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Ancient Kingdoms and Mountain Resorts

URL: <https://naatatravels.com/trip/the-fascinating-ancient-kingdoms/>

Duration	Per Person Cost	Difficulty
6 Days	USD 650	Normal
Group Size	Maximum Elevation	Accommodation
1-16	2175 meters	3-star hotel
arrival_on	Meals	Departure
Kathmandu	Breakfast	Kathmandu

Trip Route

Nepal

Highlights Of Ancient Kingdom and Mountain Resorts Tour

Taleju Temple: Taleju Temple was built by King Mahendra Malla in 1549 A.D and is 35m high. Taleju Bhawani was originally the Goddess of South India and later became the royal goddess of Malla kings in the 14th century.

Kal Bhairav: The God of Destruction. 'Kal' means death.

Nautalle Durbar: A nine-story palace

Sweta Bhairav: Sweta Bhairav's enormous gilded face is hidden behind the gigantic wooden lattice screen. The screen is only opened during the Indra Jatra festival.

Stay at the Mountain Resort in Nagarkot, which is a famous hill station on the outskirts of Kathmandu Valley.

Explore the Ancient cities of Patan and Bhaktapur along with Durbar squares.

Visit various World Heritage and archaeological Sites.

Chance to learn about and explore the rich Nepalese Civilisation and Hindu History.

Beautiful View of Mountain range

Trip Overview

The Ancient Kingdom and Mountain Resort tour is best for people who are into history. Catering to every history enthusiast, this trek takes you through the major historical sites of Kathmandu Valleys. Taking this tour you will stop by some of the old historical places with beautiful mountain views. You will also stay in mountain resorts where you can relax and enjoy the scenery.

This Tour is simply the best for those who want to immerse themselves in the history and culture of this wonderful Mountain Kingdom, Nepal. It is also the perfect tour for people with physical complications and age. However, this trip might not suit those who want adventure. Those who want to add a few fun activities to the tour can customize the trip.

Are you planning on taking this historical tour of Nepal? Book with us. As a government-certified company, our services are top-notch. We are a team of experience people, offering the best services catering to your needs. Also, our customization itinerary feature is for you. You can make [your trip plan](#) based on your preferences and choices. So lace your boots, pack a bag, and let's take this tour together and create unforgettable memories in Nepal.

Trip Itinerary

Day : Arrival in Kathmandu

When you arrive at Tribhuvan International Airport, a representative from Naata Trek and Tours will be there to greet you, holding a sign with your name. They will take you to your hotel. In the evening, we will enjoy a welcome dinner hosted by Naata Trek and Tours. We will get to taste Nepalese cuisine and get an introduction to the country's food culture.

Accommodation

3-star hotel

Meals:

Dinner

Altitude:

1350 meters

Day : Sightseeing tour of Patan, Tibetan Refugee Camp, Bhaktapur and Nagarkot

We will visit Patan Durbar Square, a UNESCO World Heritage Site known for its ancient arts and architecture. Next, we will go to the Tibetan Refugee Camp on the outskirts of Patan, where we can see

shrines, stupas, and shops selling Tibetan handicrafts. We will also watch the Tibetans hand-weaving carpets.

After that, we will visit Bhaktapur, once the capital of Nepal from the 12th to the 15th century and now the third-largest city in the Kathmandu Valley. In Bhaktapur, we will see the Nyatapoli Temple, the Golden Gate, and the palace with 55 windows, all famous for their intricate woodcarvings.

Finally, we will head to Nagarkot, the most popular hill station 30 km east of Kathmandu. We will enjoy the mesmerizing sunrise and sunset views over the mountains, from Dhaulagiri in the west to Kanchenjunga in the east. The surrounding countryside is perfect for walking.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

2175 meters

Day : Day excursion around Nagarkot

We will start the day by watching the stunning sunrise over the mountains. After that, we will take a short hike to a view tower, the highest point in Nagarkot. On a clear day, we will see a spectacular view of Mt. Everest. We will then walk back to the resort, passing through small farm villages and forests of oak, pine, and rhododendron trees. The afternoon will be free for leisure. We can explore the shops in Nagarkot or, if we are adventurous, try the Nagarkot Everest-view paragliding.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

2175 meters

Day : Afternoon sightseeing tour to Kathmandu City and Swayambhunath

After another stunning sunrise over the snowcapped mountains, we will return to our Kathmandu hotel. Our guide will pick us up in the afternoon for a sightseeing tour of Kathmandu city and [Swayambhunath](#).

Major Attractions of Kathmandu Valley

- **Taleju Temple:** Built by King Mahendra Malla in 1549 A.D., this 35-meter high temple was originally the goddess of South India and later became the royal goddess of the Malla kings.
- **Kal Bhairav:** Known as the God of Destruction. 'Kal' means death.
- **Nautalle Durbar:** A nine-story palace.
- **Sweta Bhairav:** An enormous gilded face of Sweta Bhairav, hidden behind a large wooden lattice screen, revealed only during the Indra Jatra festival.
- **Tribhuvan Museum and Numismatic Museum:** Located inside Hanuman Dhoka Durbar, these museums are of great historic importance but are closed on Tuesdays and government holidays. Photography is not allowed.
- **Temple of Kumari:** The temple of the Living Goddess, with beautifully carved wooden balconies and window screens, situated near Hanuman Dhoka Palace. Photography is not allowed.
- **Others:** Coronation Nasal Chowk, The Gadi Baithak, the statue of King Pratap Malla, The Big Bell, Big

Drum, and the Jagannath Temple.

Swayambhunath: Believed to be 25 centuries old, it is one of the oldest Buddhist pilgrimage sites. Known as the Monkey Temple, Swayambhunath is dedicated to the self-originating flame god. The stupa is a solid hemisphere of terra-cotta bricks and soil with a cornice of copper and gilt. The eyes of Lord Buddha are painted on the four sides, watching over the valley. The hill is filled with small chaityas and pagoda temples.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

1350 meters

Day : Sightseeing Tour to Dakshinkali and Chovar

We will visit Dakshinkali Temple, dedicated to the Goddess Kali. Located 22 kilometers from Kathmandu and about 1 kilometer from the village of Pharping, it is a major Hindu temple. The temple was built by a Malla king after the goddess appeared in his dream and instructed him to do so. It is believed that wishes made here come true. Animals such as cockerels, male goats, hens, and ducks are sacrificed as part of the rituals.

Next, we will visit Chobhar Gorge, the main attraction of Chobar. According to legend, the gorge was created by a blow from Manjushree's sword to drain the lake that once filled the Kathmandu Valley. Today, it is the outlet for the valley's water. Nearby is the Jal Vinayak Temple, an important pilgrimage site

Accommodation

3-star hotel

Meals:

Breakfast and dinner

Day : Departure

Our trip concludes today. After breakfast, you will have some free time to relax or do some last-minute shopping in Kathmandu. You can explore the local markets and buy souvenirs to take home. In the afternoon, our office representative will come to your hotel to assist with your departure. You will be driven to the airport in a private vehicle, providing a hassle-free and convenient transfer. At the airport, our representative will bid you goodbye and wish you a safe journey. Have a safe flight!

Trip Includes

- Airport pickup and drop in a private vehicle
- 3-star hotel accommodation in Kathmandu and Nagarkot on twin sharing basis with breakfast
- Welcome and farewell dinner programs

- All ground transportation on a private vehicle
- Guided city tour of Kathmandu in a private vehicle
- Entrance fees for sightseeing
- An experienced, English speaking and government-licensed tour leader

Trip Excludes

- Nepalese visa fee (Bring accurate USD cash and two passport size photographs)
- International airfare to and from Kathmandu
- Excess baggage charges
- Travel Insurance
- Personal expenses
- Tips for guide(s)
- All other not mentioned in cost includes section

Additional Trip Information

The 6-Day Itinerary Overview

The 6 day tour starts in Kathmandu Valley. Starting our day early, we will visit Kathmandu Durbar Square, followed by Patan Durbar Square. Stopping by these heritage sites, you will be amazed by their ancient charm. The following day, we will make your next stop in Nagarkot. It is a famous hill station at an elevation of 2,195 meters. Upon reaching there at night, we will have a next excursion day. The world day is full of sightseeing and witnessing the sunrise and sunset of Nagarkot.

After relaxing at Nagarkot, we will return to Kathmandu and visit some major cultural sites, including Swoyambhunath. Exploring Kathmandu and visiting major places will help us conclude our day with many beautiful memories. The next morning, we will take a ride toward Dakshinkali and Chovar. There are two major Hindu sites to visit if you visit Kathmandu Valley. Finally, we will end our six-day trek and fly back home.

Attractions of Ancient Kingdoms and Mountain Resorts

Kathmandu Durbar Square

Wondering why to visit Kathmandu Durbar Square. This place reflects Nepal's rich history and royalty. Upon reaching there, you will see ancient temples and places showcasing the culture and religion of the people. This is also a place where kings were crowned. You can see many ancient weapons while visiting this place. The Durbar square also gives you deep insights into the history of Nepal. Hosting many

festivals yearly, if you are lucky enough you can take part in one of them.

Patan Durbar Square

Patan Durbar Square, a UNESCO World Heritage Site, is in the center of Lalitpur District and is one of the three Durbar Squares in the Kathmandu Valley. It is the place of the Malla King. He was one of the ruler of Nepal. The architectural design of this place boots amazes you. The square is mainly popular for its beautiful carvings and detailed sculptures. You can also stop by a small museum and enjoy the historical tools preserved there. Mainly reflecting Newari art and culture, this Durbar Square is a go-to if you want to experience Newari culture.

Dakshinkali Temple

Dakshinkali Temple is **22 kilometers** from Kathmandu and about 1 kilometer from the village of Pharping. Dedicated to goddess Kali, it is a major Hindu temple near Kathmandu Valley. *The temple is especially busy on Saturdays and during the Dashain festival.* Pilgrims come to make offerings and seek blessings. Here, you can find a peaceful environment with a vibrant atmosphere. You will hear chants and prayers filling the air. Many believe Dakhsinkali will bring you good fortune.

Swoyambhunath Stupa

Swoyambhunath Stupa, also known as the Monkey Temple, is situated atop a hill in the Kathmandu Valley. It is a major Buddhist temple with various shrines and monuments. The place reflects the architecture of the Licchavi period. You will also see panoramic views of the Kathmandu Valley from the stupa. You can walk around the stupa and chant prayers while enjoying the peaceful environment. People from different religions visit to pay their respects and enjoy the spiritual ambiance.

Best Time For The Tour

The 'Ancient Kingdoms and Mountain Resort' tour can be enjoyed any time of the year, but some seasons offer better experiences than others.

Summer

Summer in Nepal lasts from June to August. While it's not the most popular time for the tour, you can still enjoy it. However, be prepared for monsoon rains, which can affect road conditions and make travel a bit challenging. The visibility of the mountains might be poor due to clouds. If you prefer quieter travel periods and don't mind the rain, summer could still be a good option.

Winter

Winter in Nepal is from November to February. This season is also a good time for the tour. During the day, the temperature is usually comfortable in the cities you will visit, though it can get chilly in Kathmandu at night. Visibility is better than in summer but not the best. If you enjoy cooler weather and fewer tourists, winter can be a great time to visit.

Spring

Spring, from March to May, is one of the best times to visit Nepal. The weather is pleasant, neither too

hot nor too cold, with clear skies and unobstructed mountain views. The blooming flowers and lush green landscapes add to the beauty. Spring is perfect for those who enjoy mild temperatures and scenic beauty. However, it can be a busy time with more tourists, which might mean crowded sites.

Autumn

Autumn, from September to November, is the ideal time to visit Nepal. The weather is perfect with clear skies and excellent views. This season also coincides with the biggest festivals in Nepal, Dashain and Tihar. You will get to experience the festive celebrations and learn about Nepalese culture. Autumn offers the best visibility and the most comfortable temperatures. However, like spring, it can be a busy season with many tourists, which might make popular sites crowded.

Food and Accommodation

During our 6 day trip, you will be staying at a 3-star hotel in Kathmandu and luxurious mountain resorts in Nagarkot. The 3-star hotels provide you with luxurious and comfortable rooms along with modern amenities and excellent services. Similarly, in Nagarkot, the mountain resort not only provides you with the best amenities and room services but also offers you a serene and picturesque setting with panoramic views of the Himalayas. The food provided by these places is also top-notch. You will get a variety of dishes to choose from.

With multiple cuisine options available throughout the tour, the hotel and restaurant's menu features both national and international dishes. Most of the local restaurants offer you local Nepali cuisine, dal, bhat, and lentis, along with some common dishes like momo and chowmin. Some of the restaurants also offer pizzas, burgers, and other international foods. No matter what you prefer, from familiar dishes to new flavors, we offer you with variety of culinary delights to satisfy your needs.

Travel Insurance

Although Naata Travels doesn't provide insurance, it is essential that you get insured before the trip commences. Getting travel insurance ensures your safety and peace of mind. The insurance helps to cover you with some potential risks that you might encounter during your tour. This includes emergencies, theft, and loss of personal belongings.

Additionally, ensure your insurance also covers trip cancellations, delays, and any adventure activities you plan to undertake. If you are planning on getting the insurance, you can contact us. Even though we don't have our own insurance policy, we have a partnership with the best insurance firms that provide you with a comprehensive travel insurance package. Remember to carry a copy of your insurance policy and emergency contact numbers with you at all times.

What can you Expect from the Tour?

In this tour, different world heritage sites in Nepal will be traveled through. Nagarkot, a popular hill station with its beautiful sunrise and sunset views, will also be visited by you. The Scenic Mountain Vistas, along with the view of Mt. Everest, would be worth the visit.

This tour is perfect for history enthusiasts who want to enrich their knowledge and interest in history and culture. Taking this tour, you can also take part in fun activities like sound healing, ancient forms of yoga,

and meditation, which deepen your spiritualism and help you practice spiritual activities.

Preparation and Packing List

Preparation:

Travel Insurance: Ensure you have comprehensive travel insurance that covers medical emergencies, theft, loss, and trip cancellations.

Documents: Bring your passport, visa, travel tickets, and a copy of your travel insurance. It's also a good idea to have a list of emergency contacts and any necessary medical prescriptions.

Health: Consult your doctor for any required vaccinations or health precautions before traveling. Carry any personal medications you might need.

Currency: Have some local currency (Nepalese Rupees) for small purchases. You can also use credit/debit cards in many places.

Packing List

- Passport
- Visa
- Travel insurance
- Medical prescriptions
- Credit/debit cards
- Local currency
- Lightweight clothing
- Warm layers
- Rain jacket or poncho
- Comfortable walking shoes
- Sandals
- Hat
- Sunglasses
- Sunscreen
- Scarf or shawl
- Toiletries
- Travel-sized hand sanitizer
- Reusable water bottle
- Camera or smartphone
- Power bank

Frequently Asked Questions

What should I wear when participating in the Ancient Kingdoms and Mountain Resorts tour?

You should pack lightweight, breathable clothing for daytime activities and warm layers for cooler

evenings and high altitudes. If you are traveling during the monsoon season, you should bring a rain jacket or poncho. You should also go for comfortable walking shoes for easy exploration.

Are there any special permits required for the Ancient Kingdoms and Mountain Resorts tour?

Typically, you do not need special permits for most historical sites and mountain resorts. However, some specific sites may require an entrance fee or ticket. It's always a good idea to check in advance for any additional requirements. Make sure to carry the necessary identification and tickets when visiting these locations.

What type of accommodation can I expect during the Ancient Kingdoms and Mountain Resorts tour?

During the tour, you will stay in 3-star hotels in Kathmandu. They offer comfortable rooms and modern amenities. In Nagarkot, you can enjoy high-end facilities with stunning mountain views at one of the mountain resorts. Both these places provide you with a memorable stay and comforting food.

What activities are available in the mountain resorts during the Ancient Kingdoms and Mountain Resorts tour?

In the mountain resorts, you can enjoy activities like sunrise and sunset viewing for breathtaking views. You can also opt for hiking or nature walks while exploring the beautiful scenic landscapes. For more fun, you can add yoga, meditation, and local sightseeing to your list.

Address

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