

POKHARA GUIDE

November 2014

GRAB YOURS
NOW
IT'S FREE!

ADVENTURE + ACCOMMODATION + FOOD & DRINK + SHOPPING + SERVICES + USEFUL INFO

Content



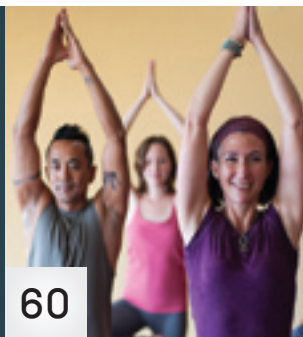
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ADVENTURE ↑

Paragliding, whitewater rafting, mountain biking, bungee jump, kayaking, canyoning, trekking & more

ANNAPURNA TREKKING TIPS →

When & where to trek, porters, guides, permits & essential items to take with you!



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↑ SHOPPING & SERVICES

Trekking gear, pashminas, jewellery, book & dvd shops, massage, yoga, travel agencies, tattoo artists & more



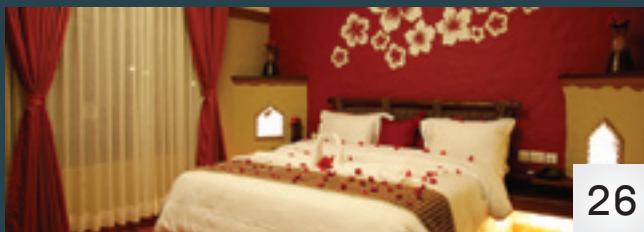
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↑ FOOD & DRINK

The restaurants, cafés and bars along Lakeside serve a huge array of Western & Asian dishes

← ACCOMMODATION

Hotels, guest houses, resorts & retreats for every budget and preference



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Welcome to Pokhara

Renowned for its breathtaking beauty from the Himalaya to tranquil lakes, Pokhara inspires everyone who visits this natural paradise



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Its pristine air, spectacular backdrop of snowy peaks, serene lakes and surrounding greenery make it 'the Jewel in the Himalaya'

There are few cities in the world that are encompassed by such remarkable natural beauty as Pokhara. Sprawled along the Pokhara Valley in the Gandaki Zone of central Nepal, Pokhara stretches from the shores of Phewa Tal filled with local fishermen and their brightly painted boats to the foothills of the mighty Annapurna Himalaya.

Throughout the city there are magnificent views of the Annapurna Range, which is dominated by Machhapuchhre (also known as Mt Fishtail) due to its proximity to Pokhara as well as Annapurna South, Hinchuli and Annapurna I-IV. From the hilltops

around Pokhara such as Sarangkot the panorama extends all the way from Dhaulagiri (8,167m) in the west to Manaslu (8,156m) in the east. Pokhara is the only place in the world where you can enjoy the magnificent views of 8,000m peaks while sitting below 1,000m.

Lying 200km west of Kathmandu, Nepal's second largest city has long been a part of important old trading routes between India and Tibet as well as Kathmandu and Jumla. From medieval times when it was a part of the Kingdom of Kaski, Pokhara was inhabited mostly by the Khas people, who are now known across Nepal by around 300 different caste



...where adventure meets relaxation...

surnames. Many of the Gurung and Magar communities later migrated from the high Himalayan foothills when the British set up an army recruitment camp in Pokhara, where Gurkha soldiers are still being recruited today. In the late 1950s there was an influx of Tibetan refugees and by this time Pokhara had become an ethnically and culturally diverse city.

It wasn't until the 1970s that the first trail of Westerners, the hippies, made their way to the city even more mystical than Kathmandu, coming from overland explorations of Asia to the laidback, peaceful setting of the lakeshore. In 1977, the Annapurna region was

opened to Western trekkers for the first time and since then the tourist industry has boomed in Lakeside to become one of the major tourist hubs in Nepal.

With its many restaurants, hotels, cafés, bars and shops that now line the Lakeside strip for several kilometres, Pokhara is the perfect place to relax and re-energise after a long trek or journey. It won't be long though until you're ready to get back into action as Pokhara's huge adventure sports industry beckons you to experience the thrill of flying with the birds, rafting down wild rivers or leaping into a 70m free fall. If a rush of adrenaline isn't your thing, then



BOATING ON PHEWA TAL

Enjoy a relaxing day paddling across the lake in one of the colourful wooden boats



WORLD PEACE PAGODA

Not only is this a beautiful Buddhist stupa but it also boasts one of the best views of the Himalayas, Phewa Tal and Pokhara

there are plenty of yoga, massage and meditation retreats and therapies to choose from and for those interested in the rich history and culture of the people of Pokhara and the Himalayas, head to one of Pokhara's many museums or visit the medieval temple Bindhyabasini Mandir in the Old Bazaar and Barahi Mandir on the island in Phewa Tal.

These days Pokhara is bustling with a huge variety of people of all ages, cultures and interests but no matter how different our passions might be, we are all drawn to this magical place by its stunning natural beauty and the inspiration it gives us to do what we love.

Adventure

Pokhara has long been known as the gateway to the Annapurnas but in recent years the lakes, rivers and mountains surrounding Pokhara have become one of the world's best playgrounds for adventure sports lovers & adrenaline junkies...

PARAGLIDING

Imagine sharing the same air space with eagles & vultures as you soar over lakes, rivers, villages & terraced mountains while gazing at the mighty Annapurnas... all year round. This is why Pokhara is one of the top 5 places in the world for paragliding. There are more than 20 companies in Lakeside operating daily tandem flights with their professional pilots, both foreign and Nepali.

Types of Flights: All operators offer both 20 & 45 minute flights (the latter 'cross country flight' depends on the weather). For thrill-seekers, some companies offer special tandem acrobatic flights and some pilots will offer to do gentle acrobatics on regular flights.

Camera Equipment: You can bring your own compact or DSLR camera but its safety is your responsibility. For the best shots of you flying in front of the Annapurnas or above Phewa Tal, pilots can capture high quality photos and movies with

professional equipment leaving you to relax during your flight. They are US\$20 (fixed price) and come on a CD.

Times: 10am, 11:30pm, 1:30pm. These times can vary slightly, depending on the weather and turnaround.

Safety: Although paragliding is an extreme sport, tandem flights are very safe, comfortable and can be done by people of all ages! Most importantly listen to your pilot before & during the flight. Helmets are provided for passengers and make sure to wear protective shoes that won't fall off!

Learn To Fly: 2 week schools are available for beginners from some operators & they supply all equipment for the duration of the course.

BOATING

The calm waters of Phewa Tal are the perfect place to relax and marvel at the reflection of the Annapurnas. Colourful wooden boats are available to rent on the lake edge near Barahi Chowk,

Hollan Chowk and near Freedom Cafe at the north end of Lakeside. You can hire a boatman to paddle you around the lake or you can paddle yourself. Combine a boat trip with the short trek up to the Peace Pagoda through the lush Raniban forest where there are beautiful views of the mountains and Phewa Tal along the way. You can also hire aluminium paddle boats and sail boats on Phewa Tal. At Begnas Tal boats are available for rent with/without a boatman.

RAFTING/KAYAKING

Whether you would like to kayak around Phewa or Begnas Tal or raft down the white waters of the Seti river, Pokhara has it all. Several wild rivers run through the surrounding areas of Pokhara making the region a top rafting destination. Popular trips start from 1/2 day adventures down the Seti river just 20 minutes from Lakeside to several day expeditions down the Kali Gandaki, Marsyangdi & lower Seti, which can take you all the way to Chitwan National Park. The grades of rapids vary from +2 to +5 depending on the rivers and season.

Camera Equipment: Only take a waterproof camera with you and make sure that it can be attached securely to you.

Clothing & Equipment: Helmets and life jackets are provided by all operators. Take a dry bag or small pack with you to put any valuables



or dry clothes inside (it will be fixed onto the raft in another dry bag). A waterproof jacket and sports shoes are advisable and some operators provide wetsuits.

Kayak Rental: For paddling around Phewa Tal you can rent kayaks from most of the major rafting operators for an hour/half day/whole day for reasonable rates.

CYCLING/MOUNTAIN BIKING

Cycling is a fun & cheap way to get around Pokhara if you want to cruise around Lakeside, meander around the north side of Phewa Tal, visit the temples in the old bazaar or shop with the locals at Chipledunga. Bicycles can be hired from several points around Lakeside but make sure to check the brakes & tires before you set off!

If you are up for a more serious challenge then you can hire a good quality mountain bike (check the gears) and pedal up one of the surrounding hills such as Sarangkot or to the Peace Pagoda, or brave the Prithivi Highway and cycle to Begnas Tal where you can cool off with a swim in the lake. There are several different routes up and around Sarangkot: the main sealed road starts 200m on the left

after Baglung Bus Park but you will have to share the narrow, windy road with speeding jeeps, buses and motorbikes. More adventurous routes on 4WD tracks pass through local villages and start from the south side of Sarangkot alongside Phewa Tal. Head north out of Lakeside and turn right just before the first bridge. Extreme mountain bike adventures are offered by some specialist companies which can involve several day trips such as riding from Mustang down to Pokhara or combining a trek with a ride.

SWIMMING

To cool off on a hot day in Pokhara its best to go for a dip in a swimming pool. Many upmarket hotels have private swimming pools where non-guests can swim and relax poolside for the day for a fee, such as Temple Tree Resort & Spa, Waterfront Hotel, Fish Tail Lodge, Hotel Barahi, the Castle Resort or the Fulbari Resort. At Begnas Tal you can swim from the shore at the east and west ends where there are several small guest houses close to the lake.

ULTRALIGHT FLIGHTS

There are a few companies that operate ultralight flights around Pokhara and the Annapurnas

from Pokhara Airport. Short flights take you above Phewa Tal and the World Peace Pagoda for a spectacular bird's eye view or to get up close and personal with Mt Fishtail & the Annapurnas take one of the longer flights.

BUNGEE JUMP & ZIP-LINE

An exciting new addition to Pokhara's extreme sports is the bungee jump & swing located at the bottom of the Zip-Line. It's the first tower bungee in Nepal and has a 70m vertical drop & 3 second free fall. The Zip-Line is a huge 1.8km long, has a 2,000ft vertical drop & takes you to 120km/h all in the space of two minutes - long enough to catch a glimpse of the Himalayas right in front of you!

GOLF

There are two golf courses and a driving range in Pokhara. Himalayan Golf course, 13km east of Lakeside, is a world class golf course with 18 holes in a stunning, unique location. Yeti Golf course is a 9 hole course on the grounds of the five star Fulbari Resort.

N.B. When organising any adventure activity it is best to book directly with the operator to ensure that you have all information about the practice and safety of the activity.



Annapurna Trekking Tips

WHEN TO GO?

Oct-Nov: This is the peak trekking season for good reason. The skies are clear & fresh, the mountain views are superb, the weather is warm & sunny and the countryside is still a lush green from the monsoon. However, the popular trekking trails can become crowded highways and rooms in tea houses can quickly fill up by late afternoon.

Dec-Feb: Trekking over winter in Nepal is possible on many routes; however, some passes like Thorong La can be blocked by snow. The mountain views are perfect due to clear days and nights in the dry season. Temperatures can drop well below zero during the night at altitudes above 2,000m so be prepared with thermals, gloves and a warm sleeping bag.

Mar-Apr: As the weather warms up clouds start to appear & there can be sudden severe storms. However, the huge rhododendron forests in the Annapurna region are in full bloom and they provide a beautiful foreground to the snowy peaks. Trekking crowds are less in this season but by May it is hot and dusty at lower altitudes.

Jun-Sep: During the monsoon the trekking trails become wet and slippery. Landslides can occur where earth has been disturbed but trekking is still possible and very beautiful if you can brave the humidity at the lower altitudes! Trekking in Mustang and Dolpo is best at this time due to the warm, dry weather as the regions are blocked from the monsoon rains by the Himalaya.

WHICH TREK?

There are many treks all over the Annapurna Region lasting from a few days to several weeks. The most popular trails have tea house accommodation along the way (approx. Rs100-300 per person) while camping is the only possibility on remote treks.

Poon Hill: The Poon Hill trek is the most popular trek for those wanting a short introduction to trekking. Passing through scenic Gurung villages and large rhododendron forests this trek offers spectacular views of the Annapurna and Dhaulagiri ranges, especially at Poon Hill at sunrise. *Length:* 4-7 days *Difficulty:* Moderate *Start:* Nayapul/Phedi/Khanda/Beni

Max. Altitude: 3,190m

Mardi Himal: As a relatively new trek, the route to Mardi Himal Base Camp is not only quiet and empty of trekkers but also more adventurous & close to nature as the small path winds through huge forests up onto a ridge bordered by rhododendron forests. There is tea house accommodation until High Camp, which sits directly below Machhapuchhre. The trek to Mardi Himal Base Camp is best done as a day trip starting early in the morning for a stunning sunrise. *Length:* 4-7 days *Difficulty:* Moderate-Hard *Start:* Phedi/Khanda *Max. Altitude:* 4,500m

Annapurna Sanctuary/Base Camp: This trek is the most popular medium length trek in the Annapurnas. You can vary the route of the trek, either making a circuit including both ABC and Poon Hill or returning down the other side of the valley from Chomrong. The highlight of the trek is being surrounded by giant peaks including Annapurna I (8,091m), Annapurna South and Machhapuchhre at ABC. *Length:* 7-12 days



Difficulty: Moderate
Start: Nayapul/Khanda/Phedi
Max. Altitude: 4,130m

Jomsom & Muktinath: The route up the Kali Gandaki River initially passes through terraced hills, Gurung villages and Poon Hill before entering the desert-like landscape of Mustang as you come to Muktinath, an important pilgrimage town for both Hindus and Buddhists and then onto Jomsom. There are several options for day hikes around this area & from Jomsom there are 20 minute flights to Pokhara or jeeps (then buses) to Pokhara. The easier option is to do this trek in reverse. *Length:* 5-12 days *Difficulty:* Moderate *Start:* Nayapul/Jomsom *Max. Altitude:* 3,802m

Annapurna Circuit: The Annapurna Circuit is regarded as one of the best treks in the world. A wonderful mixture of incredible mountain scenery and culture, the 3 week circuit passes through diverse Nepali villages and crosses the Thorong La pass. There is also the option to spend a few extra days trekking to the picturesque Tilicho Lake (4,919m), one of the

highest lakes in the world. *Length:* approx. 3 weeks *Difficulty:* Moderate - Hard *Start:* Besisahar *Max. Altitude:* 5,416m

PERMITS

Every trekker requires 2 permits to trek in the Annapurna Region: the ACAP (Annapurna Conservation Area Permit) and TIMS card (Trekker's Information Management System).

ACAP: Rs2,000 + 1 passport photo

Blue TIMS Card: For trekkers accompanied by a guide. US\$10 + 1 passport photo

Green TIMS Card: For trekkers without a guide. US\$20 + 2 passport photos*

Every trekking agency can organise your permits for you in just a couple of hours for a small fee or you can visit the offices located in Damside.

GUIDES

A Nepali trekking guide manages everything for his clients on a trek, from transportation to/from the trek to food & drinks, nightly

accommodation and porters. All trained, experienced guides should speak English well and be able to explain the local culture and mountain scenery that you pass through on your trek. It is not necessary* in the Annapurna Region to take a guide with you; however, if you are trekking in the peak season or in a large group guides are particularly useful when it comes to getting a place to sleep! Guides cost from US\$25 per day, which covers their food and accommodation too.

PORTERS

Porters can be hired to carry your bags throughout your trek and usually one porter will carry the bags of two people. Generally porters do not speak English, but an increasing number do and they are known as porter/guides. If you choose to hire porters, ensure that they have adequate clothing and footwear for the trek you are to undertake. Regular porters cost between US\$10 - \$20 per day, including food & accommodation.

INDEPENDENT TREKKING*

Independent trekking does not mean trekking solo, but trekking



without a guide or not being a part of an organised tour. Before you set off, it is important to buy a map of your trek in any bookshop in Lakeside & to educate yourself about the route, altitudes & safety precautions of the trek you will be doing. When trekking independently you have a lot more freedom to choose the pace of your trek and the tea houses where you sleep; however, your safety is your responsibility. Food prices are standardised & fixed in a particular region but room prices are negotiable, especially in the low seasons when there is less competition for the bed!

ESSENTIAL GEAR

Head Torch: For trips in the night to the outdoor toilet & around the tea house

Gloves & Beanie: From October until April night and early mornings can be very cold at high altitude and heat is lost most quickly through your hands, head and feet.

Sleeping Bag: Blankets are provided by tea houses; however, there can be shortages in peak season and in winter you'd need several to keep warm in the chilly rooms.

Sunglasses & Suncream: At high altitude the air is thinner & the sun is stronger and there is always the chance of snow.

Small First Aid Kit: Plasters,



Ibuprofen, antiseptic & Imodium
Thermals: Nights are cold from October to April above 2,000m

Quick-dry T-shirts: Cotton t-shirts stay wet with sweat for a long time making you cold during breaks.

Water Bottle: Although you can buy plastic bottled water at every tea house in the Annapurnas, it is not good for the environment as most of it ends up littering the mountains or being burnt. Filtered drinking water to refill your water bottle is available at many tea houses for a small charge per litre.

Quick-Dry Towel: In case there is an opportunity for a hot shower after a hard day's trek!

Money: There are no ATMs in the Annapurna Region (except one in Jomsom) so bring all the money you will need for your trek & transportation plus some extra in case of emergency. Independent

trekkers can count approx. Rs1,500 - Rs2,000 per day for food & accommodation (more when you drink alcohol)

Map: Essential for independent trekkers as it shows where there are tea houses, medical facilities, altitudes & the route of your trek.

Soap: Most tea houses do not provide soap in their bathrooms.

Wet Wipes: When a shower is not possible then these are the next best thing!

* Since the recent tragedy in the Annapurnas, there is a push to make trekking with a guide compulsory in the Annapurna region or parts of. The information here is correct as of October 2014 but is subject to change regarding independent trekking & the green TIMS card.



Extreme River Rafting

Namaste! Nepal is the world's best white water destination, come and explore Nepal's paddling paradise with Extreme River Rafting. We

offer day trips, long expeditions and everything in between. Join with people from all over the world

in our 6-8 man rafts or go solo in a kayak. We make whitewater adventures easy!



Central Lakeside Pokhara
Tel: 061-463973
www.nepal-rafting.com
Map no. 28



TANDEM FLIGHT

9:30am, 11:30am
& 1:30pm everyday
depending on the
weather



Sunrise Paragliding

Get lifted! Nepal's oldest paragliding company with the strongest safety record, offering the greatest experiences with the most skilled and experienced pilots for over 17 years in the Himalaya.

WHO WE ARE

For everyone that has enjoyed a tandem flight with us, learned to fly under our instructors, there is one thing we hear consistently: "You have the best job in the world". We don't take this comment lightly and even after hearing it a thousand times it is a nice reminder of how privileged we are to be able to make our passion our profession. It speaks a lot for our team for this

passion to still remain after all these years. In fact, it grows with almost every flight. Nothing compares to the feeling of soaring freely with the birds over one of the most picturesque landscapes on earth and with each joyful shout from a passenger that leaves the ground for the first time, or a student that has made their first successful landing, our passion is recharged. We are the first paragliding company in Nepal and with over 17 years of

experience our knowledge of the local flying conditions is unmatched. Paragliding, like everything in life, is constantly evolving, and we are committed to guiding the growth of it here in Nepal in the most professional, safe, and enjoyable way possible.



Once you have tasted flight, you will forever walk the earth with your eyes turned skyward, for there you have been, and there you will always long to return.

We take our title as "The Paragliding Pioneers of Nepal" very seriously, and are constantly searching for new flying routes, sites, and ways to improve to ensure the adventuresome spirit that gave birth to this sport is alive and well for years to come. If you have dreamed of flying, let us help you make your dream come true.

CLOUD BUSTER

We take off from Sarangkot and thermal above the valley, soar along pristine ridges of trees, over villages and often hear shouts from below as people stare with wonder

at these bird-men circling above them. We end the flight with a glide over the lake, and return via jeep to our main office in Lakeside. Duration: 20-30 Min.
Price: NRs 8,500

CROSS COUNTRY

This flight allows you to get a taste of the exploration side of flying. Each day provides slightly different duration: 45-60 Min.
Price: NRs 11,500

Central Lakeside Pokhara
Tel: 061-463174
www.sunrise-paragliding.com
Map no. 85





100% SAFETY RECORD

Whitewater rafting & kayaking on the very best of Nepal's beautiful rivers. Join us and experience your own exhilarating whitewater adventure!

Rapidrunner Expeditions

Exhilarating Whitewater Adventures

Highly recommended on both Trip Advisor and Lonely Planet, Rapidrunner Expeditions is Nepal's leading whitewater adventure company. Rapidrunner offer regular, guided whitewater adventures, rafting and kayaking on the very best of Nepal's beautiful rivers. The trips vary in length from half a day to 12 days and from gentle grade 3 to awesome grade 5+, so there is something for everybody!!

Rapidrunner's Top Trips include:

- The short and sweet **Upper Seti** half day rafting trip
- An exclusive **Rafting & Safari Combo** trip
- The awesome 3 day **Kali Gandaki Rafting** Adventure
- Rapidrunner's highly recommended **4 day kayak** school!

Rapidrunner only employ highly experienced, professional Nepali Guides who place the highest priority on safety and customer service. They are very proud of their 100% safety record and they adhere to international best practice, including using only CE certified equipment and fully qualified guides.

For the last 6 years, Rapidrunner has also run its own unique charitable venture, Rapidrunner Chance, which offers a two year apprenticeship training course in white water guiding and tourism, free of cost, to young Nepali adults. At the end of the apprenticeship the trainees are equipped with the necessary skills and knowledge to allow them to enter the Rafting Industry as Junior



Guides. 10% of all Rapidrunner trip profits go towards this sustainable programme which gives real help to give better employment prospects to Nepalese guides.

Rapidrunner Expeditions is an environmentally friendly company that actively works to minimise their impact on the natural environment. They are members of the international Ecotourism Society and encourage everyone who joins one of our trips to appreciate the

fragile natural beauty of Nepalese rivers. Rapidrunner are waiting to hear from you, so come on and join the fun and experience your own exhilarating Nepalese whitewater adventure!

DISCOUNT COUPON!

Central Lakeside Pokhara
Tel: 061- 462024
www.rapidrunnerexpeditions.com
info@rapidrunnerexpeditions.com
Map no. 76



Shai River Rafting

Established in 1995 by Nepali brothers Rabin and Shashi, Shai River Rafting has been running trips to Nepali rivers for over 19 years. The Shai River Rafting guarantees safety and fun. We put high dedication in providing the quality service to our invaluable clients and agents and help them experience Nepal in a very

special way. In addition to rafting our offices in Kathmandu and Pokhara also organise trekking to Annapurna, Langtang and Everest.

Central Lakeside Pokhara
Tel: 061-461517
Open: 8am - 9pm
www.raftinginnepal.com
Map no. 81



Tibetan Encounter

The richness of Tibetan culture is world renowned, as is the welcome of the Tibetan people. But it can appear complex and mysterious with its monastic societies, secretive tantric religion, troubled recent history and its nomadic heart. The Tibetan Encounter Day tour is a unique opportunity to

spend a day in a local Tibetan community and have the freedom to discover what life is really like for the Tibetans today. Tibetan refugees in Nepal are eager to share their dynamic philosophies and way of life in order to preserve their culture.



Central Lakeside Pokhara
Tel: 9856036334
Open: 9am - 6pm
www.tibetan-encounter.com
Map no. 92

Phoenix Paragliding

Safety, Quality & Spot on Service

Ever wondered, like a free flying bird up in the sky, if you could also soar high up in the air towards the pearly clouds, into the beautiful blue and experience the sensation of flying! Well, that is very much possible... thanks to the amazing discovery of paragliding which mankind has made and developed that is closest to free flying without disturbing nature! And Phoenix Paragliding Adventures is here to take you on that incredible ride into the air!



North Lakeside Pokhara
Tel: 061-466417
www.phoenixparagliding-nepal.com
Map no. 68

Pokhara Mountain Bike Adventure



Since 2003, Pokhara Mountain Bike Adventure have been providing world class mountain biking tours in the Himalayas, mountain bike hire, sightseeing and multi-sports trips in Nepal. We are totally up to date with the modern sport of mountain biking mechanics and technical expertise. Our company was established jointly by French and Nepali bikers in order to promote Nepalese mountain biking.



Central Lakeside Pokhara
Tel: 061-466224
Open: 8am - 8pm
Map no. 71



Guided Tours:
Pokhara Valley
Upper & Lower Mustang
Hike & Bike Annapurna Circuit
Mountain Bike Rentals & Repairs



ESSENCE TREKS

Essence Treks & Expeditions can book all attractions in Nepal for you. Hikes in all regions of the Himalayas, visits to the national parks in Nepal and ordinary bookings for hotels, flights, bus rides and train rides. Benefit from our 15 years experience in all destinations and attractions of Nepal.

Central Lakeside Pokhara
Tel: 061-462677
Open: 8am - 8pm
www.essencetreksnepal.com
Map no. 27



FISHTAIL ADVENTURE POKHARA

Fishtail Adventure is owned by professional trekking guides, skate boarders and mountain bike riders from Pokhara. We offer adventure seekers a safe, enjoyable and life time experience in adventure activities such as trekking, skate boarding, BMX riding and mountain biking.

Central Lakeside Pokhara
Tel: 98462 69158
Open: 8am - 6pm
www.fishtailadventure.com
Map no. 30



EARTH NEPAL TRAVEL & TREK

Earth Nepal takes you to the depth of Nepal's extreme beauty, from the wildlife of Chitwan National Park to the foothills of the Himalaya. We plan and arrange not only a holiday but also an unforgettable experience. Our experienced and reliable guides and porters ensure the safety of our customers at all times.

Central Lakeside Pokhara
Tel: 061-461665
Open: 8am - 8pm
www.travelandtreknepal.com
Map no. 25



Adrenaline Rush Nepal

We are a professional and family run rafting company proudly going into our 9th year. We offer a wide range of trips for people of all fitness levels. You choose your adventure; we make custom trips off the beaten track! Perfect safety record! We use only professional equipment and fully certified local guides. We love helping people make the most out of their trip to Nepal. We love our country, what we do and it shows!



Our Best Packages:

- Canyoning & Rafting
- Whitewater Kayak School
- Family Rafting
- Multi-River Tours
- Camp Amsterdam: Experience the real Nepal

See why so many of our clients extend their stay with us. A great way to break up the journey between Kathmandu, Pokhara, or Chitwan.

DISCOUNT COUPON!



Central Lakeside Pokhara
Tel: 061-466663
www.adrenalinenepal.com
Map no. 3





TRY IT WITH NEPAL'S LEADING WHITEWATER ADVENTURE COMPANY!

Offers single day and multi-day
rafting, kayaking, canyoning &
camping adventures throughout
Nepal

Paddle Nepal

Himalayan Whitewater Pursuits

Owned and operated by members of Nepal's National Whitewater Team, we are passionate about river running and are proud to share our country with you.

Our genuine enthusiasm and invaluable local knowledge combined with years of international experience allows us to operate extraordinary adventures which are both safe and fun.

UPPER SETI - 1/2 DAY



Only 30 minutes from Lakeside, this 'short and sweet' adventure offers 90 minutes of non-stop, adrenaline filled whitewater rapids combined with spectacular Annapurna mountain views, crystal clear Himalayan whitewater and a dramatic gorge.

Daily departures 9am & 1pm!

KALIGANDAKI - 3 DAYS



The best 'all-round' river in Nepal offers an awesome variety of Nepal's incredible natural scenery combined with exciting whitewater.

Departing every 4 days

FAMILY RAFTING - 2 DAYS



The Lower Seti river offers the perfect family adventure with gentle rapids and remote beach camping towards Chitwan N.P.

DISCOUNT COUPON!

Central Lakeside Pokhara
Tel: 061-465730
www.paddlenepal.com
Map no. 62



We have an immense respect for Mother Nature and believe that 'responsible travel' means more than just picking up garbage at camp. On an outdoor adventure in Nepal, we must be accountable in many ways and have respect, not only for our environment but for our local people, culture and economy...



⬆ KAYAK CLINIC

Learn to kayak with members of Nepal's National Whitewater Team! Take the challenge & thrill of whitewater adventure into your own hands and learn to kayak while participating in a genuine river expedition! Our professional instructors will teach you the essential skills required to navigate whitewater and guide you down increasingly challenging rapids as we paddle alongside remote local villages, jungle, waterfalls & beaches perfect for camping under the stars!

Our most popular program!



⬆ WHITEWATER RAFTING

Based at the foot of the Himalayan mountains, Nepal offers more than just trekking and mountaineering... Simply put, we are in a whitewater enthusiast's paradise offering an awesome variety of whitewater rafting adventures for any level of traveller.

From convenient 1/2 day trips based right here in Pokhara to full on 12 day remote river expeditions, the possibilities are endless.

Why not enjoy a river rafting trip to your next destination and avoid time spent on the bus?



⬆ CANYONING

Journey through intimate passages of contorted rock & powerful blasts of water as our specialized guides lead you abseiling, jumping, sliding and swimming down steep canyon walls to pristine pools below! Our unique Canyoning Zone is inspired by breathtaking scenery of untouched jungle, karst rock formations and multiple cascading waterfalls dropping one after the other.

How about our famous Ultimate 2 day adventure getaway?

Rafting, camping and canyoning!

Hearts & Tears



Hearts & Tears Motorcycle Club specialises in Royal Enfield tours of Nepal. We love nothing more than to see glowing smiles created through pure adventure! When we are not taking fellow riders on breathtaking tours, we are off the radar in search of new routes to tour. To put it simply, we are passionate about what we do and want you to be apart of it!



Inside Busy Bee Cafe
Central Lakeside Pokhara
Tel: 9846020293
Open: 9am - 6pm
www.heartsandtears.com
Map no. 36



Swissa's Mountain & Rafting

Swissa is a popular Nepali run agency for rafting and trekking in Nepal. We specialise in rafting trips to the Kali Gandaki and Upper Seti rivers and trekking in the

Annapurna region. We have a long history of serving our customers and a wall of reviews from our past customers can be seen in our office in Hallan Chowk.



Central Lakeside Pokhara
Tel: 061-465339/463839
Open: 7am - 10pm
www.swissanepal.com
Map no. 86



Pokhara Ultralight

Feel Like A Bird!

There are two way to enjoy Pokhara: one the usual way and the other the Pokhara Ultralight P. Ltd way. Soak up in the beauty of the Himalayas, the pleasant breeze blowing through your hair, the inviting greenery, glaciers, rivers, and lakes mesmerizing every senses but importantly enjoy being alive. It is one of the safest ways to being one with nature. Only experienced and skilled pilots fly with you in the two-seater air craft. In the case of emergencies, the machine can land safely anytime, anywhere. Ride in an Ultralight, fly in an altitude of 12,000 feet, live in the moment, document the enthralling experience in pictures, and treasure the excitement of viewing splendor on the earth from a bird's eye view. We have 3 open aircrafts and 2 closed aircrafts, altogether we have 5 Ultralight aircrafts.



OUR ROUTES & TARIFFS

15 Min Flight - €70

Pokhara Airport, World Peace Pagoda, Phewa Lake, Lakeside, Pokhara Airport

30 Min Flight - €125

Pokhara Airport, Sarangkot, Annapurna Himalaya Range, Phewa Lake, World Peace Pagoda, Lakeside, Pokhara Aiport

60 Min Flight - €198

Pokhara Airport, World Peace Pagoda, Phewa Lake, Lakeside, Yeti House, Mt Fishtail, Pokhara Airport

90 Min Flight - €285

Pokhara Airport, Sarangkot, Annapurna Himalaya Range, Phewa Lake, World Peace Pagoda, Lakeside, Yeti House, Mt Fishtail, Lamjung, Glacier Lake, Pokhara Aiport



Central Lakeside Pokhara
Tel: 061-466880/81/82
www.flypokhara.com
pokharaultralight@gmail.com
Map no. 73



Avia Club is the number one attraction in Pokhara! 19 years of quality service



//

If you can
dream it, you
can do it.

Avia Club Nepal

Get High With Us

Avia Club Nepal was established in 1996 as a joint venture with Russian-American-Nepali citizens in Nepal. The company is registered under the Civil Aviation Act of the Nepal Government and has a license for commercial flights, as well as training for pilots and technicians.

After its first flight in January 1997, Avia Club Nepal has become the

pioneer in air sports activities in Nepal. It offers a whole range of mountain sightseeing flights from Pokhara on a range of aircraft, serving Nepal's adventure tourism industry. The Club also offers professional services to movie sets, scientific research as well as expeditions. Avia Club's head office is located in Mustang Chowk, Pokhara. Ticket counter and Shade office are located in Pokhara airport.

Avia Club Nepal's Activities:

- Special ultralight flights up close to the slopes of the Annapurnas and Machhapuchhre
- Sightseeing service of Pokhara Valley and Phewa Lake
- Paragliding tandem flight with our experienced pilots
- Special aviation services (Banner towing, Flower showering, Photography, Filming)
- Sky Diving
- TV and Film Shooting
- Mountain search and rescue

- Avia Club Nepal Flight Training School

South Lakeside Pokhara
Tel: 061-462192/463338
/465944
www.aviaclubnepal.com
info@aviaclubnepal.com
sales@aviaclubnepal.com
Map no. 15



Accommodation

All hotels & guest houses in this guide are categorised according to the following indicators and refer to a double room in peak season:

- \$ under Rs1,500
- \$\$ Rs1,500 - Rs5,000
- \$\$\$ more than Rs5,000

Service Charge (10%) and VAT (13%) are not included in these indicators and may be added by some hotels

Discounts are offered by many hotels and guest houses during the low seasons (Dec-Feb & Jun-Sep)



Pokhara is home to a wide array of accommodation options, varying from cheap backpackers guest houses to luxury 5* boutique hotels. The majority of accommodation is around the Lakeside area, but for those looking for a little solitude there are also a number of more secluded options in the surrounding hills and town. Lakeside can be divided into distinct areas each of which have their own character.

North Lakeside: Also known as Khahare, this area has some of the best lake views in town. Many of the hotels in this area are in

the budget category and it is very popular with long-term visitors and backpackers. You will find here some great local and unique Western restaurants & cafés too.

Central Lakeside: Also known as Centrepoint, this buzzing heart of Lakeside runs from Hollan Chowk until Barahi Chowk. It's the place to be to shop, eat out and arrange your adventures. Hotels in this area range from lively places on the main street to peaceful resorts and lodges a short stroll away in the numerous side streets.

South Lakeside: Also known as Gaurighat, this is the place to stay if you want the best views of the mountains. Many hotels here, have sweeping panoramas of Macchapuchure and the Annapurnas. This end of town is also close to both the Tourist Bus Park and the Airport.

Top Tips: Head to Basundra Park in South Lakeside at dawn to catch a superb panorama of the Annapurnas

Tara Boutique Hotel

We are located on the main road of Lakeside north in Khahare Bangladi, with a full view of Phewa Lake & the Peace Pagoda. TARA Boutique Hotel offers a quiet atmosphere & a lot of space to sit around and enjoy the natural serenity & peace. Our rooms are cozy, sunny, immaculately clean and are one of the most comfortable in Pokhara. You will not feel the load shedding in our place and you will get the best value for your money. We have a cozy, classical restaurant that offers a variety of food choices, specializing in Arabic and Mediterranean cuisine and some freshly home cooked sweets.

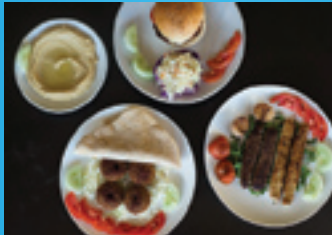
DISCOUNT COUPON!



NEW INTERIORS

High quality and comfortable mattresses, blankets & pillows will ensure a restful night.

North Lakeside Pokhara
Tel: 9803263600
Open: 8am - 11pm
Map no. 87/\$



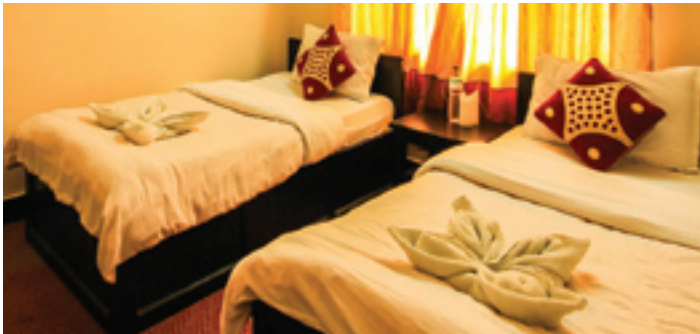
Hotel Annapurna Plaza & Kim's Korean Restaurant

Namaste and greetings! We are best known for our fair priced rooms, quick service and a home-like atmosphere. Although a small hotel, we do have a set of standard facilities. We can also help you with trekking arrangements, travel

booking, vehicle rental and postal services. Whether you're travelling to Pokhara for business, trekking or for pleasure, if you stay at Hotel Plaza Annapurna you will be very satisfied with our professional services and our experienced staff.



North Lakeside Pokhara
Tel: 061-462606
www.hotelpannapurna.com.np
Map no. 38/\$\$



Hotel Travel Inn

Surrounded by the enchanting beauty of Phewa Lake and the splendour of the Himalaya, this hotel is away from the din and bustle of the city for the solitude and seclusion of our guests. The hotel is situated in serene,

pristine and pastoral surroundings and consists of 18 rooms, furnished with hi-tech gadgets, and individually designed and decorated. Every room has an open veranda or separate lobby which provide beautiful views of Pokhara.



Central Lakeside Pokhara
Tel: 061-462631
www.hoteltravelin.com
Map no. 43/\$\$



Hotel Peace Plaza

Conveniently located in Pokhara, Hotel Peace Plaza is a great base from which to explore this vibrant city. The hotel lies close to both the tourist bus station and the airport and provides accessibility to important town facilities. At Hotel Peace Plaza, every effort is made to make guests feel comfortable. To do so, the hotel provides the best in house services and amenities. This hotel offers numerous on-site facilities to satisfy even the most discerning guest. Hotel accommodations have been carefully appointed to the highest degree of comfort and convenience, with television,



WiFi (complimentary), desk, & refrigerator in each room. Choose us for an unforgettable stay and Pokhara experience!

North Lakeside Pokhara
Tel: 061-461505
www.hotelpeaceplaza.com
Map no. 66/\$\$





Annapurna Eco Village

The Annapurna Eco-village is a family run mountain resort providing a traditional Nepali cultural experience with the comfort of modern day western style amenities. At the village you can enjoy 360 degree panoramic views of the Annapurna and Manaslu mountain ranges, Pokhara Valley

and the surrounding countryside. The Eco-village is located at an altitude of 1600m, some 20km north-west of Pokhara on a beautiful ridge at the base of the Annapurna on top of the Astam village. From Pokhara it is easily reached by road in about 90 minutes. You can also get there on foot via several trekking trails.



Astam, Dhital
Tel: 061-465549
www.ecovillagenepal.com
Map no. 10/\$\$



MUM'S GARDEN RESORT

At Mum's Garden Resort we invite you for a peaceful and comfortable stay in our beautifully designed cottages surrounded by a lush green garden. Our eco-friendly resort has 12 deluxe rooms with attached bath and balcony and our in-house restaurant serves Nepalese, Continental, Indian, Chinese and Japanese dishes.



South Lakeside Pokhara
Tel: 061-463468
www.mumsgardenresort.com
Map no. 57/\$\$



HOTEL ASIA

We are near many shops, cafes and restaurants and close to popular Phewa Tal. We are just a 2 minute walk to the boatyard and 15 minutes from the airport & tourist bus station. Hotel Asia Pokhara: Professional, friendly operator who serves you with warmth & comfort all the time.



South Lakeside Pokhara
Tel: 061-466337
www.hotelasiapokhara.com
Map no. 39/\$\$

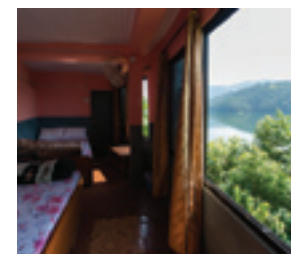


ANNAPURNA LAKE VIEW

Located on the west end above the idyllic Begnas Lake, Annapurna Lake View has simple, quiet rooms with spectacular lake views that are perfect for a bit of rest and relaxation. Delicious fresh fish from Begnas is caught and served daily and is one of the house specialities.



Piple Hill, Begnas Lake
Tel: 061-622229
Map no. 11/\$\$

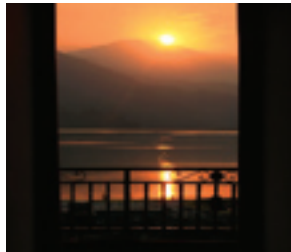


GOLDEN GATE GUEST HOUSE

Golden Gate Guest House, located in the north Lakeside is an ideal place to stay in Pokhara. Our team of professional staff are there to pamper you and make your visit more comfortable and enjoyable. We have a choice of rooms & prices and our helpful & caring employees will soon make you feel at home.



North Lakeside Pokhara
Tel: 061-466669
www.goldengatehotel.com.np
Map no. 34/\$\$



SHANTI GUEST HOUSE

Family run, Shanti Guest House features affordable accommodation with free Wi-Fi. Located by the lake, guests can make use of laundry and travel services and can dine at the in-house restaurant. Rooms range in style and price and surround a pretty courtyard garden with views of Annapurna south and Machhapuchhre.



South Lakeside Pokhara
Tel: 061-463645
Map no. 82/\$



HOTEL CELESTY INN

Hotel Celesty Inn is a friendly hotel, welcoming travellers from all over the world. Our long experience in the tourism industry allows us to advise our guests and we organise trekking, paragliding, hiking, rafting, bus tickets & flight tickets. Our guests can enjoy our high-speed wifi service throughout the hotel.



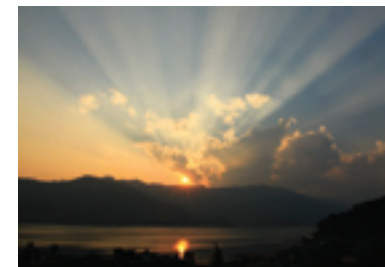
Central Lakeside Pokhara
Tel: 061-466274
Map no. 40/\$



Palm Garden Lodge

Owned and run by a lovely German & Nepali family, this friendly & very clean guest house has some of the best views of Phewa Tal from its rooms and large, social terraces. There are 8 ensuite double rooms

all which have direct access to the terraces and WiFi is free and accessible everywhere. Other services available are laundry, breakfast and from time to time home cooked delicious dal bhat.



North Lakeside Pokhara
Tel: 9815150986
Map no. 64/\$

HOTEL MIDDLE PATH

Well reviewed on Tripadvisor, we offer very clean and well equipped rooms with views of the lake and mountains. Besides complimentary Wi-Fi access our rooms & hotel have: TV, air conditioning, yoga hall, luggage storage, restaurant & travel information desk.

Central Lakeside Pokhara
Tel: 061-465803
www.hotel-middlepath.com
Map no. 41/\$\$



HOTEL ABC

Some say it is our hospitality. Others mention our clean, comfortable rooms and affordable prices. Whatever the reason, 48 out of 50 guests surveyed say they'd stay with us again. So check us out, be our guest, you might come back next year as well.

Central Lakeside Pokhara
Tel: 061-461934
www.hotelabc.com.np
Map no. 37/\$\$



Butterfly Lodge

A reputation built up over 33 years create an experience like no other at Butterfly Lodge. The spacious rooms, elegant setting and Nepali warmth make it a special retreat, and an experience to treasure. The Butterfly Lodge is not just a hotel, it exists to make a difference. It provides the financial

support needed for the Butterfly Foundation, which runs the day care centre and supports other centres in the poorer districts of Pokhara. Over 100 poor children are supported by the Foundation to go to school with their school fees being paid, along with books and uniforms.



Central Lakeside Pokhara
Tel: 061-461892/462853
www.butterflylodge.org
Map no. 20/\$\$



Our Himalayan Farmhouse

We are a young couple who have lived 3 years in Nepal. We like to invite you to experience life in a traditional Nepali house in a village on Sarangkot. We have a small farm, including goats, chickens & (well-trained) dogs as well as an organic garden. Our smaller, separate guest house has 2 double rooms, furnished in a modern yet traditional style with

handmade bamboo beds & furniture and comfortable mattresses. All meals (breakfast, lunch and dinner), tea & coffee and activities are included in the one price. We have a jungle hot shower & WiFi available and great company!

DISCOUNT COUPON!



Paundelly, Sarangkot
Tel: 9846659549/9818797963
www.ourhimalayanodyssey.com
\$\$

Pokhara Village Resort

Pokhara Village Resort is a friendly place to stay in Pokhara. The rooms are designed in a way to help you feel like home while you stay with us. We have all opportunities, clean & modern rooms and a lovely

garden full of flowers. What you need more is just a decent place to stay... and that's none other than Pokhara Village Resort. This is the place that makes your stay smooth, comfortable and memorable.



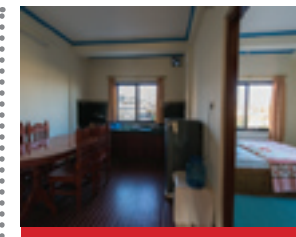
North Lakeside Pokhara
Tel: 061-464608
www.pokharavillage.com
Map no. 74/\$\$



HOTEL ADAM

A brand new hotel in Central Lakeside, Adam hotel has 23 ensuite rooms with TVs and air conditioning is also available. A roof top restaurant offers breakfast with a view and the hotel has a travel agency and tourist service available in-house.

Central Lakeside Pokhara
Tel: 061-428444/462844
www.hoteladamnepal.com
Map no. 2/\$\$



APARTMENT FOR RENT

Fully furnished apartment, with two en-suite bedrooms plus a living room and western kitchen with fridge and cooking equipment, free WIFI, hot & cold water and back up power. Located in Shanti Patan Chowk in the south end of Lakeside, just a 5 minute walk from Phewa Tal.

South Lakeside Pokhara
Tel: 9846032270
Map no. 12/\$\$



ROYAL GUEST HOUSE

We offer quality modern accommodation in Lakeside Pokhara for individuals, families or groups. Friendly advice and organisation for transport, trekking, vehicle hire and sight seeing. Our spacious, quiet & clean rooms will ensure the best of both worlds for your stay in Pokhara.

South Lakeside Pokhara
Tel: 061-463443
Map no. 77/\$



Hotel Meera & Gurkha Restaurant

Meera Hotel has 48 rooms located in two wings, providing all the comforts for the avid traveller. Our Gurkha Restaurant & Bar is one of the premier dining spots in Lakeside and you can also choose to relax in our intimate Mekh's Courtyard Cafe or on our rooftop patio.

48 Ensuite Rooms with cable TV & air conditioning
Restaurant, bar and cafe plus room service
Free safe deposit & luggage storage
Doctor, massage & beautician on call
Phone, fax & WiFi services
ATM & currency exchange



Tour, travel & trekking information
Airport & bus transfer services
Above all - hospitality with a smile!

Central Lakeside Pokhara
Tel: 061-462031/463091
www.themeera.com
Map no. 50/\$\$\$



Sanu Lake on D Water

Situated at the west end of Begnas lake, Sanu Lake on D Water is a lovely little guesthouse directly on the lake shore. We have several guest rooms with undisturbed views of not only Begnas lake but also the Annapurnas. Our

restaurant serves delicious fresh fish caught daily as well as other Nepali and western dishes. Take a chance to get away from it all and spend a few days with us, you will be made very welcome at this home away from home!



Piple Hill, Begnas Tal
Tel: 9856028253
www.sanulake.com.np
Map no. 80/\$

AMBROSIA GUEST HOUSE

Located at the eastern end of the peaceful Begnas Lake, Ambrosia Guest House has stunning views and a quiet atmosphere. We have four guest bedrooms all overlooking the lake as well as several hammocks so you can put your feet up after a day of swimming and adventure.

Majhilkuna Begnas Tal
Tel: 9846323699
lamichhaneamrit19@yahoo.com
Map no. 8/\$



GREEN PEACE GUEST HOUSE

Green Peace Lodge makes a tranquil and relaxing place to stay. Our environmentally friendly and sustainable way of living makes use of local produce to supply our restaurant and we use solar lights and hot water - so power cuts are never an issue!

North Lakeside Pokhara
Tel: 061-462780
www.greenpeace.com.np
Map no. 35/\$





Green Park Chitwan

We borrowed the cool from the breeze that plays along with tall elephant grasses that grow in the wilderness just outside our traditionally carved entrance doors. We borrowed the warm hospitality from the ethnics that has made Baghmara ever such a wonderful place to visit in Chitwan. We went into the deep heart of the jungle, and borrowed the songs of the flowers and stories of the trees and then painted them in our rooms, with each room getting a different song, a different story. Make yourself at home at Green Park and never feel that you are living a borrowed time. But make yourself feel that you have earned it, as though you want it. For we, at Green Park, welcome you with

our open heart this is where you want to be. At Green Park Chitwan, tradition meets trends and culture meets class. While you might be resting on a mattress that would take you to the ninth cloud, your smile would tell that the walls are embellished with red clay from the very soil of Baghmara.



Baghmara Chitwan National Park
Tel: 056-580510
www.greenparkchitwan.com
\$\$\$

Hotel Park Side

Hotel Park Side in Chitwan National Park can arrange all aspects of your stay in Nepal's most famous jungle. Rooms are well furnished and are surrounded by beautiful gardens. You can eat

in our own restaurant, where you can get variety of tasty dishes. Every evening you can go to the bank of the Rapti River, which is close to the hotel to enjoy views of the sunset.



Chitwan National Park
Tel: 056-580159
www.hotelparkside.com
\$\$

Unique Wild Resort

Unique Wild Resort provides you with the best hospitality along with luxury accommodation in Chitwan. We have spacious rooms with ensuite bathrooms and our own restaurant serving delicious

dishes and with a well stocked bar. During your stay you can enjoy elephant and jeep safaris as well as nature walks and ox-cart rides all guided by our skilled nature guides.



Chitwan National Park
Tel: 061-465016
www.uniquewildresort.com
\$\$\$

Hotel Orchid

Hotel Orchid is situated in a quiet side street of Lakeside only a 3-minute walk from its main street. Its convenient location allows those loving a calm atmosphere to enjoy quiet surroundings and still have bars, restaurants and shops



South Lakeside Pokhara
Tel: 061-466697
www.hotelorchidnepal.com
Map no. 42/\$\$\$

Sacred Valley Inn & Monsoon Café



South Lakeside Pokhara
Tel: 061-461792/464369
www.sacredvalleyinn.com
sacredvalleypokhara@hotmail.com
Map no. 79/\$\$



Come and find out why have been getting great reviews for the last 16 years! Our hotel offers you good, clean, comfortable accommodation at an affordable price - our rooms range from US\$15-30 per night (including all the taxes too). Our attached café offers healthy fresh food.

Even if you are not staying with us come and sample delicious cakes - our cheesecake and brownies have won us many fans! Try our ever popular all day breakfast or enjoy our fresh salads, paninis, quiche, sandwiches etc. Relax amidst all the greenery of our garden. Free wifi too!

Food & Drink

Pokhara is a culinary delight, especially for those returning from trekking or rafting adventures and there are numerous restaurants, cafe's and bars scattered around the main tourist areas of Lakeside. You can sample foods from a wide array of countries, so if Japanese, Turkish, Thai or Italian are your thing, you will find plenty to choose from. Most restaurants are open long hours and breakfast starts from around 7am with most restaurants closing around 10pm.

The restaurants and cafes have a wide variety of styles and budgets so you can always find something to suit your needs, be it a cheap chocolate croissant in the morning or a fancy candle lit meal at night.

In addition to dining, Lakeside also has a vibrant nightlife with many bars and pubs open till late. Many

of these overlook the beautiful Phewa Tal and you can often enjoy your drinks with live music and Nepali cultural shows.

Top Tip - Try a traditional Nepalese Dal Bhat at one of the many local Dal Bhat Kitchens. You get a plate of rice with accompanying vegetable and meat curries, chutneys, pickles and curd. Best of all if you're still hungry when you're finished, refills are offered until you cannot eat any more!



All restaurants, bars and cafes in this guide are categorised according to the following indicators and refer to a standard main course:

- \$ less than Rs200
- \$\$ Rs200-400
- \$\$\$ more than Rs400



Moondance Restaurant

Celebrating 24 years! Eat Better! Eat Fresh, Eat Well, Eat Local. Simply put, we love what we do and take pride in Moondance, which is not just a business, but an extension of our family and our ideals. We are constantly working to improve our food and service, evolve our philosophy, change with the times and please our customers. We now have 40+ tables, over 200 seats, a full bar, patio, re-modelled kitchen and a reputation for great food. Our own Mountain View Farm just outside Pokhara fuelled our passion for fresh ingredients, so our food is prepared organically.



At Moondance we passionately believe in respecting the food we eat. We produce real food with real taste, reared with love, in such a sustainable manner as possible. The

aim is for your vegetables and herbs to be served within hours of harvesting and all ingredients are selected for their taste.



Central Lakeside Pokhara
Tel: 061-461835
Open: 7am - 10:30pm
Map no. 55/\$\$\$

Eclipse Lounge

This is Pokhara's newest lounge and cocktail bar. Located in the Centrepoint Mall in the heart of Lakeside, our wooden terrace deck invites you to relax and enjoy the lake view. At Eclipse Lounge you can choose from a large selection of imported spirits.

The atmosphere you will find makes the night an unforgettable experience in Pokhara. What makes us different is our 25 years of experience in the food and

DISCOUNT COUPON!



Central Lakeside Pokhara
Tel: 9856038073
Open: 10am - 11pm
Map no. 26/\$\$

Olive Café

Run by one of Pokhara's most experienced restaurateurs, Olive Cafe serves delicious fresh Mediterranean style food and a wide selection of local and imported drinks including Belgian beer. Baba Ganoush or a variety of sharing platters can start your

meal, which you can follow with a large selection of main courses, including what is widely said to be the best hamburger in town! You can top off a wonderful evening with a couple of scoops of Baskin Robbins ice cream.



Central Lakeside Pokhara
Tel: 061-462575
Open: 7am - 10pm
Map no. 60/\$\$\$

Silk Road The Traveller's Oasis

Stop by for internationally inspired cocktails including our famous Thirsty Camel, incredible food and even better company. When you are here, you are family.

North Lakeside Pokhara
Tel: 9804132040
Open: 9am - 11pm
Map no. 84/\$\$



Live music
every
Wednesday
& Sunday!

Momotarou Japanese Restaurant

The Momotarou Restaurant branch of Pokhara is situated on the Lakeside road in Khahare. Momotarou has specialised since 1999 in authentic Japanese cuisine.

The decoration is simple and traditional, based on the Japanese style. The restaurant has a big roof top terrace and five guest rooms with free wifi and TV.



①

BENTO SET

Includes sushi, spinach, egg, vegetables, chicken, rice & momo. We also serve fresh homemade noodles, tofu ramen & udon

North Lakeside Pokhara
Tel: 061-464134
Open: 8am - 10pm
Map no. 53/\$\$



SABINA MOMO

Serving local snacks and chinese dishes like momo, chowmine, rice dishes with curry or sandwiches, this place has a big fan community among low budget travellers. The owners are great people, warm and friendly, laugh easily and will take the time to walk you through their menu. Best food at the best price.

North Lakeside Pokhara
Tel: 9846043980
Open: 7am - 10pm
Map no. 78/\$



POKHARA JAVA CAFE

Pokhara Java is one of the finest coffee shops in Pokhara. We offer varieties of coffee and bakery items. Please visit our coffee shop for the best coffee experience in Pokhara. If you are looking for a good coffee, try to get one here!

DISCOUNT COUPON!

Central Lakeside Pokhara
Tel: 9846043980
Open: 7am - 10pm
Map no. 70/\$\$



CAFE 17 FRENCH BAKERY

This is truly a pearl of Lakeside. Very lovely people produce home made real French pastries and sandwiches. Come for breakfast, this is the time to be at Café 17. Pain au chocolate, the longest baguette in town and our fresh fruit juice are a small selection of what's waiting for you.

North Lakeside Pokhara
Tel: 061-466572
Open: 7am - 5:30pm
Map no. 22/\$



THE FLAVOURS RESTAURANT

Located in a peaceful part of Lakeside with a brilliant view of the lake, this cute restaurant has Italian, Indian, Nepali and Continental food. Our friendly, local staff will welcome you at any time of the day, so this is a place to enjoy the lake view and relax with good food and drinks.

North Lakeside Pokhara
Tel: 061-467046
Open: 7am - 10pm
Map no. 90/\$



EVEREST STEAK HOUSE

This is probably the best steak house in Nepal and now the delicious food is available at our new branch in Pokhara. French, Italian, Mexican and Continental food is served by well-trained staff and cooked by a brilliant chef. Who wants to go for a steak come to the New Everest Steak House!

Central Lakeside Pokhara
Tel: 9856033602
Open: 10am - 10pm
Map no. 28/\$\$\$



LEMONGRASS

Beautiful Lemongrass Restaurant is located in north Lakeside and boasts one of the finest lake views in Pokhara. A wide range of carefully prepared, tasty meals are available throughout the day. Lemongrass also provides rooms/flat for rent for any customers who want to stay and enjoy our amazing views for longer!

North Lakeside Pokhara
Tel: 061-464904
Open: 7am - 10pm
Map no. 47/\$\$

Godfather's Pizzeria

The restaurant is located in central Lakeside and had the first open wood-fired kitchen in Pokhara. The friendly staff provide a great, speedy service, making delicious wood-oven style pizza with quality gourmet toppings including

olives and locally made feta cheese! Our large dining room is great for dining with friends. Dining options: Reservations, Delivery, Late Night

DISCOUNT COUPON!



North Lakeside Pokhara
Tel: 061-466501
Open: 8am – 10:30pm
Map no. 33/\$\$

韓國料理

山村

San Chon
Korean Restaurant



Do you want to feel Korean emotion?

*Come in and enjoy delicious
traditional Korean food in our garden.*

Central Lakeside Pokhara
Tel: 9843500690
Open: 8am - 10pm
Map no. 91/\$\$



Bali's German Bakery

Bali's German Bakery has been serving speciality baked goods for more than 27 years. They make simple yet sublime varieties of bakery using the best quality grains, flour, wheat & nuts. Bakery items include: croissants,

rolls, pastries, muffins, cakes, pies, strudels, crumbles, cookies, white, brown and rye breads, pumpnickel and 6-grain trekking breads. Special orders for birthday or celebration cakes are also accepted.



BAKERY DELIGHTS

Freshly baked bread and pastries from chocolate croissants to apple strudels

North Lakeside Pokhara
Tel: 061-462556
Open: 7am – 8pm
www.balis-germanbakery.com
Map no. 16/\$



Restaurant Once Upon A Time

Serving a wide selection of food Restaurant Once Upon a Time has something for everyone. Its open air style courtyard design, creates a

lovely ambiance, with views of central lakeside. The food and drinks are freshly made to order, and friendly staff make this a place to visit.



Central Lakeside Pokhara
Tel: 061-462425
Open: 7am - 9pm
Map no. 61/SS

The Lemon Tree

Beautiful Lemon Tree restaurant specialises in tasty, fresh, healthy food. The traditional Nepalese ambiance of the restaurant creates a beautiful setting to enjoy a meal with friends. The Nepalese owners of The Lemon Tree have been in

the restaurant business for over 40 years and their experience shows as this is one of the most popular restaurants in Lakeside! A must try is their famous frozen lassis and ice coffees!



Central Lakeside Pokhara
Tel: 061-463246
Open: 8am - 10pm
Map no. 48/SS



Lotus Corner Restaurant & Bar



REAL ARABIC FOOD

With a beautiful lake view, nice music and home made biscuits, Lotus Corner is the best place to enjoy your early morning coffee or breakfast. We are the only restaurant in Pokhara where you can find authentic Arabic Hummus, Moussaka and Kebabs cooked and served by our lovely Arabic staff. Great prices, delicious food and wonderful music combine create a unique and relaxing atmosphere.



DISCOUNT COUPON!

North Lakeside Pokhara
Tel: 061-466702
Open: 7am - 11pm
Map no. 49/SS



//

Happiness is a cup of coffee and a really good book



① DAVID'S COMPANY

When the shop is not too busy, David sometimes find time for a chat with his customers...

am/pm organic café



This stylish, wooden café run by David, who trained as a barista in London, has organic Himalayan coffee from the hills surrounding Pokhara, tasty pastries and home-made cakes.

Let's have coffee and New York cheese cake for breakfast. At lunch time I would take a tuna sandwich with a smoothie and wine with Hummus plate for dinner. Done...

⬇ OUR SALES SELECTION

Organic coffee, spirulina, Himalayan candles & soaps, wild honey home-made jam, cotton bags & more!

DISCOUNT COUPON!

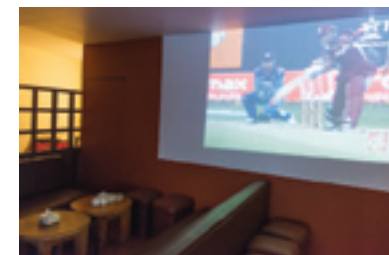
South Lakeside Pokhara
Tel: 061-466339
Open: 6:30am - 10pm
Map no. 7/\$\$



Landing Zone Restaurant

Landing Zone Restaurant in north Lakeside is a modern sports bar with several lounge areas to relax with friends. In addition to flat screen TVs upstairs and downstairs, we have a large screen on which

we show many live sporting events, such as European football and cricket. We have a well stocked bar to keep you going through intense matches and we serve great food & snacks.



North Lakeside Pokhara
Tel: 061-466034
Open: 11am - 10pm
Map no. 46/\$\$

Tea Time Bamboostan Café

Established in 1981, this famous restaurant has been serving up delicious meals in Lakeside for over 33 years! A wide selection of tasty food and drinks have

made this restaurant extremely popular especially with those weary travellers arriving back in Pokhara after long trekking and rafting expeditions!



Central Lakeside Pokhara
Tel: 061-464386
Open: 6:30am - 11pm
www.bamboostancafe.com
Map no. 88/\$\$

Merhaba Turkish Restaurant

We are very proud of our exclusive choice of European food, specialising in Turkish and German cuisines.



Merhaba is a Turkish restaurant at the northern end of Lakeside and the only place where you will get a very tasty, authentic kebab! We are very proud of our exclusive choice of European food. Specialising in Turkish and German cuisine, our menu takes you to an extraordinary culinary journey. Welcome and enjoy the time with us at Merhaba! Our most recommended dishes include; Turkish – kebab or durum,



German – sausages or salad, Greek – gyros pita or souvlaki... and many more.

DISCOUNT COUPON!

North Lakeside Pokhara
Tel: 9849057210
Open: 9am – 10pm
Map no. 51/\$\$



Pokhara Pizza House

Pokhara Pizza House is one of the most buzzed Pizza House in town. You must visit us for the endless buffet of fresh salads, savory pasta, delicious desserts and fresh-from-the-oven pizzas. Our dough is made freshly from scratch every day, our sauce is a

blend of vine-ripened tomatoes and spices, our home made pastas are hand tossed with the freshest ingredients and our desserts are simply delicious. With our scooter we will deliver our pizza around Pokhara and take care you will get it hot.



North Lakeside Pokhara
Tel: 061-462290
Open: 9am – 11pm
www.pokharapizzahouse.com
Map no. 72/\$\$



WELL BEAN COFFEE

Our lovely and harmonic coffee house uses the best coffee of Nepal. We really love coffee and this you will recognise in our service. In our pastry selection you will for sure find a fresh, yummy piece to combine with your hot drinks. Let's have a break and have a coffee!

North Lakeside Pokhara
Tel: 9804195115
Open: 7am - 9pm
Map no. 96/\$



PERKY BEANS

One of Lakeside's original coffee houses, Perky Beans serves up delicious Himalayan coffee and a range of tasty pastries & biscuits. If you're returning from a trek, you must try one of our famous huge milkshakes and enjoy it on our rooftop balcony overlooking Phewa Tal & Mt Fishtail.

Central Lakeside Pokhara
Tel: 9846153975
Open: 8am - 7pm
Map no. 67/\$



ASBIN RESTAURANT

Our restaurant serves traditional Nepali food and snacks with fair prices and high quality. Our recipes provide the real homemade and delicious taste of Nepal. Our menu range includes continental highlights or Indian curries. Our years of experience ensure that your time at Asbin will be a pleasure.

North Lakeside Pokhara
Tel: 9846112502
Open: 7am - 11pm
Map no. 13/\$

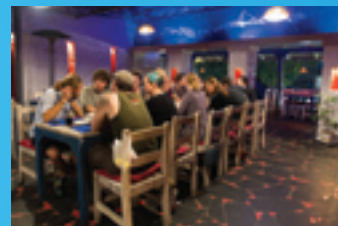
Byanjan Restaurant



Imagine yourself in a traditional serene environment, enjoying national and international cuisines at their best with your family & friends. Tempting... isn't it? Byanjan is an elite restaurant, where you can spend quality time

pleasuring your taste buds with delicious authentic multi cuisine foods that are prepared fresh daily. The word 'Byanjan' means varieties of food in Sanskrit and our traditional yet modern restaurant provides a choice

of ample delectable byanjans. Our elite staff deliver a flawless dining experience, consistently providing exceptional food and service in a warm and welcoming atmosphere. Byanjan - like no place else in Lakeside.



Central Lakeside Pokhara
Tel: 061-466271
Open: 9am - 11pm
www.byanjan.com
Map no. 21/\$\$\$



GOURMET MENU

Choose from our delicious range of Western delicacies and traditional Nepali dishes

Newari Kitchen



Delightful surprises await you here... Our restaurant is tastefully decorated to reflect the traditional ambience of a Newari home. Inside our cosy dining room, prints of traditional Newar buildings stand out against the other walls and in the evenings wicker lamps hanging over the tables lend a warm, romantic ambience. Hidden from the street, our beautiful lakefront garden offers expansive views of Phewa Lake. Sitting in the thatch-roofed patio watching children play in the camping ground beside the lake feels nothing short of idyllic.

North Lakeside Pokhara
Tel: 061-462633
Open: 9am - 10pm
Map no. 59/\$\$\$





Boomerang Restaurant

Looking out on Lake Phewa, Boomerang is the one of the best restaurants in lakeside, Pokhara. Among our main draws is Boomerang's beautiful garden dining option, decorated to heighten the experience of being outdoors and one with nature.

The international cuisine is a good fit with the many guests we have from all over the world—there's something for everyone to enjoy. The decidedly European bakery supplies comfort for the travelers hailing from that part of the world. Lounging around the serene and

natural surroundings as you enjoy a sumptuous meal is also a great setting for Boomerang's bonus attraction, the nightly Nepali cultural show. Take in the sights and sounds of beautiful Fewa Lake and the neighborhood from the beautiful corner of Boomerang. The staff at Boomerang is prepared



to cater to a wide assortment of guests. The menu ranges from the local Nepali to Mexican, Asian and Continental favourites. Whether you crave chicken chowmein or pasta puttanesca, you'll be right where you need to be for a satisfying delicious meal.

Central Lakeside Pokhara
Tel: 061-679241
Open: 9am - 11pm
Map no. 18/\$\$\$



PALM BEACH

Palm Beach Restaurant has an amazing view of Phewa Lake. We serve a selection of Arabic platters with homemade hummus and falafel as well as traditional Nepali snacks. Our well trained staff provides friendly service and makes your time at Palm Beach Restaurant a most enjoyable experience.



North Lakeside Pokhara
Tel: 061-461473
Open: 7:30am - 11pm
Map no. 63/\$\$

METRO CAFÉ

Offering extremely tasty, french stye crepes, Metro is located just off the main Lakeside road on the way to the lake. Make sure you check out the seasonal specials and try their frozen slushies - the coldest drink in town!



Central Lakeside Pokhara
Tel: 9813055820
Open: 8am - 8pm
Map no. 52/\$\$

JUICE BAR

Located in South Lakeside, close to the tourist bus park, this lovely local juice bar serves a seasonal selection of fruit to buy whole or choose to get it squeezed while you wait and enjoy a super fresh juice.



South Lakeside Pokhara
Open: 7am - 9pm
Map no. 45/\$

Busy Bee Café



The Busy Bee Cafe is the beating heart of Lakeside's nightlife and is the place to go for a drink or two or three! A large selection of imported and local drinks are available including some great cocktails. Packed out every night, Busy Bee has live music most nights and has a big screen for sports events. A lakefront garden and pool tables keep everyone entertained and when cooler weather starts there are plenty of fire-pits to keep you and your friends warm.



Central Lakeside Pokhara
Tel: 9856026747
Open: 10am - 11pm
Map no. 19/\$\$

Shopping & Services

If you like shopping then Pokhara is definitely the place for you! Along the whole Lakeside road are shops of all types selling everything from traditional Nepalese pashminas and paper products to the latest trekking and mountaineering gear.

The vast majority of shops work on a barter system (although there are some 'fixed price' exceptions) so make sure you have a friendly haggle with the owner and see what deals you can get. The best rule is just pay what you are happy with - if the shop won't agree with the price you think is fair, try a different shop as you will probably find the same item elsewhere.

Lakeside shops focus on tourists and a large selection of souvenirs, clothing and jewellery are available. In addition there are plenty of book & dvd shops. There are also a number of mini-supermarkets which stock all the traveller's essentials, especially

items such as confectionary, toiletries, alcohol and snacks. This makes them ideal for stocking up prior to heading off on your adventures.

If you have more serious shopping in mind, take a bus or taxi up to the local shopping centre in Pokhara, called Chiplidhunga. Here you can find large supermarkets, fresh fruit and veg markets, traditional Nepali clothes, electronics and a huge selection of cheap shoes & clothing (although large/tall western sizes can be hard to get).

Alongside the shops, you can also find services of all types in Lakeside. Whether it be a relaxing massage after an arduous trekking adventure, a tattoo to remember your time Nepal or a yoga session to bring your body and mind in harmony, Pokhara offers a wide selection. If you need to plan your next adventure from Pokhara, there are travel agencies to organise all your travel requirements.



Top Tip: Lakeside shops are open 7 days a week, with most places open from around 9am to 9pm. Up the in the local town (Chiplidhunga), shops open around 10am and close around 7pm. Saturdays are the only day off with most places (except the biggest supermarkets) being closed.

Sherpa Clothing

Located at Barahi Chowk in central Lakeside, Sherpa Adventure Gear is an international mountaineering brand, selling excellent quality outdoor gear and clothing that is all made in Nepal. The company supports and honours the Sherpa

people who do so much for so little. Up to \$.50 from every product sold goes to a special fund for the underprivileged Sherpa children of Nepal.

DISCOUNT COUPON!



Central Lakeside Pokhara
Tel: 061-462642
www.sherpaadventuregear.com
Map no. 83

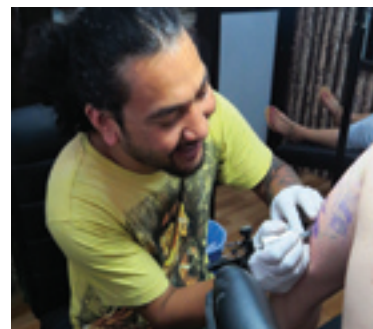
Anand's Tattoo

Anand's Tattoo has been in the Tattoo Industry for the last ten years. We specialise in tattoo design and our personal favourites are portraits. We use only high-grade material imported from Europe. You will find our clean and well equipped studio at one of the most spectacular areas

in Pokhara's Lakeside, at Barahi Chowk near Barahi Temple.

DISCOUNT COUPON!

Central Lakeside Pokhara
Tel: 9846036018
Open: 10am - 7pm
www.anandstattoo.com
Map no. 9



Jiva Café & Spa

Jiva Cafe and Spa is Pokhara's relaxation destination situated on the shore of the picturesque Phewa Lake. Our Spa features a Café, Event Hall and Unique Private Treatment Cottages decorated in a traditional Nepali style. In this natural setting one can enjoy a range of services such

as Massage and Beauty Therapies, Yoga, Meditation and Zumba classes as well as delicious food and drinks. Jiva is like no other spa in Pokhara.. Come to unwind, be pampered and experience the difference for yourself!

DISCOUNT COUPON!



Central Lakeside Pokhara
Tel: 61-465379
Open: 8am – 7pm
www.jivaspapokhara.com
Map no. 44

Pranamaya Yoga

We'd like to invite you to come with us on a journey where you can explore your inner being, where you can cleanse, strengthen and invigorate your heart, body, and mind. No matter if you are a beginner or a more advanced yogi,

if you have just come from a trek or if you still have your adventure in the mountains ahead - everybody is welcome to join our classes. We are located at Jiva Café and Spa. There is no pre-booking required - just pop in, learn and have fun.



Central Lakeside Pokhara
Tel: 980204 5484
www.pranamaya-yoga.com
Map no. 75



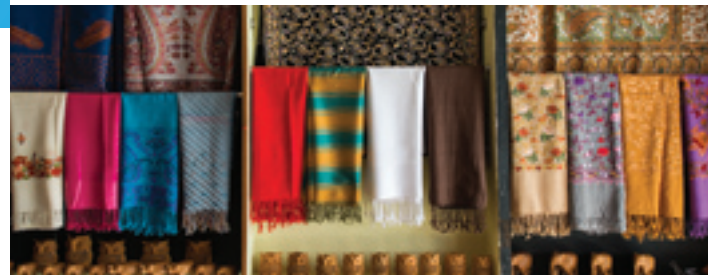
am/pm handicrafts



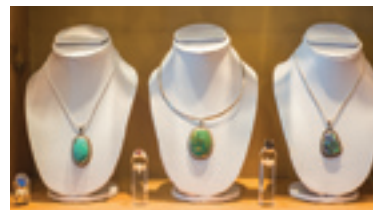
Established in 2008, AM/PM Handicrafts manufactures our own leather and custom bags, using the best local Himalayan hemp, leather and materials transforming them into everyday wear. We are the pioneers of leather bags in Nepal and in addition offer high quality

cashmere and pashmina fabrics. After years of experience, our first priority is to offer an excellent service and we are pleased to offer you our unique products created with love for people like you.

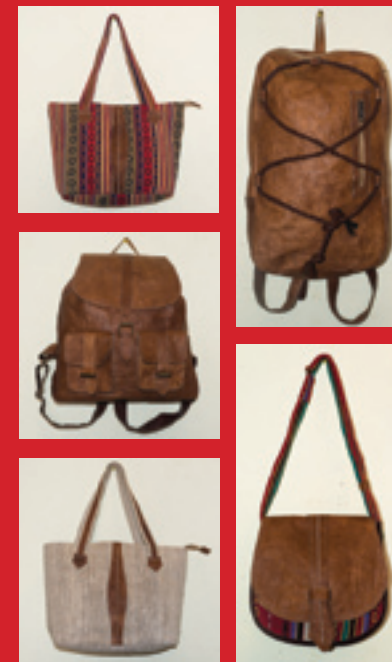
DISCOUNT COUPON!



am/pm jewellery



You will find here gold and silver pieces. We also sell precious and semi-precious stones. High-quality art for a best price guaranteed.



Central Lakeside Pokhara
Tel: 061-462694
Open: 9am - 9:30pm
www.ampmhandicrafts.com
Map no. 5

South Lakeside Pokhara
Tel: 9856036475
Open: 9am - 9:30pm
Map no. 6

Tourist Express

Our AC Deluxe Tourist Coach travels daily between Pokhara - Kathmandu - Pokhara. Our coach departs from the Tourist Bus park in Pokhara at 8.00am and from Kantipath in Thamel at 7.00am,

with journeys taking around 7hrs. Mineral water is complimentary and lunches are optional when booking your ticket. Also available are private car, jeep and minibus hire.



South Lakeside Pokhara
Tel: 061-463588/466889
01-4261624
Map no. 93



Nasa Trekking Equipment

Nasa Trekking equipment has been trading trekking, mountain and rafting gears for 20 years. We specialise in the highest quality products for all trekking activities including genuine Gore-Tex jackets, Gore-Tex trousers, Gore-Tex windproof soft shells (Flight

Series & Summit Series), backpacks ranging from 15 litres. Our product assortment: jackets, bags, sleeping bags, down jackets, shoes, sandals, lights, tents, Swiss Army knives and many more.

DISCOUNT COUPON!



Central Lakeside Pokhara
Tel: 061-464272
Open: 9am - 9pm
www.nasatrekking.com
Map no. 58



Caravan Spa

Caravan Spa is located inside the Busy Bee Café and provides the following services: Meditation, Shi-rodhara, Reiki, Chakra Healing, Hot Stone Massage, Ayurvedic Massage, Royal Thai Massage, Trekkers Massage, Deep Tissue Massage, Foot Re-

flexology, Facial, Waxing and more. The rooms have an air conditioning system and the trained staff provide a good service. 5% of our income goes to study for poor children.

DISCOUNT COUPON!



Inside Busy Bee Café
Central Lakeside Pokhara
Tel: 061-466312
Open: 10am - 7pm
Map no. 23



EMAIL ONE MONEY CHANGER

Our services include: best money exchange, international & domestic flights, bus tickets, jeep or van rental with driver, trekking & hiking tours with guide and porter, rafting, jungle safari, paragliding, ultra-light & bungee jumping, internet cafe with high speed internet, international phone calls, photocopy, printing & scanning.

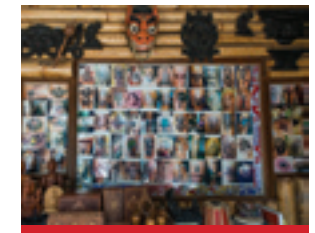
Central Lakeside Pokhara
Tel: 061-464599
Open: 7am - 10pm
Map no. 54



PANDEY HANDICRAFT

We sell plain or custom embroidered t-shirts as well as custom printed t-shirts, batiks & polo t-shirts. We have handmade clothing items and a wide variety of designs, logos, colours and materials to choose from so you can make your very own unique t-shirt!

Central Lakeside Pokhara
Tel: 061-462635/462359
Open:
Map no. 65



3J'S TATTOO

With more than 15 years providing tattoos and piercings in Lakeside 3J's is one of the pioneers in the business. He will take good care and will advise you perfectly about your skin color. If you looking for unique accessories, 3J's shop manufactures & sells coco crafts, various arts and much more...

North Lakeside Pokhara
Tel: 9846034428
Open: 9am - 9pm
Map no. 1

UPS & Yak & Yeti Treks & Expeditions

Yak & Yeti Trek and Expeditions is a team of professionals in the field of trekking and travel. Having been in operation for over 2 decades, we are a well reputed trekking

agency in Lakeside. We are always interested to meet people from all over the world and we treat our clients with a personal & reliable service.

United Parcel Services. 4 Day Worldwide Service. Online Tracking & Insurance.



Central Lakeside Pokhara
Tel: 061-463209
Open: 10am - 8pm
Map no. 94

ALPINE TREKKING STORE

Alpine Trekking, in the business for 15 years, sells all equipment & clothing for your trekking adventure. Come to us for Goretex jackets & trousers, down clothing, fleece clothing, sleeping bags & lots more! We also hire equipment and warm clothing for you to take on your trek. In front of Boomerang Restaurant.

Central Lakeside Pokhara
Tel: 061-464333
Open: 8am - 10pm
Map no. 4



POKHARA FLIGHT CENTRE

We provide a full range of services for travel arrangements, adventure activities and international and domestic flight tickets all at the most competitive prices!

Central Lakeside Pokhara
Tel: 061-463554
Open: 8am - 9pm
www.travelallnepal.com
Map no. 69

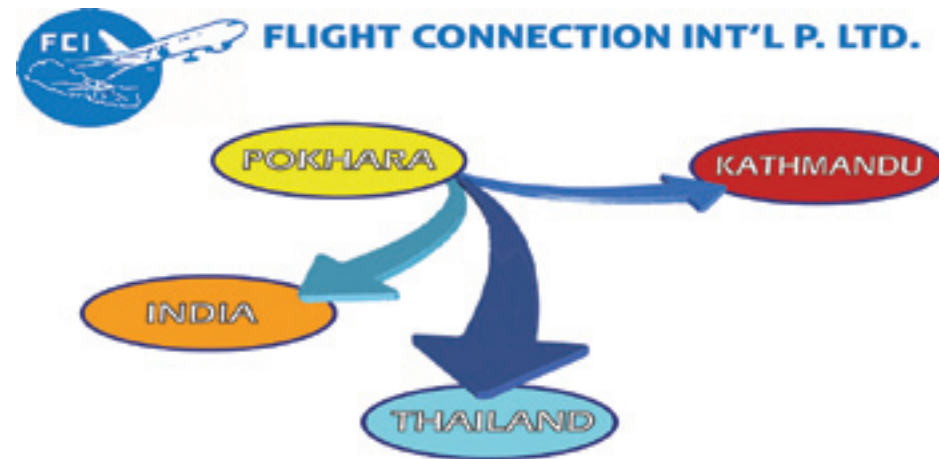


Flight Connection Int'l

We are always ready to provide fast and easy air tickets from inside Nepal and to all major destinations around the globe at the lowest rates

and with special discounts. Flight Connection arranges all International and Domestic Air tickets of various airlines operating to and from Nepal.

Central Lakeside Pokhara
Tel: 061-465016/466286
Open: 9am - 5pm
www.flightconnectionintl.com
Map no. 32



Pokhara Office:
+977 61466703
+977 61466774

Kathmandu Office:
+977 14005141
+977 14005142

Chitwan Office:
+977 56562409
+977 56562710

South Lakeside Pokhara
www.mountainoverland.com
info@mountainoverland.com
Map no. 56

Asta Dental Clinic

Located at Central Lakeside a 10 minute walk from the lake, Asta Dental Clinic is dedicated to offering quality dental treatment at a reasonable prices. We are blessed with a friendly group of staff and we highly value communication with our patients, making sure they are comfortable and relaxed before starting any treatment. We are equipped with

advanced dental infrastructure, and give utmost importance to sterilization & cleanliness of working area working personnel. We take extreme pride in using dental materials of the highest quality and include brands such as 3M Espe (USA), Dentsply (Germany), GC & Shofu (Japan) to name a few. We are looking forward to serve your dental needs



and we assure you will leave the clinic with a healthy smile. Imported dental materials, modern equipment, honest opinions, friendly staff, affordable cost & all major credit cards accepted. Visiting Doctors: Dr. Ben Udas B.D.S, Dr. Nirjala Malla M.D.S

DISCOUNT COUPON!



astadentalclinic

Central Lakeside Pokhara
Tel: 061-466900
Open: 9am - 5pm
www.astadentalclinic.com
Map no. 14



Climate & Seasons

The climate of Pokhara is slightly warmer than its surrounding hills and Kathmandu due to its lower elevation at 800m making the winters more pleasant but the monsoon more humid.

OCTOBER - NOVEMBER

After the monsoon has passed the lush green hills and fields around Pokhara provide a beautiful foreground to the Annapurnas which are finally revealed on clear, crisp mornings. The humidity drops yet the days remain hot and sunny, while nights become slightly cooler making this the perfect time for trekking and other outdoor activities. It is no wonder that this is the peak tourist season in Pokhara and also the time of the most important Nepali festivals including Dashain and Tihar/ Diwali. Average Temperature: Day 24-27°C Night 12-16°C

DECEMBER - FEBRUARY

The winter months are known as the dry season in Nepal as it rains at most once a month. The skies are clear during the day and night allowing for great mountain views but cold evenings and mornings.

The midday sun is warm enough for wearing a t-shirt; however, you will directly need a sweater when standing in the shade. Tourist numbers are less during this time, making trekking and other adventure activities much quieter and more peaceful. Over the New Year is the Pokhara Street Festival where the Lakeside strip is blocked off to traffic and restaurant, bars and cafés put tables and chairs on the street with music and a great vibe. It doesn't snow in Pokhara but it can on its surrounding hills down to 2,000m. At the end of the dry season the skies can be hazy from the dust. Average Temperature: Day 19-22°C Night 5-9°C

MARCH - MID JUNE

The weather in springtime can be volatile as the monsoon approaches and it is known as the hot season. Days are very hot and often after one week of scorching temperatures there can be violent rain and hail storms that block views of the mountains for days. While the countryside is brown after the long dry season, flowers start to bloom as the rainfall increases towards June. The

rhododendron forests covering the lower Annapurna trekking routes flower during April & May making this a popular trekking time and Pokhara's second peak tourist season. Average Temperatures: Day 30-33°C Night 13-18°C

MID JUNE - SEPTEMBER

This is the monsoon season, but it's not to be avoided. Humidity in the Pokhara Valley is much greater than in the surrounding hills above 1500m and while each month receives an average of 800mm of rainfall, mostly this occurs in the afternoon and overnight. There can be several days of rain once or twice a month and some days with no rain. The landscape around Pokhara is at its most verdant and beautiful during the monsoon and even some rare clear mornings can reveal the best views of the Annapurnas of the year. This is the lowest season for tourism in Pokhara but it is still possible to do all activities including trekking where views of the mountains are possible generally above 2,000m. Average Temperatures: Day 30°C Night 20-22°C



Natural Attractions



PHWEA TAL

Nepal's second largest lake is the centre of attraction in Pokhara and it's what brings the peace and tranquility to Lakeside. You can walk along its edge or hire a brightly painted boat (with or without a local boatsman), sail boat or paddle boat at a reasonable cost around Lakeside. Take a day to explore the distant shores, villages, aquatic & bird life and to watch local fishermen collecting the day's catch. Don't miss the chance to see the stunning reflection of the snow-capped Annapurnas in the calm waters early in the morning. The best spot for this is in Damside in the small park on the island.

BEGNAS TAL & RUPA TAL

These two picturesque lakes are perfectly serene, clean and receive few foreign visitors. Located about 15km east of Lakeside, a trip to these lakes makes a perfect day or overnight trip from Pokhara. Swimming, boating and fishing are possible in Begnas Tal. At the western end is a small hill called Piple Hill where there are several small guest houses directly on the lake shore with stunning, undisturbed views of the lake and the Himalayas. To get here take the last left before the bridge at Begnas Chowk; it's a dirt road which passes the fisheries. At the even quieter eastern end (Majhilkuna) of Begnas Tal are several more

small, family run guest houses. Follow the road straight through Begnas Chowk, which climbs up the hill and reveals the isolated beauty of Rupa Tal on the right hand side. After passing through a small village on top of the hill, where there is a luxury eco resort take the next left down the dirt road for a few hundred metres.

You can get to Begnas Tal from Pokhara either by motorbike (see p.73) or by local bus. Drive out of Pokhara along the Prithivi Highway to Kathmandu and after approx. 12km turn left. There is a sign to Begnas Tal, but its on the right hand side of the road, just past the turn. A better indicator is the bus stop and large tree on the left.



SARANGKOT

Famous for its breathtaking panoramic views of the Annapurna & Dhaulagiri ranges, the Pokhara Valley and Phewa Tal, this 1,592m mountain located on the northern side of Phewa Tal is one of the most popular destinations for day walks and sightseeing around Pokhara. Enjoying the sunrise or sunset from this former Kaski fort is an experience not to be missed when visiting Pokhara. It is also a thrill to watch tandem and solo paragliders taking off daily just below the top. Walking up the stone steps from the north end of Lakeside (Sedi) takes 2-3 hours, while taxis can take you up just below the summit. A day trip on a motorbike (preferably with gears) is a fun way to explore the

mountain, its local villages and 4WD tracks all the way along the ridge top to Naudanda or down to Pamaye at the end of the lake.

CAVES

There are many caves around Pokhara, the most popular of which are in Pokhara's north, 6km from Lakeside. Here is the Mahendra Cave, a large limestone cave famous for its stalactites and stalagmites and nearby is the Bat Cave, also a limestone cave which is full of bats. The Gupteswar cave opposite Devi's Fall is sacred for Hindus due to the idol of Lord Shiva found there and is almost 3km long. There are both large caverns and narrow passages where crawling is necessary.

DEVI'S FALLS

Devi's Falls is a fascinating waterfall located 2km southwest of Pokhara Airport on the Siddhartha Highway towards Tansen. Water coming from Phewa Tal disappears deep underground, travelling 150m through tunnels and passing through the Gupteswar cave.

MOUNTAINS

No other place in the world can you sit below 1,000m and marvel at 8,000m peaks. Mt Machhapuchhre (Fishtail) is the most prominent and as it is a holy mountain it is forbidden to be climbed. Two of the world's top 10 highest mountains, Dhaulagiri and Annapurna I can also be seen from various parts of Lakeside.

Temples, Museums & Monuments

WORLD PEACE PAGODA

Perched on the top of the hill south of Phewa Tal, the World Peace Pagoda is a large Buddhist Stupa that commands tremendous views of the Annapurnas, Phewa Tal and Pokhara. The dome structure is a symbol of peace and has four gilt images of the Buddha facing the four directions. It was built by Japanese Buddhists and opened in 1999. There are several ways to access the Pagoda including by taxi all the way to the top; however, the nicest way is by crossing the lake by boat and then hiking up the hill (approx. 1 hour) or by trekking around to Damside and gently climb the hill through the lush Raniban forest.



BARAHI TEMPLE

Situated on a small island only a 10 minute boat trip from Barahi Chowk in central Lakeside, the Barahi Temple is one of the most important Hindu monuments in Pokhara. The 18th century two-storied pagoda is dedicated to the protector deity Ajima, the manifestation of the boar who represents the female force Shakti. The largest crowds of devotees are seen on Saturdays and sacrifices take place here.

GURKHA MUSEUM

Pokhara and its surrounding hills are widely known as the homeland of the world famous Gurkha soldiers. Located north

of Mahendra Pul, the museum celebrates their achievements and covers Gurkha history in the battlefields of the first and second world wars. It contains a great collection of used uniforms, medals (including the Victoria Cross), photos and more items used by the courageous Gurkha soldiers. Opens daily from 8am to 4:30pm and entry costs Rs150.

INTERNATIONAL MOUNTAIN MUSEUM

The International Mountain Museum, located 1.5km south of the airport, is devoted to the mountains of Nepal. It provides information on mountaineering and the cultures, environments,

geography and ecology of the Himalayas. From the museum grounds three 8,000m peaks are visible; Dhaulagiri, Annapurna I and Manaslu, a truly unique sight. The museum opens daily from 9am to 5pm and entry costs Rs300.

THE OLD BAZAAR & BINDHYABASINI TEMPLE

The temples and monuments of the Old Bazaar, located 4km north from Lakeside, closely resemble the Newari architecture of the Kathmandu Valley. It's a traditional

bazaar and to this day a gathering place for many ethnically diverse groups of traders. Located here is Bindhaybasini Mandir, another of Pokhara's most important Hindu shrines. The white dome structure atop a shady hill is dedicated to the Goddess Baghwati and worshippers come here to perform sacrifices, especially on Saturdays. It's believed to be one of the oldest temples in the Pokhara valley and on some days Hindu wedding ceremonies take place here.

TIBETAN SETTLEMENTS

Pokhara is home to several thousand Tibetan refugees most of whom live in various settlements around Pokhara. The small Tashi Ling settlement is located close to Devi's Falls and also has a Tibetan doctor and astrology centre. The largest of the settlements, Tashi Palkhel, is at Hemja on the Baglung highway, about 5km from Lakeside. The colourful gompa in the centre of the settlement is home to 200 monks. On the way into the settlement you have to pass many old Tibetan ladies selling antiques and souvenirs.



Getting To/From Pokhara

TO/FROM KATHMANDU

Tourist Buses: Depart every morning at 7am from the bus station outside Thamel, Kathmandu. Prices range from Rs500-1000 for basic buses and around US\$20 for luxury buses. The drive takes 6-8 hours depending on the traffic and road conditions and includes two main stops for breakfast and lunch at tourist roadside restaurants. The tourist bus stop in Pokhara is located in south Lakeside, just a few minutes drive from the centre..

Local & Micro Buses: Depart every ½ hour from Kalanki Bus Park in Kathmandu from 5am until late afternoon (travelling at night is not recommended). The micro buses (white Toyota vans) take 5-6 hours and cost approx. Rs500 while the local buses take 6-8 hours and cost approx. Rs400-500. Both stop only once for a main meal at a local roadside restaurant. These buses stop at Prithivi Chowk in Pokhara which is a 5-10 min taxi drive from Lakeside.

Plane: There are daily flights operated by several Nepali domestic airlines to Pokhara Airport from Kathmandu Domestic Airport, which can be easily and quickly arranged by local tourist agents in Thamel or Lakeside. It is best to fly early in the morning when you can catch the spectacular view of the Himalayas as you fly into Pokhara (from the right side of the plane). Prices are now fixed at US\$119 one way and the flight takes 25 minutes. The Rs200 domestic airport departure tax is now included in the ticket. To Lakeside from Pokhara airport is a 5 minute taxi drive.

Car: It is possible to hire a car with/without a driver to travel from Kathmandu to Pokhara. If you have never driven in Nepal before then it is advisable to hire a driver as the Prithivi Highway is a dangerous road with many sharp bends, narrow sections and incoming traffic on your side of the road. There can always be traffic jams or road blocks along the way and so it also takes 5-6 hours to reach Pokhara. Small cars cost from Rs4,500 per day to hire, not including petrol or the driver.

TO/FROM CHITWAN

The best way to travel between Pokhara and Sauhar, the tourist village outside Chitwan National Park is by tourist bus. Buses leave daily from the tourist bus station at 7am, take 6-7 hours and cost Rs400 - 600 one way.

TO/FROM TREKKING ROUTES

Local Bus: Crowded local buses leave Baglung Bus Park every 1/2 hour from 5:30am until 3pm. Most trekking routes in the Annapurna region start along the Baglung Highway at places such as Phedi, Khare, Lumle & Nayapul. The Annapurna Circuit however starts from Besisahar, east of Pokhara. Two buses to Besisahar leave early each morning from Prithivi Chowk, taking 5 hours (Rs250) or you can catch any bus going to Kathmandu and change at Dumre.

Taxi: From Lakeside small taxis cost Rs1000 to Phedi and Rs1800 to Nayapul, whereas from Baglung Bus Park they cost Rs900/Rs1500.

Jeep/Mini Van: Jeeps and minivans are available to hire in Lakeside along with a driver and they are particularly useful if you

have a large trekking group.

TO/FROM INDIAN BORDER

The closest Indian border crossing to Pokhara is at Sunauli and while there are no tourist buses going here there are daily buses leaving from Prithivi Chowk to Bhairwara near Sunauli. Buses go either via Mugling (on the way to Kathmandu) or directly south past Tansen and Butwal along the dramatic and beautiful Siddhartha Highway. Other border crossings at Birganj, Nepalganj & Mahendranagar can be reached by day/night buses from Pokhara.

BUS PARKS

Tourist Bus Park: The main tourist bus park is located in south Lakeside 50m past Rasta Bank Chowk on the left hand side. Tourist buses request you to be present at 7am for 7:30am departures to Kathmandu, Chitwan and Lumbini.

Baglung Bus Park: This local bus park is the terminus for all buses going to the north and north west of Pokhara along the Baglung Highway and so if you want to get to Phedi, Nayapul or Beni for the start of your trek get here early in the morning. Taxis can take you from Lakeside (5-10mins) or to get here by local bus, take the Chipledunga bus from Lakeside to Zero Kilometre where you change buses to go left (north) to Baglung Bus Park.

Prithivi Chowk Bus Park: This is Pokhara's main local bus station, where buses depart to the east, south and south-west, including Kathmandu, Gorkha, Tansen & Butwal and Sunauli. Local buses

Getting Around Pokhara

stop here on the way to Chipledunga - get off at the bottom of New Road and Prithivi Chowk is just 100m further along the main road. The large buses are parked on the left side of the main road while you need to turn left & go up the street a little for the micro bus stop.

ON FOOT

It is pleasant to walk along the Lakeside strip where you can choose either the bustling road lined with restaurants, shops and cafes or the more scenic path alongside the lake. Popular day walks are to the World Peace Pagoda (begun by a boat ride across the lake), which takes about an hour from bottom to top and to Sarangkot (1592m), a 2 hour hike from Sedi, north Lakeside near the first paragliding landing zone. It is possible to walk from Lakeside to the city centre (Chipledunga), which takes around 45mins but its not advisable due to the amount of dust and exhaust fumes from traffic on the main roads.

LOCAL BUSES

There are both city buses and minivans which operate throughout Pokhara and nearby villages. They are usually overcrowded and uncomfortable but it is the cheapest form of transport and an adventure in itself! There is a bus station at Hallan Chowk in Lakeside, where small buses leave every 10-15mins for Chipledunga (Rs25) and larger buses leave every hour to Pamaya in the direction of Panchase. This route goes through north Lakeside, and along the north edge of Phewa Tal past Sedi & Khapaudi.

TAXI

The main taxi stand in Lakeside

is at Hallan Chowk where taxis are available all day and night. It is usually very easy to get a taxi anywhere in the city and drivers often stop and ask you anyway! The number plates for taxis are black so check that you are not getting into a private car. If you are carrying anything of value with you, it is a good idea to ask the driver's name on the journey so if you leave anything behind you have a chance of finding him. Taxis are now meant to have meters in them, but this doesn't mean that the drivers use them. Some destinations have a 'fixed' price (Chipledunga Rs300/ Rs500 one way/return, Sarangkot Rs1000/1500 one way/return, Peace Pagoda Rs800/Rs1200 one way/return, Nayapul Rs1800 one way, Phedi Rs1000 one way) but usually you will have to bargain before you leave and you shouldn't take the first price offered!

Lakeside Taxi Driver Numbers:

Kumar	9804149454
Mangal	9805877187
Deepak	9846069607
Lok	9846051676

BICYCLE

Hiring a bicycle for the day (Rs100-300) is a cheap and fast way to get around Lakeside and other parts of Pokhara, whether it be a trip to the Nepali city centre at Chipledunga or a leisurely cycle around the north shore of Phewa Tal. If you plan to ride up any hill such as Sarangkot, spend a little extra to hire a good quality mountain bike in good condition. Adjust it to your size before setting off and most importantly check that the gears and brakes are working well. Note that you will probably be in 1st gear or pushing most of the long way up!

MOTORBIKE RENTAL

Renting a motorbike or scooter is a great way to explore places around Pokhara for the day and there are several places in Lakeside where you can rent a variety of motorbikes, including Pulsars (150cc, 180cc & 220cc) and scooters, which cost Rs600-800 per day. There are also cross bikes (Hartford) available for approx. Rs2,500 per day. For renting Royal Enfields (350cc & 500ccs) and Yamaha RXs (100cc & 135ccs) the best place is Hearts & Tears Motorcycle Club next to Busy Bee. Petrol costs Rs135 per litre. Pulsars use very little petrol and 3 litres is enough for a day's adventure, while Enfields and Yamahas burn petrol very quickly. The nearest petrol station to Lakeside is on Manaswar Road 2km from Hallan Chowk on the right. Helmets are supplied by the renting office and it is compulsory for the driver (not the passenger) to wear one. It is advisable to note the owner's number and to take the bike's tax book with you (especially if you are driving out of Pokhara on the main highways) for the traffic police. No one talks about insurance and when you are driving on the busy roads take extreme care of everything in front of you as anything from children to chickens, goats or dogs can appear in front of you in seconds. The main 'rules' on Nepali roads are that you drive on the left side, give way to vehicles pulling out in front of you (they will not look to see if you are coming) and in the mountains beep before entering a sharp curve - its a warning signal so traffic going the other way will slow down and stick to their side of the road. Finally drive carefully and anticipate anything.

Essential & Useful Info

IMMIGRATION OFFICE

The Department of Immigration has an office at Ratna Chowk in south Lakeside where you can extend your tourist visa. You can stay in Nepal on a tourist visa for 150 days per calendar year, meaning that if you arrive in August you can stay until May. All applications must be started online first, which you then print out and take to the Immigration Office to finish the process. If you extend your visa, it must be a minimum of 15 days (US\$30) and for more than 15 days it costs US\$2 per day. If you forget to extend your visa you will be charged a penalty of US\$3 per day in addition to the visa fee (US\$5 total). Take your passport, printed online application (photo must be uploaded online), photocopy of your passport & last visa page and visa fee in Nepali Rupees. Office hours for visa extension: Sunday - Thursday 10am - 2pm/4pm in winter (Nov-Jan)/summer; Friday 10am - 2pm & Saturdays it's closed.

South Lakeside Pokhara
Tel: 061-465167

www.online.nepalimmigration.gov.np

MONEY

There are a few options in Lakeside to access or exchange money: foreign-exchange offices that change cash and travellers cheques in major currencies, Western Union offices and ATMs. Withdrawing from ATMs is the easiest option as they have good rates and accept all major cards. While there are dozens of ATM machines throughout Lakeside, the best are Standard Chartered



Bank ATMs (at Hallan Chowk & Barahi Chowk), which allows you to withdraw up to Rs10,000 with no ATM fee and Nabil Bank (green sign at Barahi Chowk), which is the only ATM to allow withdrawals up to Rs35,000 with a Rs400 fee. Most other ATMs only allow a Rs10,000 withdrawal plus they charge a Rs400 fee. Only upmarket hotels and restaurants have the facilities to pay with credit cards and once you are out of Pokhara ATMs are scarce, so always take enough cash with you for all your needs plus a little extra in case of emergency.

COMMUNICATION

Internet: There are several internet cafés along Lakeside who charge around Rs50 per hour. They also have printing, scanning, photocopying & fax facilities as well as good rates for calling home. You will find that almost every restaurant, bar and café has free WiFi available for their customers as well as many hotels and guest houses; however, speeds can vary

from place to place and don't expect high speed internet!

Mobile Phones: Tourists can easily buy Nepali SIM cards. There are 2 main companies, NCELL and NTC (Nepal Telecom): NCELL is more reliable in town but NTC has better coverage in the mountains. You only need to fill out a form and provide a photocopy of your passport & visa. Recharge cards for both companies are available everywhere in Nepal from Rs50 to Rs1000.

DRINKING WATER

Many shops, offices and cafés have safe drinking water refill stations, which are the cheapest way to get safe drinking water in Pokhara. These stations use water from the same source as the bottled mineral water, it just comes in a big container so it is cheaper to buy at only Rs10 per litre. We recommend you buy a good quality water bottle and use this facility as it helps reduce plastic waste and is good for your wallet too!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:00-12:00	06:30-10:30	05:30-09:30	05:00-09:00	10:30-16:00	09:30-14:00	09:00-13:00
17:00-20:30	16:00-20:00	13:00-18:00	12:00-17:00	20:00-23:30	18:30-22:30	18:00-21:30

ELECTRICITY

Nepal suffers from a shortage of electricity and consequently an organised system of load shedding operates throughout the towns and cities of Nepal. In Pokhara, Lakeside follows the Group 4 load shedding schedule, which is listed above. The times listed are when power is cut, so between 12pm and 5pm on Sunday there is electricity in Lakeside. From the dry season until the start of monsoon (Dec-May) electricity can be off from 12 to 16 hours per day whereas in the monsoon it's on most of the time as much of Nepal's electricity is generated by hydropower. The Nepal Electricity Authority does revise the schedule from time to time and you can check the current schedule online at www.battigayo.com or you can even download the free Batti Gayo app from the App Store! N.B. Thamel in Kathmandu is Group 5

POST

Sending postcards home is easy and reliable as almost every bookshop in Lakeside sells both postcards & stamps (Rs35) and many have a small post box outside their shop. The main post office is located in Mahendra Pul and while there is another smaller office in south Lakeside near the Immigration Office, if you want to send anything valuable home there are reliable UPS and DHL agents in Lakeside. If you want to receive parcels Nepal Post is reliable; however, sending electronics is not advisable due to

the high customs tax which can be more than what the parcel is worth! It's a good idea to put a Nepali phone number on the parcel and if the address is in Lakeside you can collect it from the small branch in south Lakeside (turn left after the Immigration Office).

MEDICAL/DENTAL

If you need a dentist or doctor during your stay in Pokhara, both are now available in Lakeside.

The CIWEC Hospital & Travel Clinic in Central Lakeside provides western standard care and is open 24 hours a day, 365 days a year providing emergency, outpatient and inpatient services ranging from acute emergencies to primary care for both adults and children. In addition to these, they provide travel advice and immunisations and are well stocked with tissue culture rabies vaccine and human rabies immuno-globulin. They have a laboratory that can perform routine lab tests as well as tests for travel related illnesses like travellers' diarrhea, dengue and

malaria. The radiology department includes computerized X-ray and Ultrasound. Medical evacuation assistance and repatriation can also be provided as needed by closely liaising with the respective insurance companies. Payments are expected on the day of service and can be made through cash, Visa & Master card or through insurance.

Also located in Central Lakeside (Hallan Chowk) is Asta Dental Clinic, which offers excellent dental care including emergency treatment that rivals any practice you can find in the West.

Throughout Lakeside and Pokhara there are small pharmacies selling everyday medicines, antibiotics and first-aid supplies.

LAUNDRY

While some hotels offer in-house laundry services, there are many small laundry shops all over Lakeside which charge Rs50-100 per kg, usually depending on the speed of the service. The services are reliable and well organised.



Discount Coupons

All coupons are valid until December 31st 2014
Once signed or stamped the coupon may not be used again



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04



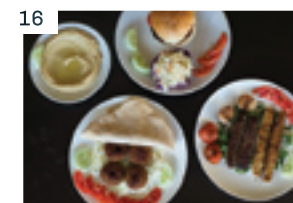
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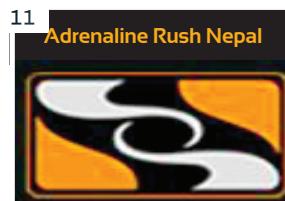
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18

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10 ASTA DENTAL CLINIC

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13 CARAVAN SPA

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16 TARA BOUTIQUE

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02 SHERPA CLOTHING

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08 NASA TREKKING EQUIPMENT

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11 ADRENALINE RUSH

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14 ECLIPSE LOUNGE

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17 PADDLE NEPAL

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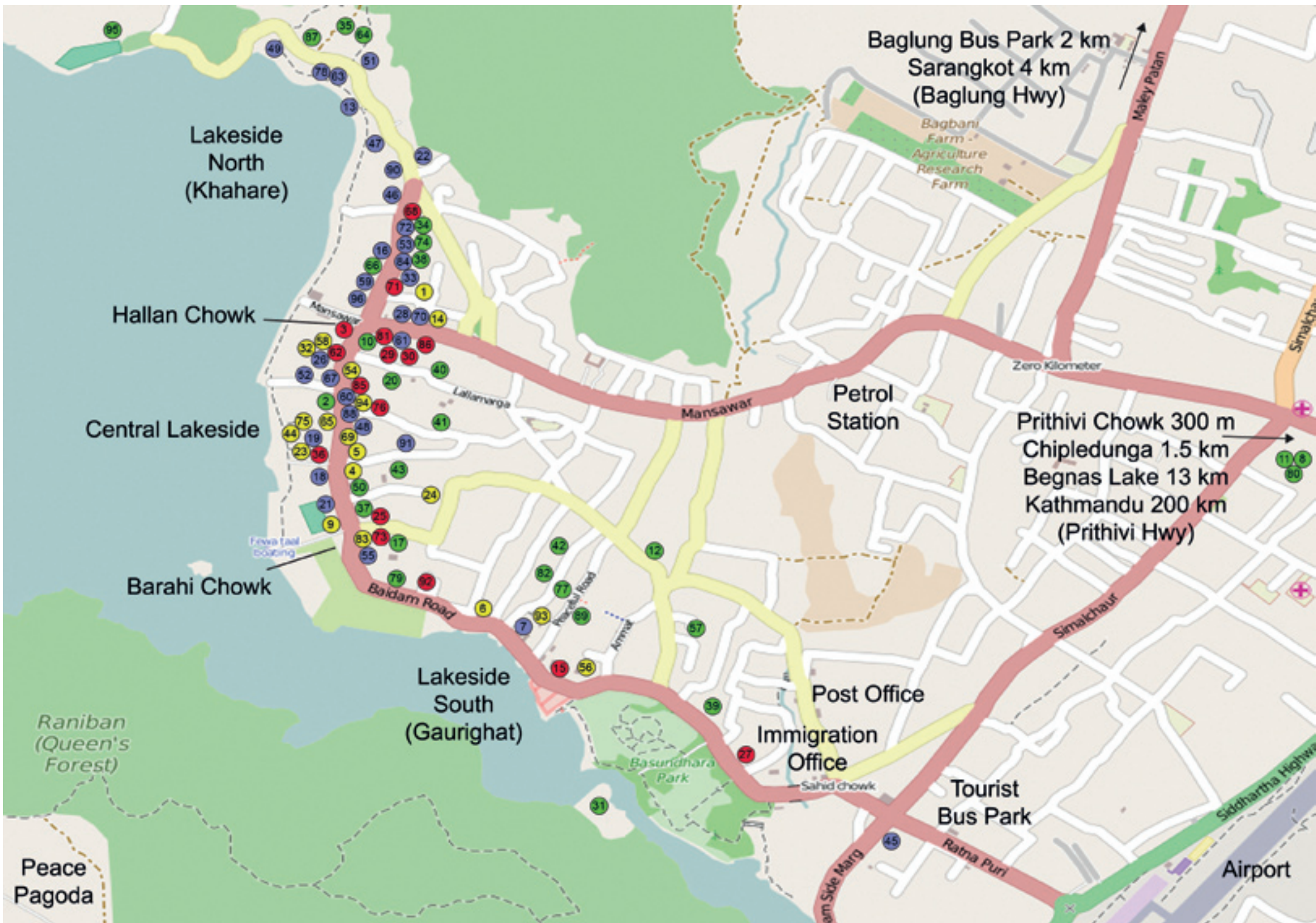
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18 POKHARA JAVA

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www.ciwec-clinic.com

Kathmandu Location

PO Box: 1289, Lazimpat, Kathmandu Nepal
Phone: +977-1-4424111, 4424242, 4435232
Email: info@ciwec-clinic.com

Pokhara Location

Meera Hotel Lane, Lakeside, Pokhara-6, Nepal
Phone: +977-61-463082, 467053
Email: pkadministrator@ciwec-clinic.com

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