

**Temal Trek**

Duration: 9 Days



**Overview**

<b>Trip Grade: Moderate</b>	<b>Max Altitude: 2100m</b>
<b>Activity: Trekking</b>	<b>Group Size: Min 02 Pax</b>
<b>Arrival On: Kathmandu, Nepal</b>	<b>Departure From: Kathmandu, Nepal</b>
<b>Meals: All meals during trek &amp; breakfast in kathmandu</b>	<b>Accommodation: Stone Built Houses (tea houses) during trek</b>

**Temal Trek** provides trekkers with the opportunity to explore the quaint and off beaten trail full of raw natural beauty, wilderness, and scenic landscapes. Also referred to as Nepal Buddhist Circuit, this trek has 2100m as the highest point which is little shy of average altitude of the tree line in Nepal. In traversing along the paths of this non-touristic trail, you shall have the view of more than 14 trekking peaks during your walk that ranges from moderate to little strenuous in terms of trekking difficulty. Famous for the blend of ancient Shamanist Bon culture and Buddhist Lamaism, Temal Trek region is mainly inhabited by the Tamang community in the majority though Brahmin, Chhetri, Magar and other communities following Hindu religion. You shall experience the contrasting cultural practices and observe the typical Nepalese lifestyle in this Temal Trek. Temal Trek, the only trek which provides the view of southern plains of Nepal and the pinnacle of Himalayas, begins with the exploration of the historical cities of Kathmandu valley. Trekkers then trek to the historical town of Panauti, famous for ancient royal palace and temples, where you shall feel as if this town has been untouched since it was founded. From this town near the Roshi and Punyatma rivers, the trail then takes you to Namobuddha, another popular destination near Kathmandu valley. Surrounded by lush forest, this provides a view of the beautiful landscape and glittering mountains. Further ahead in the journey we shall explore the surroundings of Kot Timal and monastery in Narayansthan village as well as the other surrounding villages with a rural lifestyle, well-preserved culture, and traditions of various ethnicity. Trekkers then navigate through the beautiful landscapes of Nepalthok village before returning back to Kathmandu to wrap up the trek. Explore comprehensive natural and cultural diversities, witness the view of Gauri Shankar, Langtang, Everest and Dorjelakpa peaks, and marvel at the natural wonders never seen in other trekking destinations as you complete the **Temal Trek**. Temal Trek is a newly opened trekking trail which is at its best in the spring, summer and autumn seasons. Have an average level of fitness and the ability to trek for about 6-7 hours in the hilly terrain. A positive attitude and enthusiasm to explore the rural wilderness is an added advantage to the trekkers. Join our team which has explored the region by themselves and thereby are able to guide you better. With a professional



# Himalayan Holyland Treks & Expedition Pvt. Ltd.

Kaldhara Marga, Thamel, Kathmandu, Nepal

[www.himalayanholylandtreks.com](http://www.himalayanholylandtreks.com)

and experienced trekking team, contact **Himalayan Holyland Treks and Expedition** today, and you shall better enjoy the diverse culture, customs, ancient heritages and natural sceneries in Temal Trek.



## Itinerary

### Arrival at TIA, Kathmandu(1350m)

Arrival at TIA, Kathmandu(1350m) and transfer to booked hotel at Thamel.

### Sightseeing in Kathmandu valley

Sightseeing in Kathmandu valley-world heritage sites.

### Kathmandu to Panauti(1400m) and walk to Namobuddha(1750)

Kathmandu to Panauti(1400m) drive about 2 hrs and walk to Namobuddha(1750) about 3 hrs. We stay at Namobuddha monastery.

### Namobuddha to Kot Timal(2100m)

Namobuddha to Kot Timal-walk about 6 hrs.

### Kot Timal to Narayansthan(2100m)

Kot Timal to Narayansthan-walk about 3 hrs and stay at local home stay or Gumba.

### Explore local villages in Temal

Explore local villages and important historical and religious sites around Narayansthan.

### Narayansthan to Nepalthok(804m)

Narayansthan to Nepalthok(804m)-walk about 6 hrs and stay at local home stay.

### Nepalthok to Kathmandu

Drive from Nepalthok to Kathmandu valley-about 4 hrs.

### Final Departure Day

Our representative drop to you by private vehicle.

## Cost Includes

- => Airport pickup and drop in a private vehicle.
- => Hotel accommodation in B/B basis in Kathmandu.
- => Tea house accommodation during the trek.
- => Three times meal in the trek.
- => Farewell dinner in Kathmandu.
- => All the transportation as per the itinerary.
- => A professional guide for trek and sightseeing.
- => Porter service(2 trekkers : 1 porter).
- => Insurance for guide and porters.
- => Food and accommodation for guide and porters.
- => All necessary documents.
- => All government and local taxes.
- => Medical kits.
- => Trekking map as itinerary.
- => T-shirt from the company.
- => Trek success certificate from company.

## Cost Excludes

- => Visa for Nepal.
- => International flight to and from Kathmandu.
- => Lunch and dinner in Kathmandu.
- => Travel and rescue insurance to the clients.
- => Personal expenses: Bar bills and laundry.
- => Extra night accommodation in Kathmandu and Other destination in exception of itinerary.
- => Tips for guide and porter.