



Paradise Pokhara



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NEPAL
TOURISM
YEAR **2011**

NATURALLY NEPAL
ONCE IS NOT ENOUGH

“You have not seen Nepal if you have not been to Pokhara. Pokhara valley is a hanging garden of the earth. It is, as the tourists say, one of the paradises on the earth.”

Surya R. S. Author of ‘A Glimpse of Pokhara’





Paradise-Pokhara, situated in central Nepal, is nestled in a region of awesome natural beauty. The valley is filled with lush vegetation, swift flowing rivers and dotted with clear, shimmering lakes. It is one of the major towns of Nepal, providing a perfect gateway from the chaotic life in the cities. Pokhara is blessed with the backdrop of one of the most dramatic sceneries in the world. A 140 Km of panorama made up of towering Himalayan ranges seen close enough to be touched on a clear day. If Kathmandu is the cultural hub of Nepal, then Pokhara is the centre of adventure.

Paradise Pokhara

Pokhara, a significant tourism destination in Nepal lies between the Great Himalayas and Mahabharata Range in the central region of the country. It is the only place in the world from where one can enjoy the magnificent view of mountains having elevation above 8000 meters while sitting below 1000 meter above sea level. Out of the 14 highest mountains of the world, which are known as eight thousanders having elevation above 8000 meters, Annapurna, Dhaulagiri and Manaslu can be seen from Pokhara. It is an enchanting city nestled in a tranquil valley, which is also gateway to the world famous Annapurna circuit trekking trail.

HOW TO GET THERE?

Pokhara, a tourism hub of western Nepal lies in 200 km west from Kathmandu, 78 km north from Sunauli, southern border and 72 km south from northern border. We can access from Kathmandu within 25 minutes scenic flights and there are about 30 flights every

day to and fro Kathmandu. Likewise, There are about 20 regular tourist buses every day. There are also regular buses from Sunauli, Kakadvitta, Birgunj, Nepalgunj and Mahendranagar.

WHAT TO DO IN POKHARA?

ADVENTURE PARADISE

TREKKING

www.trekkingagents.org

Nepal is pioneer in World Trekking and Pokhara is the gateway to trekking paradise! Massive snow fed mountains lying north of Pokhara are major sources of world famous trekking routes around Pokhara. Annapurna circuit, Annapurna Basecamp, Poonhill, Mardi Himal, Machhapuchhre Model, Dhaulagiri Round, Jomsom, Sikles, Panchase, Ghandrung etc are some popular trekking routes scattered around Pokhara. Duration of these treks vary from two days to four weeks. We recommend you to arrange trekking only through trekking agencies that are registered with the government.

MOUNTAINEERING: Pokhara has been popular gateway and rest place for the trekkers and mountaineers since 1950. It is the only appropriate place to start for mountaineering on the peaks of Annapurna range where a famous mountaineer Maurice Herzog (French Summiteer) successfully climbed over 8091m Annapurna-I for the first time in the human history in 1950. www.tourism.gov.np, www.nepalmountaineering.org, www.himalayanrescue.org Heli skiing was tried by a French team in Manang on 2003.

HIKING: Several hills and hillocks scattered around Pokhara valley are destinations for day hikes offering different tastes of nature by each of them. Kahun hill, Sarangkot, Kaskikot, Naundanda, Australian Camp, Dhital, Rupakot, Mattikhan, Nirmalpokhari, Bharatpokhari, Kalikasthan, Armalakot, Gharmi, Dhampus, Thulakot etc are some hill stations from where, we can enjoy local culture, sunrise, sunset and panoramic mountain view.

PONY TREK: Go for a half a day or full day pony trek and enjoy the tranquil routes in hinterlands and surroundings of Pokhara by experiencing the real rustic life. For pony trek routes see "Destinations Around the Pokhara Valley" in page 4. Sarangkot, Hemja, Dhital, Old

peace Pagoda, Kalikasthan, Kaskikot etc are major ones. These places are also suitable locations for day hikers as well. Pokhara is a natural wonder situated in sub-tropical low land under the massive Himalaya. With panoramic view of snowy mountains you can tan your skin. Meditation, Yoga, Massage, Ayurveda etc. are the ways of relaxing under Oriental atmosphere.

PARAGLIDING: Can you imagine sharing the same air space with the Himalayan griffin vultures, eagles and kites as you soar over the rivers, lakes and villages? The mountains loom over you to your north and below you the landscape is dotted with paddy fields and hamlets. Probably that's why Pokhara is amongst the hotspots for Paragliding in the world. The flying season commences from September through February, November and December being the best months. Sarangkot is graded as one of the top five-paragliding destinations in the world.

ULTRA LIGHT FLIGHTS: If you have a dream to fly like birds, come to Pokhara. Leave your woes behind on earth, soar to heights, bathe in the clouds, reach out for the mountains and kiss the azure sky as you fly across. This also offers opportunities to take some of the most breathtaking views. It operates regular flights from Pokhara airport; September through June.

MOUNTAIN FLIGHTS: Mountain flights from Pokhara offer spectacular views of some of the world's tallest Himalayas in Annapurna region. Mountain flight is also interesting for even those who have done their trekking. It gives a completely different experience than trekking. It gives a chance to see the large range of massive mountains in one glance. Pokhara is a place, which offers crystal clear sky even during winter season. Helicopter services are also available for those who wish to make it a more private affair.

RAFTING / KAYAKING www.raftingassociation.org.np
Whether you would like to Kayak in the Phewa Lake/Begnas Lake or raft down the Seti River, Pokhara has it all. Because of its proximity to the mountains, quite a few snow-fed wild rivers run through Pokhara and the surrounding areas, making Pokhara a unique rafting destination. While the Seti River runs through the heart of the Pokhara valley, rafting trips to other major rivers like Trisuli, Marsyangdi and Kali Gandaki begin and end in Pokhara. The grades of these rafting rivers are from +3 to +5.

GOLF: The two world-class golf courses Yeti Golf course at Fulbari Resort and Himalayan Golf Course in Chhinedanda are expanded in huge and diverse areas about 8 km away from the main city. These golf courses offer unique golfing experience. They are located in the most spectacular natural settings. Golf driving range at dam side can enjoy the view as well.

MOUNTAIN BIKING: Wouldn't you like to pedal push your way through water falls, up and down treacherous slopes and amidst centuries old monasteries and rice granaries? Well, that's mountain biking in Pokhara in a nutshell for you. On one hand, you have to cycle through lush forests and culturally heterogeneous communities while on the other hand, up steep mountains and through roaring mountain rivers. Dhital, Dhampus, Naudanda, Kahun, sikles, Nirmalpokhari, Bharatpokhari, pumdibhumdi, Kalikasthan, old royal trek route etc. are prominent mountain biking routes.

EXPERIENCE PARADISE

HONEY HUNTING: Honey Hunting Places like Baglung, Landruk, Siklis, Ghara etc are very famous for adventurous and arduous traditional honey hunting practices. Arduous traditional honey hunters just hang on a rope and slide down to the middle of the massive rock/cliff and hunt honey.

RESEARCH: Pokhara's uniqueness is its natural and socio-cultural diversity. It has been developed as a common dwelling place of the Mongoloid and Aryan people of different castes with their own traditions. Likewise, it is the unique place with over 207 species of orchids and many more herbal plants and wild flowers. The riversides and wetland areas of the lakes are common places for the local and migrant birds and butterflies. These diversities provide the best ground for researchers.

BUTTERFLY & BIRD WATCHING www.birdlifeneal.org
11 of the world's 15 families of butterflies and more than 500 species can be found here. The Annapurna Museum also known as "Butterfly Museum" displays wide range of exotic and popular colored flies. Likewise, over 523 species of birds can be observed in Pokhara area, the best months being October-March.

VILLAGE TOURISM: Some villages around Pokhara are culturally so rich that tourists can mingle themselves with villagers. Sirubari, Ghalegaon, Armala, Lwang-ghalel etc are preserving gurgung culture, art and handicrafts, whereas Dhital offers mixed culture for tourists. These villages have been developing community based cultural tourism. Seven adjoining villages of Machhapuchhre Modal trek like Dhital, Lwang-Ghalel, Rivan, Machhapuchhre, Ghachowk, Lahachowk.

TIBETAN VILLAGES: Since 1959, a group of Tibetan refugees have been living in Nepal. One such is Tashiling Tibetan

Refugee Settlement at Chhorepatan, which is located near two popular sightseeing sites i.e. Davi's Fall and Gupteshwar Mahadev Cave. One may visit Tibetan monastery, hand-made carpet factory, schools etc. in this community. Another village is in Hemja, 7 km west from Pokhara.

KAHUN HILL AND RHODODENDRON FOREST: Kahun hill situated northern part of Pokhara is a prominent destination for mountain view, sunrise/sunset view and the view of whole Pokhara valley. It also has a tower. It is the nearest place from Pokhara, where we can find rhododendron forest.

MATTIKHAN HILL: It is situated in southern hill from Pokhara. The scenery of massive mountain range, Pokhara valley and Phewa lake can be enjoyed in a single glance from this place.

TEA/ COFFEE GARDENS!: You will be surprised to see beautiful tea gardens and coffee gardens near Pokhara. Lwang and Lahachowk situated in north west of Pokhara have beautiful tea gardens and Bhalam and Arba situated north of Pokhara have amazing coffee gardens.

RELAXATION PARADISE

BOATING: Sail the boat on the lakes over the mountain shadows. Chat with your loved ones and say 'wow...' together with your family over blue water. Those are the wonderfully relaxing ways. Whenever your life is chaotic, and stressed, Pokhara is there to make your relaxation wonderful and memorable.

FISHING/ ANGLING: The lakes and the confluence point of mountain stream rivers are good spots for Sahar, Katle (Nepal native species, carp family), eel and catfish. The best fishing seasons are from June to August. You enjoy fishing of a reel, a lure, and so on. Rods are available at lakeside.

WHAT TO SEE IN POKHARA?

NATURE

Pokhara and surrounding has some vibrant world beating features. It is the best place for mountain view, Annapurna round is one of the best trekking trails in the world, one of the four most beautiful mountains in the world that is Machhapuchhre lies near Pokhara. Ghorepani, the largest rhododendron forest, which has 16 species of Rhododendron and 6 species of pheasants, is also near Pokhara. The lake situated at the highest elevation in the world that is Tilicho Lake (4919 M) also lies in Pokhara Region. One of the 5 best paragliding destinations in the world that is Sarangkot lies in Pokhara. The deepest gorge in the world also lies in this area. Now, you can imagine how wonderful Pokhara is!

Toni Hagen, a Swiss geologist, who traveled extensively in Nepal has written: "Pokhara area shows the greatest contrast in landscape. Nowhere in the world can the highest mountains reaching 8000 meters level be admired from such small distance and from the tropical low land without any intermediate mountain ranges. Pokhara is certainly one of the most extra ordinary and beautiful places in the world"

No place in the world offers such views of the Nepalese Matterhorn, Machhapuchhre (Fish-tail) and Annapurna from such close distance. The reflection of snowcapped high mountains of Annapurna range and Fishtail on the surface water of the Phewa Lake creates unprecedented scenery for all the visitors.

LAKES: Phewa Lake, the second largest lake in Nepal, measuring 1.5 km x 4 km, is the center of all attractions in Pokhara. The enchanting lake is an idyllic playground. Brightly painted wooden boats and sailboats can be rented on reasonable cost around lakeside. Lekhnath Municipality, popularly known as garden city of seven lakes, 15km east from Pokhara, is worth visiting. Begnas and Rupa Lakes are major ones. Medicinal and herbal plants as well as the sub-tropical green forest around these areas make the surrounding atmosphere more hygienic & colorful. It takes about 30 minutes to drive over there. Dipang, Maidi, Khaste, Neurani and Gunde are small in size but consist high potentiality for entertaining purposes like fishing, butterfly & bird watching and herbal plants. Dipang Lake is so peculiar, recreational and tranquil that it is called a “Honeymoon Lake”. These outskirts lakes are genuine places for boating, kayaking, sun bathing, fishing, relaxing, bird watching, swimming, butterfly observation and much more...

SETI GORGE: It is a mysterious wonder of Pokhara. Originated from the Machhapuchhre glacier, Seti (which means white in Nepali) River runs through the main city area in about 40 meters depth. The river provides a perfect view of its dreadful rush before it disappears at Bagar into a deep gorge. The gorge is visible from the bridges in the city, K.I. Singh Bridge, northwest end of the city, Mahendra pool, Ramghat, and Prithvi Chowk area.

DAVI'S FALL (PATALE CHHANGO): The water flowing from Phewa lake shows a wonderful fall. We find hollow sandy part and a heavy fall of water within its natural trench. It looks really amazing scene of rainbow with sunlight when a volume of water falls in the deep rocky gorge and produces the water vapour especially in summer.

CAVES: There are many limestone caves as an interesting part of geological study. Mahendra Cave, bats' Cave and crystal cave happen to be in northern part of Pokhara that is Batulechaur area. Gupteshwar Mahadev cave is just opposite sides of Davi's Fall where the Hindu religion people worship a temple of their great god Mahadev inside the cave.

MUSEUMS

INTERNATIONAL MOUNTAIN MUSEUM

The museum is situated just 1.5km south from the Pokhara airport. The spot is rightly selected as we can enjoy the unique view of 3 massive mountain peaks; Dhaulagiri, Annapurna and Manaslu which are above 8,000 meters before our eyesight and no place in the world offers us such a panoramic view.

It provides information on mountaineering, the world's mountain system, mountain cultures, environments, prominent people in mountain history, mountain geography, ecology, exhibition of mountaineering history and implied methods. Opens daily from 9:00 a.m. to 5:00 p.m. Managed by the NMA. www.mountainmuseum.org

REGIONAL MUSEUM

(Tel: 061-520413)

It is located between the airport and Mahendra Pul & reflects the ethnic mosaic of Western Nepal. The lifestyles and history of ethnic groups such as the Gurung, Thakali and the Tharu are attractively displayed. Opens daily, except Tuesdays and holidays, from 10 a.m. to 4 p.m.

ANNAPURNA MUSEUM

(Tel: 061-431102)

It is also known as the Natural History Museum, located at Prithvi Narayan Campus east of the old bazaar. The museum has an exceptional collection of butterflies, insects, birds, and models of wildlife as well as samples of various precious and semi-precious stones and volcanic rocks. Opens daily, except Saturdays and holidays, from 10 a.m. to 5 p.m. Managed by the ACAP.

GURKHA MEMORIAL MUSEUM

(Tel: 061-541966)

Pokhara and its surrounding is mainly the homeland of the world-famous Gurkha soldiers. Reminding the reminiscence of those soldiers, Gurkha Memorial Museum has been established in the premises of the British Camp. It contains a collection of used uniforms, Medals, Pictures and more materials used by those brave and courageous soldiers during the first and second wartime. Opens daily except Wednesdays, from 8a.m. to 4:30p.m.

TEMPLES & MONUMENTS

TAL BARAHI TEMPLE: It is located on a small island in the middle of Phewa Lake just offshore from the lakeside. It takes less than 10 minutes to reach there by boat. The atmosphere is so tranquil that one can enjoy the green forest scenery just beyond the south end of the lake, full-scale scenery of the lake and amazing reflection of the Annapurna and Fishtail Mountains on the surface of the lake. There is a major celebration during Dashain, the biggest Nepali festival in the month of September/ October.

KEDARESHWOR TEMPLE: This temple is situated on eastern shore of Phewa Lake in the premises of Miteri Park.

BINDABASINI TEMPLE: It is located on the top of a small hill at the north end of the old bazaar. This is believed as one of the oldest temples in the valley, and is most famous in Pokhara. On lucky days, one may get to witness a Hindu wedding ceremony taking place, in the premises of this temple.

OLD BAZAAR AREA (HERITAGE SITE OF

POKHARA): A historical Newari bazaar is extended in the heart of the city just south beneath the Bindabasini temple. This area has been protected as an old heritage site of Pokhara where one can observe old houses, temples and the cultural life & activities of Newari People.

BHADRAKALI TEMPLE & BUDDHIST

MONASTERY: Hindu Temple and Karma Kagyu Chhonkerling Buddhist Monastery has situated harmoniously on nearby small hillock, surrounded by rich lush forests, 4 km away from the Pokhara airport at Matepani. The location is superb for the Mountain View and the view of the whole Pokhara City. It is also a proper place for bird and butterfly watching and for a half-day hike too.

WORLD PEACE PAGODA: It is a massive Buddhist stupa located on a hill top (Rani Ban) just above the Phewa Lake. This stupa is the symbol of peace where the huge idols of Lord Buddha from Japan, Sri Lanka and Thailand have been installed. From here one can enjoy the breathtaking views of Himalayan Ranges, lakes, and the city. As the route is from the lakeside by boat, both boating and hiking can be enjoyed at the same time. Other option is one can visit the Davi's Fall on the way and the climbing route starts from Chhorepatan.

SIGHT – SEEING TOURS

www.nattapokhara@gmail.com

You can plan sightseeing for any duration matching the time you have. You can spend up to 3 or 4 days for sightseeing in the Pokhara valley with due interest and many more days in the surrounding areas.

Pokhara Paradise ‘A’ package (Half day; 4 hours, 7 points)
1 World Peace Stupa → 2 Phewa Lake → 3 Kedareshwor Temple & Miteri Park → 4 Gupteshwar Mahadev Cave → 5 Davi’s fall → 6 Tibetan Handicraft Center @ Chhorepatan → 7 International Mountain Museum.

Pokhara Paradise ‘B’ package (1 Full day; 5 hours, 12 points)
1 Sunrise Tour from Sarangkot with breakfast → 2 Gurkha Memorial Museum → 3 Bindabasini Temple → 4 Seti gorge @ K.I. Singh Bridge → 5 Old bazaar → 6 Mahendra Cave → 7 Bats’ Cave → 8 Annapurna Museum → 9 Regional Museum → 10 International Mountain Museum → 11 Davi’s Fall → 12 Phewa Lake.

Pokhara Paradise ‘C’ Package

(2 days)

Day 1

1 Sunrise from Sarangkot with breakfast → 2 Bindabasini Temple → 3 Old Bazaar → 4 Mahendra Cave → 5 Bats’ Cave → 6 Seti River Gorge @ K.I. Sing Bridge → 7 Gurkha Memorial Museum → 8 Tibetan Resettlement Camp, Hemja → 9 Annapurna Museum → 10 Regional Museum.

Day 2

1 Phewa Lake & Barahi Temple → 2 Kedareshwor Temple & Miteri Park → 3 World Peace Stupa → 4 Gupteshwar Mahadev Cave → 5 Davi’s Fall → 6 Tibetan Handicraft Center @ Chhorepatan → 7 International Mountain Museum → 8 Pokhara bazaar @ Mahendra Bridge → 9 Buddhist Monastery @ Matepani → 10 Begnas & Rupa Lakes.

RURAL TOURISM DESTINATIONS AROUND POKHARA

Pokhara is not simply a gateway for trekking but also an extra-ordinary destination for all sorts of tourists. Many hills and villages can be easily accessed from Pokhara. While you stay at comfortable accommodations at Pokhara, you can also enjoy village life at the same time.

Name of place	Highest Elevation (m)	App.walking Hours/days	L	E	Direction from Pokhara	Other features / Special view
Sarangkot	1590	5hrs or Drive	⊙	○	Just towards North 6km	Good driving Road for 45mins., Sun rise & Sunset tour, Superb view of Annapurna Range in close distance, Phewa Lake and Pokhara Valley, Popular destination for day hikers
Kaskikot/Naudanda (Dhikurpokhari)	1500	From Sarangkot 1hr/3hrs	○	△	15km West	Green hills, Ancient ruins, Soft walking, Off driving road, Good view of Phewa Lake, Pokhara Valley, and mountains
Kahun Hill	1442	2hrs	×	×	6km North	Rural life, Seti river, Deciduous forests, Sun rise, Sun set
Kalikasthan	1500	Drive	○	△	10km Northeast	7 lakes, 360° view, Mid-hills, Terrace, Mountains
Sundari Danda	853	Drive	○	△	15km East	Small beautiful hillock in between Begnas and Rupa Lakes, Rural settlement, Biodiversity, Observations of birds and butterflies.
Phocksing	1134	Drive or 4hrs	×	△	6km South	Whole Mountain view from Mt. Dhaulagiri to Mt. Manaslu, Good view of Phewa Lake and Pokhara Valley.
Bhalam	1000	Drive+ 1hr	×	△	5km North	Hindu pilgrimage site, Harihar Gufa & temples, Rural life, Streams & River, Deciduous forests
Batulechour	900	Drive	×	△	5km North	Settlement of typical caste Gandharwa known as carrier of Nepali folk cultures
Armala kot	1430	Drive +4hrs	○	△	9km North	Rural settlement of Gurung, Temple on the top of hill, Good view of entire Pokhara valley, Sports & Cultural activities on March
Bhadaure-Tamagi	1530	Drive +2hrs	○	△	18km West	Gurung Village, Rural settlement
Hemja	900	Drive	○	△	Northwest 10 to 25 km Good condition road	Tibetan Village, Agricultural land
Australian Camp	2220	Drive +2hrs				Reflection at pond, Sunrise
Dhampus- Astam	1650	Drive +2hrs	⊙	○		Gurung Village, Sunrise
Naudana-Lumle-Chandrakot	1610	Drive +2hrs	⊙	○		Green hill, Soft walk, Mountains, Real view of Mt. Machhapuchre
Mattikhan Hill	1543		⊙	○	South	Mountain view, valley view, view tower under construction, mix culture

SHORT TREKKING

Panchase	2509	2-4 days	○	△	27km just towards West	Good view of Phewa Lake and Pokhara Valley, Tropical green forest with herbal plants, Wild flowers, orchids and the nest of birds and butterfly, Mountain view from Mt. Dhaulagiri to Mt. Manaslu
Royal Trek Option : one part of Royal trek EcoTour -Dipang Lake	1720	4 days	○	○	5 ~ 15 km East (walking start from Begnas Lake)	Suitable to all age groups, Named after prince Charles of G.B. first trekked in 1980.
		1+@	○	△		Dipang Lake, Wild rice, Corymbosus (rare plant of cyperus family) and orchid are major things worth to researching students. Birdwatching(28 species of birds were seen in a single day in 2002)
Ridgeline Trek (BharatPokhari~ Kristi)	1114	2 days	×	△	Southern ridge	Whole Pokhara valley, Snaky view of rivers, lakes, terraces mid-hills and Himalayan range of Dhaulagiri to Manaslu
Millennium Trek (Dhorphirdi~Majhkot) Manakamana	1279	5-6 days	○	○	South	Introduced on the first day of 2000, ethnically diverse and culturally very rich. The cultural programme is organized in every night-stop. The food is totally organic
Machhapuchhre model trek	3682	Drive +4 days	×	×	29km North	Hot spring and rhododendron forest, a good place for professional Para gliders, fishing, birdwatching, butterfly peak. (ACAP area)

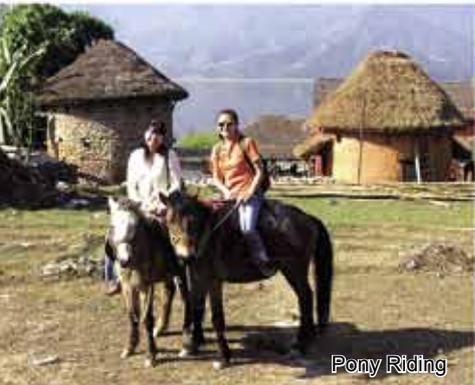
L:Lodge : ⊙ good ○ acceptable × No accommodation (Camping)
E:Eating place : ○ good △ tea house only × Non



Bird watching, Kingfisher



Golf



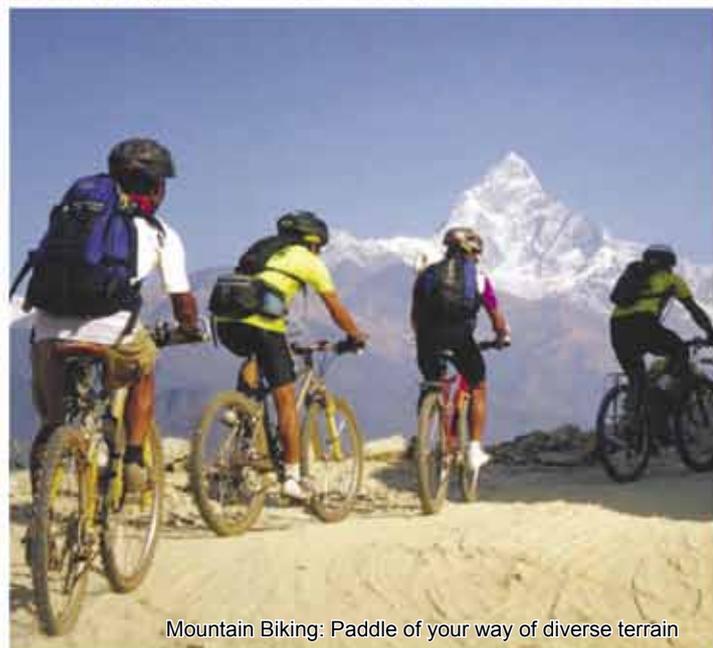
Pony Riding



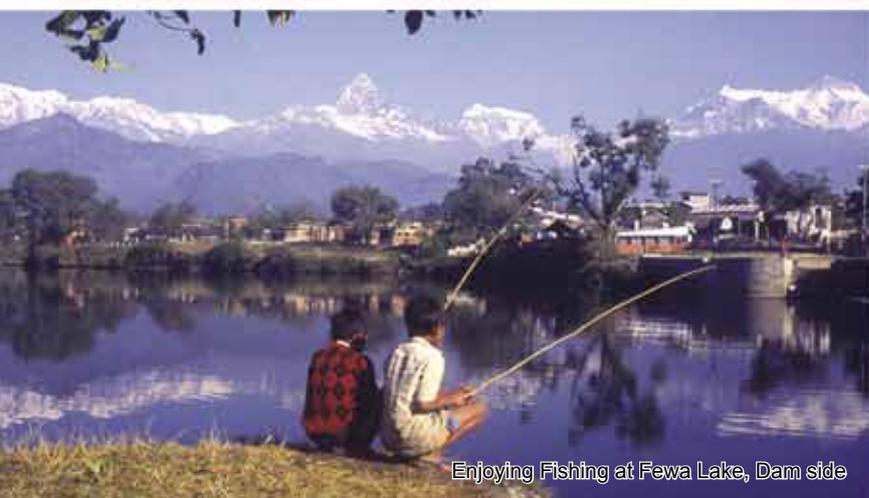
Paragliding: Share your air space with Himalayan Eagle



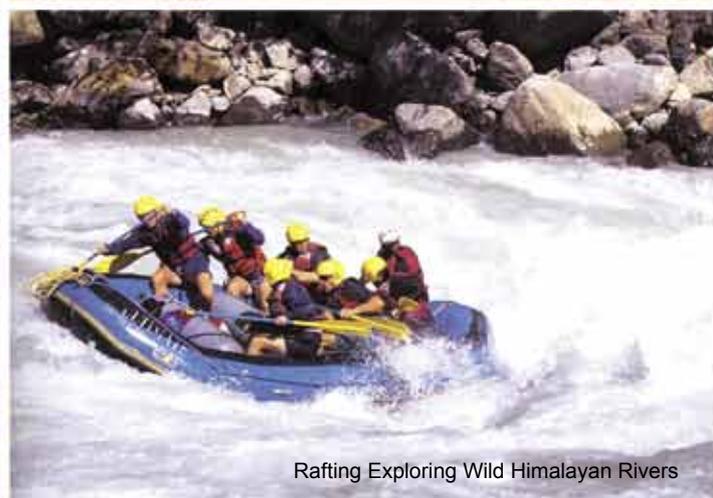
See life from new perspective as you take off in Ultra-light Aircraft



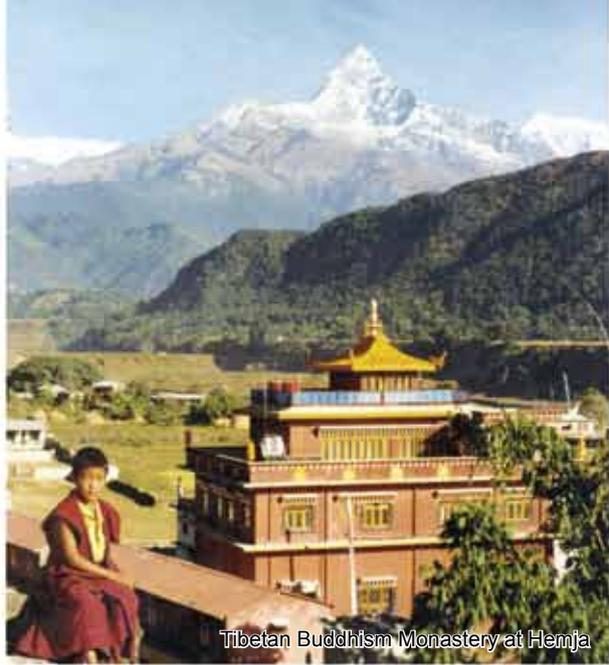
Mountain Biking: Paddle of your way of diverse terrain



Enjoying Fishing at Fewa Lake, Dam side



Rafting Exploring Wild Himalayan Rivers



Tibetan Buddhism Monastery at Hemja



Barahi Hindu Temple on Phewa Lake Island



World Peace Pagoda at Sunset



Ashar Festival



Traditional Bamboo swing used during Dashain & Tihar



Honey-Hunting



Bhairab Dance



Old Bazar



Davis Fall



Chitwan National Park: Thick Tropical Jungle



Lumbini: The birth place of Lord Buddha

VILLAGE TOURISM DESTINATIONS AROUND POKHARA

It is obvious that cities in Nepal are highly influenced by western countries and their lifestyles. Nepal still has unique specialties of rural life. Many villages around Pokhara have their own cultures and traditions. If you want to know about the people of Nepal, their culture, tradition, you should not forget to go to such villages and spend at least couple of days with the local people in their local environment. There are no lodges and public houses. You can bring tents for yourself or you can arrange a home stay with them.

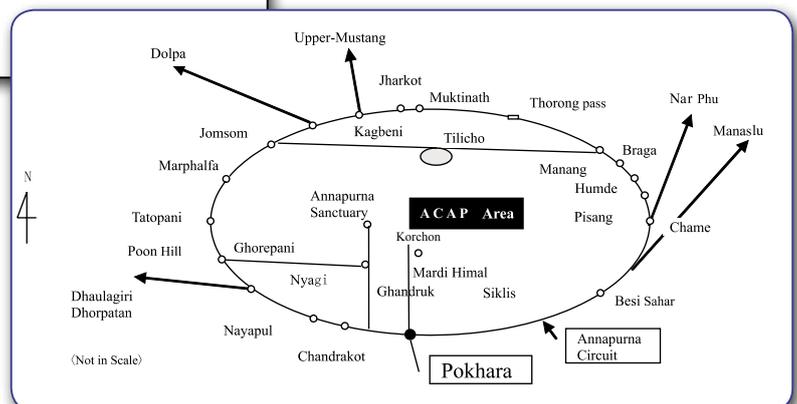
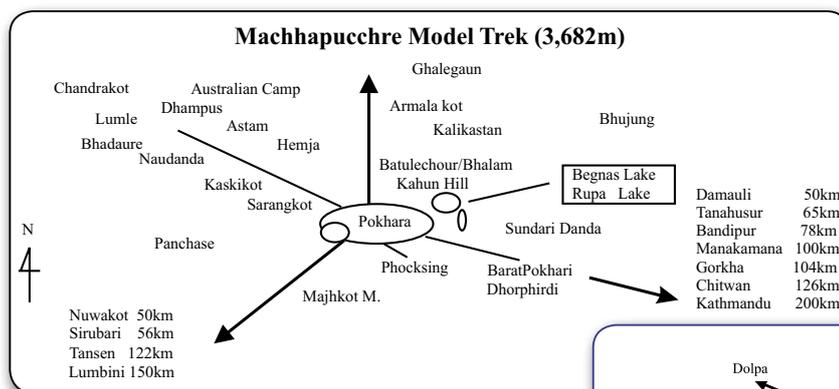
Name of village	Height (M)	Appro. Hours / days	Direction from Pokhara	Other features / Special View
Sirubari	2003	Drive	56km South	An ideal model tourist village with rich Gurung culture, awarded for their efforts in preserving culture & rural life, Panoramic viewpoints.
Ghalegaun	2016	6hrs	116km North	Gurung village(125houses) waterfalls, beehives hanging on cliffs, honey-hunting, rhododendrons forests, Pasturelands, Tea Farm
Bhujung	2600	8hrs	40km NorthEast	Gurung village with rich cultural activities(450 houses). 2hrs from Ghalegaun
Tanahusur	1241	Drive + 4 hrs	65km East	Exotic pristine Magar villages, home of Gorkha soldiers, Good and remarkable view of sun rise and set.
Damauli	700	Drive	50km East	Rural settlement of ethnic communities Darai, Kumal & Bote village, Fishing, swimming, boating and kayaking in Seti & Madi rivers
Nuwakot	1500	Drive	50km South	Mixed culture, From Pokhara 1.5hrs driving or you can hike from Dhurai.

MAJOR TREKKING ROUTES OF POKHARA REGION

www.trekkingagents.org

Name of Trek Route	Height (M)	Appro. days	Standard	L	Season	Other features / Special View
Annapurna Circuit	5416	12-21	med.hard	⊙	Oct-Nov Mar-Apr	Pokhara is a gateway to world famous Annapurna Circuit Treks. Varied scenery, one high pass (Thorung la Pass), probable snow
Annapurna Sanctuary (ABC)	4200	6-12	med.	⊙	Oct-Nov Mar-Apr	Spectacular mountains Rush of mountains flowers during monsoon season,
Jomsom- Muktinath	3800	3-12	med.	⊙	Oct-May	Up the deep Kali Gandaki valley to Muktinath (Hindu sacred temple) Jomsom & surrounding are many easy options for a day hiking
Ghorepani-Poonhill	3120	3- 7	easy-med.	⊙	Oct-May	Scenic Gurung villages, Good experience to trekking, One of the largest Rhododendron (Lali Gurans) forest
Siklis	1989	5- 7	med.	△	Oct-May	Gurung second biggest village, Eco-trek, Culture trek
Mardi Himal	4100	6- 8	med.hard	△	Oct-May	Just the bottom of Mt. Machhapuchhre, Few trekkers, Very rich nature, probably no water
*Upper Mustang	3950	12-14	med.hard	○	May-Oct	Walled city, Tibetan culture and scenery
Nyagi	3210	5-10	med.hard	△	Oct-Nov Mar-Apr	Community based tourism, Ethnic group (Pun-Magar), Basic logistic facilities, Home stay
Manang area	3540	2- 5	Easy-hard	⊙	Oct-May	Varied course; from flat easy hiking to hard the Tilicho lake trekking,
*Nar-Phu	5320	8-14	med.hard	△	Oct-Nov Mar-Apr	New open route, Tibetan culture and scenery
*Manaslu Circuit	5100	16-20	med.hard	△	Oct-May	Long trek on step trails, Great view of Mt. Manaslu north face
Dhaulagiri Circuit	5710	14-21	very hard	△	Oct-Nov Mar-Apr	Crampon, Ice axe are needed for crossing Glacier. Very Adventure trekking.
*Dolpa	5115	18-24	med.hard	△	May-Oct	Long walk with few villages, Great view of Mt. Dhaulagiri
*Dhorpatan	3940	-	med.	△	All	Hunting Reserve. Blue sheep, ghoral serow, Himalayan tahr, black bear, pheasant, partridge etc. www.dnpwc.gov.np

*Requires trekking permit. med.: medium L: Lodge : ⊙ good ○ acceptable △ Camping



DESTINATIONS BEYOND POKHARA VALLEY

ANNAPURNA CIRCUIT

It starts either from Besisahar or from Nayapul. On the way, trekkers get to see amazing natural facts like Kali Gandaki Gorge (6967m deep and 2km wide) at Dana which is deepest gorge in the world, large rhododendron forest at Ghorepani and Shaligram (fissile-stones which is worshipped by Hindus as the emblem of Lord Vishnu) on the banks of Kali Gandaki River near Tukuche and at Damodar Kunda. Jomsom (2710m) and Manang (3540m), towns on opposite sides of the Annapurnas, are easily accessible by flights from Pokhara. The landscape is dotted with colorful Tibetan prayer flags, chortens.

MUKTINATH AND DAMODARKUND (RELIGIOUS TOURS)

It is believed that most of the holy gods and goddess reside in the sacred mountains. Mountains are the places to worship. Muktinath (3802 m) is one of four major destinations of pilgrimage for Hindus and Buddhists. It is a meeting place of Hinduism and Buddhism in the trans-Himalayan Mountains of Nepal. It is easily accessible by flying to Jomsom and a day trek. Or you can directly fly to the spot by helicopter. Likewise, Damodarkunda another important Hindu pilgrimage sites also located in-between upper Mustang and Muktinath of this region. It is popularly known as sacred or holy place for the Hindus and adventurous for the mountain trekkers.

GORKHA & MANAKAMANA 104 km East: Ancient capital of Prithvi Narayan Shah. Another city with nice view of Himalayan Mountains, Gorkha Palace, Gorakhkali Temple, and Newari town are the special attractions. Manakamana, The temple of wish fulfilling goddess can be accessed by ropeway of the only kind in Nepal.

BANDIPUR (1344M): www.bandipur tourism.com
It is a charming hill town situated in 8 km south of Dumre, on the way to Kathmandu and 68 km East from Pokhara. This is a tranquil place and offers magnificent natural view and unique cultural experiences. Two major cultures of Magars and Newars can be seen surviving in harmony. Raniban is a place for bird watching. Nepal's biggest cave, Siddha Gufa, is in half-hours walking distance.

TANSEN (1350M), 122 km South: It is a typical Nepali town with numerous fairs festivals, religious and cultural events. Non-polluted Tansen is one of the beautiful hill stations of Nepal. The best thing about Tansen is getting out of it and exploring the outlying hill country and unaffected Magar villages. Srinagar hill (1525m) is the best location for view of snowcapped mountains and surrounding villages. Tansen bazaar, Ridi, Ranighat, Bongha Gumpa, Bagnas hill, Madanpokhara and Tahoon are the points of attraction.

CHITWAN, 160 KM South: National Park of the thick tropical jungle. You can enjoy wild life, elephant Safari and more. The best season to visit is October- March.

LUMBINI, 190 KM South-West: Birth place of Lord Buddha. Buddhist monasteries, Buddhist archaeological remains and Maya Devi Temple are there to see. 18km West from border city Bhairahawa Sunauli, India.

VIEW TOWERS Besides having so many natural viewpoints, Pokhara has also some man-made view towers scattered in various directions of Pokhara. These view towers offer opportunities of watching wonders of nature in various dimensions. Each of them are worth visiting for tourists.

1. Kahun Dharahara is situated on the top hill of Kahun, north of Pokhara.
2. Mattikhan View Tower, Kaski
3. Panchase View Tower, Kaski
4. Sartangkot view Tower, Kaski
5. Sirubari view tower, Syangja
6. Poonhill view tower, Myagdi
7. Pachabhaiya view tower, Lekhnath, Kaski

KOTS (FORTS) AROUND POKHARA 'Kots' meaning forts have significant value in the history of Nepalese politics. Nepal was divided into around fifty small states before King Prithvi Narayan Shah stated unification process. The real unification of Nepal was materialized when he unified Kathmandu in 1768. Before unification, most of the palaces of those states were settled on the top of hills so that they could be safe from enemies. In case of attacks took place, they could defeat their enemies by throwing stones and wood logs down hills towards the direction of enemies. These kots are important even nowadays but from different perspective. Now they are important for tourism development. The historical remains, artifacts of those palaces, temples, hiking experiences and similar things can be interesting products for tourists. Moreover, these hilltops are worth to visit for beautiful views and wonderful culture around them. The following kots are scattered around Pokhara and each of them are worth visit for tourists.

1. Kaskikot of Kaskikot V.D.C, Kaski district: Most important because the first king of Shah dynasty Kulmandal Shah started to rule from this place.
2. Sarangkot of Sarangkot V.D.C. Kaski district
3. Hyangjakot of Dhital V.D.C. Kaski district
4. Armalakot of Kaski district
5. Chandrakot of Lumle V.D.C. Kaski district
6. Thulakot of Kalika V.D.C. Kaski district
7. Rupakot of Rupakot V.D.C. Kaski district
8. Nuwakot of Shyangja district

EVENTS & FESTIVALS

www.welcomenepal.com

DASHAIN: This is the main festival observed mainly by the Hindus to commemorate wars in which truth is victorious. It is a 10 days' festival, which starts from the new moon in September/ October.

TIHAR (DEEPAWALI): This is a festival of lights organized to worship Laxmi, the Goddess of Wealth. Faithful animals like crows, dogs and cows and oxen are worshipped on the first 4 days.

THOTE is a Gurung festival generally in September and March. It is very colorful and cultural. Many Gurungs assemble with their traditional dresses and traditional weapons (fake) and equipments and march-pass through the major parts of the city up to Nayabazaar.

TEEJ: This is a festival of women generally falls in Sept. Women observe this festival with a view to ensure a long and healthy life for their husbands, sing and dance with red costume, often making up song to articulate the problems they face at home.

GAI JATRA: It involves several teams of dancers from Newar community. There should be at least 3 nymphs and 1 clown in the shape of a cow, falls in the last of August.

HOLI: Holi is a festival of colors. On this day everyone plays with colors and some are even drenched in color water. Thakali plays Archery game on this occasion.

BHAIRAB DANCE: The Bhairab dance is a specialty of Pokhara. As many as 60 characters are required for the full-scale performance. Bhairab means a vigorous and dangerous form; it is also one of 100 incarnations of Lord Shiva. This dance is performed to safeguard a community from unforeseen disasters, diseases and natural hazards. This used to be performed in 12 years but now days it is performed in every 6 years. Next performance in Feb.-Mar., 2014.

LA PHEVA (BARA BARSE KUMBA MELA): This festival is performed in every 12 years by Thakali at Khobang and Marpha. Next performance in Nov.-Dec., 2016.

MAIN ANNUAL TOURISM EVENTS IN POKHARA

NEW YEAR POKHARA STREET FESTIVAL: The restaurants bring their shops to the street. Tourists enjoy the food, events and cultural programs during this festival. Several items for fun and entertainment like cultural parade on the street, boat race, waiter race, tug of war, beer drinking competition.

ASHAR RICE PLANTING FESTIVAL: Objective of the 'Rice planting ceremony' is to show a glimpse of the rice planting activities. In this occasion, traditional wooden ploughs, oxen, tillers, diggers and a team of women with their colorful saris are directly involved.

PARAGLIDING CHAMPIONSHIP: Famous Paraglider from different countries assemble in Pokhara and participate in a championship in January of each year.

PHEWA NEW YEAR FESTIVAL: This festival falls on the verge of Nepali New year i.e. the mid of April. It organizes several recreational events such as tug of war, volleyball competition.

'JAUN HAI POKHARA', which means "Let's go to Pokhara" is a massive publicity campaign. One of this campaign is Annapurna International Food Festival which displays stalls preparing various cuisines of the world during Dashain to Tihar.

GENERAL INFORMATION

Pokhara is located center part of Nepal at between 83.58'30" E to 84.02'30" Longitude and 28.10'N to 28.16' N Latitude. Elevation ranges from 730 m to 1030 m above sea level.

Pokhara has tropical mild temperature, neither so cold in winter nor so hot in summer. The Himalayas and the surrounding green hills keep it moderate. Winter offers quite a pleasant weather, especially from October to December. The temperature remains between 32°C in summers and a minimum of 6°C in winters. Monsoon starts from early June and ends in early September. Pokhara receives the heaviest rainfall. It produces a variety of sub-tropical floras such as banana trees, orange trees, green leafy vegetables and huge Pipal and Banyan trees.

VISA AND PERMIT

Visa Facility	Duration	Fee
Multiple entry	15 days	US\$ 25 or equivalent convertible currency
Multiple entry	30 days	US\$ 40 or equivalent convertible currency
Multiple entry	90 days	US\$ 100 or equivalent convertible currency

Normally, VISA can be obtained on arrival at the Tribhuvan International Airport Kathmandu or at major entry points like Kakarvitta, Sunauli, Nepalgunj and Mahendranagar. Now, Nepal Government has introduced Trekking Registration through Trekking Agents Association (TAAN) and Nepal Tourism Board (NTB). However, you need to have an ACAP entry permit.

BANKS AND MONEY CHANGERS

There are several banks and many moneychangers along tourist area in Pokhara. Visa Cards, Master Cards, & ATM Cards can be cashed at any time. There are several 24-hour ATM card booths along Lakeside. US dollar is mostly preferred currency. Credit cards are accepted in the most of the service providers.

ACCOMMODATION

Pokhara offers wide varieties of accommodation facilities suited for almost all types of travellers. Whether it is for backpackers or business executives, Pokhara's numerous hotels and lodges give everyone comfort only second to their own homes. The 5 star Fulbari Resort & Spa is one of the biggest and most beautifully located hotels in south Asia while the unique island lodge, Fishtail, still remain the favourite for the rich and the famous. Pokhara has a few business and budget hotels like the Shangri-La for those seeking to mix business and pleasure. All types of accommodations such as deluxe, medium and general standards are available. There are about 500 tourists standard hotels, to accommodate about 8000 visitors.

FOOD & BEVERAGE

You can get almost all types of world-renowned cuisine including western, continental and local food. There are 60 tourist restaurants. Real beans coffee shops, bars, night clubs, music dance clubs and traditional dance show places for day and night life entertainments. Pokhara has recently become a spot for gaming. A casino is opened in July 2006 at Fulbari Resort & Spa. Shopping, Culture Dance Show, Live Band, Clubs, Disco and many more Night life are available.

Communicating with your family from Pokhara is almost as easy as in your own country. You can enjoy the facilities of E-mail and Internet at cyber cafes in and around Lakeside. They also have ISD phone services. You can connect around the world at any time.

TRAVEL AGENCIES

There are more than 70 travel agencies who provide travel service for tourists. Some of them are IATA (International Air Transport Association) accredited agencies. The tour and travel agencies in Pokhara are capable of providing domestic and international air tickets, Train Tickets to India, deluxe tourist buses to Kathmandu and other destinations. They also organize tours to Nepal, Bhutan, Tibet and India.

TREKKING AGENCIES

There are more than 65 trekking agencies in Pokhara. They organize treks and expeditions to different trekking areas and mountains in Nepal. They even organize treks to controlled areas like Upper Mustang, Upper Dolpo, Damodarkunda, Nar Phu etc.

TOURISM RELATED GOVERNMENT OFFICES

In order to facilitate tourism entrepreneurs and tourists, Nepal government has established several regional level offices and has decentralized authorities. Nepal Tourism Board, Pokhara Tourism Office and Immigration Office are directly related offices in this regard. Since July 2008, Nepal government has authorized immigration office of Pokhara to issue permits to all the controlled trekking areas in Nepal. Thus, you can make permits to controlled areas like Upper Mustang from Pokhara.

POSTAL SYSTEM

The main post office of Pokhara is situated at the city centre Mahendrapool, about 3 km from lakeside. Stamps can be bought in any bookshop and you can drop your letters in the mailbox there. There is a branch of the post office at Shahid Chowk. There are also branches of Sky Net and UPS (united parcel service) at lakeside, from where you can send important documents.

HOW TO GET TO POKHARA?

BY AIR AND LAND:

Pokhara is located 200km west from the capital city Kathmandu. It is only the distance of half an hour flying duration or 5 to 6 hours drive from Kathmandu. There are 30-40 regular flights between Pokhara and Kathmandu and many more during high tourist seasons. Similarly, various standards of the Tourist buses, cars, Jeeps and vans are available for regular service to Pokhara from Kathmandu. Beside this Pokhara is well linked by the road of the border cities with India i.e. Kakarvitta, Biratnagar, Birgunj in the East and Bhairahawa, Nepalgunj and Mahendranagar to the West.

AIR AND ROAD SERVICES FROM POKHARA:

Pokhara hosts the regular air services to other destinations as well eg Bharatpur, Bhairahawa, Manang and Jomsom at the same time the service to Nepalgunj, Simara, Dolpa, etc. are manageable from Pokhara. Likewise many numbers of tourist standards buses and other vehicles operate daily services from Pokhara to the destinations like Chitwan, Bhairawa, Lumbhini, Janakpur, Baglung, Lamjung, Gorkha etc. The main tourist area is Lakeside and Damside. It is located around 2 km far from Airport and Tourist Bus Park

HISTORY OF TOURISM IN POKHARA

Tourism of Pokhara began only after 1960 in a systematic way however the literature shows that it was popular among the visitors since before the century. In this context, travelogues published by E. Kawaguchi(1899), Maurice Herzog(1950), Tony Hagen(1955),

James Roberts (1957), M.S.Kohli(1961) etc. are noteworthy. Looking at its natural beauty Kawaguchi described as "that in all my travels in the Himalayas I saw no scenery so enchanting as that which enrapture me in Pokhara." Its natural ambience, which allows enjoying lakeside serenity and breathtaking views of magnificent Annapurna Range has transformed Pokhara into a Paradise on Earth.

MAJOR TOURISM RELATED INSTITUTIONS AND ASSOCIATIONS IN POKHARA

Nepal Tourism Board (NTB)

Opens daily, except Saturdays and public holidays,
from 10 a.m. to 5 p.m.

Tel: 061-465292 E-mail: pntb@wlink.com.np (Pokhara)

Annapurna Conservation Area Project (ACAP)

Tel : 061-431102 E-mail : info@kmtnc.org.np
www.kmtnc.org.np

Opens daily, except Saturdays and holidays, from 9 am to 4 pm

Immigration Office (Pokhara)

Tel : 061-465167

Nepal Mountaineering Association (NMA)

E-mail : office@nepal.mountaineering.org
www.nepalmountaineering.org

Pokhara Tourism Council (PTC)

Tel: 061- 462489 Airport 522001,525516
E-mail : ptc59@fewamail.com.np
www.pokharatourism.com

Western Regional Hotel Association

Tel: 061-461474

E-mail: pokharahotels@bb.com.np
Website: www.pokhara-hotels.org

Nepal Association of Tour and Travel Agents,

Pokhara (NATTA)

Tel :061-463114 E-mail : nattapokhara@gmail.com
www.nattapokhara.com

Trekking Agencies Association of Nepal, Pokhara (TAAN)

Tel : 061-463033 E-mail : taan@fewanet.com.np
www.trekkingagents.org / www.taan.org.np

Pokhara Chamber of Commerce and Industry (PCCI)

Tel : 061-525264 E-mail pccipkr@pinet.com.np
www.pokharachamber.org.np

Restaurant and Bar Association in Nepal, Pokhara (REBAN)

Tel: 061-207220 UTL E-mail: rebanpokhara@gmail.com
www.rebanpokhara.org.np

TESA (Trekking Equipment Shop Association)

Embroidery and Garment Association (EGA)

Pokhara Taxi Association (PTA)

Tel : 061-521447

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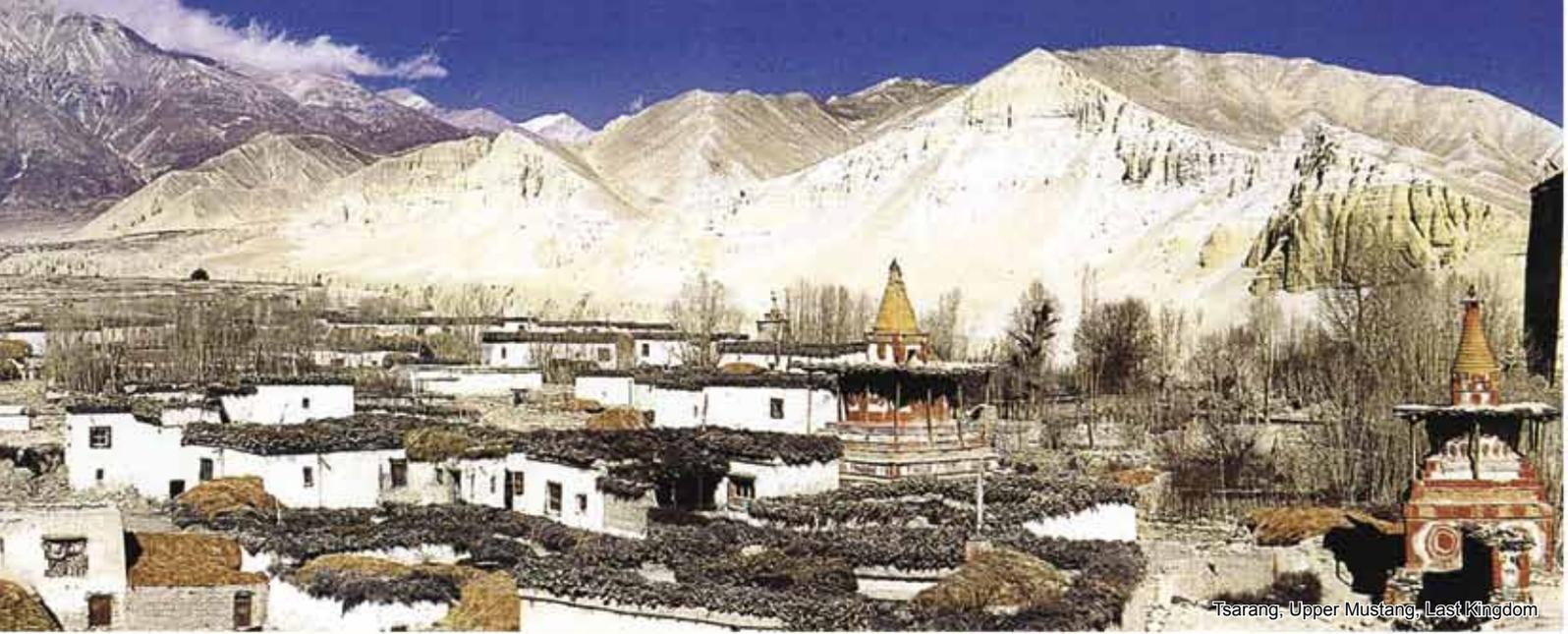
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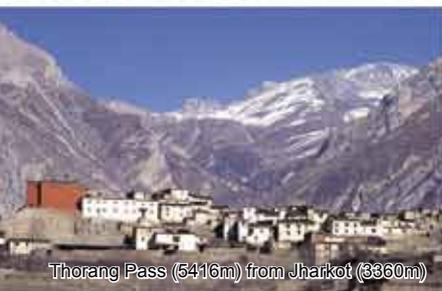
Tsarang, Upper Mustang, Last Kingdom



Annapurna Sanctuary (4200m), Annapurna I (8091m)



People in Dolpa



Thorang Pass (5416m) from Jharkot (3360m)



Dolpa "Caravan" Shutting Place



Annapurna II (7937m) from Mrianchho Lake, Pisang (3100m)



Braga Gumpa, Manang (3360m)



Dhaulagiri (8167m) from Poonhill (3120m)



Himalayan Blue Poppy



Buckwheat



Lali Guras





"Tilicho" Highest Lake in the world



Praying wheel (Mani)



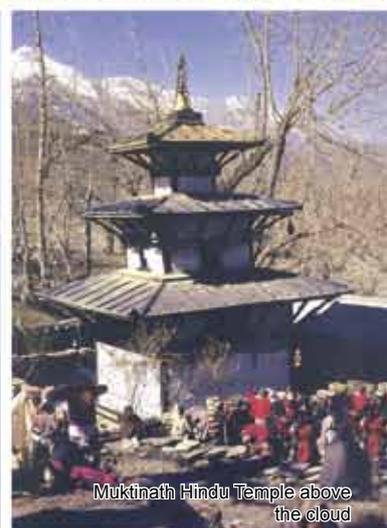
Manaslu (8156m)



Edelweiss



The world's largest Rhododendron (Lali Guras) forest in Ghorepani



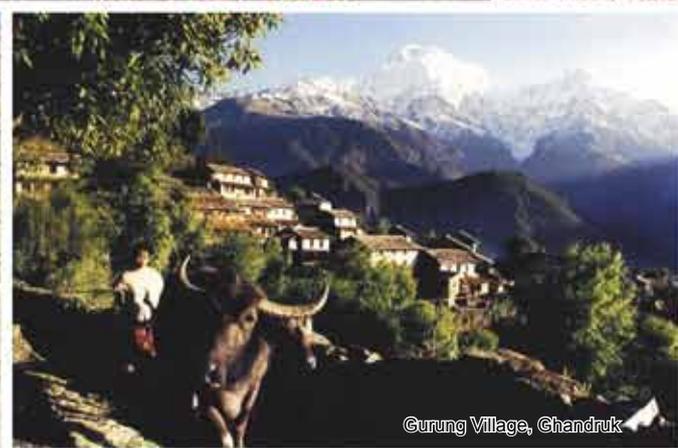
Muktinath Hindu Temple above the cloud



Milking Yak



"Kaligandaki" world Deepest Gorge

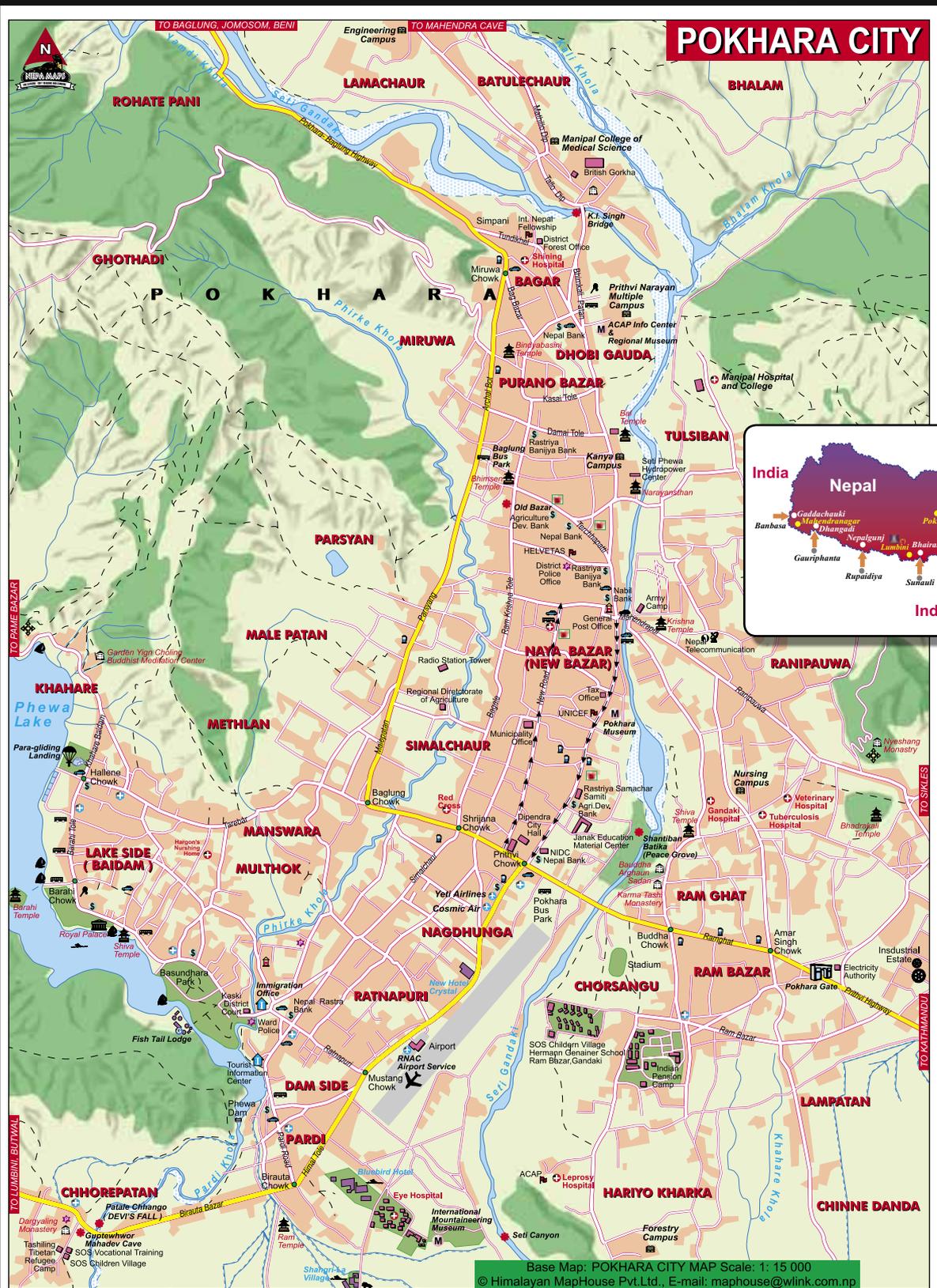


Curung Village, Chandruk



Moutaineering





For more information, write to:

Nepal Tourism Board

Tourist Service Center, P.O Box 11018, Bhrikutimandap, Kathmandu, Nepal
 Tel: 977-1-4256909 Fax: 977-1-4256910 E-mail: info@ntb.org.np,
 Tourist Information Counter, Tribhuvan International Airport (Arrival), Tel: 2061011
 Pokhara Tourist Service Center, Pokhara. Tel: 061-465292 E-mail: pntb@wink.com.np

NATURALLY NEPAL
 ONCE IS NOT ENOUGH