



Phattisar (Sundar Bhawan), Kathmandu, Nepal

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ABOUT US

Namaste Tourism & Holidays is a travel and tours-based company established with the purpose of providing various tourism-related services at both international as well as national levels. The services NAMASTE Tourism and Holidays provide include worldwide Ticketing, Inbound and Outbound Tours, Worldwide hotel booking, Visa processing, Travel Insurance, Car Rental Services, Heli Charter & Rescue, Trekking & Climbing, Kailash Mansarovar Yatra, and so on. We provide tours & trekking to our clients according to their interests and preferences. We are dedicated and promise to our valued customers and their satisfaction. We have professional helping hands to support our clients in every way forever.

Southeast Asia:

Offer tours to countries like Dubai, Thailand, Vietnam, Cambodia, and Indonesia, where travelers can experience diverse cultures, ancient temples, and beautiful beaches.

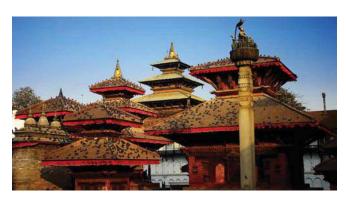
Tour in Nepal:

Nepal is a beautiful country with diverse landscapes, rich culture, and adventure opportunities. As Namaste Tourism and Holidays, organizing both inbound and outbound tours from Nepal offers a fantastic range of possibilities.

Cultural Tours to Kathmandu -2 Night 3 Days

Explore UNESCO World Heritage Sites like Kathmandu Durbar Square, Bhaktapur Durbar Square & Patan Durbar Square. Visit ancient temples, monasteries, and stupas like Swayambhunath and Boudhanath.

- UNESCO Sites: Explore Kathmandu's ancient squares and temples.
- Spiritual Sites: Visit sacred Hindu and Buddhist shrines.
- Cuisine: Taste authentic Newari dishes in traditional settings.
- Art and Craft: Discover local artisans' workshops and markets.
- Thangka Painting: Try your hand at this ancient art form.
- Museums and Galleries: Explore cultural heritage & contemporary art.
- Architecture: Marvel at medieval temples and palaces.
- Bhaktapur: Step back in time in this well-preserved ancient city.
- Cultural Exchange: Engage with local communities and experts.
- Rich Heritage: Immerse yourself in Nepal's vibrant cultural identity.







Family tour to Kathmandu & Pokhara - 5 nights 6 days

Nepal is an excellent choice, offering a blend of cultural exploration, natural beauty, and adventure suitable for all ages. Kathmandu, the capital city of Nepal, is a vibrant and culturally rich metropolis and Pokhara offers a perfect blend of natural beauty, adventure activities, cultural attractions, and relaxation opportunities, making it a must-visit destination for travelers to Nepal.

- Cultural Delights: Explore Kathmandu's heritage sites & Pokhara's scenic beauty.
- Adventure and Relaxation: Enjoy boating, sunrise views, and sunset.
- Family Fun: Engage in interactive activities suitable for all ages.
- Cuisine and Shopping: Taste local flavors and shop for souvenirs.
- Educational Experiences: Learn about Nepali culture and wildlife.
- Entertainment: Attend cultural shows and performances.
- Memorable Moments: Create lasting family memories in Nepal's cities.

Wildlife Safaris - 2 Night 3 days

Visit national parks like Chitwan and Bardia for wildlife safaris to see rhinos, tigers, elephants, and various bird species.

- Wildlife Spotting: Encounter elephants, rhinos, tigers, and birds in their natural habitat.
- Jungle Excursions: Explore by foot, elephant safari or jeep safari with experienced guides.
- Nature Activities: Enjoy walks, birdwatching, and canoeing in scenic surroundings.
- Tranquil Accommodation: Stay in jungle lodges / resort surrounded by nature.
- Memorable Experiences: Create lasting memories of thrilling wildlife encounters.
- Expert Guidance: Benefit from knowledgeable guides enhancing your safari experience.
- Adventure and Relaxation: Balance exciting safaris with peaceful moments in nature.
- Scenic Landscapes: Marvel at the beauty of diverse jungle ecosystems.



Muktinath Tour - 6 Night 7 days

A pilgrimage tour to Muktinath is a sacred journey for Hindus and Buddhists alike, offering a deeply spiritual experience amidst the stunning landscapes of the Mustang region in Nepal.

- Spiritual Journey: Visit Muktinath Temple, a sacred Hindu and Buddhist site.
- Himalayan Views: Enjoy stunning mountain scenery along the journey.
- Holy Bath: Take a purifying bath under the 108 water spouts.
- Cultural Experience: Immerse in local culture and interact with residents.
- Adventure: Trek or ride through rugged terrain to reach Muktinath.
- Scenic Beauty: Discover the unique landscapes of the Mustang region.
- Religious Rituals: Participate in prayers and rituals at the temple.
- Reflection: Reflect on the spiritual significance of the journey.



Lumbini Tour

Lumbini tour takes visitors to the birthplace of Lord Buddha located in southern Nepal. This sacred pilgrimage site is adorned with monasteries, stupas, and archaeological ruins, reflecting Buddhist architecture and culture from around the world. Visitors can explore the Maya Devi Temple, the exact spot where Buddha was born, and the Ashoka Pillar, erected by Emperor Ashoka to commemorate his visit to Lumbini. The tour offers spiritual insights, cultural immersion, and a serene atmosphere for reflection and meditation.

- Birthplace of Buddha: Visit the Maya Devi Temple, marking the exact spot where Buddha was born.
- Sacred Sites: Explore monasteries, stupas, and archaeological ruins in the spiritual heart of Buddhism.
- Ashoka Pillar: See the pillar erected by Emperor Ashoka to honor Buddha's birthplace.
- Cultural Immersion: Experience Buddhist architecture and culture from around the world.
- Serene Atmosphere: Enjoy a peaceful setting for reflection and meditation in Lumbini.



Golf Tour in Nepal -3 Night 4 Days

Experience the thrill of golf amidst the stunning landscapes of Nepal with our Nepal Golf Tour package. While Nepal is renowned for its high mountains and temples, it's also emerging as a golf destination. The Gokarna Forest Golf Resort, a premier destination in South Asia boasting 18 holes spread across 72 courses, offers a unique golfing experience amidst breathtaking Himalayan scenery.

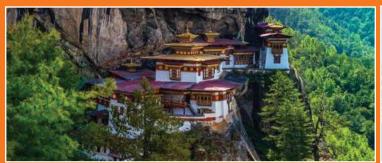
- Golf amidst Nepal's stunning landscapes.
- Premier courses, including Gokarna Forest Golf Resort.
- Unique opportunity amid breathtaking Himalayan scenery.

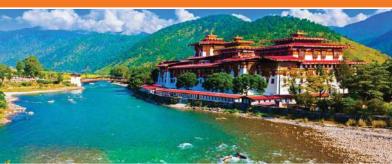


Bhutan Tour - 4 Night 5 Days

Discover the mystical kingdom of Bhutan, known for its pristine landscapes, ancient monasteries, and Gross National Happiness philosophy.

- Happiness Nation: Experience Bhutan's unique focus on Gross National Happiness.
- Scenic Beauty: Marvel at majestic mountains, lush valleys, and pristine forests.
- Ancient Sites: Visit iconic monasteries like Tiger's Nest and fortress-like dzongs.
- Cultural Immersion: Enjoy traditional dances, rituals, and festivals with friendly locals.
- Unique Architecture: Admire intricate woodwork and vibrant paintings in Bhutanese buildings.
- Traditional Life: Gain insights into Bhutanese spirituality, community, and culture.





Mount Kailash Tour - 10 Night 11 days

Mount Kailash is a deeply spiritual journey that attracts pilgrims from Hindu, Buddhist, Jain, and Bon faiths. Situated in Tibet, Mount Kailash is revered as the abode of Lord Shiva in Hinduism, and its circumambulation, known as the Kailash Mansarovar Yatra, is considered one of the most sacred pilgrimages in the world.

- Sacred Pilgrimage: Embark on a spiritual journey to Mount Kailash, revered as the abode of Lord Shiva in Hinduism and a sacred site in Buddhism, Jainism and Bon faiths.
- Himalayan Scenery: Marvel at the breathtaking Himalayan landscapes as you travel through Nepal and Tibet en route to Mount Kailash, with views of majestic peaks and serene valleys.
- Circumambulation of Mount Kailash: Undertake the sacred ritual of Kora (circumambulation) around Mount Kailash, a trek that holds immense religious significance and spiritual resonance for pilgrims.
- Lake Manasarovar: Visit the sacred Lake Manasarovar, located near Mount Kailash, known for its crystal-clear waters and religious significance in Hinduism and Buddhism.
- Spiritual Practices: Engage in prayers, meditation, and rituals alongside fellow pilgrims, experiencing the spiritual energy and sanctity of the region.
- Cultural Exploration: Immerse yourself in the rich cultural heritage of Tibet, interacting with local Tibetans and learning about their customs, traditions, and way of life.
- High-Altitude Adventure: Challenge yourself with the high-altitude trekking and physical demands of the journey, gaining a sense of accomplishment and resilience along the way.
- Pilgrimage Route: Follow in the footsteps of countless pilgrims who have journeyed to Mount Kailash for centuries, connecting with a timeless tradition of devotion and reverence.







Tibet Overland Tour

- 7 Night 8 Days

Journey to the roof of the world and explore the rich Buddhist culture, stunning landscapes & historic sites like the Potala Palace in Lhasa.

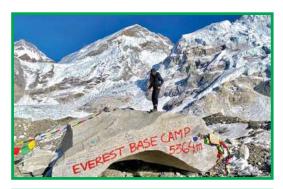
- Himalayan Majesty: Experience the breathtaking beauty of the Himalayas.
- Cultural Immersion: Explore ancient monasteries, temples, and Tibetan towns.
- Potala Palace: Visit the iconic residence of the Dalai Lama in Lhasa.
- Mount Everest Base Camp: Journey to the world's highest peak for awe-inspiring views.
- High-Altitude Adventure: Traverse rugged terrain and high mountain passes.
- Spiritual Journey: Engage in Tibetan rituals and immerse yourself in Buddhist culture.
- Scenic Drives: Enjoy picturesque landscapes and stunning vistas along the route.
- Nomadic Encounters: Encounter Tibetan nomads & learn about their traditional way of life.
- Yak Rides and Yak Butter Tea: Experience authentic Tibetan hospitality and cuisine.

Trekking and Hiking Adventures: Nepal is famous for its trekking routes, these treks offer stunning mountain views, diverse landscapes, and encounters with local cultures.

Everest Base Camp Trek (EBC) -12 days

The Everest Base Camp trek is a legendary adventure that takes trekkers to the foot of the world's highest peak, Mount Everest. Along the journey, you'll traverse through picturesque Himalayan landscapes, charming Sherpa villages, and ancient monasteries. The trek offers breathtaking views of iconic peaks like Everest, Lhotse, and Nuptse. It's a challenging yet rewarding experience, allowing you to immerse yourself in the natural beauty and rich cultural heritage of the Everest region.

- Spectacular views of Mount Everest and surrounding peaks.
- Immersion in Sherpa culture and hospitality.
- Tengboche Monastery with Mount Everest backdrop.
- Everest Base Camp: Starting point for Everest expeditions.
- Kala Patthar: Panoramic viewpoint for sunrise over Everest.
- High-altitude experience above 5,000 meters.
- Encounter with Khumbu Glacier and Icefall.







Thrilling Everest Heli-tour & Sunrise Breakfast

The adventure of a lifetime with our Thrilling Everest Heli-tour & Sunrise Breakfast. Soar high above the majestic Himalayas aboard a thrilling helicopter ride to the iconic Everest region. Witness breathtaking vistas of snow-capped peaks and rugged landscapes as you journey towards the world's tallest mountain. As the sun begins its ascent, land near Everest for an exclusive breakfast experience at altitude. This unforgettable excursion with serene moments of tranquility, offering a truly remarkable way to experience the magic of Everest.

Annapurna Base Camp Trek (ABC) -7 to 9 Days

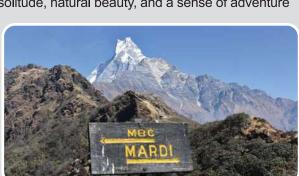
Traversing through lush rhododendron forests, quaint Gurung villages, and terraced farmlands, the trek offers stunning views of towering peaks like Annapurna South and Machapuchare (Fishtail). It's a moderate-level trek that showcases the diverse landscapes and rich cultural heritage of the Annapurna region.

- Stunning mountain views of Annapurna and Dhaulagiri ranges.
- Trek through diverse landscapes: lush forests, terraced fields & alpine meadows.
- Encounter traditional Gurung and Magar villages.
- Ghorepani Poon Hill: Sunrise views of Annapurna and Dhaulagiri ranges.
- Natural hot springs at Jhinu Danda for relaxation.
- Machapuchare Base Camp: Close-up views of the iconic "Fish Tail" mountain.
- Annapurna Base Camp: Surrounded by towering peaks, including Annapurna I.
- Glacier and moraine landscapes.
- Rich biodiversity in Annapurna Conservation Area.

Mardi Himal Trek (MHT) - 5 to 7 days

The Mardi Himal trek is a hidden gem in the Annapurna region, offering a less crowded and off-the-beaten-path experience. Trekkers venture through rhododendron forests, alpine meadows, and rugged terrain with stunning views of the Annapurna and Machapuchare (Fishtail) ranges. This trek is perfect for those seeking solitude, natural beauty, and a sense of adventure in the Himalayas.

- Scenic views of the Annapurna and Dhaulagiri ranges.
- Off-the-beaten-path trekking route with fewer crowds.
- Trek through lush rhododendron forests and traditional villages.
- Stunning sunrise and sunset views from High Camp.
- Close-up views of Machapuchare (Fishtail) mountain.
- Experience local Gurung culture and hospitality.
- Explore the serene alpine landscape of Mardi Himal Base Camp.
- Opportunities for birdwatching and wildlife spotting.
- Peaceful and tranquil surroundings away from the hustle and bustle.



Annapurna Circuit Trek (ACT) - 9 days

The Annapurna Circuit trek is a classic Himalayan adventure that circumnavigates the Annapurna massif. It offers diverse landscapes, from lush forests to arid valleys, with panoramic views of majestic peaks like Annapurna and Dhaulagiri. Along the way, trekkers encounter diverse cultures, passing through traditional villages inhabited by Gurung, Manangi, and Thakali communities. This trek is renowned for its natural beauty, cultural richness, and challenging yet rewarding terrain.

- Scenic Diversity: Explore varied landscapes, from lush forests to high-altitude desert.
- Annapurna Range Views: Enjoy breathtaking vistas of Annapurna and Dhaulagiri peaks.
- Thorong La Pass: Conquer the highest point at 5,416m for stunning Himalayan panoramas.
- Cultural Encounters: Immerse in local culture, visiting Gurung, Thakali, and Manang villages.
- Manang Valley: Experience Tibetan-influenced culture and ancient monasteries.
- Muktinath Temple: Visit the sacred site revered by Hindus and Buddhists.
- Natural Hot Springs: Relax in Tatopani's soothing hot springs after trekking.
- Apple Orchards: Enjoy the charm of villages surrounded by lush apple orchards.
- Poon Hill Sunrise: Witness a majestic sunrise over the mountains from Poon Hill.
- Sense of Accomplishment: Complete this iconic trek for unforgettable memories and a sense of achievement.





Langtang Valley Trek - 7 night 8 days

The Langtang Valley trek is a scenic journey through the Langtang National Park, offering trekkers breathtaking views of the Himalayan landscape. Passing through lush forests, alpine meadows, and traditional Tamang villages, the trek provides an authentic cultural experience. Highlights include encounters with diverse wildlife, views of snow-capped peaks, and visits to ancient monasteries. This trek is ideal for those seeking a less crowded yet equally rewarding Himalayan adventure.

- Stunning Landscapes: Experience diverse terrain, from forests to glaciers.
- Tamang and Sherpa Culture: Encounter local communities and Buddhist monasteries.
- Kyangjin Gompa: Visit the scenic village with a Tibetan Buddhist monastery.
- Langtang Glacier: Marvel at one of Nepal's largest glaciers.
- Tserko Ri Viewpoint: Hike to panoramic vistas of the Langtang range.
- Wildlife Spotting: Red pandas, Himalayan tahrs, and birds in their habitat.
- Local Hospitality: Enjoy the warmth of guesthouses along the route.
- Tranquil Environment: Find peace away from the crowds.
- Personal Fulfillment: Achieve a sense of accomplishment upon completion.
- Community Support: Contribute to local recovery efforts post-earthquake.





Peak Climbing in Nepal

Nepal offers thrilling peak climbing opportunities for adventurers, with options ranging from beginner-friendly peaks to challenging summits. With stunning Himalayan landscapes and experienced guides, Nepal's peak climbing adventures promise unforgettable experiences for climbers of all levels.

- Diverse Peaks: Nepal boasts a range of peaks suitable for climbers of all levels, from beginner to advanced.
- Himalayan Scenery: Experience breathtaking views of the world's highest peaks while climbing in Nepal.
- Experienced Guides: Benefit from the expertise of experienced guides who ensure safety and success on the ascent.
- Adventure Opportunities: Enjoy the thrill of peak climbing amidst some of the most stunning landscapes on the planet.







Adventure activities: Offer activities like White -Water Rafting, Paragliding, Bungee Jumping, and Mountain Biking to adventure enthusiasts.





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