

# “7-DAYS ADVENTURE ITINERARY FOR FIRST-TIME NEPAL TRAVELERS”



## “The Perfect Week in Nepal”

Designed for First-Time Visitors Seeking  
Nature, Culture & Excitement

## Welcome to Nepal – Your Journey of a Lifetime Begins Here

Thank you for choosing to explore Nepal, a land where every mountain whispers stories, every sunrise paints magic in the sky and every moment is a memory waiting to be made.

This guide has been lovingly crafted for adventurous souls like you, especially if it's your first time here. Whether you dream of standing beneath the towering peaks of the Himalayas wandering through ancient temples or sharing laughter with locals over a plate of warm momos, this itinerary is your starting point.

Created by passionate travelers and local experts. This journey is designed to give you peace of mind, insider insight and a truly unforgettable adventure. So take a deep breath, open your heart and let Nepal welcome you in the most beautiful way.

## Your Itinerary

### Day 1 – Arrival in Kathmandu

- Tribhuvan Airport → Transfer to Thamel
- Explore old town (Asan Market, Garden of Dreams)
- Overnight Boutique hotel in Thamel
- Welcome dinner at Thakali Restaurant



## Day 2 – Travel to Pokhara

- Scenic drive or 25-mins flight
- Relax at Phewa Lake
- Visit World Peace Pagoda
- Sunset view from Sarangkot
- Overnight: Lakeside guesthouse or eco-resort



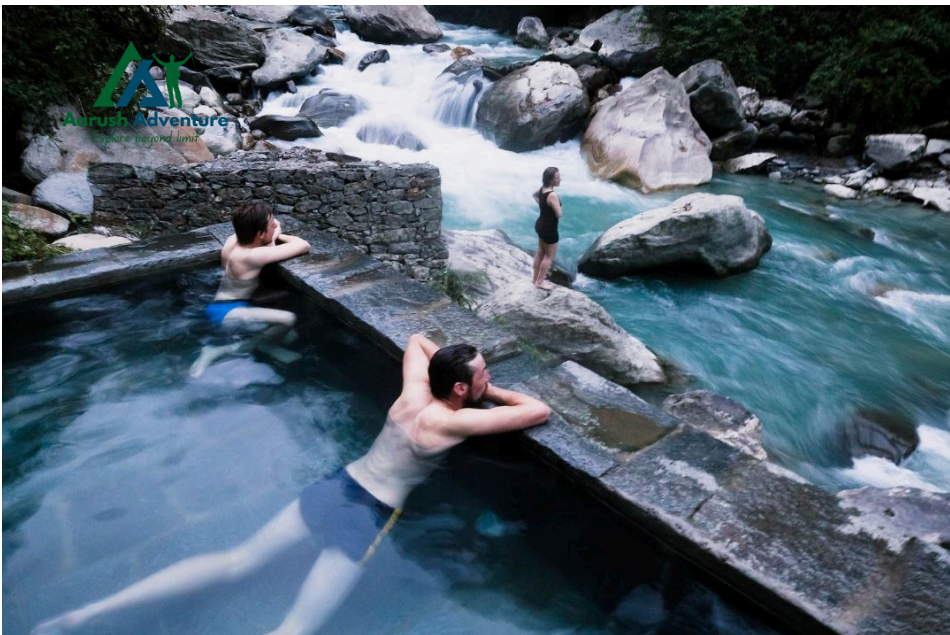
## Day 3 – Travel to Ghandruk

- After breakfast leave to Ghandruk by drive
- Explore Gurung village
- Visit Gurung Museum
- Stay in Gurung Cottage and enjoy the view of mt. Annapurna, mt. Fishtail



#### Day 4 – Short Trek to Jhinudanda

- 1-day beginner-friendly trek with porter/guide
- Enjoy natural Hot spring
- A glass of champagne in bay of Gandaki river
- Firewood in Hotel overnight



#### Day 5 – Back to Pokhara

- Back to Pokhara by drive
- Coffee at Himalayan Java
- Visit Devi's Fall, Gupteshwor Cave
- Relaxing spa or massage
- Overnight:Resort near by



## Day 6 – Travel Back to Kathmandu

- Return flight or drive with scenic stops
- Visit: Swayambhunath (Monkey Temple) Boudhanath Stupa, Pashupatinath Temple
- Visit Patan Durbar square and local shops Handicrafts
- Enjoy farewell dinner with cultural show
- Overnight: Boutique hotel near Durbar Marg





## Day 7 – Departure

- Fly back to Home

**"This is just the beginning, Nepal always calls you back"**

**CLICK THE LINK BELOW**

<https://aarushadventure.com>