

Family Adventure in Nepal: Short Trekking, River Rafting & Cultural Shows

Prepared by TourGrids

Destination
Nepal

Duration
5 Nights 6 Days

Starting from
Rs. 29,500 / person

ITINERARY ROUTE

↩ Kathmandu · 3N

↩ Pokhara · 2N

<https://tourgrids.com/packages/nepal/nepal-5-nights-6-days-package-1031>

Overview

a compact, active and family-friendly 5 nights / 6 days Nepal tour package designed for travelers who want a mix of light trekking, thrilling river rafting and rich cultural experiences. Perfect as a short Nepal Adventure tour package or a family holiday, this itinerary balances adventure with comfort and culture.

Highlights:

- Short Trek to Dhampus/Australian Camp with panoramic views of the Annapurna Range
- Phewa Lake, Pokhara Lakeside boat ride and lakeside leisure
- Trishuli River Rafting (1-day white-water rafting) – family-friendly rapids
- Kathmandu Valley Cultural Tour including Pashupatinath, Boudhanath and Kathmandu Durbar Square
- Traditional Nepali Cultural Show & Dinner in the evening

This package is suitable for families, beginners in trekking and travelers seeking a balanced Nepal Adventure package in a short time frame.

✓ What's Included

- ✓ 5 nights' accommodation (3 nights in Kathmandu, 2 nights in Pokhara) at 3/4 family-friendly hotels
- ✓ Daily breakfast at hotels
- ✓ Private transfers and transportation by comfortable vehicle
- ✓ Airport pick-up and drop-off service
- ✓ Experienced English-speaking tour guide for sightseeing and trekking days
- ✓ Short trek guide and local support for Dhampus/Australian Camp
- ✓ One-day Trishuli River Rafting including equipment, safety briefing and professional rafting crew
- ✓ Entrance fees to monument sites mentioned in the itinerary
- ✓ Traditional Nepali cultural show & farewell dinner (as mentioned)
- ✓ All applicable government taxes and service charges
- ✓ Emergency assistance from our local office

✗ Not Included

- ✗ International airfare to/from Kathmandu
- ✗ Nepal visa fee on arrival (payable at the airport)
- ✗ Travel insurance (strongly recommended)
- ✗ Meals not specified in the program (lunches & additional dinners unless stated)
- ✗ Personal expenses (drinks, tips, laundry, phone calls)
- ✗ Optional activities and entry fees not listed in inclusions
- ✗ Single-room supplement (if you prefer a private room for single travelers)
- ✗ Any COVID-19 related tests, quarantines, or health-related charges
- ✗ Note: This package can be customized – add domestic flights, upgrade hotels, extend trekking days or include Chitwan wildlife activities on request.

Day-by-Day Itinerary

Day

1

Arrival in Kathmandu — Welcome & Orientation

Arrive at Tribhuvan International Airport (Kathmandu) where your private representative will greet you and transfer you to your hotel in Thamel/Kathmandu Valley. After check-in and a short rest, enjoy a relaxed orientation walk through Thamel — the lively tourist neighborhood. Evening at leisure or optional welcome dinner. Early arrivals may choose to rest to recover from the flight.

Day

2

Drive to Pokhara — Lakeside Arrival & Sunset by Phewa Lake

After breakfast, drive (approx. 6–7 hours) to Pokhara via the scenic highway. En route short stops for photos and refreshments. Arrive in Pokhara, check-in at the hotel by Phewa Lake. In the late afternoon enjoy a boat ride on Phewa Lake and a lakeside stroll to see the Machhapuchhre (Fishtail) and Annapurna views at sunset. Comfortable drive with scenic stops — bring a light jacket for the evening breeze.

Day

3

Short Trek to Dhampus or Australian Camp — Mountain Panorama

Start early for a short, family-friendly trek to Dhampus or Australian Camp (3–4 hours round trip depending on pace). These viewpoints offer spectacular sunrise and panoramic views of the Annapurna range including Machhapuchhre, Annapurna South and Dhaulagiri. Return to Pokhara in the afternoon for relaxation and optional lakeside activities. The trek is suitable for children and beginners; ensure comfortable walking shoes and water.

Day

4

Drive Back to Kathmandu with Trishuli River Rafting Adventure

Early departure from Pokhara to Kathmandu. Break the journey for an exciting Trishuli River Rafting session (half-day) — suitable for families and beginners with experienced guides. Enjoy scenic riverbanks and manageable rapids, followed by lunch. Continue the drive to Kathmandu and arrive in the evening. River rafting includes professional guides, safety briefings and equipment; swimmers should be comfortable in water.

Day

5

Kathmandu Valley Cultural Tour & Evening Cultural Show

Explore key cultural sites of the Kathmandu Valley: visit Pashupatinath Temple (viewing the sacred Bagmati River cremation ghats), then Boudhanath Stupa — one of the largest stupas in South Asia. Continue to Kathmandu Durbar Square (or Patan Durbar Square on request) to see palaces, temples and rich Newari architecture. In the evening enjoy a traditional Nepali cultural show & farewell dinner with classical music and folk dances. Dress modestly for temple visits; cameras allowed in most public areas but be respectful at religious sites.

Day

6

Departure — Transfer to Airport

After breakfast, enjoy some final free time in Thamel for last-minute shopping or sightseeing. At the scheduled time, your representative will transfer you to Tribhuvan International Airport for your onward flight. If you need an early morning transfer or extended stay, let us know — we can arrange extensions or extra nights.

? 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. Durbarmarg 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!

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Customizable Packages

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

Hassle-Free Booking

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