



Kathmandu to Pokhara

Includes ➔

Kathmandu to Abu Khaireni.....	198
Gorkha	199
Bandipur	201
Dumre	205

Best in Culture

- ➔ Gorkha Durbar (p199)
- ➔ Bandipur's Newari architecture (p201)
- ➔ Manakamana Temple (p199)
- ➔ Gorkha Museum (p201)

Best in Adventure

- ➔ Rafting on the Trisuli River (p198)
- ➔ Paragliding in Bandipur (p203)
- ➔ Rock climbing at Bimalnagar (p203)
- ➔ Caving in Siddha Gufa (p202)
- ➔ Canyoning near Mugling (p198)

Why Go?

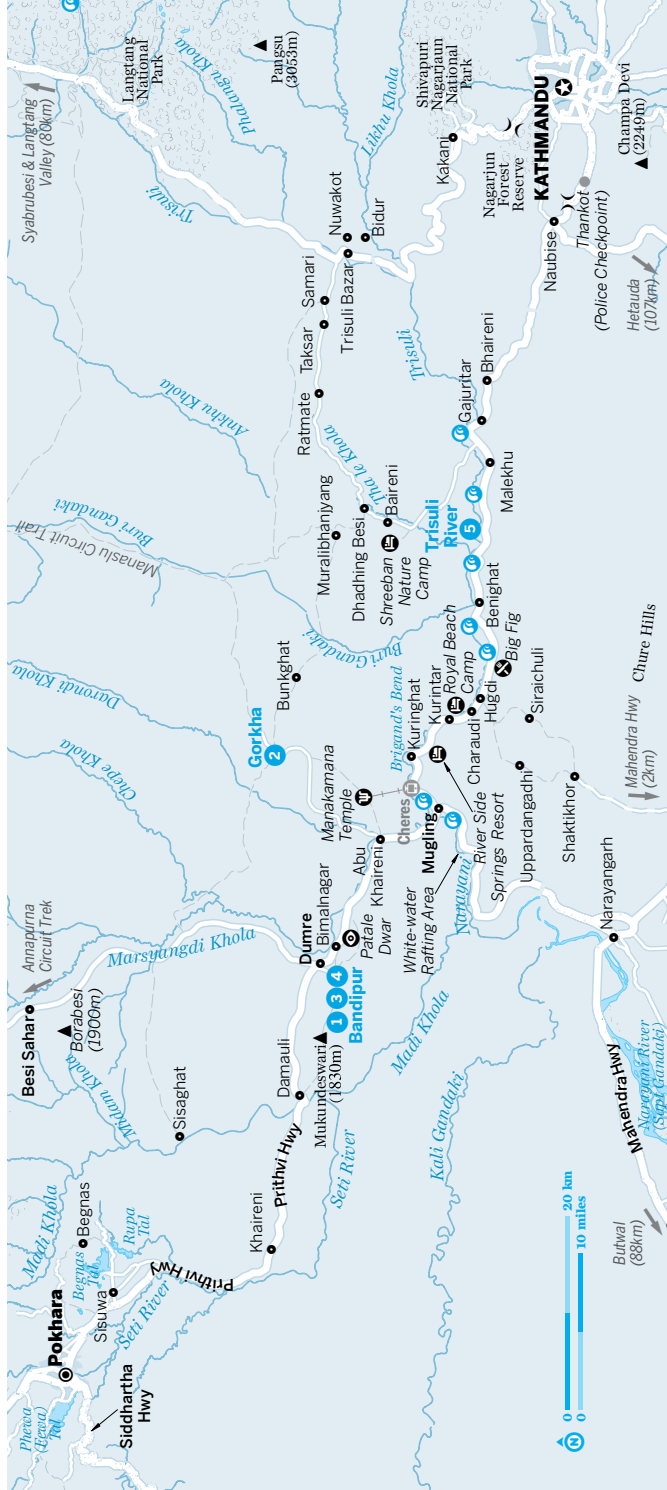
Before you sprint from Kathmandu to Pokhara, consider the 206km of classic Middle Hills countryside that you will pass through en route. Despite widespread damage from the 2015 earthquake, the precipitous yet fertile countryside that flanks the Prithvi Hwy is still dotted with historic villages and temples, but many travellers see nothing of this area apart from the views flashing by the bus windows.

Better yet, forget the bus altogether and grab a paddle to join a white-water rafting trip that tumbles along the Trisuli River. With resorts, camping grounds and white, sandy beaches along the way, this is a good opportunity to wind down and laze in a hammock.

In addition to the river and the resorts there are some exceptional detours into the surrounding countryside. Historic and atmospheric towns such as Gorkha and Bandipur are bases for exploring the heartland of the country. Bandipur, in particular, is a picture-postcard village, lovingly restored and offering Europe-style ambience in the middle of gorgeous Nepali vistas, with no traffic, restaurant tables set up on flagstone streets and old-world Newari architecture.

When to Go

The best time to travel between Kathmandu and Pokhara is during the winter months of November to January, which will maximise your chances of catching sweeping Himalayan views during glorious mild sunny days. For those planning to tackle the Trisuli River on a rafting expedition, you should aim to visit from October to December or March to May for rollicking rapids and camping on sandy river beaches. Even more adventurous souls wanting to head up into the skies can arrange tandem paraglide flights in Bandipur between September and June.



Kathmandu to Pokhara Highlights

- 1 Step back in time among the Newari houses of **Bandipur** (p201), on the ancient trade route to India.
- 2 Find moments of majesty among the earthquake damage in the former royal capital at **Gorkha** (p199).
- 3 Scramble into the gloom to see spectacular stalactites and stalagmites at **Siddha Gufa** (p202), Nepal's largest cave.
- 4 Trek to caves, viewpoints, villages and mountain shrines in the **Bandipur hills** (p202).
- 5 Raft down the **Trisuli River** (p46) on Nepal's most accessible white-water rafting trip, before chilling out at one of its beach camps.