


nepal

Paradise Pokhara



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The information contained in this booklet has been out sourced from an expert writer while every effort has been made to ensure accuracy and reliability.

However, in case of lapses and discrepancies, revisions and updates would be subsequently carried out in the forth coming issues.

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Mt. Machhapuchhre
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2020 Edition
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PARADISE POKHARA

*Mt. Fishtail and Annapurna
from Phewa Lake.*
© Om Yadav

Though small, Nepal can fulfill travelers' each desire—from ascending the Himalayas to watching birds and wildlife in the plains, from adventure sports to pilgrimage tours. Lonely Planet described Nepal's multi-activity functionality, "Mountains are only half the Nepal story. The towns of Kathmandu Valley are jam-packed with pagoda-roofed temples and the national parks of plains are teemed with exotic wildlife. On a single trip to Nepal you can climb a mountain, meditate in a monastery, ride on a bus roof, sip Chang (rice beer) with a Sherpa, get chased by rhino and have your bananas nicked by monkey—how many countries can compete with that?"

"Trekking in Nepal is one of the Travel Benchmarks like seeing the Taj Mahal or diving the Great Barriers Reef or the first time you eat fried locusts. By the end of your trek you may vow not to climb anything higher than the stairs around your home town, but the experience of the Himalaya will stay with you for life time"

*Adam Bennett, Manager –
Asia – Pacific Communication: Lonely Planet*



Paragliding
© Susheel Shrestha



World Peace Pagoda
© Sirish B.C.

Pokhara valley, a perfect combination of tranquillity and beauty, which lies 200 kms west from capital city of Kathmandu is located between the Great Himalayan and Mahabharata Ranges in the Western Development Region of Nepal. In fact, it is centrally located in the geographical map of Nepal. The aerial distance to southern border Sunauli is 78 kms and the distance to the northern border is only 72 kms. It is the only place in the world from where we can enjoy the magnificent view of snow capped massive mountains of above 8000 meter elevation while sitting below 1000 meter above sea level. Out of the 14 highest mountain peaks of the world elevating higher than 8000 meters, three of them Annapurna, Dhaulagiri and Manaslu can be seen from Pokhara. It is an enchanting city nestled in a tranquil valley which is also gateway to the world of adventure like trekking, mountaineering and many more. In broader sense, total area of Chitwan, Gorkha, Manang, Mustang, Lumbini etc is known as Greater Pokhara Region. Pokhara is a Metropolitan of Kaski district situated in Province 4. Pokhara region is the most attractive tourism destination for general interest as well as special interest tourists. It is admired by different types of tourists like holiday spenders, honeymooners, adventure lovers, pilgrims and many more.



HOW TO GET TO POKHARA?

Mt. Machhapuchhre
© Om Yadav

BY AIR AND LAND

As it is the most beautiful tourist destination of Nepal, it is well connected by road and air services from Kathmandu and other different parts of the country. There are 30 to 50 daily regular flights between Pokhara and Kathmandu and many more during the high tourist seasons. Chartered flights and helicopters are available to reach this city from different parts of the country. Likewise, there are several outbound flights from Pokhara to Jomsom, Bharatpur, Manang and Bhairahawa. Similarly, various standards of inbound/outbound tourist buses, cars, Jeeps and vans are available from Kathmandu, Chitwan, Sunauli etc. It is also well linked by regular inbound/outbound road access from Indian border cities like Kakarvitta, Biratnagar, Birgunj, Bhairahawa, Nepalgunj and Mahendranagar.

HISTORY OF TOURISM IN POKHARA

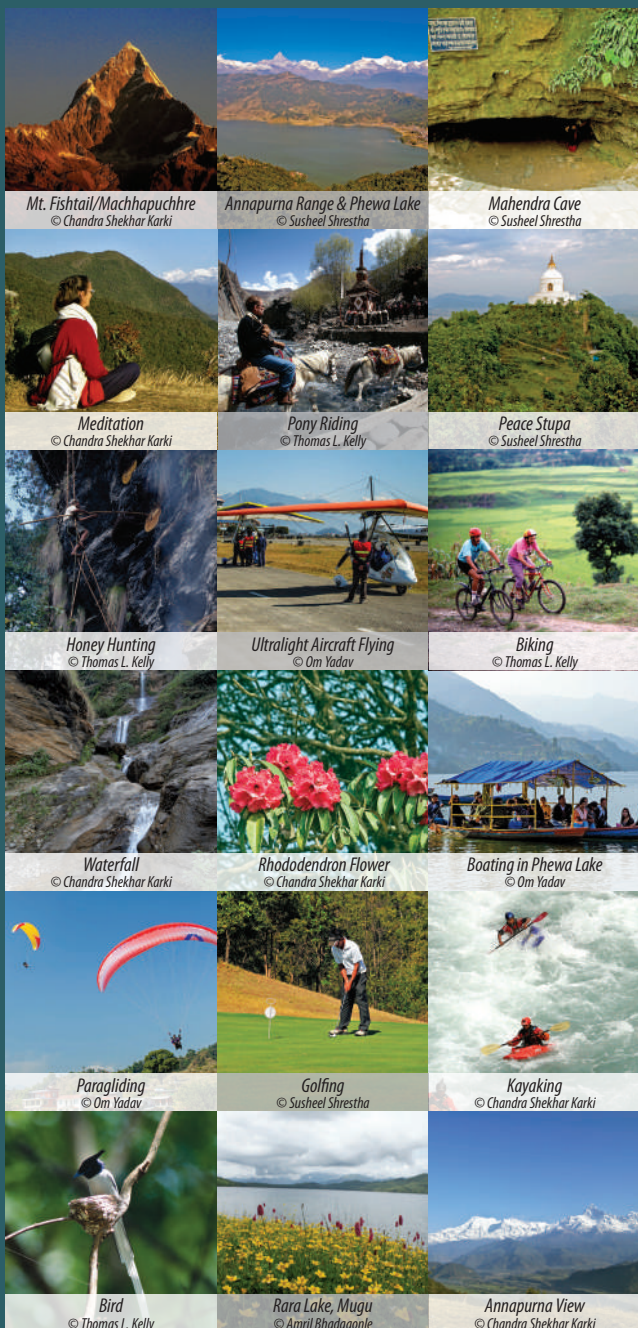
Though started from 1950s, tourism of Pokhara established as an industry after 1960s. However, the literature shows that it was popular among the visitors even before the century. In this context, travelogues published by E. Kawaguchi (1899), Maurice Herzog (1950), Tony Hagen (1955), James Roberts (1957), M.S.Kohli (1961) etc. are noteworthy. Looking at its natural beauty, Kawaguchi described it as "that in all my travels in the Himalayas, I saw no scenery so enchanting as that which enraptured me in Pokhara."

Its natural ambience, which allows enjoying lakeside serenity, breathtaking view of magnificent Annapurna Range, Mount Fishtail, diverse topography, bio-diversity, caves, gorges, waterfalls etc. have transformed Pokhara into a **Paradise on Earth**.

POKHARA: A UNIQUE DESTINATION

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 natural beauty. A land where you can revitalize your mind, body and soul amidst scenery that is simply a knock out. Rich, traditional hospitality is an added bonus of Pokhara.

*View of the Annapurna
from Peace Stupa*
© Susheel Shrestha



MAJOR ATTRACTIONS OF POKHARA

Pokhara is a destination, where Entrepreneurs have Prepared COC(Code of Conduct) and CSR(Corporate Social Responsibility) guidelines to develop Responsible and Sustainable Tourism in destination level. In this Regard, Pokhara Tourism Council and South -Asia Regional Co-ordination Office of NCCR, North -south jointly prepared those COC and CSR guidelines after several rounds of discussion with entrepreneurs.

- Best place for magnificent snow capped mountain view
- Deepest gorge in the world
- The lake situated in the highest elevation in the world
- Large rhododendron forest (claimed to be largest in the world)
- Crystal water lakes
- Natural caves
- Gushing rivers
- Waterfalls
- Sight seeing
- Amazing hill stations
- Museums, temples, monasteries
- Hiking
- Pony treks
- Trekking
- Mountaineering
- Rock climbing
- Honey hunting
- Mountain biking
- Zipline fly
- Paragliding/Parahawking
- Ultralight flights
- Mountain flights
- Heli-sight seeing
- Heli-skiing
- Rafting
- Kayaking
- Boating
- Fishing
- Golf
- Bird watching
- Meditation
- Sunbathing
- Home stay and Village tour Experience
- Tibetan Settlements and their culture
- Village tourism experiences
- Pilgrimages to temples, monasteries etc.
- Sports like mountain marathon, cricket, football etc.
- Hub for adventure as well as relaxation tourism
- Pokhara Stadium, Cracked-Land and local traditional bridge, Chisakhola Veda Vidhyashram (Vedantic School)
- Vulture Restaurant
- Kharapani Hot Spring
- Hand Gliding, Paramotoring, Hot Air Ballooning, Canyoning, Sky Diving (Upcoming Products)

Paradise Pokhara once is not enough!



WHAT TO DO IN POKHARA REGION?

Thorang La Pass
© Sirish B.C.

ADVENTURE PARADISE

Soft and hard Adventure activities that you can experience in and around Pokhara are so unique that you get nowhere else in the world.

TREKKING

Nepal is a pioneer trekking destination in the World. Pokhara area is the centre of trekking in Nepal. Annapurna region is known as Trekking Paradise. Round Annapurna Trek is one out of the best ten trekking routes in the world. (referred to P.5) We recommend you to arrange trekking only through trekking agencies that are registered with the government. Annapurna, Dhaulagiri and Manaslu are major trekking regions in this area. The trekking routes are of different durations from day hikes to 3 weeks or even more. (www.trekkingagents.org)

MOUNTAINEERING

Pokhara has been popular gateway and rest place for trekkers and mountaineers since 1950. Successful climbing of world's highest mountain peaks elevating more than 8000 meters above sea level started from Pokhara Region. It is the place to start expeditions to Annapurna and



Gurung Heritage Trail, Lamjung
© Amrit Bhadgaonle



Pony Trek, Dhampus
© Amrit Bhadgaonle

Dhaulagiri regions. A famous French mountaineer Maurice Herzog also started his expedition from Pokhara and successfully climbed 8091 m. high Annapurna first for the first time in the human history in 1950. www.tourism.gov.np, www.nepalmountaineering.org, www.himalayanrescue.org

HIKES

There are several hills and hillocks around Pokhara for day or two day hikes. Kahun hill, Sarangkot, Kaskikot, Naundanda, Australian Camp, Astam, Amalakot, Rupakot, Pachabhaiya hill, Kalikasthan, Pumdi, Mattikhan, Nirmal Pokhari, Gharmi, Thulakot, Dhampus etc. are some hill stations and hiking places from where we can enjoy local culture, sunrise, sunset, panoramic mountain view etc.

PONY TREKS

You can go for a half a day or full day for pony trek and enjoy the tranquil routes in hinterlands and surrounding of Pokhara by experiencing the real rustic life. You can also go for several night hold pony treks. Routes are referred to P.29 "Destinations Around Pokhara Valley". These places are also suitable locations for day hikers and pony treks.



Paragliding in Pokhara
© Susheel Shrestha

MOUNTAIN FLIGHTS

Chartered Mountain Flights from Pokhara take you to the close spectacular view of some of the world's tallest Himalayas in Annapurna region. Mountain flight is also interesting for even those who have done their trekking. It gives you value addition to the experience of trekking. Mountain flights give chances to see the whole mountain range at 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.

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 below you the landscape is dotted with paddy fields and hamlets. Probably that's why Pokhara is amongst the hotspots for Paragliding in the world. Although you can experience paragliding all the months of the year, the best time is between September to April.

ULTRA LIGHT FLIGHTS

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



*Mountain Flight
© Buddha Air*



*Ultralight Aircraft Flying
© Om Yadav*



*Rafting
© Chandra Shekhar Karki*

opportunities to take some of the most breathtaking views. It operates regular flights from Pokhara airport; September to June. No such flights during the months of July and August

RAFTING / KAYAKING

Whether you would like to Kayak in Phewa, Begnas lakes or raft down the Seti river, Pokhara has it all. Because of its proximity to the mountains, other snow-fed wild rivers also run through surrounding areas, making Pokhara region a top rafting destination. Beside Seti River, rafting trips to other major rivers like Trisuli, Marsyangdi and Kali Gandaki also begin and end in Pokhara. The grades of rapids vary from +2 to +5, for 1 to 7 days or even more, depending on rivers. www.raftingassociation.org.np

MOUNTAIN BIKING

Wouldn't you like to pedal push your way through waterfalls, up and down treacherous slopes and amidst centuries old monasteries and rice granaries? Well, that's mountain biking in Pokhara region 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. Places like Nirmalpokhari, Dhampus, Sikes, Rupakot, Astam, Panchase, Kahun hill, Sarangkot, Jomsom, Baglung etc. are famous mountain biking destinations around Pokhara.



RELAXATION PARADISE

Zip Flying in Pokhara
© High Ground Adventures

GOLF

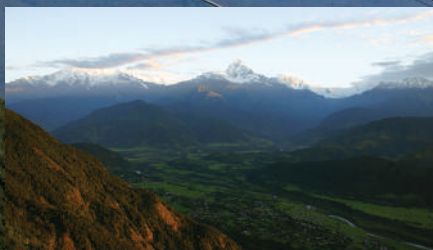
There are two golf courses and a driving range in Pokhara. Himalayan Golf course, situated around 13 km east from lakeside is a world class golf course in Pokhara. It offers an amazing golfing experience in a unique ground with 18 holes. It is also known as a golf course in a paradise. Spectacular, stunning and unique location has made it really a most amazing golf course in Asia. Yeti golf course is 9 hole course situated in the premises of Fulbari Resort, one of the two five star hotels in Pokhara. There is also one golf driving range at Damside, Pokhara for beginners and learners of golf.

Heli skiing was attempted by a French team in Manang, north of Pokhara in 2003 and found the place as a very good place for heli-skiing. Manang is considered as one of the remarkable heli-skiing spots in the world. Helicopters can be chartered either from Pokhara or from Kathmandu for this purpose.

ZIP-LINE FLYER

A new exciting activity has been added in the hub of adventure since 2012. It consists of a trolley mounted on a steel cable 1.8 kilometres in length, the ride descends 2000 vertical feet at an angle of 56 percentages. With resulting speed of over 90 miles per hour, this makes it the most extreme zip-line ride in the world.

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



*Annapurna Range from Sarangkot
© Sirish B.C.*



*Golfing
© Susheel Shrestha*

SIGHT SEEING

Once you arrive in Pokhara, you feel as if you are in a completely different place. The natural scenery welcomes with splashing mountains and smiling people. You can plan sightseeing places as per your time availability. Sightseeing places are suggested later in this booklet.

BOATING / SAILING

Sail the boats on the lakes just near the mountain shadows, chat with your loved ones, nearest ones and say 'wow...' together with your family on the blue water. Those are the wonderfully relaxing ways. Whenever your life is chaotic, and stressed, Pokhara is there to make your relaxation wonderful, meaningful and memorable.

FISHING / ANGLING

The lakes and the confluence points of mountain stream rivers are good spots for Sahar, Katle (Nepali native species, carp family), eel and catfish. You can enjoy fishing of a reel, a lure, and so on. Fishing rods are available at lakeside.

SUN-BATHING

Pokhara is a natural wonder situated in sub-tropical low land in close proximity to the massif Himalayas. You can brown your skin with panoramic view of snowy mountains. You can also sit for meditation, practice yoga, experience massage and relax in tranquil and natural atmosphere.



EXPERIENCE PARADISE

Honey Hunting
© Thomas L. Kelly

HONEY HUNTING

Places like Baglung, Landruk, Siklis, Ghanpokhara etc. are famous places for adventurous and arduous honey hunting practices. Traditional hunters just hang on a rope and slide down to the middle of the massive cliff and hunt honey. Can you imagine how brave work it is? Just come on time and see it in Pokhara area.

RESEARCH

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



Homestay at Pasgaun
© Bharat Bandhu Thapa



Blood Pheasant
© DNPWC



Flowers
© Bharat Bandhu Thapa

BUTTERFLY & BIRD WATCHING

11 of the world's 15 families of butterflies and more than 500 species can be found in Pokhara area. 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 to March. www.birdlifeneपाल.org

VILLAGE TOURISM AND HOME STAY

As more than 61 ethnic communities live harmoniously around Pokhara, it is very rich in culture. Thus, if you want to have a taste of real Nepalese village life, you can spend some days with villagers and you will return with life time memorable moments. Machhapuchhre Modal Trek gives you the best mixed experience of trek, home stay and village tourism.

Organic Tea/ Coffee Gardens Observation

Lwang, Lahachowk, Dhampus and some other villages have beautiful tea gardens and Bhalam, Arba, Kristi-Nirmal Pokhari etc villages have organic coffee gardens.



WHAT TO SEE IN AND AROUND POKHARA

NATURE

PANORAMIC MOUNTAIN VIEW

Toni Hagen, a Swiss geologist, who traveled extensively in Nepal, has 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 view of the Nepalese Matterhorn, Machhapuchhre (Fish-tail) and Annapurna from such close distance.

LAKES

The reflection of snowcapped high mountains of Annapurna Range and Mt. Fishtail on the surface water of the Phewa Lake creates unprecedented scenery for all the visitors. Phewa Lake, the second largest lake in Nepal, having area of around 5 sq.km, is the center of many attractions in Pokhara. The enchanting lake is an idyllic playground. Brightly painted wooden boats and sailboats can be rented on reasonable cost around lakeside. Lekhnath Municipality area popularly known as garden of seven lakes, 15 km 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 makes the surrounding atmosphere more hygienic & colorful. It takes about 20 minutes to drive over there. Other lakes like Dipang, Maidi, Khaste, Neurani and Gunde are small in size but consist high potentiality for entertaining purposes, fishing, butterfly/bird



Phewa Lake
© Susheel Shrestha



Gupteshwor Mahadev Cave
© Susheel Shrestha

watching and herbal plants. Dipang Lake is so peculiar, recreational and tranquil that it is called a “Honeymoon Lake”. Moreover, there is Pipara lake situated in the lap of Mt. Fishtail.

SETI RIVER

It is a mysterious wonder of Pokhara. Originated from the Machhapuchhre glacier, Seti (which means White Water) river runs through the main city area in about 40 meters of depth. The river provides a perfect view of its dreadful rush before it disappears into a deep gorge at Bagar and Ramghat. Even the gorge is visible from different parts of the city, K.I.Singh Bridge, Mahendra Bridge, and Prithvi Chowk Bridge are famous places for this purpose.

DAVI'S FALL (PATALE CHHANGO)

Locally known as Patale Chhango was named Davi' Fall after a Swiss lady was swept away and died in 31 July 1961. 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 interesting parts of the geological study. Among them, Mahendra Cave, Bats' Cave and Crystal Cave are situated at the northern part of the city and about 8 km drive from the Lakeside. Gupteshwar Mahadev cave, where an idol of Lord Shiva is mysteriously found is situated just opposite to the Davi's fall.



MUSEUMS

INTERNATIONAL MOUNTAIN MUSEUM

(Tel: 061-460742) opens daily (09:00-17:00)

The International Mountain museum is situated just 1.5 km south from Pokhara airport and around 5 kms from Lakeside. The spot is rightly selected that we can enjoy the unique view of the 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 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 Nepal Mountaineering Association. Entry fee in Nrs: foreigners 300, residential foreigners or SAARC citizens 100, nepali adults 50, nepali students 35 and garden visitors 10 only. (Visit:www.mountaimuseum.org)

REGIONAL MUSEUM

(Tel: 061-520413)

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



Pokhara Mountain Museum
© Susheel Shrestha

ANNAPURNA BUTTERFLY MUSEUM

(Tel: 061-521102)

It is also known as the Natural History Museum, located at Prithvi Narayan campus, Bagar. 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 from 10 a.m. to 5 p.m. except Saturdays and holidays, Managed by the ACAP.

GURKHA MEMORIAL MUSEUM

(Tel: 061-441762) opens daily from 08:00 to 16:30

Pokhara and its surrounding is widely known as homeland of the world-famous Gurkha soldiers. Reminding the reminiscence of those soldiers and their historical brave works in the battlefields of first and second world wars; it has been established in the premises of the British Camp, Deep. It contains a good collection of used uniforms, Medals, Pictures and more materials used by those brave and courageous Gurkha soldiers during the first and second war time.



TEMPLES AND 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 across the south end of the lake, full-scale scenery of the lake and amazing reflection of the Annapurna and Fishtail Mountains on the surface water of the lake. There are major celebrations during Dashain, the biggest Nepali festival, which normally falls in the month of October.

KEDARESWORE MANDIR AND MITERI PARK

Kedareshwore temple is beautifully constructed in the premises of Komagane Miteri Park just close to Fishtail lodge. This park was named in memory of official friendship relationship between Pokhara city of Nepal and Komagane city of Japan. If you want to observe Nepali way of wedding ceremonies, this temple and the park can be the best spot.

BINDABASINI TEMPLE

It is located on the top of a small hillock at the north end of the old bazaar around 6 km from Lakeside. This is believed to be one of the oldest temples in the valley and is most famous in Pokhara. On lucky days, you may get chances to witness Hindu wedding ceremonies taking place in the premises of this temple.

BHADRAKALI TEMPLE & BUDDHIST MONASTERY

Hindu Temple and Karma Kagyu Chhonkerling Buddhist Monastery are situated in close proximity at Matepani nearby small hillock, surrounded by rich luscious forests, 7 km away from Lakeside. 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. This is a good example of our religious and social harmony especially between Hinduism and Buddhism.



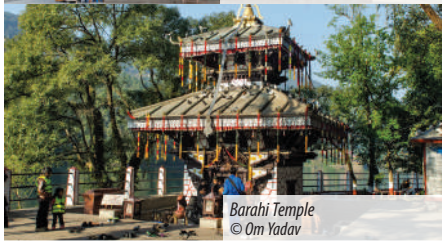
Peace Stupa
© Susheel Shrestha



Bindabasini Temple
© Susheel Shrestha



Radha Krishna Temple
© Susheel Shrestha



Barahi Temple
© Om Yadav

WORLD PEACE PAGODA

It is a massive Buddhist stupa located on a hill top (Rani Ban) just Southern hill of 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 view 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 that you can visit Devi's fall on the way and then the gentle climbing starts from Chhore patan. If you want to avoid all walks, and then you can drive close to the place and walk 5 minutes to the stupa.

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 VILLAGES

Several number of Tibetan refugees have been living in Nepal Since 1959. The number has reached up to twenty thousands now. Pokhara area is the main land when they arrived and settled in Nepal. One such is Tashi Ling Tibetan Settlement at Chhorepatan, which is located near two popular sightseeing sites i.e. Davi's Fall and Gupteshwar Mahadev Cave. Other two Tashi Palkhel and Paljor Ling are situated in Hemja and Prithvi Chowk respectively. One may visit Tibetan monastery, curio shops, hand-made carpet factory, schools etc. in those settlements. Tashi Palkhel is in Hemja, 9 km west from Lakeside, where Zip-line fly ends nearby.

As each and every corner of Pokhara is scenic and picturesque, there are many places and things to see and to enjoy. What you need is to plan it as per your available time. There are several half day trips, full day trips, day hikes mountain bike routes and bird watching trips as advised below.



SIGHT-SEEING ITINERARIES

Woodpecker
© Chandra Shekhar Karki

HALF DAY ITINERARIES

Pokhara Paradise 'A' (5 points, 3 hours)

Davi's Fall, Gupteshwore Mahadev Cave, Tashi ling Tibetan Village, Bindabasini Temple, Seti River Gorge, Old Bazaar

Pokhara Paradise 'B' 5 points 3 hours

Mahendra Cave, Bats' Cave, Crystal Cave (Optional), Gorkha Memorial Museum, Kali khola Hanging Bridge

Pokhara Paradise 'C' 5 points 3 hours

Annapurna Butterfly Museum, Bhim Boulder (Bhim Dhungo), Matepani Monastery, Bhadrakali Temple, Western Regional Museum

Pokhara Paradise 'D' 6 points 3 hours

International Mountain Museum, City Centre, Kedareshwore Temple, Pokhara-Komagane Miteri Park, 1 hour boating on Phewa Lake, Tal Barahi Temple

www.nattapokhara@gmail.com

FULL DAY ITINERARIES

Pokhara Paradise 'E' : Pokhara Paradise A+Begnas Lake



Pokhara, a paradise for birdwatching.
© DNPWC

Pokhara Paradise 'F' : Pokhara Paradise A+World Peace Stupa

Pokhara Paradise 'G': Pokhara Paradise B+Tashi Palkhel Tibetan Village, Hemja

Sunrise/Sunset Points: Sarangkot, Thulakot, Kahun Hill, Naudanda, Ramkot

Children Park: A great and modern fun park called Chachahui Fun Park (061-466652) has been established just at Gharipatan, south of Pokhara airport.

Bird Watching: Pokhara and surrounding area is a paradise for bird watching of different types of migratory and inhabitant birds. We can observe many types of birds like wetland, woodland and birds of prey. Pame, Begnas and Rupa areas are famous for wetland birds, Raniban and Jhijhirka - Astam areas are good for wood land birds, Tutunga - Bachhebuwa areas are famous for birds of prey and Armala area is unique for Pheasants. You can also find trained bird watching guides in Pokhara.

Mountain Biking Routes: Pokhara-Sikles, International Mountain Museum – Kotre, Pokhara - Sarangkot - Naundanda, Scenic and serenity route along Phewa Lake, Pokhara - Millanchowk - Dhampus, Pokhara - Thulakot - Ramkot - Talbesi, Pokhara - Sundari Danda - Begnas Lake etc are very popular routes for mountain bikers.



Annapurna Range
© Susheel Shrestha

KOTS (FORTS) AROUND POKHARA

'Kots' meaning forts have significant value in the Nepalese history. Nepal was divided into around fifty small states before King Prithvi Narayan Shah started unification process. The real unification of Nepal was materialized when he unified Kathmandu in 1768. Before unification, most of the palaces of those states were settled on the top of hills, so that they could be safe from enemies. In case of attacks took place, they could defeat their enemies by throwing stones and wood logs down hills towards the direction of enemies. These kots are important even nowadays but from different perspective. Now they are important for tourism development. The historical remains, artifacts of those palaces, temples, hiking experience and similar things can be interesting products for tourists. Moreover, these hilltops are worth to visit for beautiful views and wonderful culture around them. the following kots are scattered around Pokhara and each of them are worth visit for tourists.

1. Kaskikot of kaskikot, Kaski district: Most important because the first king of shah dynasty Kulmandal Shah started to rule from this place.
2. Sarangkot of sarangot, Kaski district
3. Hyangjakot Dhital, Kaski district
4. Armalakot of. Kaski district



*Locals of Dhampus
© Chandra Shekhar Karki*



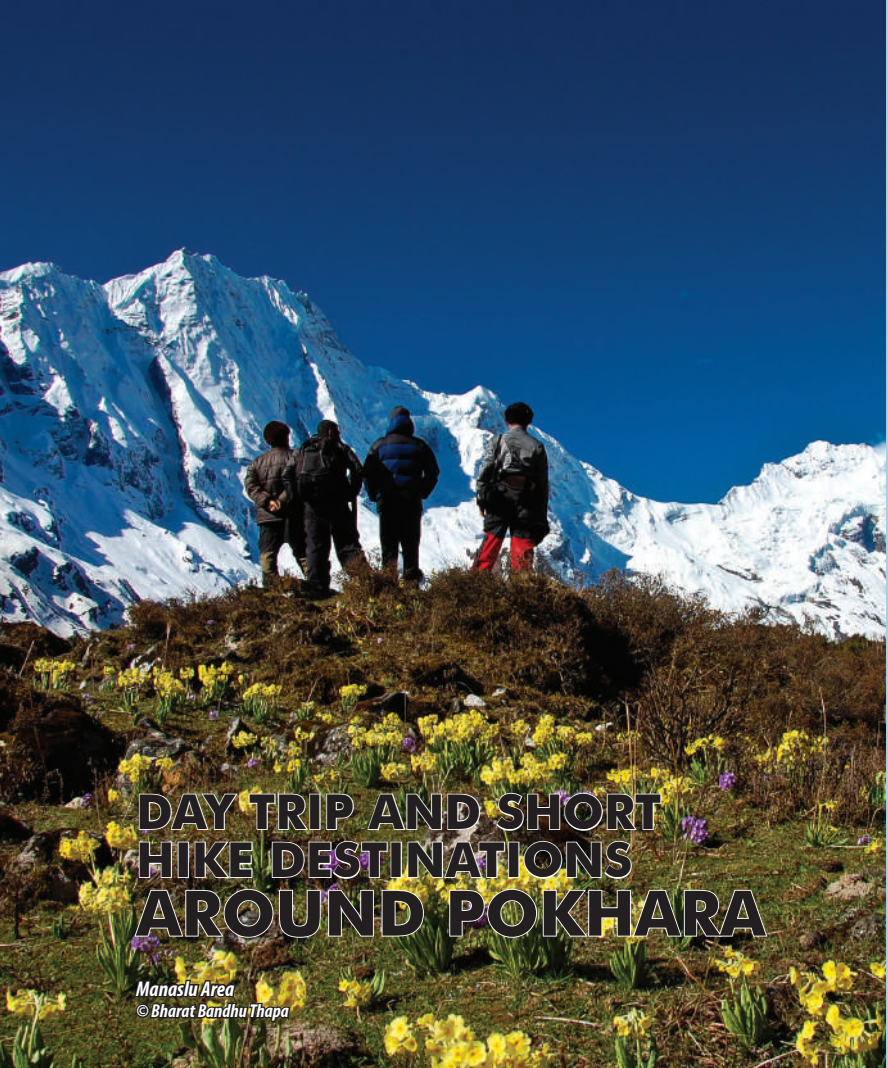
*Tadapani, Annapurna Region
© Sirish B.C.*

5. Chandrakot of Lumle, Kaski district
6. Thulakot of Kalika, Kaski district
7. Rupakot of Rupakot, Kaski district
8. Nuwakot of. Shyangja district

VIEW TOWERS

Besides having so many natural viewpoints, Pokhara has also some man-made view towers scattered in various directions of Pokhara. These view towers offer opportunities of watching wonders of nature in various dimensions. Each of them are worth visiting for tourists.

1. Kahun Dharahara is situated on the top hill of Kahun, north of Pokhara.
2. Mattikhan View Tower, Kaski
3. Panchase View Tower, Kaski
4. Sarangkot View Tower, Kaski
5. Sirubari View Tower, Syangja
6. Poonhill View Tower, Myagdi
7. Pachabhaiya View Tower, Lekhnath, Kaski



DAY TRIP AND SHORT HIKE DESTINATIONS AROUND POKHARA

Manaslu Area
© Bharat Bandhu Thapa

Pokhara is not simply a gateway for trekking but also an extra-ordinary destination for all sorts of tourists. Many hills and villages are easily accessible from Pokhara. While you stay at comfortable accommodations in Pokhara, you can enjoy village life at the same time. 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, rituals etc, you should not forget to go to such villages and spend at least couple of days with the local people in their local environment or if you have very short time, make just a day trip. As there are no fancy hotels and lodges in these villages, you can experience home stay with the villagers. Thulakot - Begnas, Phewa Dam - Marki, Khade Khola - Stupa, Millan Chowk - Astam-Suikhet, Naundanda-Sarangkot, Rakhidanda - Thulakot, Kahun Khola-Tiger Tops, Pokhara - Kahun Danda, Chirgadi River Gorge (Rock Garden) - Nirmal Pokhari - Kristi etc are great and amazing day trip routes. Other places which are good enough for day trips and overnight halts are listed as following;

Name of place	Highest Elevation (m)	App.walking Hours/days	L	E	Direction from Pokhara	Other features / Special view
Sarangkot	1591	3hrs or Drive	☉	○	Just towards North 9 km	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 (Dhikurpokhari)	1500	From Sarangkot 1hr/3hrs	○	△	15 km West	Green hills, Ancient ruins, Soft walking, Off driving road, Good view of Phewa Lake, Pokhara Valley, and mountains
Kahun Hill	1442	2hrs	H	H	10 km North	Rural life, Seti river, Deciduous forests, Sun rise, Sun set
Kalikistan	1500	Drive	H	H	14 km Northeast	7 lakes, 360°C view, Mid-hills, Terrace, Mountains
Sundari Danda	853	Drive	☉	○	18 km East	Small beautiful hillock in between Begnas and Rupa Lakes, Rural settlement, Biodiversity, Observations of birds and butterflies.
Phocksing	1134	Drive or 4hrs walk	H	H	8 km South	Whole Montain view from Mt. Dhaulagiri to Mt. Manaslu, Good view of Phewa Lake and Pokhara Valley.
Bhalam	1000	Drive+ 1hr	H	H	8 km North	Hindu pilgrimage site, Harihar Gufa & temples, Rural life, Streams & River, Deciduous forests
Batulechour	1030	Drive	H	H	8 km North	Settlement of typical caste Gandharwa known as carrier of Nepali folk cultures
Armala kot	1430	Drive +2hrs	H	H	10 km 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	○	△	18 km West	Gurung Village, Rural settlement
Hemja	1050	Drive	○	△	Northwest 10	Tibetan Village, Agricultural land, seti river terrace, agro-tourism, bard's song
Australian Camp	2220	Drive +2hrs	☉	○	20 km North-west	Reflection at pond, Sunrise
Dhampus-Astam	1650	Drive +2hrs	☉	○	19 km North-west	Gurung/Brahmin/mixed community Village, Sunrise, Mountain view
Naudana-Lumle-Chandrakot	1610	Drive +2hrs	☉	○	32 km West	Green hill, Soft walk, Mountains, best view of Mt. Machhapuchre, poetry village, agro-tourism
Mattikhan Hill	1543	Drive	H	H	6 km South	Mountain view, valley view, view tower, mix culture
Thulakot		Drive from Lakeside	H	H	28 km North-east	Sunrise/sunset, view of 7 lakes, mountain view



Larke Pass, Manaslu
© Bharat Bandhu Thapa

Short Trekking Destinations Around Pokhara						
Panchase	2513	2-4 days	○	△	27 km 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, Eco-Trek	1720		H	H		Suitable to all age groups, Named after prince Charles of G.B. first trekked in 1980.
						Dipang Lake, Wild rice, Corymbosus (rare plant of cyperus family) and orchid are major things worth to researching students. Bird watching(28 species of birds were seen in a single day in 2002)
RidgelineTrek (Bharat Pokhari~ Kristi)	1114	2 days	H	H	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	H	H	South East	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
Korchoron	3682	Drive +4 days	×	×	29 km North	Hot spring and rhododendron forest, a good place for professional Paragliders, fishing, bird watching, butterfly peak. (ACAP area)

L: Lodge : ◎ good ○ acceptable H home stay × No accommodation (Camping)
 E: Eating place : ○ good △ tea house only H home stay × None



Ghandruk Village
© Sirish B.C.

Village Tourism and Home Stay Destinations Around Pokhara				
Name of village	Height (M)	Appro. Hours / days	Direction from Pokhara	Other features / Special View
Sirubari	2003	Drive only	56 km South west	An ideal model tourist village with rich Gurung culture, awarded for their efforts in preserving culture & rural life, Panoramic view points, winner of PATA award.
Ghalegaun	2016	6hrs drive +3 hrs walking	116 km North	Gurung village(125houses) waterfalls, beehives hanging on cliffs, honey-hunting, rhododendrons forests, Pasturelands, Tea Farm
Bhujung	2600		40 km North East	Gurung village with rich cultural activities (450 houses). 2hrs from Ghalegaun
Lwang-Ghalel	1530	2 hrs drive		
Tanahusur	1241	Drive + 4hrs	65 km East	Exotic pristine Magar villages, home of Gorkha soldiers, Good and remarkable view of sun rise and set.
Damauli	700	Drive only	50 km East	Rural settlement of ethnic communities Darai, Kumal & Bote village, Fishing, swimming, boating and kayaking in Seti & Madi rivers
Nuwakot	1500	Drive only	50 km South	Mixed culture, From Pokhara 1.5hrs driving or you can hike from Dhurai.



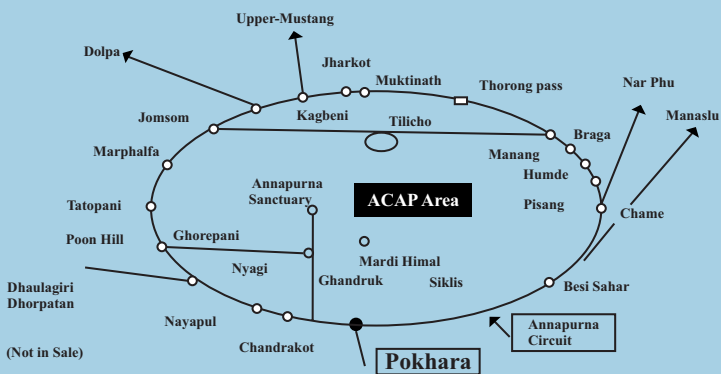
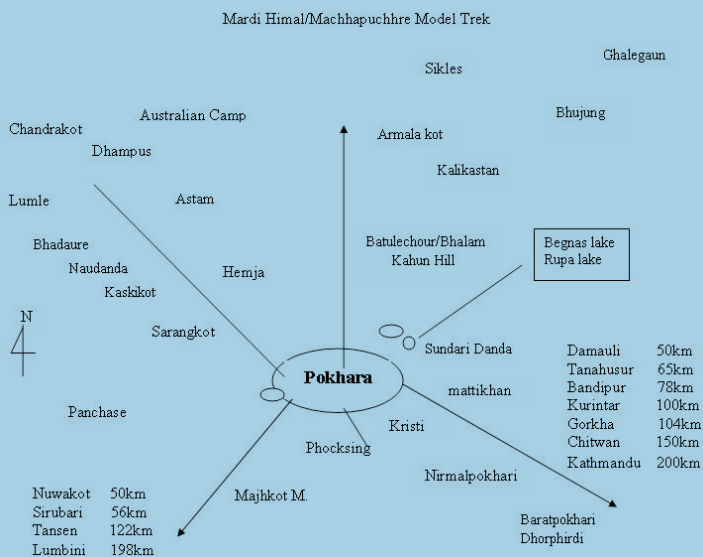
Thorang Phedi, Manang
© Sirish B.C.

Major Trekking Routes of the Region www.trekkingagents.org						
Name of Trek Route	Height in meter	Approx. days	Standard	L	Season	Other features / Special View
*Annapurna Circuit Trek	5416	12~21	med.-hard	☉		Pokhara is a gateway to world famous Annapurna Circuit Treks. Varied scenery, one high pass (Thorung la Pass), probable snow
*Annapurna Sanctuary (ABC) Trek	4130	8~12	med.	☉		Spectacular mountains Rush of mountains flowers during monsoon season,
*Jomsom-Muktinath Trek	3802	3~12	med.	☉		Up the deep Kali Gandaki valley to Muktinath (Hindu sacred temple) Jomsom & surrounding are many easy options for a day hiking
*Ghorepani-Poonhill Trek	3210	4~ 7	med.	☉		Scenic Gurung villages, Good experience to trekking, One of the largest Rhododendron (Lali Gurans) forest
*Siklis	1989	5~ 7	med.	△		Gurung second biggest village, Eco-trek, Culture trek
*Machhapuchhre Modal Trek	3682	4-8	Med	H		Close view of Mt. Fishtail, Flora and Fauna, pheasant,Danphe,Monal
*Royal Trek	1900	3-5	Easy	H		Mountain View, rich culture



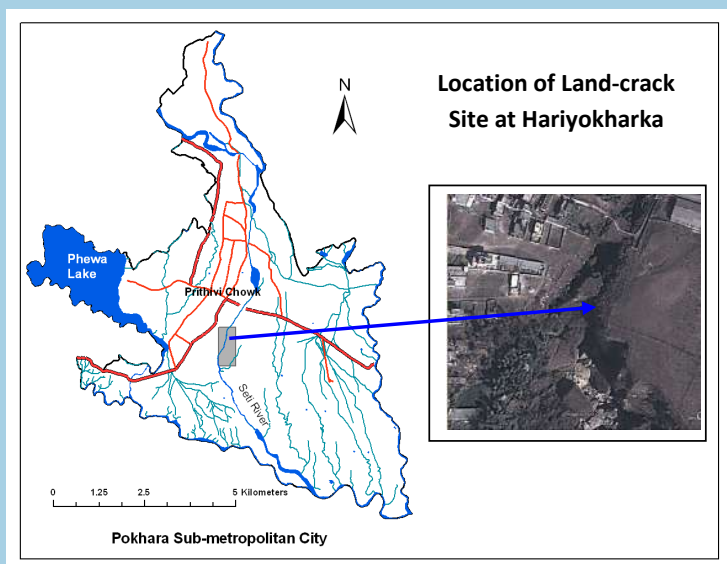
*Khair Lake Trek	4060	7 -10	Med	⊙	Mountain view, Rhododendron Forest, Yak Cheese Factory, yak blood drink
*Mardi Himel Bas CampTrek	4120	6~ 8	med.-hard	○	Just the bottom of Mt. Machhapuchhre, Few trekkers, Very rich nature, probably no water
*Upper Mustang Trek	3950	12~14	med.-hard	○	Walled city, Tibetan culture and scenery
*Nyagi Trek	3210	5~10	med.-hard	△	Community based tourism, Ethnic group (Pun-Magar), Basic logistic facilities, Home stay
*Tilicho Trek	5200	15	hard	⊙	Varied course; from flat easy hiking to hard the Tilicho lake trekking, Blue Sheep
*Nar-Phu Trek	5320	8~14	med.-hard	○	New open route, Tibetan culture and scenery
*Manaslu Circuit Trek	5100	16~20	med.-hard	△	Long trek on step trails, Great view of Mt. Manaslu north face
*Dhaulagiri Circuit Trek	5710	14~21	Very hard	△	Crampon, Ice axe are needed for crossing Glacier. Very Adventure trekking.
*Dolpa Trek	5115	18~24	med.-hard	△	Long walk with few villages, Great view of Mt. Dhaulagiri
*Dhorpatan Trek	3940	--	med.	△	Hunting Reserve. Blue sheep, ghoral serow, Himalayan tahr, black bear, pheasant, partridge etc. www.dnpwc.gov.np

*Requires trekking permission. Med= medium L= Lodge: ⊙ good, ○ acceptable, △ camping only, H Home stay



Chisakhola Veda Vidhyashram (Vedantic School)

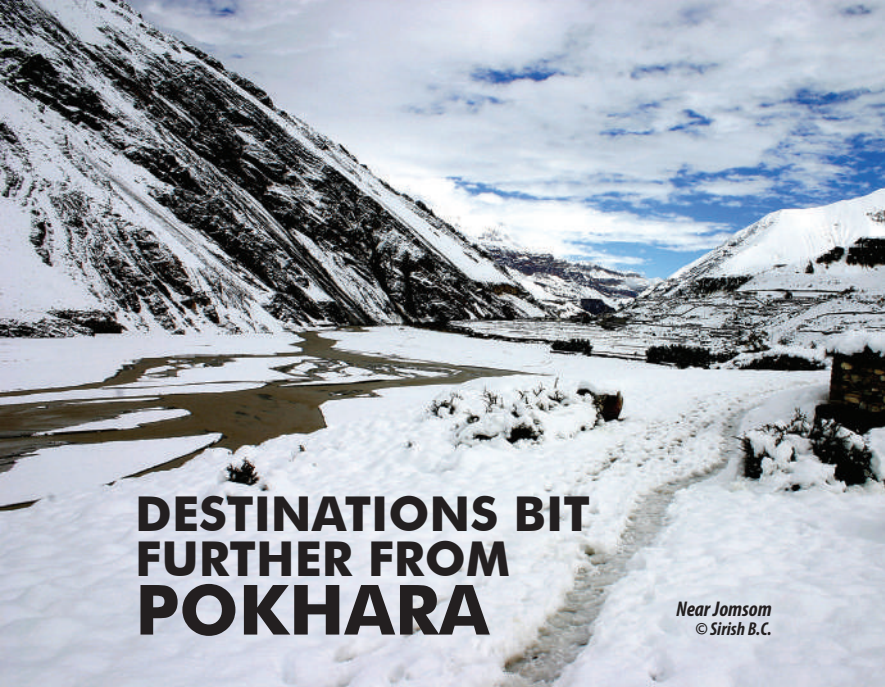
Located at Sarangkot VDC, this school is situated 6 km distance from Pokhara at elevation of 1000 meters above sea level. According to Mythical books, this place was the meditation spot of ancient sages. Vedantic teachers and preacher as have been constantly catering spiritual knowledge for more than 8 decades. The school area lies in the middle of a hill surrounded by thick greenery. Lovely mountain view and beautiful scene of Pokhara Valley can be observed in cool and tranquil environment.



CONVERSION OF POKHARA'S LAND-CRACK (DHARTIPHATA) INTO A GIFT:

Land-cracks are associated with the Seti river bank of Pokhara more specifically along the gorge sections. The gorge sections of the Seti river are spread from K.I. Singh Bridge to Ratopahiro / Dhungesangu. Geologically, these land-crack areas are so deep that they can be converted into natural attractions for different types of tourists. Hence, these areas are regarded as Pokhara's attractive sites, which have been remarkably shown by the Geological Engineering Environmental Map of Pokhara, 1998. Among such sites, the area between Hariyo Kharka (green pasture) and Ratopahiro is also pointed out as the most interesting one. The land-cracks of varying shape and size are spread over this area.

These nature created land-cracks were not to be worried during the period when there was no human occupancy around. As the human occupancy developed closer to its proximity, dangerous incidents started happening to human beings as well as domesticated animals. Thereafter, human concern about the safety of themselves also started to develop and some strategies of rescuing the victims were also applied. One of such burning examples of fallen incident and successful rescue is the event of a child named Akriti. However, this so-called extreme topography can be converted into a better spot of scenic beauty at the foothill of the Shangri-la or on the bottom of the Pokhara valley. For this, common commitment of Pokhareli made for the conversion of this ever-known extreme topography into municipal level garden can work for yielding positive result. It can be expected that the garden itself will be a unique and one of the best tourism products of Pokhara. This garden will contribute to revive the name and fame of Pokhara due to this extreme geologically unique part of the land.



DESTINATIONS BIT FURTHER FROM POKHARA

Near Jomsom
© Sirish B.C.



Mustang
© Sirish B.C.



Mukthinath
© Sirish B.C.

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 (6967m deep and 2km wide) at Dana which is deepest gorge in the world, large rhododendron forest at Ghorepani and Shaligram (fossil-stones which is worshipped by Hindus as the emblem of Lord Vishnu) on the bank of Kali Gandaki River. 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- Manthang and the famous Thorung Pass are major side - trips of this trekking routes.

MUKTINATH, DAMODARKUNDA, KAGBENI AND UPPER MUSTANG

It is believed that most of the holy gods and goddesses reside in the sacred mountains. Mountains are the places to worship. Muktinath (3802 m) is one of four major destinations of pilgrimages for Hindus and an important place for 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 place by helicopter. Recently, Pokhara-Jomsom road has been constructed and you can hire jeeps or other vehicles to get to this area. Likewise, Damodarkunda, Kagbeni, Lo-manthang and other important Hindu and Buddhist pilgrimage sites also lie in this area. This area is popularly known as sacred or holy place for Hindus and Budhists an also an important place for adventurous mountain trekkers.

Gorkha & Manakamana, 104 km East: Ancient capital of Prithvi Narayan Shah. It is a beautiful place with good view of Himalayan Mountains. Gorkha Palace, Gorakhkali Temple, Manakamana Temple of wish fulfilling Goddess and Newari town are the special attractions. You can reach the temple by ropeway of the only one in Nepal.

BANDIPUR (1344M): **www.bandipur tourism.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 Tahoona are the points of attraction.

Chitwan National Park, 160 km South: It is a National Park of the thick tropical jungle. You can enjoy wild life, elephant Safari and more.

Lumbini, 198 km South-West from Pokhara: Birthplace of Lord Buddha. Buddhist monasteries, Buddhist archaeological remains and Maya Devi Temple. 22 km west from Bhairahawa.



GENERAL INFORMATION

LOCATION

Pokhara lies at the central part of Nepal, 200 km west from Kathmandu. It is head quarter of Western Development Region, Gandaki Zone and Kaski District. Pokhara and surrounding is the most unique, picturesque and most attractive place in Nepal.

CLIMATE

Pokhara has tropical mild temperature, neither too cold in winter nor too 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 summer and a minimum of 6°C in winter. Monsoon starts from early June and ends in early September. Pokhara receives the heaviest rainfall in Nepal. 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

Visa Facility	Duration	Fee
Multiple Entry	15 days	US\$ 30
Multiple Entry	30 days	US\$ 50
Multiple Entry	90 Days	US\$ 125
Visa Extension (Within Valid Visa Period)		USD 3 per day
Visa Extension (With Multiple Entry)		Additional USD 25
Visa Extension (After Visa Expiration)		Late fee USD 5 per day

Visa Extension

Tourists can stay for a maximum of 150 days in a visa year (Jan 1 to Dec 31). Learn more about applying for Nepal visa via online: <http://online.nepalimmigration.gov.np/tourist-visa>

Normally, visa can be issued either on your arrival at the Tribhuvan International Airport Kathmandu or at major surface entry points like Kakarvitta, Sunauli, Birgunj, Nepalgunj and Mahendranagar. If you want to go trekking, you have to obtain entry permits to the area you are going for example ACAP for Annapurna region. Some places like Upper Mustang, Dolpo, Nar-Phu, Manaslu etc need special permits. However, some nearby places like Panchase do not need any type of permit. Permits to all regions are provided from Immigration Office, Pokhara and some from Nepal Tourism Board and ACAP.



Annapurna Range
© Susheel Shrestha

BANKS AND MONEY CHANGERS

There are several banks and many money changers along lake side 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 and Euro are mostly preferred currencies. Credit cards are accepted by most of the service providers, travel agencies and trekking agencies.

ACCOMMODATION

Pokhara offers wide varieties of accommodation facilities suited for almost all types of travelers. Whether it is for backpackers or business executives, Pokhara's numerous hotels and lodges give everyone comfort only second to their own homes. Fulbari Resort & Spa and Pokhara Grande are the two 5 star hotels in Pokhara. Likewise, there are 4 star, 3 star, 2 star, 1 star, non star hotels and many lodges, guest houses available in Pokhara. There are about 500 tourist standard hotels with 12000 bed capacities.

FOOD & BEVERAGE

You can get almost all types of world renowned cuisines including western, continental and local food. There are many tourist standard restaurants, real beans coffee shops, bars, night clubs, music dance clubs and traditional dance show places for day and night life entertainments. You get all sorts of Liquors at lakeside.

ENTERTAINMENT FACILITIES

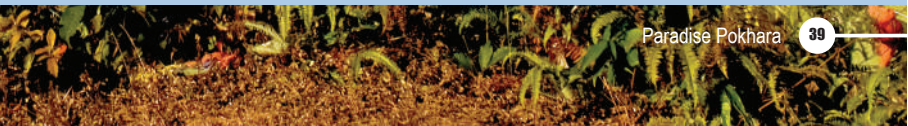
Pokhara has recently become a spot for gambling too. Two casinos are in operation at Fulbari Resort and Pokhara Grande Hotel. Shopping, Culture Dance Show, Live Band, Clubs, Disco and many more Night life are available.

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.





EVENTS AND FESTIVALS

Teej Festival
© Thomas L. Kelly



Dashain Festival
© Thomas L. Kelly

Dashain: This is the main festival observed mainly by the Hindus to commemorate wars in which truth is victorious. It is a 10days' 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 oxen 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.

Teej: 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., 2020.



MAIN ANNUAL TOURISM EVENTS IN POKHARA

Phewa Lake & Paragliding
© Susheel Shrestha

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., 2028.

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 Paddy 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, tillers, diggers and a team of women with their colorful saris are directly involved.

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.

www.welcomenepal.com

Major Tourism Related Government Institutions and Industry Associations in Pokhara

S.No.	Name of Organization	Phone	E-mail	Website	Remarks
1.	Nepal Tourism Board, Pokhara	465292		www.welcomenepal.com	City Telephone Code 061
2.	Tourism Office, Pokhara	520028			
3.	Immigration office, Pokhara	465167			
4.	Tourist Police, Damside	462761			
5.	Annapurna Conservation Area Project (ACAP)	463376			
6.	Pokhara Tourism Council	462489	pokharatourism@yahoo.com	www.pokharatourism.org	
7.	Western Regional Hotel Association	461474	pokharahotels@gmail.com	www.pokhara-hotels.org	
8.	Nepal Association of Tour and Travel Agents (NATTA)	463114	nattapokhara@gmail.com	www.nattapokhara.com	
9.	Trekking Agencies' Association of Nepal (TAAN)	463033	info@taanpokhara.com	www.taanpokhara.com	
10	Restaurants and Bar Association Nepal (REBAN)	466893	pokharareban@yahoo.com	www.rebanpokhara.com	
11.	Nepal Mountaineering Association (NMA)	460742	office@nepal.mountaineering.org	www.nepalmountaineering.org	
12.	Trekking Equipment Shop Association (TESA)				
13.	Embroidery and Garment Association (EGA)				
14.	Pokhara Chamber of Commerce and Industry (PCCI)	525264	pccipkr@pinet.com.np	www.pokharachamber.org.np	
15.	Nepal Air Sports Association	464826			



Mt. Fishtail
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*Lifetime
Experiences!*

