



[www.andBeyond.com](http://www.andBeyond.com)

## NEPAL'S MANY ATTRACTIONS READY TO RECEIVE VISITORS December 2015

Filled with natural beauty and fascinating heritage, Nepal has recovered from the effects of an earthquake in early 2015 and its many tourist attractions are once again ready and waiting to welcome visitors.



Stretching from the Indian plains to the soaring heights of the Himalaya Mountains, Nepal is a country of fascinating contrasts and contradictions. Spectacular natural riches combine with a vibrant culture and an ever-present sense of history in this magnificent melting pot. Home to 10 of the world's 14 highest mountains, the country offers a magnificent setting for trekking and mountaineering, as well as some of the world's best white water rafting and countless other adventure activities.



Ringed with rugged hills, the Kathmandu Valley is a treasure trove of ancient temples and palaces. While this was the area most affected by the earthquake, many areas of interest in the city have either remained intact or have been quickly and painstakingly repaired. Cramped with foot traffic and rickshaws, the winding streets of the old town hide unexpected delights, from out of the way temples, courtyards fragrant with spice and ancient workshops to magnificent wooden carvings on the windows of old buildings and the roof struts of temples. Nearby attractions include the Pashupatinath Temple, a UNESCO World Heritage Site located on the banks of the holy Bagmati River, as well as the Bodnath Stupa, the holiest Tibetan Buddhist temple outside of Tibet and the Swayambhunath, a 2 500-year-old monument overlooking Kathmandu valley.



Apart from its wealth of historical buildings, Kathmandu is also the ideal starting point for a wide range of adventures, including trekking, white water rafting and other sports. From here, guests can marvel take off on a scenic helicopter flight that offers breath-taking views of an endless chain of snow-capped peaks, including Mount Everest, the world's highest mountains, as well as spectacular panorama of glaciers and lakes. A 15-day high altitude trek will take experienced hikers to Everest Base Camp, while those slightly less adventurous can enjoy an al fresco breakfast at 2 200 metres (7 200 feet) after enjoying a sunrise view of the mountains.

The Annapurna region is known for some of the world's best trekking routes and adventurers can choose from a variety of long or short routes, many of which feature magnificent views of the impressive Mount Machhapuchhare. The area also offers a variety of adventure activities, including paragliding, ultralight flights, zipline adventures and white water rafting. Those in search of a gentler adventure can indulge in bird watching, horse riding and fishing.



[www.andBeyond.com](http://www.andBeyond.com)

Nepal's remote national parks boast a variety of wildlife, from the powerful Bengal tiger to the rare snow leopard, the one-horned rhino and the Himalayan black bear. Chitwan National Park offers 4x4, elephant and boating safaris, as well as guided walking tours. Visitors can also marvel at the area's endangered crocodile species at the park's crocodile breeding centre.

Experience the many cultural and natural attractions of [Nepal on the Nepalese Mountain Tour & Jungle Safari](#). To find out more, contact your preferred travel provider or log on to [www.andBeyond.com](http://www.andBeyond.com).

ISSUED BY: [media@andBeyond.com](mailto:media@andBeyond.com)  
[www.andBeyond.com](http://www.andBeyond.com)

#### ABOUT &BEYOND

&Beyond is one of the world's leading luxury experiential travel companies, designing personalised luxury safaris in 15 African countries, as well as arranging bespoke tours in India, Bhutan, Sri Lanka, Nepal, Chile and Argentina. The company also owns and operates 33 extraordinary lodges and camps in Africa and India that positively impact more than 9 million acres of wildlife land. Established in 1991, &Beyond takes exceptional care of its guests in order to make a difference; its commitment to sustainable responsible travel, conservation and community empowerment has been globally recognised with multiple awards over the years.

Please note: We are legally required to use the font 'trebuchet' when printing the ampersand in '&Beyond'. If this is not possible, please kindly write it out in full, i.e. 'andBeyond'. The referring website in your article should be: [www.andBeyond.com](http://www.andBeyond.com)