



Join Limitless Planet, Food is Love, and Chef Lasse Sorensen in Kathmandu, Nepal for a five-day festival of lights, known as Tihar honors Yama.

The five-day Nepalese Hindu festival of Tihar honors dogs on the 2nd day, known as Kukur Tihar or "day of the dogs". Dogs are celebrated and blessed with a Tika - a red mark applied to their forehead. The animals are also given flower garlands and offered food as part of the festival. From street dogs to working dogs, Kathmandu will be celebrating man's best friend in one of the best festivals in the world. Does it get any better than this?

Besides Tihar, one of the main reasons to visit Kathmandu is its rich history and culture. The city is home to numerous ancient temples and monuments, including the famous Swayambhunath Stupa and Boudhanath Stupa. We'll explore the historic Durbar Square, which is home to several stunning palaces and the 'Living Goddess', a young girl regarded as the embodiment of the supreme female deity.

Kathmandu is also well known for its street food. Hawkers are selling delicious food throughout the city every day. From momos (steamed or fried dumplings filled with meat or vegetables) to thukpa (noodles in a meat soup), delicious and authentic, the streets of Kathmandu will make your taste buds dance to the tune of authentic Nepali cuisine.



A visit to Nepal would not be complete without getting a glimpse of Everest, so we'll take a flight through the highest mountains in the world for a look at the highest peak in the world.

Join us to visit one of the most fascinating destinations in the world, Nepal. The people, the culture, the ancient stupa, and the pagoda will leave you wanting to visit this unique country many times over.

Expect the trip of a lifetime!

Day 1- October 30, 2024-Arrive Kathmandu, Nepal

Meals: Dinner

Whether you arrive via Bangkok or Delhi, upon arrival in Kathmandu, your guide will meet you at the airport and transfer you to your hotel.

After checking in, rest or take a walk to battle jet lag before meeting for dinner tonight.

Welcome dinner at a local restaurant (included).

Overnight: The Dwarika's Hotel



Day 2- October 31, 2024- Kathmandu City Tour

Meals: Breakfast, lunch

Durbar Square is in the heart of Kathmandu's Old Town. As you wander around the square, you'll marvel at the sheer concentration of architectural gems and opulent statues. Now a UNESCO World Heritage Site, it functions as an open-air museum showcasing the royal palace, the Dancing Shiva, and embellished carvings that tell stories of long ago.

After damage from the major 2015 earthquake, many of the historic buildings are no longer the same. However, exploring Durbar Square remains one of the best things to do in Kathmandu. Make your way through each beautiful courtyard that unlocks another series of man-made wonders. We'll see all of the sites, learn a bit about the Nepalese culture, and if we see something that looks good on the street, we'll stop to taste anything that catches our eye.

After our tour, we'll stop for lunch before having free time this evening to explore on your own.

Evening at leisure.

Overnight: The Dwarika's Hotel

Day 3- November 1, 2014- Everest flight and Swayambhu (Monkey Temple) for sunset

Meals: Breakfast, dinner

A trip to Nepal would be incomplete without truly understanding what really makes it beautiful. Witness the awe of the largest mountain range in the world and see the white snow sparkling, lakes and glaciers equally beaming with clear water flowing down from the roof of the world.

Nothing compares to the sheer beauty or awe the Himalayas have to offer. Take the mother of all mountain flights, the Everest Experience where we put you, one on one with Mt. Everest, so close that you can almost touch it.

The flight usually lasts between 50 minutes to an hour. During the flight, you will catch a glimpse of 20 of the highest peaks to the East of Nepal starting from the Langtang Lirung peak which is the closest peak to Kathmandu, then move towards Mt. Everest in the east, and finally fly to Chamlang peak.

The mountain flight not only allows you to enjoy fantastic views but also helps you to understand the geography of Nepal.

- Flight starts at 6:00 AM early in the morning
- Mt. Everest 20 miles from your window
- Witness fantastic Himalayan peaks, lakes and glaciers
- 50 minutes flight with guaranteed window seat

While on board, you will receive a 'Himalayan Peaks' map from our flight attendant. This map contains information about the different peaks you will see during the mountain flight. You will also get a briefing from our flight attendant of the visible mountains. You will see stunningly beautiful mountains that are above 8000 meters such as Cho-Oyu, Shisha Pangma, Mt. Everest and Lhotse from a guaranteed window seat on the aircraft.

Afterwards, we'll return to the hotel for some free time this afternoon.

Tonight, meet for a tour of Swayambhu (Monkey Temple) for sunset, and then go to a local restaurant for dinner.

Overnight: The Dwarika's Hotel



Day 4- November 2, 2024- Dog Festival!!

Meals: Breakfast

The five-day Nepalese Hindu festival of Tihar started this week and the second day is known as Kukur Tihar or "day of the dogs". Dogs are celebrated and blessed with a Tika - a red mark applied to their forehead. The animals are also given flower garlands and offered food as part of the festival.

Today, we'll explore the city by foot and celebrate man's best friend!

Overnight: The Dwarika's Hotel



Day 5- November 3, 2024- Boudhanath & Pashupatinath Stupa

Meals: Breakfast, lunch

After breakfast, visit Boudhanath and Pashupatinath Stupa, some of the most popular and significant religious sites in Nepal.

Boudhanath Stupa is one of the largest stupas in the world and is considered to be the holiest Tibetan Buddhist temple outside of Tibet. The stupa's whitewashed dome and gilded tower are adorned with colorful prayer flags and surrounded by a bustling market, making it a popular destination for tourists and locals alike. It is a place of peace and tranquility, where visitors can take in the stunning architecture and immerse themselves in the rhythms of daily life in Kathmandu.

Pashupatinath Stupa, on the other hand, is a Hindu temple complex dedicated to Lord Shiva. It is one of the most sacred sites for Hindus worldwide and is known for its stunning architecture, intricate carvings, and rich cultural heritage. The temple complex is situated on the banks of the Bagmati River, and if we're lucky, we can witness traditional cremation ceremonies taking place along the riverbank.



Visiting Boudhanath and Pashupatinath Stupa provides an opportunity to explore the cultural and religious traditions of Nepal. Whether you are interested in Buddhism, Hinduism, or simply want to experience the vibrant energy of Kathmandu, these two sites are definitely worth a visit.

After our tour, we'll have lunch at a local restaurant.

Evening at leisure.

Overnight: The Dwarika's Hotel

Day 6- November 4, 2024- Depart Kathmandu for Delhi, India

After breakfast depart Kathmandu for your next destination. We recommend joining the Food is Love trip to India following the Nepal portion.

Depending on your flight departure time, your guide will pick you up from the hotel and transfer you to the airport.



Thank you for traveling with Limitless Planet!

IMPORTANT: This trip is designed for adventurous travelers seeking an off-the-beaten path experience. Itineraries are planned to give you an authentic experience, and as such, organic changes may come about to enhance the journey.

You will have the unique opportunity to experience Turkey with the 6-time Emmy nominated PBS show, Food is Love, and chef Lasse Sorensen. As such, by participating on this tour, you are agreeing to be in the taping of the Nepal Food is Love Episode.

**PRICE- \$3960 (based on double occupancy)
\$4530 (based on single occupancy)**

If you are interested in more than one Food is Love trip, let us know! Receive a \$500 discount if you book two trips in the 2024 series!

**This trip requires 10 participants to take part in the program. If this minimum is not met, you will be fully refunded.*

India Post Extension- We recommend pairing this trip with our India Food is Love trip.

WHAT'S INCLUDED:

- Hotel Accommodation (separated above)
- Tours- tours mentioned in the program are included.
- Roundtrip airport transfers
- Living like a Local- Travel with us and find out

NOT INCLUDED:

- International Airfare
- Nepal visa
- Personal expenses such as laundry, beverages, phone calls, internet access.
- Services not mentioned in the program.
- Tips for guides and drivers.
- Travel Insurance

CANCELLATIONS

75 % fee for cancellations up to 90 days prior to arrival / full charge for no shows and cancellations 0-90 days prior arrival.

**Prices do not include credit card fees. All credit card fees come from the company and not Limitless Planet. We cannot waive or remove credit card fees. You do have the option of paying with a check or Venmo to bypass any credit card fees.*

**Payment plans available upon request. Deposit will be required to confirm the reservation.*

GENERAL INFORMATION

Airfare and Transfers

Limitless Planet is happy to book your airfare. If you use miles, you will be responsible for booking your airfare on your own. Transfers are included in the trip price. If you are arranging your own flight arrangements, please send a copy of your itinerary to shannon@limitlessplanettravel.com.

Passport

Each traveler will be required to have a passport valid for at least six months after your travel departure date. Limitless Planet is happy to assist you with your passport application or renewing an expired passport. Additional fees may apply. Please send a copy of your valid passport with your deposit payment.

You must also have 1 full, blank page in your passport for entry and exit stamps.

Visa

A visa is required for US citizens to enter Nepal. Additional information is available [HERE](#).

Travel Insurance

Travel insurance is not included in the quote of this itinerary. For your convenience Limitless Planet offers travel protection plans through Travelex Insurance Services. We are happy to send you a quote. A Limitless Planet Travel staff member will be onsite to assist in case of any emergency.

Tours

All activities on this trip are optional. Tours will meet in the hotel lobby prior to departure to travel as a group. Any

passenger that is not in the lobby upon designated time will be responsible for their transportation to that day's activity location. If you would like to sleep in and skip a tour, no problem! It is your trip; we want you to enjoy it as you wish.

Have something you want to do while in Nepal that is not listed on the itinerary, let us know. We are happy to make special arrangements.

Concierge Service

Limitless Planet is happy to provide on-site VIP Concierge Service for the duration of your trip. Our on-site travel directors will ensure your restaurant reservations are made and your flights are on time. Travel Directors are experienced in managing the most intricate on-site details of today's complicated programs. Rest assured; you will have on-site assistance for any issue that occurs during your travels.

Health & Wellness

Your health and wellness are very important to us. We are happy to accommodate any dietary restrictions and special requests if possible. All participants of Limitless Planet's tours must be physically fit enough to participate in the tour. Limitless Planet reserves the right to deny participation on any of our tours, according to the tour itinerary.

IMPORTANT:

For every booking entrusted to us, we require the following information:

- Full passengers name, date of birth, nationality & passport number
- International arrival/departure flight (if not arranging through Limitless Planet)
- Active medical problems
- Bed preference (subject to availability)

LIMITS ON LIMITLESS PLANET'S RESPONSIBILITY:

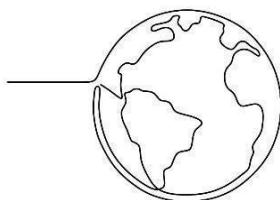
Limitless Planet acts as Tour Operator. It purchases transportation, hotel accommodations, restaurants, and other services from various independent suppliers, which are not subject to its control. Limitless Planet cannot, therefore, be liable for death, personal injury or any other loss that may occur due to any act or omission of any such a supplier or by reason of any other event over which it has no control. Domestic flights are, occasionally, subject to overbooking, cancellation, and schedule changes. If this occurs, Limitless Planet will do all in their power to assist clients in boarding flights or finding alternate arrangements. It must be stressed that this is done as a courtesy to clients and Limitless Planet cannot be held responsible for denied boarding, nor for the additional costs thus incurred; nor for payments not recovered for missed land arrangements due to airline delays.

Optional Activities that may be Dangerous

Depending on the itinerary you have selected, optional activities will be available at some of the places they will visit. Some of these activities carry with them the inherent risk of serious personal injury. These activities include, but are not limited to horseback tours, canoe trips, hiking, river rafting, etc. You should be aware that your personal safety cannot be guaranteed, and Limitless Planet assumes no responsibility for your safety.

Acts of God and the Like

Limitless Planet is not responsible for acts of God, fire, acts of local government or other authorities, wars, civil disturbances, riots, terrorist acts, strikes, thefts, pilferage, epidemics, quarantines, earthquakes, adverse weather conditions, dangers incident to sea, land, and air travel and other similar acts or incidents beyond its ability to control or its suppliers.



LIMITLESS PLANET