



The Terai & Mahabharat Range

Includes ➔

Chitwan National Park	242
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Tansen (Palpa)	265
Nepalgunj	270
Bardia National Park	272
Sukla Phanta Wildlife Reserve	275
Mahendranagar	276
Birganj	277
Janakpur	279
Koshi Tappu Wildlife Reserve	283
Ilam	286
Kakarbhitta	287

Best Places to Eat

- ➔ KC's Restaurant (p255)
- ➔ Nanglo West (p267)
- ➔ Candy's Place (p271)
- ➔ Chitwan Bar & Restaurant (p254)

Best Places to Stay

- ➔ Tiger Tops Tharu Lodge (p253)
- ➔ Sapana Village Lodge (p251)
- ➔ Forest Hideaway (p274)
- ➔ Lumbini Village Lodge (p262)

Why Go?

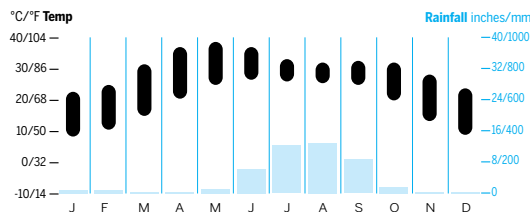
When you think of Nepal it's usually the Himalaya that comes to mind, not the flat, hot subtropical plains of the Terai. However, this narrow strip of land, wedged between the Indian border and the Himalaya and for the most part untouched by the 2015 earthquake, holds some of Nepal's most fascinating and varied attractions, including its famous national parks, Chitwan and Bardia – home to tigers, rhinos and elephants.

The Terai (sometimes spelt Tarai) is also home to over half Nepal's population, a vibrant mix of cultures showcased through the thatched mud-hut villages of the Tharu and the vibrant art of the Maithili people. There's also Lumbini, renowned as the birthplace of the Buddha and destination for pilgrims from around the world. Likewise, Janakpur, an important Hindu pilgrimage town, pulsates with religious fervour.

Rising from the Terai are the Chure Hills, followed by the Mahabharat Range, a region of dramatic gorges, awe-inspiring terracing and enduring mountain villages.

When to Go

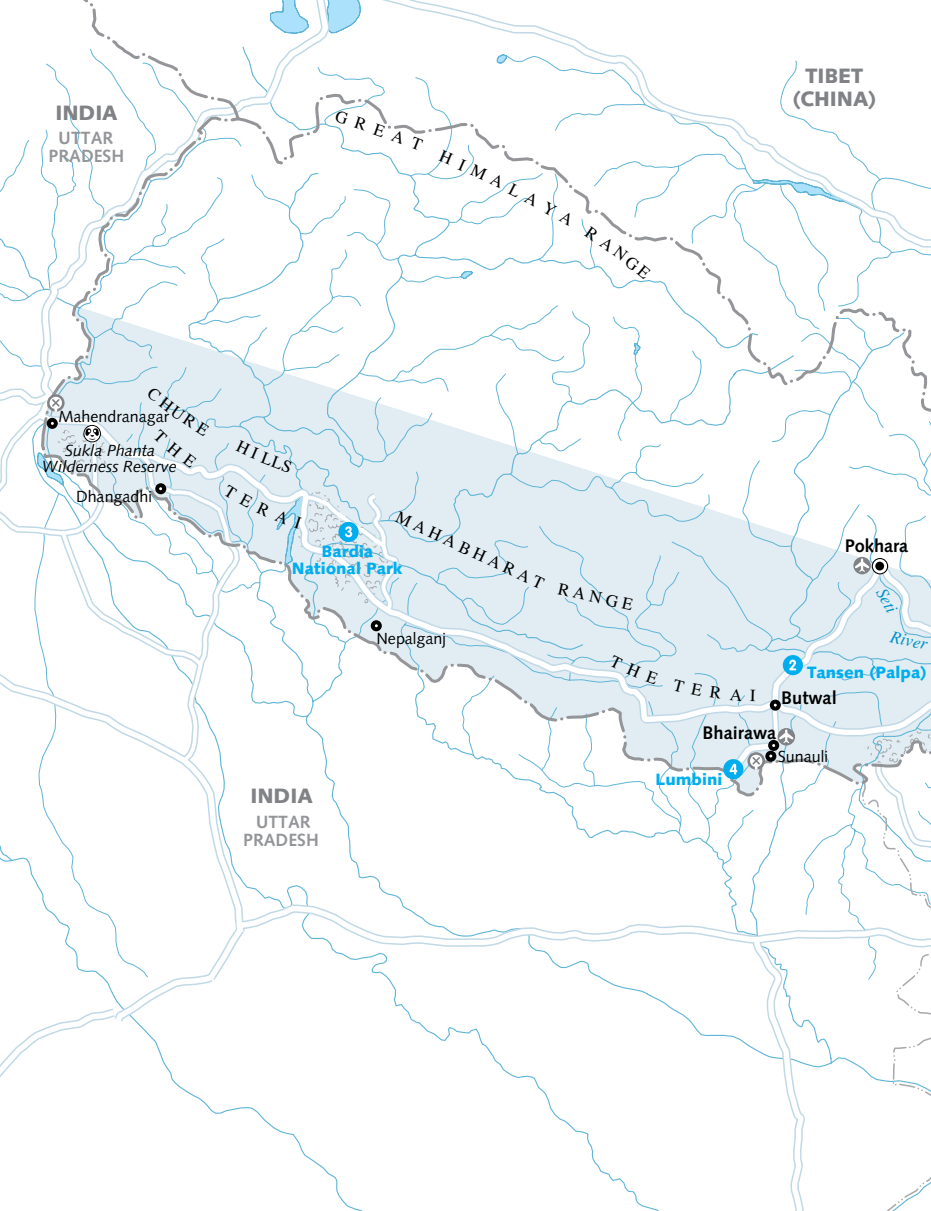
Bhairawa



Oct–Mar Ideal climate to visit the Terai; the best wildlife-viewing is from January.

Nov–Dec Visit during Sita Bibaha Panchami, the festival celebrating Sita's marriage to Rama.

Late Dec Chitwan Festival is known for its elephant race; it also has food stalls.



The Terai & Mahabharat Range Highlights

- 1 Take a rolling ride on an elephant to spot tigers, hornbills and rhinos in **Chitwan National Park** (p242).
- 2 Explore the narrow streets of medieval **Tansen (Palpa)** (p265) before hiking down to the abandoned palace of Ranighat.
- 3 Raft the mighty Geruwa River and follow it with a jungle walk in the wilds of **Bardia National Park** (p272).
- 4 Cycle among Buddhist temples through the peaceful