

Fall In Love With Nepal

On An Explore India Tour

The tiny landlocked country of Nepal, nestled between powerhouses India and China, is a well-loved country where tourists flock to year after year. Despite the deadly earthquake in 2015, the country has risen to the challenge of reviving its devastated economy which is fueled by tourism. Vancouver based Explore India Journeys Inc. took hundreds of curious Canadians on tours to Nepal each year prior to the earthquake and is now seeing a spike once again in travelers who wish to add a Nepal tour onto their travel plans. In typical Nepalese spirit, the people strived hard for the last few years to rebuild so they could once again greet curious travelers in search of glorious landscapes and beautiful cultural experiences. It's hard not to fall in love with Nepal, all you have to do is set foot on this sacred land to feel how incredibly special it is. When you open your eyes to this precious country your heart will open as well.

What's not to love, a natural wonder in and of itself, Nepal is home to eight of the ten highest peaks in the world. Have you ever imagined soaring over snow capped mountains and peering down at one of the most magnificent sites you will ever see? Dream no more, once in Nepal you can do just that. Nepal, home to Mt. Everest, the highest peak in the world and is one of the most spellbinding sites your eyes will ever see. Indeed, at a staggering 8848m (29,029 feet) Mt. Everest is the giant that watches over the tiny country it rests upon. Travellers from around the world have been enchanted with its magnificence for decades and this certainly has put Nepal on the map as one of the most desired destinations in the world. The third highest peak in the world is Kanjenjunga, home to Nepal as well and stands at a massive 8586m (28,169 ft).

Given the Himalayan mountain range offers a magical backdrop to Nepal, it is no wonder that trekkers from all over the world come to experience the many hikes and trails Nepal offers. Truly a nature lovers paradise, whether you want to climb a mountain or prefer a simple walk in nature, Nepal will not disappoint. While many travellers go to places like the Sagarmatha region to hike the base of Everest for several weeks, others prefer whole day or even a few hours of walking around the lakes and forests of Nepal. Regardless, there is a huge range of activities to meet your needs, and, all with stunning views at every turn. On an Explore India tour, there is always ample time allotted for tour guests to bask in the beauty of Nepal's amazing outdoors. Regardless where you go and what kind of adventure you seek, you are sure to feel the love that is part of the Nepal experience.

From soaring above the Himalayas to eventually roaming through the natural wonders on land, Nepal is a truly magical country. A great place to enjoy these natural wonders is Chitwan National Park, a common stop on an Explore India tour because it offers tranquility in the great outdoors. Known for gorgeous, colourful flowers, trees, and plants, you can enjoy meandering through the park while being serenaded by the many beautiful and rare birds who call the park home. Of over the 900 species found in Nepal, over 500 varieties can be seen and heard in the Chitwan National Park.

The peaceful tranquil settings in Nepal lend nicely to the fact that it is a place of spirituality where worshippers from many places find the solace to deal with the trappings of a seemingly outside and separate world from this little country. Indeed, one need not look far to see the Hindu and Buddhist temples which frame Nepal's capital city, Kathmandu. For good reason, Kathmandu has been coined 'The City of Temples' with the majesty of the temples like Swayambunath Stupa and Pashupatinath keeping a watchful eye over its residents and visitors. To really learn about the culture of Nepal, visiting the Hindu and Buddhist temples in the area is a fabulous way to understand the Nepalese people and their history.

After all of your exploring each day, you will work up quite an appetite and the Nepalese cuisine will not disappoint. Starting with something sweet of course, sel roti is a crunchy snack or dessert that is somewhat like a donut but it's made with rice flour. Sel roti is just one of the many delectable sweets widely available in Nepal and whether dining in a restaurant or sampling some of Nepal's street food, sweet treats are common. On a more nutritious note, the cuisine in Nepal is often just that, packed with lots of vitamins and proteins to satisfy a healthy appetite. Typically referred to as Dal Bhat, this meal will consist of a vegetable or mixture of vegetables, a lentil soup or stew, and the accompaniment of rice. Not strictly a vegetarian society, there are many dishes incorporating chicken and fish but beef is never eaten because in Nepal, like India, the cow is sacred among the Hindu people. A traditional side dish or street food snack in Nepal is the Momo. Momo's are delectable little fried or steamed dumplings filled with either vegetables or meat, a must try if you get the chance when you are in Nepal.

Regardless what delicious foods and sweets you try in Nepal, rest assured it will be prepared and served to you with pride and joy as the Nepalese people are some of the friendliest you will ever meet. Glad that you have chosen their small country to visit, they're welcoming and curious about their foreign guests. You can witness their hospitality everywhere you go, however, visiting the Kathmandu Durbar Square will be an engaging and enlightening experience as you wander through the square and see life amongst the Nepalese people. This, one of three of the Durbar Squares is typically bustling with people visiting the amazing Hindu and Buddhist temples there. Situated in the heart of ancient Kathmandu, visiting this square will be a memorable experience.

Only a few kilometers away from Kathmandu is Patan Durbar Square, another of the famous three squares in Nepal. Patan is one of the oldest of Nepal's cities and Patan Durbar Square is particularly known for its artistic heritage. Notably, one of the oldest Buddhist cities in the world, this square is especially beautiful because the exquisite temples are all relatively close together which creates quite an energy in and of itself. While all three of the Durbar Squares are UNESCO World Heritage Sites, there is a uniqueness of Patan that you can feel as you meander through the square.

While on an Explore India tour, you will have the opportunity to visit not one of the famous Durbar Squares in Nepal but you will see all three. A highlight of the Durbar Square visits is Bhaktapur Durbar Square which lies about 20km east of Kathmandu and has been fascinating

visitors for many years due to its amazing architecture. The 55 Window Palace, a former palace constructed by king Bhupatindra Malla, is sure to impress. As its name suggests, this home fit for royals, has impressively beautiful carved windows that has made this particular palace a national gallery for its fine craftsmanship.

Now that you have been given this glimpse into some of the things you will see and do in Nepal you're probably wondering when is the best time of year to go to Nepal. Typically, the weather from October through until the end of December is a very good time to tour Nepal. The skies are blue and there is very little rain during these months.

Nepal should be on everyone's wish list as a must-see destination and if you feel the calling, now is the time to book a tour to the captivating country. To learn more about award winning Explore India and tours to Nepal, check us out here <https://www.exploreindia.ca/blog/experience/kathmandu/> or call and speak to one of our travel specialists at 1-800-515-3808 to discuss our wide range of tours to India, Nepal, Bhutan, and Sri Lanka.

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