



7 Days tour in Nepal (Kathmandu- Pokhara- Chitwan- Lumbini)

Trip Facts

Difficulty Medium	Max Altitude 1,500m/4,921ft	Accommodation Standard 3* Hotels (Chitwan/Lumbini/Pokhara/Kathmandu)	Meals
Activity Sightseeing	Best Season Autumn (Sept–Nov) & Spring (Mar–May)	Start / End Point	Duration 7 Days

Trip Overview

A simple Nepal tour, which includes the major cities of Nepal along with the main touristic sightseeing destination without missing its core highlight. Once, your visit these places its more worthwhile. The absolute can't-miss experiences in Nepal seamlessly bridge ancient spiritual heritage, majestic Himalayan landscapes, and rich wildlife adventures.

A 7-day overland itinerary covering Kathmandu, Pokhara, Lumbini, and Chitwan is highly ambitious and fast-paced, requiring smart time management to handle Nepal's winding highways.

The Golden Triangle & Lumbini Tour: Heritage, Wildlife & Spirit

The ultimate introduction to the diverse soul of Nepal, this comprehensive multi-city journey seamlessly blends ancient history, dramatic alpine lakes, untamed tropical jungles, and profound spiritual origins. Perfect for travelers seeking comfort, culture, and nature without the physical strain of high-altitude trekking, this premium overland tour finishes with a quick, scenic flight back to the capital.

Trip Itinerary

Day 1 - Arrival in Kathmandu & Welcome Briefing

Difficulty	Max altitude 1,400m/4,593ft	Accommodation	Meals
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Day 2 - Overland Drive to Scenic Pokhara

Day 3 - Sunrise Views & Pokhara Highlights

Day 4 - Chitwan Wildlife Safari & Tharu Culture

Day 5 - Chitwan to Lumbini (The Birthplace of Buddha)



Day 6 - Lumbini Monasteries & Fly to Kathmandu

Day 7 - Cultural Heritage & Final Departure

Cost Includes & Excludes

Includes:

- 2 nights accommodations during Kathmandu stay in twin sharing on BB basis.
- 1 night accommodations during Pokhara stay in twin sharing on BB basis.
- 2 nights accommodation during Chitwan stay in twin sharing full board basis.
- 1 night accommodation during Lumbini stay in twin sharing basis on MAP basis.
- One way domestic flight from Lumbini to Kathmandu.
- Internal Private transfer. 1. Private/ public vehicle between Kathmandu and Pokhara. 2. Private vehicle between Pokhara to Chitwan and Chitwan to Lumbini. 3. Airport transfers via private vehicle in Kathmandu and Lumbini.
- Required Permits & Fees: 1. All the Entry Permit during sightseeing in Nepal. 2. Basic first aid during entire trip in Nepal.

Excludes:

- International Travel Costs: 1. International airfare to and from Kathmandu. 2. Nepal Tourist Visa fee (payable in cash USD upon arrival at Tribhuvan International Airport).
- Single Supplementary fee
- Travel and Emergency Insurance: 1. Mandatory: Travel insurance that explicitly covers emergency helicopter evacuation up to 6,000 meters (most basic plans cap out at 3,000m).
- Meals in Kathmandu, Pokhara and Lumbini or other than mention above.
- Extra snacks on the way of transfer and sightseeing.
- Hotels other than mentioned above: 1. Hotel up-gradation might cost extra depending on your request.
- Beverages & Snacks: 1. Alcoholic drinks (beer, spirits), specialty coffees, soft drinks, and bakery items at trail cafes. 2. Bottled water.
- Tips & Gratitude: 1. Tipping guides and porters is custom and highly expected. The industry standard is roughly 10% to 15% of your total trip cost, pooled together by the group and handed out on the final evening.

FAQs

Is this a physically demanding tour?

No, this is a leisurely cultural tour with minimal physical strain. There is no high-altitude trekking involved. The activities consist of gentle walking tours through heritage sites, flat jungle walks, and sightseeing from comfortable viewpoints, making it perfect for families, seniors, and travelers of all fitness levels.

How do we travel between cities, and are the roads safe?

All intercity travel between Kathmandu, Pokhara, Chitwan, and Lumbini is conducted in a private, air-conditioned vehicle (sedan, SUV, or Hiace tourist bus depending on your group size) with an experienced professional driver. While highways in Nepal can be bumpy and winding due to hilly terrain, our drivers prioritize safety and take regular comfort stops.

What is included in the "Fly Back" part of the tour?

To maximize your comfort and save you from a long 8-to-10-hour return drive, this tour includes a domestic flight back to Kathmandu. Depending on your exact itinerary route, you will board a scenic 25-to-35-minute flight from either Gautama Buddha International Airport (Bhairahawa/Lumbini) or Pokhara International Airport.

What are the accommodation and food standards on this tour?



Unlike remote mountain treks, this tour features city-based lodging where you can choose your desired level of comfort, from boutique 3-star hotels to luxury 5-star resorts. Hot water, air conditioning, and reliable WiFi are standard. Restaurants along this route offer an excellent mix of authentic Nepali cuisine, Indian dishes, and well-prepared continental food.

What is the best season to book this specific tour?

This tour can comfortably be done all year round. However, the optimal months are from September to May when the weather is pleasantly warm and skies are clear for mountain viewing in Pokhara. The winter months (December to February) are excellent for Chitwan and Lumbini as the lowlands are cool, though mornings can occasionally be foggy.

Is malaria a risk during the jungle safari in Chitwan?

The risk of malaria in Chitwan National Park is considered extremely low to negligible. However, because it is a tropical jungle environment, mosquitoes are common, especially around dusk. We highly recommend packing a good mosquito repellent, wearing long-sleeved clothing during evening safaris, and using the nets/AC provided by your resort.

Are all monument entry fees and safari permits included?

(Note for your site: Use this question to clearly define your pricing transparency). In our standard packages, we include all jungle safari permits and activities in Chitwan. We can also pre-purchase all heritage site entry tickets for Kathmandu, Pokhara, and Lumbini so you can skip the ticket counter lines completely.