

# Family Nepal Discovery: Kathmandu, Pokhara & Nature Trails for Kids

Prepared by TourGrids

Destination  
**Nepal**

Duration  
**4 Nights 5 Days**

Starting from  
**Rs. 28,000 / person**

## ITINERARY ROUTE

📍 **Kathmandu · 2N**

📍 **Pokhara · 2N**

<https://tourgrids.com/packages/nepal/nepal-4-nights-5-days-package-1026>

## Overview

---

Family Nepal Discovery: Kathmandu, Pokhara & Nature Trails for Kids is a thoughtfully designed 4-night / 5-day Nepal tour package ideal for families seeking culture, gentle adventure and nature-based educational activities for children. This Nepal Family tour package combines the historic charm of Kathmandu with the tranquil lakeside life of Pokhara, plus soft nature trails and kid-friendly experiences that make it one of the top Nepal Family packages for 4 and 5 day travelers.

### Highlights:

- Kathmandu Durbar Square & Swayambhunath (Monkey Temple)
- Boudhanath Stupa – family-friendly spiritual visit
- Scenic Kathmandu–Pokhara flight (optional drive)
- Phewa Lake boating & Lakeside leisure in Pokhara
- Easy nature trails, birdwatching & interactive kid activities

Note: This 4 and 5 Nepal Family tour package is paced to allow rest, photo stops and activities suited for children aged 4+.

#### ✓ **What's Included**

- ✓ 4 nights accommodation: 2 nights in Kathmandu + 2 nights in Pokhara at family-friendly hotels (standard or boutique options)
- ✓ Daily breakfast at hotels
- ✓ Private airport transfers on arrival and departure
- ✓ Domestic round-trip flights between Kathmandu and Pokhara (or private road transfer on request)
- ✓ Private, licensed English-speaking guide for sightseeing days
- ✓ All entrance fees for listed monuments and museums
- ✓ Family boat ride on Phewa Lake
- ✓ Nature walk with local naturalist in Pokhara
- ✓ All applicable government taxes
- ✓ Child-friendly amenities (on request): baby cot, extra bed, child seat in vehicle.

#### ✗ **Not Included**

- ✗ International airfare to/from Nepal
- ✗ Nepal visa fees (obtainable on arrival or online)
- ✗ Travel insurance (recommended)
- ✗ Some meals and drinks not specified in inclusions
- ✗ Personal expenses, tips/gratuities, laundry
- ✗ Optional activities (paragliding, ultra-light flights, mountain flights) unless requested
- ✗ Any high-season or festival surcharges
- ✗ Note: Optional excursions and upgrades can be added to customize this Nepal Family Retreat tour package.

## Day-by-Day Itinerary

---

Day

1

### **Arrival in Kathmandu & Evening at Thamel**

Arrive at Tribhuvan International Airport, Kathmandu where your private family-friendly transfer will meet you and take you to your hotel in Thamel/Lalitpur. Settle in and relax after the flight. In the evening take a short, easy walk through Thamel for colorful shops and family-friendly dining. Optional visit to the serene Garden of Dreams to unwind.

Tip: Keep the first day light to allow children to acclimatize.

Day

2

### **Kathmandu Heritage & Kid-Friendly Cultural Sites**

A full day of gentle sightseeing with a private English-speaking guide. Visit Swayambhunath (Monkey Temple) for panoramic views and kid-friendly exploration, then continue to the enormous and serene Boudhanath Stupa to experience Tibetan culture. After lunch head to Kathmandu Durbar Square (or Patan Durbar Square for a quieter option) to see traditional palaces and crafts; stop by the Kumari (living goddess) viewing area if available.

Activities include short storytelling sessions at sites to engage children, and time for souvenir shopping at artisanal stalls.

Important: Some temples have modest dress codes – keep shoulders and knees covered for respectful entry.

Day

3

### **Travel to Pokhara – Lakeside Leisure**

This morning take a quick scenic domestic flight to Pokhara (approx. 25 minutes) – a great option for families with limited time. Optional: scenic drive approx. 6–7 hours by private vehicle for those who prefer road views.

Arrive at Pokhara Lakeside, check in and enjoy a relaxed afternoon by Phewa Lake with a family boat ride to Tal Barahi Temple on the island. Evening free to explore Lakeside markets and family-friendly cafes.

Tip: The flight offers mountain views when weather permits – try to book window seats and check weather the night before.

Day

4

## Nature Trails & Kid-Friendly Activities in Pokhara

A full day focused on nature and gentle outdoor learning: start early (optional) with a short drive to Sarangkot for sunrise views of the Annapurna range — perfect for family photos. Return for a nature walk with a local naturalist along safe, easy trails near Seti River and Lakeside, where kids learn about local birds, flora and sustainable practices.

Visit Davis Falls and Gupteshwor Cave (short, accessible walks) and the International Mountain Museum for interactive exhibits about Himalayan life and mountaineering. End the day with relaxed playtime at the lakeshore.

Note: Trails are selected for easy terrain and child safety; strollers may not be suitable for some short trail sections.

Day

5

## Return to Kathmandu & Departure

After breakfast transfer to Pokhara Airport for your domestic flight back to Kathmandu (or drive if previously chosen). Arrive in Kathmandu with time for last-minute shopping or a short cultural stop depending on flight schedule before transfer to Tribhuvan International Airport for your onward journey.

Important: Domestic flight schedules can change due to weather — allow flexible onward international connections.

## ? Frequently Asked Questions

---

### ? What is the best time to visit Nepal?

Nepal's prime seasons are October–November (post-monsoon) and March–April (spring). October–November offers crystal-clear skies, superb mountain views, and major festivals like Dashain and Tihar, making it ideal for trekking and sightseeing. March–April brings blooming rhododendrons, pleasant weather, and fewer crowds. Winter (December–February) is cooler with snow at higher elevations, perfect for budget travelers seeking discounts. Monsoon season (June–September) brings lush landscapes but frequent rains, landslides, and leeches on trails. For snow experiences, visit December–February at hill stations like Kalinchowk or Upper Mustang. Spring and autumn are best for trekking, while winter offers clear mountain views with crisp air.

---

## ❓ **How can Indian citizens reach Nepal?**

Indians can reach Nepal by air, road, or rail. By air, fly to Tribhuvan International Airport (Kathmandu), Gautam Buddha Airport (Bhairahawa), or Pokhara International Airport from Delhi, Mumbai, Kolkata, Varanasi, and Bengaluru. By road, major border crossings include Sunauli-Bhairahawa (for Lumbini/Pokhara), Raxaul-Birgunj (fastest to Kathmandu), Panitanki-Kakarbhitta (eastern Nepal), and Banbasa-Mahendranagar (far-west). Good highways connect borders to major cities. By rail, take Indian Railways to Jayanagar-Janakpur-Kurtha line or reach border towns like Gorakhpur, Raxaul, then cross by road. Road travel offers scenic views but expect monsoon delays due to landslides.

---

## ❓ **Do Indian citizens need a visa for Nepal?**

No, Indian citizens do not need a visa to visit Nepal. However, you must carry valid identification – either an Indian passport or Voter ID with photograph. Aadhaar cards are generally not accepted for air travel, so check current requirements before departure. Children should carry valid photo ID as required by airlines and immigration authorities. This visa-free access makes Nepal one of the most convenient international destinations for Indians. You can stay for extended periods, but if planning to work or study, additional permits may be required. Always verify the latest entry requirements before travel, as policies can change.

---

## ❓ **What are the local transportation options within Nepal?**

Nepal offers various transportation options. In cities, use metered taxis or ride-hailing apps like Pathao and Tootle (available in Kathmandu/Pokhara). City buses and microbuses are the cheapest option, with Sajha Yatayat operating key routes in Kathmandu Valley. For intercity travel, choose tourist buses or private cars for comfort to destinations like Pokhara, Chitwan, and Lumbini. Domestic flights save time to Pokhara, Bharatpur (Chitwan), Lukla, and other destinations. Motorbikes and bicycles are popular in Pokhara and Thamel for short distances. For mountain areas, jeeps and local buses connect remote regions, though roads can be challenging during monsoon season.

---

## ❓ **Where should I stay in Nepal and what accommodation options are available?**

Kathmandu's Thamel district is perfect for budget travelers and trekkers, offering guesthouses, hostels, and mid-range hotels. Durbar marg and Lazimpat provide upscale options. In Pokhara, stay in Lakeside for lake views, restaurants, and easy access to activities. Luxury options include Dwarika's Hotel and Hyatt Regency (Kathmandu), Temple Tree Resort and Fish Tail Lodge (Pokhara). For wildlife, choose jungle lodges in Chitwan like Meghauri Serai or Barahi Jungle Lodge. Hill stations like Nagarkot and Bandipur offer mountain view resorts. Budget travelers can find Zostel hostels, homestays, and guesthouses starting from \$5-15/night. Mid-range hotels cost \$25-60, while luxury resorts range \$100-300+ per night.

---

## ❓ What are the must-visit attractions in Nepal?

Nepal's top attractions include Kathmandu Valley's UNESCO sites: Pashupatinath Temple, Boudhanath Stupa, Swayambhunath (Monkey Temple), and the Durbar Squares of Kathmandu, Patan, and Bhaktapur. Pokhara offers Phewa Lake, World Peace Pagoda, and Sarangkot for sunrise views. Chitwan National Park provides jungle safaris for rhinos and tigers. Lumbini, Buddha's birthplace, features sacred gardens and international monasteries. For trekking, visit Everest region (fly to Lukla) or Annapurna region for Poon Hill and Annapurna Base Camp treks. Nagarkot and Dhulikhel offer Himalayan sunrise views near Kathmandu. Adventure seekers should try Everest mountain flights, paragliding in Pokhara, and white-water rafting on various rivers.

## ❓ What local food and cuisine should I try in Nepal?

Nepal's staple dish is Dal Bhat – lentils, rice, vegetable curries, and pickles, offering unlimited refills. Try momos (dumplings) with spicy chutney, available in vegetarian, chicken, or buffalo varieties. Thukpa and thenthuk are hearty Tibetan-style noodle soups. Sample Newari cuisine including bara (lentil pancakes), choila (spiced meat), chatamari (Nepali pizza), and yomari (sweet dumplings). Other specialties include sel roti (festival rice doughnut), gundruk (fermented greens curry), aloo tama (bamboo shoot curry), and sekuwa (grilled meat). Drink masala chai, tongba (warm millet brew), or local raksi spirit. Popular restaurants include Bhojan Griha and Thamel House (Kathmandu), and Moondance and Rosemary Kitchen (Pokhara).

## ★ Traveller Reviews



**Chetan Khatri**

★★★★☆ 4/5

### Well-Scheduled Tours

The tours were well-scheduled without feeling rushed. It allowed for plenty of exploration and relaxation time.



**Priya Joshi**

★★★★★ 5/5

### A Spiritual Journey

The spiritual sites visited during the tour were enlightening and peaceful. I highly recommend this tour for anyone seeking spirituality.



**Anshul Sinha**

★★★★☆ 4/5

### **Vast Array of Experiences**

This tour packed a vast array of experiences into a short period! I was surprised at how much we accomplished!



**Garima Sharma**

★★★★★ 5/5

### **Stunning Sunrise Views**

Watching the sunrise over the Himalayas was a life-changing experience! Highly recommend it.



**Kiran Gupta**

★★★★★ 5/5

### **Endless Adventure Opportunities**

There's no shortage of adventures in Nepal! From trekking to paragliding, it's an adventure lover's dream.

## **⚡ Why Choose TourGrids?**

Because your dream vacation deserves the best! From expert advice to personalized trips, easy booking, and unbeatable deals — we make travel stress-free and fun!

### **⚡ Expert-Guided Planning**

Personalized guidance from verified travel experts who understand your needs.

### **⚙️ Customizable Packages**

Tailor your trip your way — destinations, experiences, budget. All up to you!

### **🛡️ Hassle-Free Booking**

Smooth, secure, and simple booking process without any stress or confusion.

### **🏷️ Best Price Guarantee**

Multiple free quotes and booking at the most competitive rates available.

For the latest pricing, availability, and customization options, visit:

<https://tourgrids.com/packages/nepal/nepal-4-nights-5-days-package-1026>