

Paradise Pokhara

Pokhara valley located between the Greater Himalaya and Mahabharata Range occupies the most central location in Nepal. It is the only valley in the world with the view of mountains above 8000 meters from a close proximity. Out of the 14 highest mountains of the world above 8000 meters, Annapurna, Dhaulagiri and Manaslu can be seen from the altitude of 800m. It is an enchanting city nestled in a tranquil valley known as a gateway to the world of adventure.

What to do in Pokhara?

Adventure Paradise

Paragliding

Can you imagine sharing the same air space with the Himalayan griffin vultures, eagles and kites as you soar over the rivers, lakes and villages? The mountains loom over you to your north and the below you; the landscape dotted with paddy fields and hamlets. Probably that's why Pokhara is amongst the hotspots for Paragliding in the world.

The flying season commences from September thru February, November and December are the best month.

Ultra light - Aircraft

If you have a dream to fly like birds, come to Pokhara. Leave your woes behind on earth, soar to heights, bathe in the clouds, reach out for the mountains and kiss the azure sky as you fly across. This also offers opportunities to take some of the most breathtaking views. It operates regular flights from the Pokhara airport; September thru June.

Mountain Flight

Chartered Mountain flight from Pokhara offers spectacular views of the world's tallest Himalayas in Annapurna region. Mountain flight is also interesting for even those who have done their trekking. It gives a completely different experience than trekking. Mountain flights gives a chance to see the whole range in one glance. Pokhara is a place, which offers crystal clear sky even during the winter. Helicopter-Services are also available for those who wish to make it a more private affair.

Rafting / Kayaking www.raftingassociation.org.np

Whether you would like to Kayak in the Phewa Lake or raft down the Seti River, Pokhara has it all. Because of its proximity to the mountains, quite a few snow fed major yet wild rivers run thorough and the surrounding areas of Pokhara; making Pokhara a top rafting destination. While the Seti River runs through the heart of the Pokhara valley, rafting trips to other major rivers like Trisuli, Marsyangdi and Kali Gandaki begin and end in Pokhara. The grades of rafting from +2 to +5, for 1 to 7 days or even more.

Golf

The two world-class 9 hole golf courses-"Yeti Gulf " at Fulbari Resort, and "Himalayan Golf " course are expanded in huge and diverse areas about 7 km away from the main city. These golf courses offer the unique golfing experiences. They are located in the most spectacular natural settings. Golf driving range at dam side can enjoy the view as well.

Mountain Biking

Wouldn't you like to pedal push you way through water falls, up and down treacherous slopes and amidst centuries old monasteries and rice granaries? Well, that's mountain biking in Pokhara in a nutshell for you. On one hand you have to cycle through lush forests and culturally heterogeneous communities while on the other hand, up steep mountains and through cruel mountain rivers.

Trekking

www.trekkingagents.org
Nepal is pioneer in World Trekking and Pokhara is the gateway to Trekking paradise! Round Annapurna Trek is one out of the best ten trekking route in the world. (referred to P5) It is advised to arrange trekking through the registered trekking agencies to prevent oneself from any unseen accident.

Mountaineering

Pokhara has been popular gateway and rest place for the trekkers and mountaineers since 1950. It is the only appropriate place to start for mountaineering on the peaks of Annapurna range where a famous mountaineer Maurice Herzog (French Summiteer) successfully climbed over 8000m Annapurna-I for the first time on 1950 in the human history.
www.tourism.gov.np, www.nepalmountaineering.org
www.himalayanrescue.org

Heli skiing was tried by a French team in Manang on 2003. It is considered as one of the best spots in the world and can be managed from Pokhara.

Archery range, swimming and more activities.....

Relaxation Paradise

Boating / Sailing

Sail the boat on the lakes over the mountain shadows. Chat with your loved ones and say 'wow...' together with your family over blue water. Those are the wonderfully relaxing ways. Whenever your life is chaotic, and stressed, Pokhara is there to make your relaxing wonderful and memorable.

Fishing

The lakes and the confluence point of mountain stream rivers are good spots for Sahar, Katile (Nepal native species, carp family), eel and catfish. The best fishing seasons are from June to August. You enjoy fishing of a reel, a lure, and so on. Rods are available at lakeside.

Pony Trekking / Day Hiking

Go for a half a day or full day pony trek and enjoy the tranquil routes in hinterlands and surroundings of Pokhara by experiencing the real rustic life. Routes are referred to P4 "Destination Around the Pokhara Valley". These places are also suitable location for day hiker as well.

Sun-bathing

Pokhara is a natural wonder situated in sub-tropical low land under the massif Himalaya. With panoramic view of snowy mountains you can brown your skin .

Meditation, Yoga, Massage, Ayurveda..... Relaxing under the Oriental atmosphere.

Experience Paradise

Honey Hunting

Places like Baglung, Landruk, Siklis, Ghana Pokhara are very famous for adventurous and arduous honey hunting practices. Professional hunters just hang on a rope and slide down to the middle of the massive rock and hunt honey.

Research

Pokhara's uniqueness is its natural and socio-cultural diversity in a small periphery. It has developed as a common dwelling place of the Mongolian and Aryan people of different castes with their cultural activities. Likewise it is the unique place with over 207 species of orchids and many more herbal plants and wild flowers. The rivers sides and wetland area of the lakes are popular places for the local and migrant birds and butterfly. These diversities provide the best ground for researchers.

Butterfly & Bird-watching www.birdlifenepal.org
11 of the world's 15 families of butterflies and more than 500 species can be found here. The Annapurna Museum also known as "Butterfly Museum" displays wide range of exotic and popular colored flies; likewise over 523 species of birds can be observed in Pokhara, the best months being October-March.

What to see in Pokhara?

Nature

Panoramic Mountain Views

Toni Hagen, a Swiss geologist, who traveled extensively in Nepal had written:

"Pokhara area shows the greatest contrast in landscape. Nowhere in the world can the highest mountains reaching 8000 meters level be admired from such small distance and from the tropical low land without any intermediate mountain ranges. Pokhara is certainly one of the most extra ordinary and beautiful places in the world"

No place in the world offers such views of the Nepalese Matterhorn, Machha-puchhre (Fish-tail) and Annapurna from such close distance.

Lakes

The reflection of snowcapped high mountains of Annapurna range and Fishtail on the surface water of the Phewa Lake creates unprecedented scenery for all the visitors.

Phewa Lake, the second largest lake in Nepal, roughly measuring 1.5 km x 4 km, is the center of all attractions in Pokhara. The enchanting lake is an idyllic playground. Brightly painted wooden boats and sailboats can be rented on reasonable cost around lakeside.

Garden of seven lakes, 15km east from Pokhara, is worth visiting. **Begnas** and **Rupa** Lakes are major ones. Medicinal and herbal plants as well as the sub-tropical green forest around this area make the surrounding atmosphere more hygienic & colorful. It takes about 20 minutes to drive over there.

Dipang, Maidi, Khaste, Neurani and **Gunde** are small in size but consist high potentiality for entertaining purposes, fishing, butterfly & bird watching and herbal plants. Dipang Lake is so peculiar, recreational and tranquil that it is called a "Honeymoon Lake".

Boating, kayaking, sun bathing, fishing, relaxing, bird watching, swimming, butterfly observation and more...

Seti River

It is a mysterious wonder of Pokhara. Originated from the Machhapuchhre glacier, Seti (which means white in Nepali) River runs through the main city area in about 40 meters depth. The river provides a perfect view of its dreadful rush before it disappears at Bagar into a deep gorge. The gorge is visible from the bridges in the city, K.I. Singh Bridge, northwest end of the city, Mahendra pool, Ramghat, and Prithvi Chowk areas.

Davi's Fall (Patale Chhango)

The water flowing from Phewa lake shows a wonderful fall. We find hollow sandy part and a heavy fall of water within its natural trench. It looks really amazing scene of rainbow with sunlight when a volume of water falls in the deep rocky gorge and produces the water vapour especially in summer.

Caves

There are many limestone caves as an interesting part of geological study. Among them Mahendra cave is situated at the northern side and about 5km drive from the city centre and Gupteshwar Mahadev cave is just opposite sides of Davi's Fall where the Hindu religion people worship a temple of their great god Mahadev inside the cave.

Museums

International Mountain Museum (IMM)

The museum is situated just 1.5km south from the Pokhara airport. The spot is rightly selected as we can enjoy the unique view of 3 massive mountain peaks; Dhaulagiri, Annapurna and Manaslu which are above 8000 meters with our single eyesight and no place in the world offers us such a panoramic view.

It provides information on mountaineering, the world's mountain system, mountain cultures, environments, prominent people in mountain history, mountain geography, ecology, exhibition of mountaineering history and implied methods. Opens daily from 9:00 a.m. to 5:00 p.m. Managed by the NMA. www.mountaimuseum.org

Regional Museum

(Tel: 061-520413)

It is located between the airport and Mahendra Pul & reflects the ethnic mosaic of Western Nepal. The lifestyles and history of ethnic groups such as the Gurung, Thakali and the Tharu are attractively displayed. Opens daily, except Tuesdays and holidays, from 10 a.m. to 4 p.m.

Annapurna Museum

(Tel: 061-431102)

It is also known as the Natural History Museum, located at Prithvi Narayan Campus east of the old bazaar. The museum has an exceptional collection of butterflies, insects, birds, and models of wildlife as well as samples of various precious and semi-precious stones and volcanic rocks. Opens daily, except Saturdays and holidays, from 10 a.m. to 5 p.m. Managed by the ACAP.

Gurkha Memorial Museum

(Tel: 061-541966)

Pokhara and its surrounding is mainly the homeland of the world-famous Gurkha soldiers. Reminding the reminiscence of those soldiers, Gurkha Memorial Museum has been established in the premises of the British Camp. It contains a collection of used uniforms, Medals, Pictures and more materials used by those brave and courageous soldiers during the wartime. Opens daily except Wednesdays, from 8a.m. to 4:30p.m.

Temple & Monuments

Barahi Temple

It is located on a small island in the middle of Phewa Lake just offshore from the lakeside. It takes less than 10 minutes to reach there by boat. The atmosphere is so tranquil that one can enjoy the green forest scenery just beyond the south end of the lake, full-scale scenery of the lake and amazing reflection of the Annapurna and Fishtail Mountains on the surface of the lake. There is a major celebration during Dashain, the biggest Nepali festival in the month of October.

Bindabasini Temple

It is located on the top of a small hill at the north end of the old bazaar. This is believed as one of the oldest temples in the valley, and is most famous in Pokhara. On lucky days, one may get to witness a Hindu wedding ceremony taking place, in the premises of this temple.

Bhadrakali Temple & Buddhist Monastery

Hindu Temple and Karma Kagyu Chhonkerling Buddhist Monastery has situated harmoniously on nearby small hilllock, surrounded by rich lush forests, 4 km away from the Pokhara airport at Matepani. The location is superb for the Mountain View and the view of the whole Pokhara City. It is also a proper place for bird and butterfly watching and for a half day hike too.

World Peace Pagoda

It is a massive Buddhist stupa located on a hill top (Rani Ban) just behind Phewa Lake. This stupa is the symbol of peace where the huge idols of Lord Buddha from Japan, Sri Lanka and Thailand have been installed. From here one can enjoy the breathtaking views of Himalayan Ranges, lakes, and the city. As the route is from the lakeside by boat it can be enjoyed biathlon of boating and hiking at a same time. Other option is one can visit the Devi's Fall on the way and the climbing route starts from Chhorepatan.

Old bazaar Area (Heritage Site of Pokhara)

A historical Newari bazaar is extended in the heart of the city just south beneath the Bindabasini temple. This area has been protected as an old heritage site of Pokhara where one can observe old houses, temples and the cultural life & activities of Newari People.

Tibetan Village

Since 1959, a group of Tibetan refugees have been living in Nepal. One such is Tashiling Tibetan Refugee Settlement at Chhorepatan, which is located near two popular sightseeing sites i.e. Davi's Fall and Gupteshwar Mahadev Cave. One may visit Tibetan monastery, hand-made carpet factory, schools etc. in this community.

Sight – Seeing Tour

www.nattapokhara@gmail.com

You can plan sightseeing for any duration matching the time you have. You can spend up to 3 or 4 days for sightseeing in the Pokhara valley with due interest and many more days in the surrounding areas.

Pokhara Paradise 'A' package (Half day; 5 hours, 7 points)

1 Pokhara viewpoint → 2 World Peace Stupa → 3 Phewa Lake → 4 Gupteshwar Mahadev Cave → 5 Davi's fall → 6 Tibetan Handicraft Center @ Chhorepatan → 7 International Mountain Museum.

Pokhara Paradise 'B' package (1 Full day; 8 hours, 12 points)

1 Sunrise Tour from Sarangkot with breakfast → 2 Gurkha Memorial Museum → 3 Bindabasini Temple → 4 Seti gorge @ K.I. Singh Bridge → 5 Old bazaar → 6 Mahendra Cave → 7 Bat Cave → 8 Annapurna Museum → 9 Regional Museum → 10 International Mountain Museum → 11 Davi's Fall → 12 Phewa Lake

Pokhara Paradise 'C' package (2 days)

Day 1

1 Sunrise from Sarangkot with breakfast → 2 Bindabasini Temple → 3 Old Bazaar → 4 Mahendra Cave → 5 Bat's Cave → 6 Seti River Gorge @ K.I. Sing Bridge → 7 Gurkha Memorial Museum → 8 Tibetan Resettlement Camp with Lunch at Hemja Tibetan Camp → 9 Annapurna Museum → 10 Regional Museum

Day 2

1 Phewa Lake and Barahi Temple → 2 World Peace Stupa → 3 Pokhara View Point → 4 Gupteshwar Mahadev Cave → 5 Davi's Fall → 6 Tibetan Handicraft Center @ Chhorepatan → 7 International Mountain Museum → 8 Pokhara bazaar @ Mahendra Bridge → 9 Buddhist Monastery @ Matepani → 10 Begnas & Rupa Lakes

Destination Around the Pokhara Valley

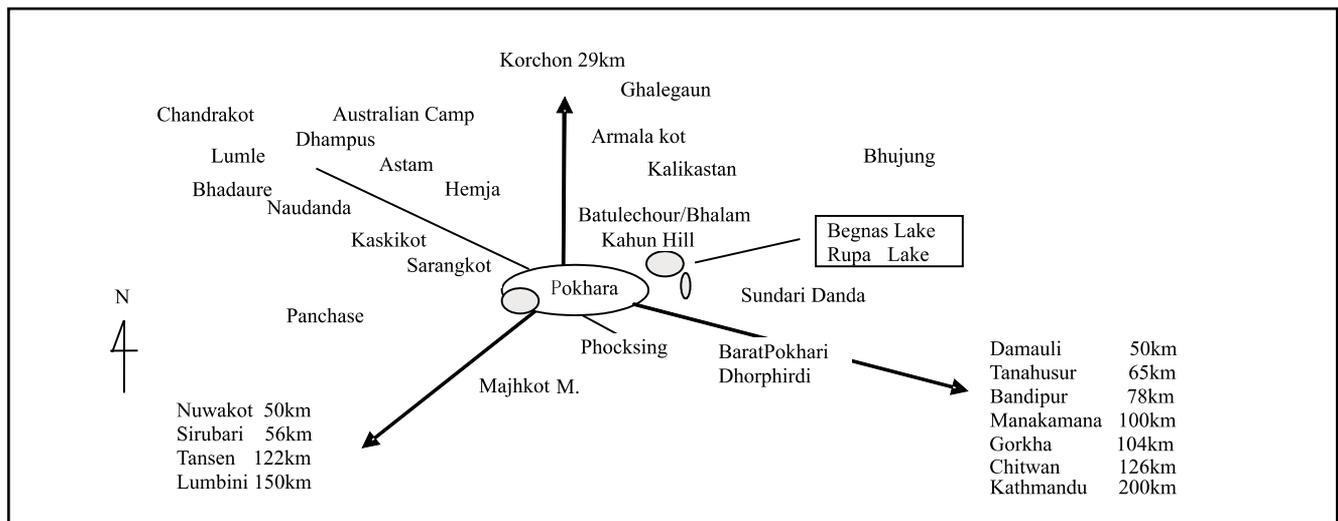
Pokhara is not simply a gateway for trekking but also an extra-ordinary destination for all sorts of tourists. Many hills and villages are easy access from Pokhara. While you stay at comfortable accommodations at Pokhara, you can enjoy village life at the same time.

Name of place	Highest Elevation (m)	App.walking Hours/days	L	E	Direction from Pokhara	Other Information / Special view
Sarangkot	1590	5hrs or Drive	⊙	○	Just towards North 6km	Good driving Road for 45mins., Sun rise & Sunset tour, Superb view of Annapurna Range in close distance, Phewa Lake and Pokhara Valley, Popular destination for day hikers
Kaskikot/Naudanda (Dhikrupokhari)	1500	From Sarangkot 1hr/3hrs	○	△	15km West	Green hills, Ancient ruins, Soft walking, Off driving road, Good view of Phewa Lake, Pokhara Valley, and mountains
Kahun Hill	1442	2hrs	×	×	6km North	Rural life, Seti river, Deciduous forests, Sun rise ,Sun set
Kalikistan	1500	Drive	○	△	10km Northeast	7 lakes, 360° view, Mid-hills, Terrace, Mountains
Sundari Danda	853	Drive	○	△	15km East	Small beautiful hillock in between Begnas and Rupa Lakes, Rural settlement, Biodiversity, Observations of birds and butterflies.
Phocksing	1134	Drive or 4hrs	×	△	6km South	Whole Mountain view from Mt. Dhaulagiri to Mt. Manaslu, Good view of Phewa Lake and Pokhara Valley.
Bhalam	1000	Drive+ 1hr	×	△	5km North	Hindu pilgrimage site, Harihar Gufa & temples, Rural life, Streams & River, Deciduous forests
Batulechour	900	Drive	×	△	5km North	Settlement of typical caste Gandharwa known as carrier of Nepali folk cultures
Armala kot	1430	Drive +4hrs	○	△	9km North	Rural settlement of Gurung, Temple on the top of hill, Good view of entire Pokhara valley, Sports & Cultural activities on March
Bhadaure-Tamagi	1530	Drive +2hrs	○	△	18km West	Gurung Village, Rural settlement
Hemja	900	Drive	○	△	Northwest 10 to 25 km Good condition road	Tibetan Village, Agricultural land
Australian Camp	2220	Drive +2hrs	⊙	○		Reflection at pond, Sunrise
Dhampus- Astam	1650	Drive +2hrs	⊙	○		Gurung Village, Sunrise
Naudana-Lumle-Chandrakot	1610	Drive +2hrs	⊙	○		Green hill, Soft walk,Mountains,Real view of Mt.Machhapuchhere

Short Trekking

Panchase	1517	2-4 days	○	△	27km just towards West	Good view of Phewa Lake and Pokhara Valley, Tropical green forest with herbal plants, Wild flowers, orchids and the nest of birds and butterfly, Mountain view from Mt. Dhaulagiri to Mt. Manaslu
Royal Trek Option : one part of Royal trek EcoTour - Dipang Lake	1720	4 days	○	○	5 ~ 15 km East (walking start from Begnas Lake)	Suitable to all age groups, Named after prince Charles of G.B. first trekked in 1980.
1+@		○	△	Dipang Lake, Wild rice, Corymbosus (rare plant of cyperus family) and orchid are major things worth to researching students. Birdwaching(28 species of birds were seen in a single day in 2002)		
RidgelineTrek (BharatPokhari ~ Kristi)	1114	2 days	×	△	Southern ridge	Whole Pokhara valley, Snaky view of rivers, lakes, terraces mid-hills and Himalayan range of Dhaulagiri to Manaslu
Millennium Trek (Dhorphirdi - Majhkot Manakamana)	1279	5-6 days	○	○	South	Introduced on the first day of 2000. ethnically diverse and culturally very rich. The cultural programme is organized in every night-stop. The food is totally organic and locally produced.
Korchon	3682	Drive +4 days	×	×	29km North	Hot spring and rhododendron forest, a good place for professional Para gliders, fishing,birdwaching, butterfly peak. (ACAP area)

L:Lodge : ⊙ good ○ acceptable × No accommodation (Camping)
 E:Eating place : ○ good △ tea house only × Non



Rural Tourist Destination From Pokhara

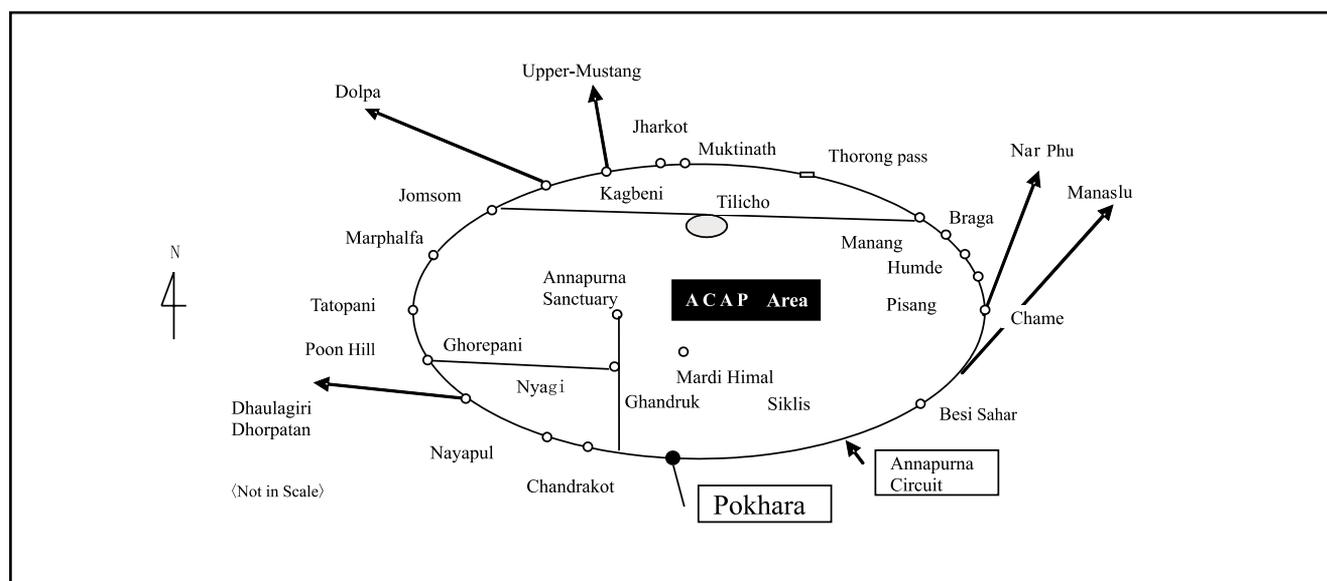
It is obvious that cities in Nepal are highly influenced by western countries and their lifestyles. Nepal still has unique specialties of rural life. Many villages around Pokhara have their own cultures and traditions. If you want to know about the people of Nepal, their culture, tradition, you should not forget to go to such villages and spend at least couple of days with the local people in their local environment. There are no lodges and public houses. You can bring tents for yourself or you can arrange a home stay with them.

Name of village	Height (M)	Appro. Hours / days	Direction from Pokhara	Other Information / Special View
Sirubari	2003	Drive	56km South	An ideal model tourist village with rich Gurung culture, awarded for their efforts in preserving culture & rural life, Panoramic viewpoints.
Ghalegaun	2016	6hrs	116km North	Gurung village(125houses) waterfalls, beehives hanging on cliffs, honey-hunting, rhododendrons forests, Pasturelands, Tea Farm
Bhujung	2600	8hrs	40km NorthEast	Gurung village with rich cultural activities(450 houses). 2hrs from Ghalegaun
Tanahusur	1241	Drive + 4hrs	65km East	Exotic pristine Magar villages, home of Gorkha soldiers, Good and remarkable view of sun rise and set.
Damauli	700	Drive	50km East	Rural settlement of ethnic communities Darai, Kumal & Bote village, Fishing, swimming, boating and kayaking in Seti & Madi rivers
Nuwakot	1500	Drive	50km South	Mixed culture, From Pokhara 1.5hrs driving or you can hike from Dhurai.

Major Trekking Routes from Pokhara www.trekkingagents.org

Name of Trek Route	Height	Appro. days	Standard	L	Season	Other Information
Annapurna Circuit	5416	12~21	med.-hard	⊙	Oct-Nov Mar-Apr	Pokhara is a gateway to world famous Annapurna Circuit Treks. Varied scenery, one high pass (Thorung la Pass), probable snow
Annapurna Sanctuary (ABC)	4200	6~12	med.	⊙	Oct-Nov Mar-Apr	Spectacular mountains Rush of mountains flowers during monsoon season.
Jomsom- Muktinath	3800	3~12	med.	⊙	Oct-May	Up the deep Kali Gandaki valley to Muktinath (Hindu sacred temple) Jomsom & surrounding are many easy options for a day hiking
Ghorepani-Poonhill	3120	3~ 7	easy-med.	⊙	Oct-May	Scenic Gurung villages, Good experience to trekking. One of the largest Rhododendron (Lali Gurans) forest
Siklis	1989	5~ 7	med.	△	Oct-May	Gurung second biggest village, Eco-trek, Culture trek
Mardi Himal	4100	6~ 8	med.-hard	△	Oct-May	Just the bottom of Mt. Machhapuchhre, Few trekkers, Very rich nature, probably no water
*Upper Mustang	3950	12~14	med.-hard	○	May-Oct	Walled city, Tibetan culture and scenery
Nyagi	3210	5~10	med.-hard	△	Oct-Nov Mar-Apr	Community based tourism, Ethnic group (Pun-Magar), Basic logistic facilities, Home stay
Manang area	3540	2~ 5	Easy-hard	⊙	Oct-May	Varied course; from flat easy hiking to hard the Tilicho lake trekking,
*Nar-Phu	5320	8~14	med.-hard	△	Oct-Nov Mar-Apr	New open route, Tibetan culture and scenery
*Manaslu Circuit	5100	16~20	med.-hard	△	Oct-May	Long trek on step trails, Great view of Mt. Manaslu north face
Dhaulagiri Circuit	5710	14~21	very hard	△	Oct-Nov Mar-Apr	Crampon, Ice axe are needed for crossing Glacier. Very Adventure trekking.
*Dolpa	5115	18~24	med.-hard	△	May-Oct	Long walk with few villages, Great view of Mt. Dhaulagiri
*Dhorpatan	3940	--	med.	△	All	Hunting Reserve. Blue sheep, ghoral serow, Himalayan tahr, black bear, pheasant, partridge etc. www.dnpwc.gov.np

*Required a trekking permission. med.: medium L: Lodge : ⊙ good ○ acceptable △ Camping



Destinations beyond the Pokhara Valley Annapurna Circuit :

It starts from Nayapul, one hour drive from Pokhara. On the way, trekkers get to see amazing natural facts like **Kali Gandaki Gorge**(7000m deep and 2km wide) at Dana which is deepest gorge in the world, large rhododendron forest at **Ghorepani** and siligrams (fissile-stones which is worshipped by Hindus as the emblem of Lord Vishnu) on the banks of Kali Gandaki River near Tukuiche and at Damodar Kunda.

Jomsom (2710m) and **Manang** (3540m), towns on opposite sides of the Annapurnas, are easily accessible by flights from Pokhara. The landscape is dotted with colorful Tibetan prayer flags, chortens and Buddhist monasteries. Gateway to **Lake Tilicho**, the highest lake in the world; the lost ancient city of **Lo- Manathang** and the famous **Thorung-la** Pass.

<Religious Tour>

It is believed that most of the holy gods and goddess reside in the sacred mountains. Mountains are the places to worship. **Muktinath** (3802 m) is one of four major destinations of pilgrimage for Hindus and Buddhists. It is a meeting place of Hinduism and Buddhism in the trans- Himalayan Mountains of Nepal. It is easily accessible by flying to Jomsom and a day trek. Or you can directly fly to the spot by helicopter. Likewise, **Damodarkunda** another important Hindu pilgrimage sites also located in-between upper Mustang and Muktinath of this region. It is popularly known as sacred or holy place for the Hindus and adventurous for the mountain trekkers.

Gorkha & Manakamana, 104 km East: Ancient capital of Prithvi Narayan Shah. Another city with good view of Himalayan Mountains. Gorkha Palace, Gorakhkali Temple, and Newari town are the special attractions. Manakamana=The Goddess of heart to fulfill desire of people. You can reach the temple by ropeway of the only one in Nepal.

Bandipur (1344m): www.bandipurtourism.com
It is a charming hill town situated in 8 km south of Dumre, on the way to Kathmandu and 68 km East from Pokhara. This is a tranquil place and offers magnificent natural view and unique cultural experiences. Two major cultures of Magars and Newars can be seen surviving in harmony. Raniban is a place for bird watching. Nepal's biggest cave, Siddha Gufa, is in half-hours walking distance.

Tansen (1350m), 122 km South: It is a typical Nepali town with numerous fairs festivals, religious and cultural events. Non-polluted Tansen is one of the beautiful hill stations of Nepal. The best thing about Tansen is getting out of it and exploring the outlying hill country and unaffected Magar villages. Srinagar hill (1525m) is the best location for view of snowcapped mountains and surrounding villages. Tansen bazaar, Ridi, Ranighat, Bongha Gumpa, Bagnas hill, Madanpokhara and Tahoan are the points of attraction.

Chitwan, 160 km South: National Park of the thick tropical jungle. You can enjoy wild life, elephant Safari and more. The best season to visit is January- February.

Lumbini, 190 km South-West: Birthplace of Lord Buddha. Buddhist monasteries, Buddhist ruins and Maya Devi Temple are there to see. 12km West from border city Bhairahawa Sunauli, India.

General Information

Location

Pokhara is located center part of Nepal at between 83.58'30" E to 84.02'30" Longitude and 28.10'N to 28.16' N Latitude. Elevation ranges from 730 m to 1030 m above sea level.

Climate

Pokhara has tropical mild temperature, neither so cold in winter nor so hot in summer. The Himalayas and the surrounding green hills keep it moderate. Winter offers quite a pleasant weather, especially from September to December. The temperature remains between 32°C in summers and a minimum of 6°C in winters. Monsoon starts from early June and ends in early September. Pokhara receives the heaviest rainfall. It produces a variety of sub-tropical floras such as banana trees, orange trees, green leafy vegetables and huge Pipal and Banyan trees.

Visa and permit

Normally, you can issue 2months' visa either on your arrival at the Tribhuvan International Airport Kathmandu or at major entry points like Kakarvitta, Sunauli, Nepalgunj and Mahendranagar. Now, Nepal Government has introduced Trekking Registration through Trekking Agents Association (TAAN). However, you need to have an ACAP entry permit.

Banks and Moneychangers

There are several banks and many moneychangers along tourist area in Pokhara. Visa Cards, Master Cards, & ATM Cards can be cashed at any time. There are several 24-hour ATM card booths along Lakeside. US dollar is mostly preferred currency. Credit cards are accepted in the most of the service providers.

Accommodation

Pokhara offers wide varieties of accommodation facilities suited for almost all types of travellers. Whether it is for backpackers or business executives, Pokhara's numerous hotels and lodges give everyone comfort only second to their own homes. The 5 star Fulbari Resort & Spa is one of biggest and most beautifully located hotels in south Asia while the unique island lodge, Fishtail, still remain the favourite for the rich and the famous. Pokhara has a few business and budget hotels like the Shangri-La for those seeking to mix business and pleasure. All types of accommodations such as deluxe, medium and general standards are available. There are about 500 tourists standard hotels, to accommodate about 8000 visitors.

Food & beverage

You can get almost all types of world renowned cuisine including western, continental and local food. There are 60 tourist restaurants. Real beans coffee shops, bars, night clubs, music dance clubs and traditional dance show places for day and night life entertainments.

Entertainment Facilities

Pokhara has recently become a spot for gaming. A casino is opened in July 2006 at Fulubari Resort & Spa. Shopping, Culture Dance Show, Live Band, Clubs, Disco and many more Night life are available.

Communication

Communicating with your family from Pokhara is almost as easy as in your own country. You can enjoy the facilities of E-mail and Internet at cyber cafes in and around Lakeside. They also have ISD phone services. You can connect around the world at any time.

Postal System

The main post office of Pokhara is situated at the city centre Mahendrapool, about 3 km from lakeside. Stamps can be bought in any bookshop and you can drop your letters in the mailbox there. There is a branch of the post office at Shahid Chowk. There are also branches of Sky Net and UPS (united parcel service) at lakeside, from where you can send important documents.

Calendar of Events & Festivals

www.welcomenepal.com

English month	Nepal Month	Religious & Culture Events / Date	National Day/Seasonal	Sport/Event Venue/Date
Jan.	10 Magh	Maghe Shaukarani Magh 1/15 th Jan > Bathing in holy rivers. Devotees flock to Vishnu Temple	Prithvi Jayanti 11 th Jan/Push 27	Street Festival 28 Dec.-1 Jan. > Lakeside Paragliding Championship Jan-Feb Pokhara International Marathon 18 th Feb
Feb.	11 Falgun	Basanta Panchami 23 rd Jan > Celebrate Spring at Goddess Saraswati Temple	Loshar 28 th Feb > Sherpa, Tibetan New Year	Rafting festival
Mar.	12 Chaitra	Shivaratri 8 th Feb > Day marking the birth of Lord Shiva		Phewa New Year Festival 14 th Apr *Bisket Jatra 14 th Apr > Bhaktapur *Ghode Jatra Apr > Kathmandu Strubar festival Apr
Apr.	1 Baisakh	Holi Poomlma 9 th Mar > Festival of colors Thote Meha 1 st week of Apr > Centuries old Archery Competition in Manang	Nepal New Year Baisakh 1/14 th Apr Mother's Day Baisakh 4/27 th Apr	*Machhendranath Jatra 1 st May > Patan *Everest International Marathon 29 th May > Khumbu Dumji Sherpa festival June > Khumbu
May	2 Jestha	Buddha Jayanti/ Baisakh Poomlma 13 th May > Day Marking the Birth of Lord Buddha		
June	3 Ashar	Teechi May > Mask festival in Upper Mustang Ashar Festival 29 th Jun (15 th Ashar) Ashar Poomlma Ashar > Lord Buddha's first day of Sermons		
July	4 Shrawan	Yarhung 1 st week of Jul > Horse race at Manang Nag Panchami 30 th Jul > Snake God	Father's Day Bhadra 7/23 rd Aug	
Aug.	5 Bhadra	Rakshya Bandhan 9 th Aug > Holy Threads Gai Jatra 10 th Aug Krishna Astami 16 th Aug > Krishna Birth Day Tej 26 th Aug		Dolpo Festival Sept *Indra Jatra 6 th Sept > Kathmandu World Tourism Day 27 th Sept Changa Chait Sept- Oct *Jazzmandu 12-20 th Oct > Kathmandu Mustang Festival Oct
Sep.	6 Ashoj	Thote Dashain 23 rd Sep-6 th Oct	Nepal Sambat 23 rd Oct > Newari New Year	
Oct.	7 Kartik	Tihar 21 st -24 th Oct		Japan-Nepal 50th Anniversary Nov
Nov.	8 Manshir	Haribodhani Ekadashi 2 nd Nov > Bala Chaturdashi 4 th Nov > At Panchase		
Dec.	9 Push	Yomari Punhi 1 st Dec > Celebrate harvest by the Newari communities by serving special dishes and sweets	Tamu Lhosar 31 st Dec > Gurung, Magar, Tamang New Year	Honey Hunting 6 th -9 th Dec > Ghalegaun. Elephant Race 26 th -27 th Dec > Chitwan

The listed dates are will the reference of 2006/07(Jan.-Mar.) subjects to changes in each year.

*Not at Pokhara but amazing festival

Dashain: This is the main festival observed mainly by the Hindus to commemorate wars in which truth is victorious. It is a 10 days' festival, which starts from the new moon in October.

Tihar (Deepawali): This is a festival of lights organized to worship Laxmi, the Goddess of Wealth. Faithful animals like crows, dogs and cows and oxes are worshipped on the first 4 days.

Thote: Thote is a Gurung festival generally in September and March. It is very colorful and cultural. Many Gurungs assemble with their traditional dresses and traditional weapons (fake) and equipments and march-pass through the major parts of the city up to Nayabazaar.

Tej: This is a festival of women generally falls in Sept. Women observe this festival with a view to ensure a long and healthy life for their husbands, sing and dance with red costume, often making up song to articulate the problems they face at home.

Gai Jatra: It involves several teams of dancers from Newar community. There should be at least 3 nymphs and 1 clown in the shape of a cow, falls in the last of August.

Holi: Holi is a festival of colors. On this day everyone plays with colors and some are even drenched in color water. Thakali plays Archery game on this occasion.

Bhairab Dance: The Bhairab dance is a specialty of Pokhara. As many as 60 characters are required for the full-scale performance. Bhairab means a vigorous and dangerous form; it is also one of 100 incarnations of Lord Shiva. This dance is performed to safeguard a community from unforeseen disasters, diseases and natural hazards. This used to be performed in 12 years but now days it is performed in every 6 years. Next performance in Feb.-Mar., 2008.

La Pheva (Bara Barse Kumba mela): This festival is performed in every 12 years by Thakali at Khobang and Marpha. Next performance in Nov.-Dec., 2016.

Main Annual Tourism Events in Pokhara

New Year Pokhara Street Festival: The restaurants bring their shops to the street. Tourists enjoy the food, events and cultural programs during this festival. Several items for fun and entertainment like cultural parade on the street, boat race, waiter race, tug of war, beer drinking competition.

Ashar Rice Planting Festival: Objective of the 'Rice planting ceremony' is to show a glimpse of the rice planting activities. In this occasion, traditional wooden ploughs, oxen, fillers, diggers and a team of women with their colorful saris are directly involved.

The World Tourism Day: It celebrates on 27th of September, and welcoming tourists.

Paragliding Championship: Famous Paragliders from different countries assemble in Pokhara and participate in a championship in January of each year. In 2005, 44 participants from 14 countries took part.

Phewa New Year Festival: This festival falls on the verge of Nepali New year i.e. the mid of April. It organizes several recreational events such as tug of war, volleyball competition.

'Jaun Hai Pokhara', which means "Let's go to Pokhara" is a massive publicity campaign. One of this campaign is Annapurna International Food Festival which displays stalls preparing various cuisines of the world during Dashain to Tihar.

How to get in Pokhara?

By Air and Land way to Pokhara :

Pokhara is located 200km west from the capital city Kathmandu. It is only the distance of half an hour flying duration or 5 to 6 hours drive from Kathmandu. There are 30-40 regular flights between Pokhara and Kathmandu and many more during high tourist seasons. Similarly, various standards of the Tourist buses, cars, Jeeps & Vans are available for regular service to Pokhara from Kathmandu. Beside this Pokhara is well linked by the road of the boarder cities with India i.e. Kakarvitta, Biratnagar, Birgunj in the East and Bhairahawa, Nepalgunj and Mahendranagar to the West.

Air and road services from Pokhara:

Pokhara hosts the regular air services to other destinations as well eg Bharatpur, Bhairahawa, Manang and Jomsom at the same time the service to Nepalgunj, Simara, Dolpa, etc. are under manageable from Pokhara. Likewise many numbers of tourist standards buses and other vehicles operate daily services from Pokhara to the destinations like Chitwan, Bhairawa, Lumbhini, Janakpur, Bglung, Lamjung, Gorkha etc. The main tourist area is Lakeside and Damside. It is located around 2 km far from Airport and Tourist Bus Park

History of Tourism in Pokhara

Tourism of Pokhara began only after 1960 in a systematic way however the literature shows that it was popular among the visitors since before the century. In this context, travelogues published by E. Kawaguchi(1899), Maurice Herzog(1950), Tony Hagen(1955), James Roberts (1957), M.S.Kohli(1961) etc. are noteworthy. Looking its natural beauty Kawaguchi described as
"that in all my travels in the Himalayas I saw no scenery so enchanting as that which enrapture me in Pokhara."
Its natural ambience, which allows enjoying lakeside serenity and breathtaking views of magnificent Annapurna Range has transformed Pokhara into a Paradise on Earth.

A Unique destination.....

POKHARA

Imagine a place where you could gaze at the wonders of the world's highest mountain range whose beauty is a feast to behold, trek to the lower slopes where a whiff of fresh air and scent of exotic flowers greet you at every step, raft down a snow-fed river, fly across the country for candle-lit dinner in the mountains under the clear blue sky with Himalaya for company, and enjoy the sunrise as it splashes hues of red on blushing mountain ranges. You think your imagination is working over time? Well, think again. Paradise is closer than you think.

Welcome to Pokhara - the most happening incentive travel destination in the world - a heady mixture of unique culture proudly preserved, mind boggling adventure and remarkable nature beauty. A land where you can revitalize your mind, body and soul amidst scenery that is simply a knock out. Age-old traditional hospitality is an added bonus, of course.

Paradise Pokhara once is not enough!

Tourism – Organizations & Related Associations

Nepal Tourism Board (NTB)
Opens daily, except Saturdays and holidays,
from 9 a.m. to 5 p.m.
Tel: 061-535292
E-mail: pnfb@wlink.com.np (Pokhara)

Annapurna Conservation Area Project (ACAP)
Tel: 061-540376
E-mail: info@kmtnc.org.np
www.kmtnc.org.np

ACAP is a non-profit, nongovernmental organization funded for Nature Conservation. It was set with the aim of protecting the environment of the area encompassing the Annapurna region.

The entry fee for SAARC country visitors is Nrs. 200 and other country visitors NRs. 2000. Entrance fee not required for children under 10 years old. It is located in the Nepal Tourism Board building. Opens daily, except Saturdays and holidays, from 9 am to 4 pm

Immigration Office
Tel :061-521167

Nepal Mountaineering Association (NMA)
E-mail : office@nepal.mountaineering.org
www.nepalmountaineering.org

Pokhara Tourism Council (PTC)
Tel: 061-540189 Airport 522001,525516
E-mail : ptc59@fewamail.com.np
www.pokharatourism.com

Nepal Association of Tour and Travel Agents, Pokhara (NATTA)
Tel :061-523114
E-mail : nattapokhara@gmail.com
www.nattapokhara@gmail.com

Trekking Agents Association of Nepal, Pokhara (TAAN)
Tel : 061-527033
E-mail : taan@fewanet.com.np
www.trekkingagents.org / www.taan.org.np

Regional Hotel Association of Nepal, Pokhara(RHAN)
Tel : 061-520474
E-mail : pokharahotels@bb.com.np
www.pokhara-hotels.org / www.himalayan-nepal.com

Pokhara Hotel Association (PHA)
Tel : 061-523309
E-mail : info@pokharahotelassociationnepal.com
www.pokharahotelassociationnepal.com

Pokhara Chamber of Commerce and Industry (PCCI)
Tel : 061-525264
E-mail pccipkr@pinet.com.np
www.pokharachamber.org.np

Restaurant and Bar Association in Nepal, Pokhara (REBAN)
Tel:061-530300
E-mail: rebanpokhara@gmail.com
www.rebanpokhara.org.np

Pokhara Taxi Association (PTA)
Tel : 061-521447

Trekking Equipment Shop Association.
Pokhara Cyber Association
Embroidery and Garment Shop Association
Phewa Boat Club
Pokhara Tourist- Book Shop Association
Pokhara Money Changers' Association
Lekhnath Chamber of Commerce & Industry

To dial from outside 977 + 61 for Pokhara
and 977 + 1 for Kathmandu + Number

1meter=3.28feet, 1km= 0.62mile ,°C=(°F - 32) ÷ 1.8