - 尼泊尔的世界人类文化遗产之一。地处加德满都古城正中心，这里集中着加德满都古建筑精髓。多为16—19世纪建筑，小部分为公元12世纪的建筑。
- **斯瓦扬布寺** - 斯瓦扬布寺是加都的标志，坐落于城市西部山坡上的Swayambunath，因为庙里到处是被奉为神灵的猴子，所以又称为猴庙(Monkey Temple)。猴庙建在加德满都以西的山顶上，登顶后可俯览整个加都谷地，您会发现其密密麻麻的建筑甚至超过了上海。
- **帕斯帕提那寺** - 尼泊尔最大的印度教神庙，也是次大陆最有名的湿婆神庙，更是印度教最重要的庙宇之一。帕斯是“众生”的意思，帕提则为“主”的意思。这座庙宇拥有三层式屋顶，周围还有一些漆成黄色和白色的建筑物，所有的殿堂都不允许非印度教徒进入，如果是游客就只能站在门口好奇地观望，这里最吸引人的是能够配合你拍照的苦行僧们以及印度教的火葬仪式。
- **帕坦杜巴广场** - 帕坦杜巴广场是加德满都最有名的广场，也是观赏尼泊尔寺庙建筑的好地方。这里囊括了尼泊尔十六世纪至十九世纪之间的古迹建筑，广场上总共有五十座以上的寺庙和宫殿。整个广场于1979年被列入联合国人类文化遗产名录。
- **克里希纳寺** - 帕坦的杜巴广场有一座印度教神庙克里希纳庙，供奉的建，所以规模要比普通神庙大些。外观上看，整个神庙坐落于高台基之上，没有围墙。在主殿的圣所正上方，矗立着一座有21个镏金塔顶的竹笋状主塔。除塔顶外，完全用石头建造，宛如一件精雕细琢的石雕工艺品，建于1667年，被誉为“尼泊尔建筑艺术的奇迹”。
- **黄金庙** - 在杜巴广场北面200米，修建于12世纪，因镀金外观和精美的金属雕刻著称。黄金庙正如它的名字一样，它的整个正殿是镀金的，有极其精巧的石雕。
- **博大哈佛塔** - 尼泊尔最大的佛塔，并且是在西藏自治区以外，最神圣的藏传佛教寺庙。它是加德满都藏传文化中心，并且极具佛教象征意义。



加德满都杜力广场



舍身崖佛塔



费瓦湖

★★★★★ 旅游亮点 ★★★★★

- ✓ 世界和平塔
- ✓ 库玛利寺
- ✓ 尼泊尔传统表演
- ✓ 萨兰阔特 - 观喜马拉雅日出
- ✓ 塔美街
- ✓ 费瓦湖（含游船）

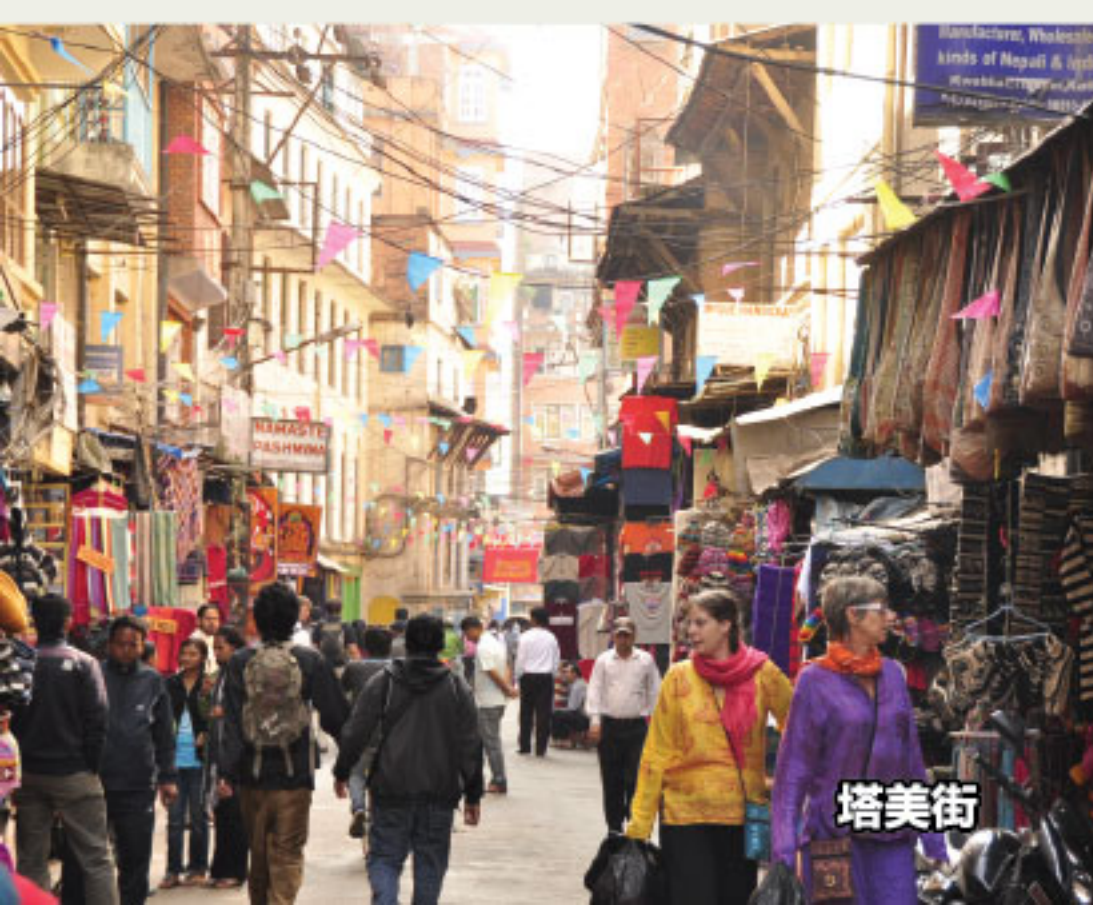
★★★★★ ★★★★★

3+ 4 ★ 酒店

- ✓ 加德满都 X 2晚
- ✓ 博卡拉 X 2晚
- ✓ 纳加阔特 X 1晚

★★★★★ ★★★★★

- ✓ 5早餐/ 4午餐 /5晚餐
- ✓ 当地风味餐



塔美街



尼泊尔传统舞蹈



博卡拉

- **费瓦湖** - 尼泊尔的第二大湖泊，同加德满都的泰米尔区一样，是当地外国游客的聚集区。费瓦湖还是尼泊尔皇家度假胜地，紧邻湖南岸就是尼泊尔国王的行宫。在任何时候，从任何角度你都可以感受到费瓦湖的宁静。
- **魔鬼瀑布** - 魔鬼瀑布又被称为“巴德莱瀑布(Patale Chhango)”从费瓦湖流淌过来的河水先被吸入地下，再从岩壁上的巨大洞穴中以瀑布的形式喷出来。瀑布下面有一个被河水侵蚀而成的喀斯特洞穴，在此可以感受到大自然的威力与奇妙。
- **古德许瓦洞穴** - 这里是一个石钟乳岩洞，而印度教演绎成了一座供奉印度神明的寺庙。
- **萨兰阔特** - 萨兰阔特位于博卡拉的西北方，海拔1592米，这里是博卡拉观喜马拉雅日出最好的地方，通常人们只是在半山处观日。

旅游资讯

尼泊尔



货币 	尼泊尔卢比(NPR)	信用卡 致电信用卡中心，以延长你的信用卡额度 * 许多信用卡在欧洲通行
货币兑换率 	1令吉 : NPR 30	拨号代码 + 977
电压 	220 - 240 伏特	插座 插头是两个 或三个圆脚头 *请自带多功能插座
时差 	标准时差-慢马来西亚时间2小时15 分钟	行李托运 每人只限携带一件不超过7公斤的手提行李上机，以及托运行李不超过20公斤
气候 	<input type="checkbox"/> 春季 3月 - 5月 16°C - 23°C <input type="checkbox"/> 夏季 6月 - 8月 23°C - 25°C <input type="checkbox"/> 秋季 9月 - 11月 15°C - 24°C <input type="checkbox"/> 冬季 12月- 2月 9°C - 12°C	
飞机型号 	A330 B737- 800 B757	

出发日期：

航班行程：

团费：

机场税及燃油附加费：

小费：

旅行社代收费：

签证：

旅行保险：

总数：



EXOTIC
DESTINATIONS 异国风情

7D5N

EXOTIC NEPAL

1 Way Domestic Flight

KATHMANDU, NAGARKOT, POKHARA

Tour Code: 7XNN



NEPAL

POKHARA

KATHMANDU

NAGARKOT



Erotic Temple



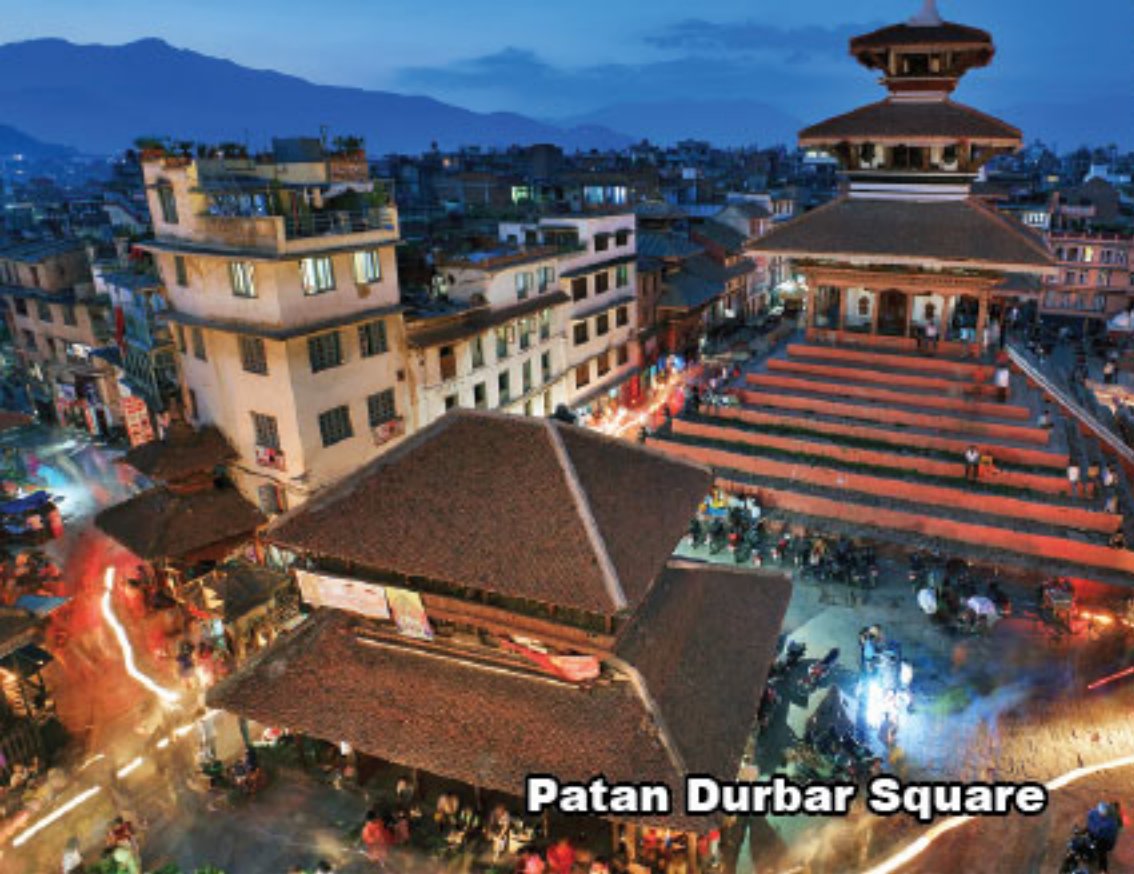
Sarangkot Sunrise



Mountain Flight



Swayambhunath Stupa



Patan Durbar Square



Boudhanath Stupa



Himalayas



SCHEDULE

D1

KUALA LUMPUR- KATHMANDU
(32km, 1H30M) **NAGARKOT** (MOB/ - /D)

- Patan Durbar Square (Walking Tour)
- Krishna Temple (Walking Tour)
- Golden Temple (Walking Tour)

D2

NAGARKOT (235km, 5H15M)
POKHARA (B/L/D)

- View sunrise over Himalaya

D3

POKHARA (B/L/D)

- World Peace Stupa (Visit From Lake Side)
- Boat ride at Phewa Lake (Visit With Ticket)
- Davis Fall (Visit With Entrance)
- Tibetan Refugee Camp (Visit With Entrance)
- Gupteswore Mahadev Cave (Visit With Entrance)
- Bindabashini Temple (Visit With Entrance)

D4

POKHARA - KATHMANDU (30M)
(B/L/D)

- Sarangkot Hill (Walking Tour)
- Kathmandu Durbar Square (Walking Tour)
- Kasthamandap Temple (Kumari Temple) (Walking Tour)
- Hanumandhoka Complex (Photo Stop)
- Swayambhunath Stupa (Walking Tour)

* POKHARA to KATHMANDU
(30M)



D5

KATHMANDU (B/L/D)

- Pashupatinath Temple (Visit With Entrance)
- Boudhanath Stupa (Visit With Entrance)
- Thamel Street (Free & Easy)
- Nepalese Cultural Show

D6

KATHMANDU- KUALA LUMPUR
(B/MOB)

- Depart for home

D7

ARRIVAL HOME



HERITAGE



HISTORICAL



CULTURE



SCENIC



LEISURE

HIMALAYAS

- **Himalayas** - Is a mountain range in South Asia separating the plains of the Indian subcontinent from the Tibetan Plateau. The Himalayan range is home to the planet's highest peaks, including the highest, Mount Everest.

POKHARA

- **Phewa Lake** - One of Nepal's most beautiful spots, Phewa Tal is surrounded by a combination of monkey-filled forests and the high white peaks. The reflections in the mirror-like water in the early mornings are something you must see at least once.
- **Davis Fall** - In nepali meaning underworld falls is a waterfall located at Pokhara in Kaski District, Nepal. An interesting aspect of the falls is that the water travels through a natural tunnel prior.
- **Gupteswore Mahadev Cave** - Is probably the longest and attractive cave in south Asia which is located at the pristine location of northwestern part of Pokhara, a world famous tourist destination in Gandaki zone and Kaski district.
- **Sarangkot Hill** - Is a village just above Pokhara, known as a one-night destination as most people just stop in to see the stunning sunrise over the Annapurna range and leave.
- **Bindabashini Temple** - Bindhyabasini temple is the center of religious activity in the old bazaar. It is dedicated to goddess Bhagwati, yet another manifestation of shakti. Worshippers flock here to perform sacrifices, and especially on Saturdays the parklike grounds take on a festive fair.

KATHMANDU

- **Kathmandu Durbar Square** - It is also famously called as Basantapur Durbar Square and Hanuman Dhoka Durbar Square. Located in front of Kathmandu's royal palace, this spectacular Durbar Square reflects the artistry that prevailed in the past. Kathmandu Durbar Square houses palaces and ancient temples that belong to the periods between 12th and 18th centuries.



Kathmandu Durbar Square



Swayambhunath Stupa



Phewa Lake



- ✓ World Peace Stupa
- ✓ Kumari Temple
- ✓ Nepalese Culture Show
- ✓ Sarangkot Hill
-stunning sunrise over the Annapurna range
- ✓ Thamel Street
- ✓ Boat Ride at Phewa Lake



3+4 ★ HOTEL

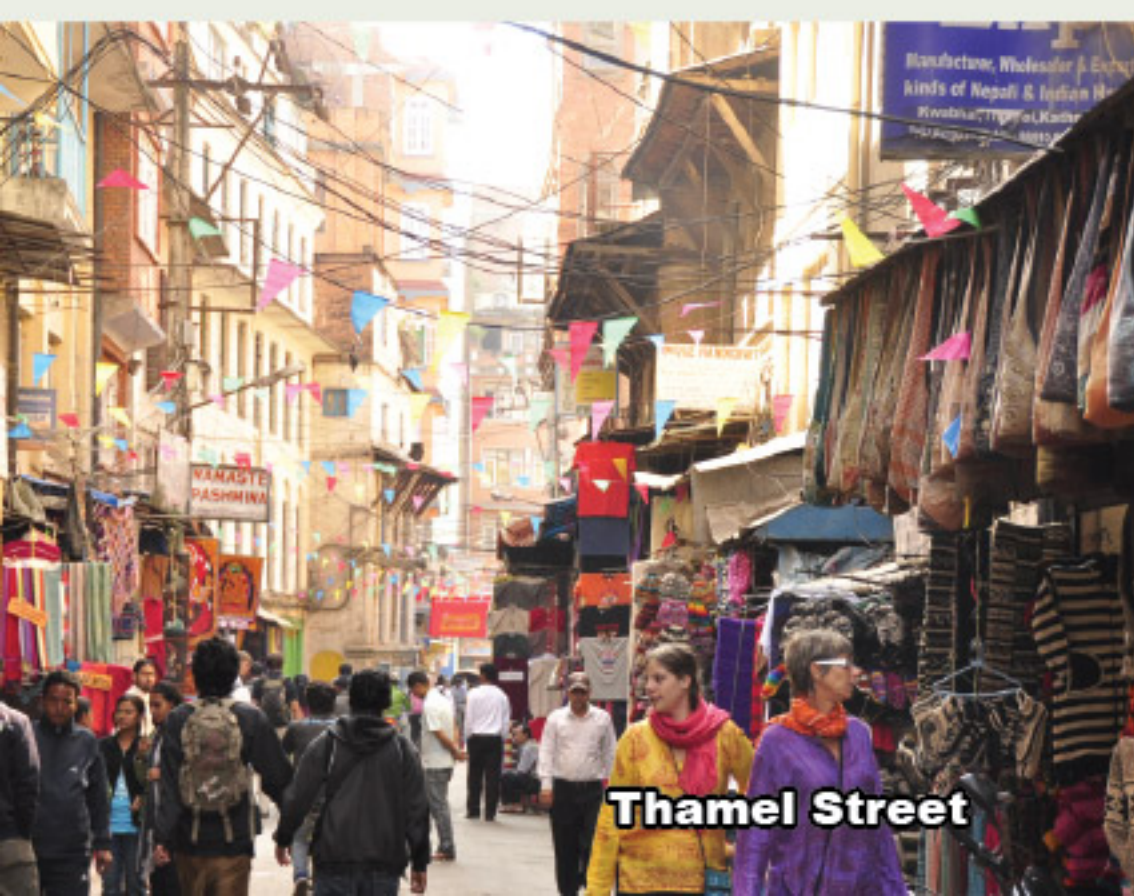
- ✓ KATHAMANDU X 2 NIGHTS
- ✓ POKHARA X 2 NIGHTS
- ✓ NAGARKOT X 1 NIGHT



- ✓ 5 Breakfast / 4 Lunch / 5 Dinner
- ✓ Local Food



- **Swayambhunath Stupa** - is one of the most oldest Shrine in Nepal. The monument is believed to be self created and the history of the monument backs to the 5th Century. It is also known as the Monkey temple as there are holy monkeys living in parts of the temple in the north-west.
- **Pashupatinath Temple** - Pashupatinath Temple, with its astonishing architectural beauty, stands as a symbol of faith, religion, culture and tradition. Regarded as the most sacred temple of Hindu Lord Shiva in the world, Pashupatinath Temple's existence dates back to 400 A.D.
- **Boudhanath Stupa** - Boudhanath Stupa (or Bodnath Stupa) is the largest stupa in Nepal and the holiest Tibetan Buddhist temple outside Tibet. It is the center of Tibetan culture in Kathmandu and rich in Buddhist symbolism. The stupa is located in the town of Boudha, on the eastern outskirts of Kathmandu.
- **Patan Durbar Square** - Listed as one of the eight Cultural World Heritage site by UNESCO. The square is cluster of ancient temples, palaces, courtyard and street that date back to the 12th and 18th centuries.
- **Krishna Temple** - Patan Krishna Temple is popular for the Krishna Temple, and war of Mahabharat. It has been listed in World Heritage Site of UNESCO already. The city was initially designed in the shape of the Buddhist Dharma-Chakra (Wheel of Righteousness).
- **Golden Temple** - built in the 12th Century by King Bhaskar Verma, is located just north of Durbar square. This three-roof Buddhist monastery is adorned with a golden facade, four large gateways, a clock tower, and two lion sculptures. Inside are golden images of Buddha, wall carvings, and a prayer wheel.



Thamel Street



Nepalese Cultural Show



General Information

NEPAL



Currency 	Nepalese Rupee (NPR)	Credit Card Call credit card centre to extend your credit card limit <i>* Credit Card may not be accepted in most place</i>
Exchange Rate 	1 RM : NPR 30	Dial Code + 977
Voltage 	220-240 Volts	Power socket 2 or 3 round pin plugs <i>*Please bring a universal electric plug adapter</i>
Time Different 	2 hrs 15 minutes behind Malaysia	Luggage allowance Each individual are entitled to check in 1 luggage of not more than 20kgs and a hand carry bag not more than 7kgs.
Weather 	<div> <input type="checkbox"/> Spring Mar - May 16°C - 23°C <input type="checkbox"/> Summer Jun - Aug 23°C - 25°C <input type="checkbox"/> Autumn Sep - Nov 15°C - 24°C <input type="checkbox"/> Winter Dec - Feb 9°C - 12°C </div>	
Aircraft Type 	<div> A330 B737- 800 B757 </div>	

Departure Date:

Flight :

Tour Fare:

Airport Tax & Fuel Surcharge:

Tipping:

Agent Collection Fee:

Visa:

Travel Insurance:

TOTAL :

Travel Agent:

