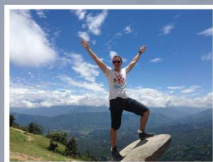


AWESOME THINGS TO DO IN NEPAL

DOCTOURS
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1. Visit the Chitwan National Park for a Jungle Safari. Embark on a canoe ride down the Narayani River, admire the crocodiles on the Rapti River, take a jungle safari by elephant, jeep and on foot and then visit the elephant breeding centre. After hours, enjoy a local Tharu cultural show.
2. Trek to Everest Base Camp. The flight to Tenzing-Hillary Airport at Lukla is an adventure in itself! Take an eight-day trek to reach the Camp. Or visit the village of Namche, a two-day walk from Lukla and the gateway to the Everest expeditions.
3. Spend some time in the pretty town of Pokhara. Situated on the picturesque Lake Phewa, try paragliding, rafting on the rivers and boating on the lakes. Then visit local museums, temples, Devi's Fall and the monastery.
4. Embark on a short trek from Pokhara to Sarangkot to watch a spectacular sunrise and the magnificent view of the Annapurna mountains. There are many popular hiking routes to choose from in Nepal with varying durations and degree of difficulty.
5. Sightsee in Kathmandu. Visit the Kathmandu Durbar Square in front of the royal palace plaza and the heart of the old town. Stroll through the colourful streets of Thamel- this neighbourhood is ideal for eating out and shopping for locally made jewellery, clothing and pashmina scarves.
6. Explore a Buddhist Temple (a Stupa). The most famous Stupa is the Boudhanath and it is believed to be over 2000 years old. A stupa is characterised by a large white dome, gilded spire, brass canopy, prayer wheels and colourful prayer flags.
7. Explore a Hindu Temple. There are more than 3000 ancient Hindu Temples in Nepal and they are typically built in a pagoda design with multi-tiered roofs, latticed windows and carved doors. The most famous Hindu Temples in Nepal are the Pashupatinath and the Swayambhunath. The Swayambhunath is also known as the Monkey Temple and offers a fantastic panoramic view of the Kathmandu Valley and the sleeping Buddha.
8. Try some adventure sports. There are numerous places for mountain biking, rock climbing, white-water rafting, paragliding and bungee jumping. Not for the faint-hearted. Take a scenic flight to view the majestic Mt Everest.
9. Meditate with a Buddhist monk. Stay overnight at Namo Buddha, watch a beautiful sunrise over the immense Himalayan ranges and breathe in the purity of the environment.
10. Celebrate one of the major festivals in Nepal and enjoy an abundance of food, local music, dance and colourful costumes. Try some delicious momo (Nepalese dumplings), lentil soup and a refreshing cup of tea.

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