



# Kathmandu to Pokhara

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## Best in Culture

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## Best in Adventure

- » Rafting on the Trisuli (p184)
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## Why Go?

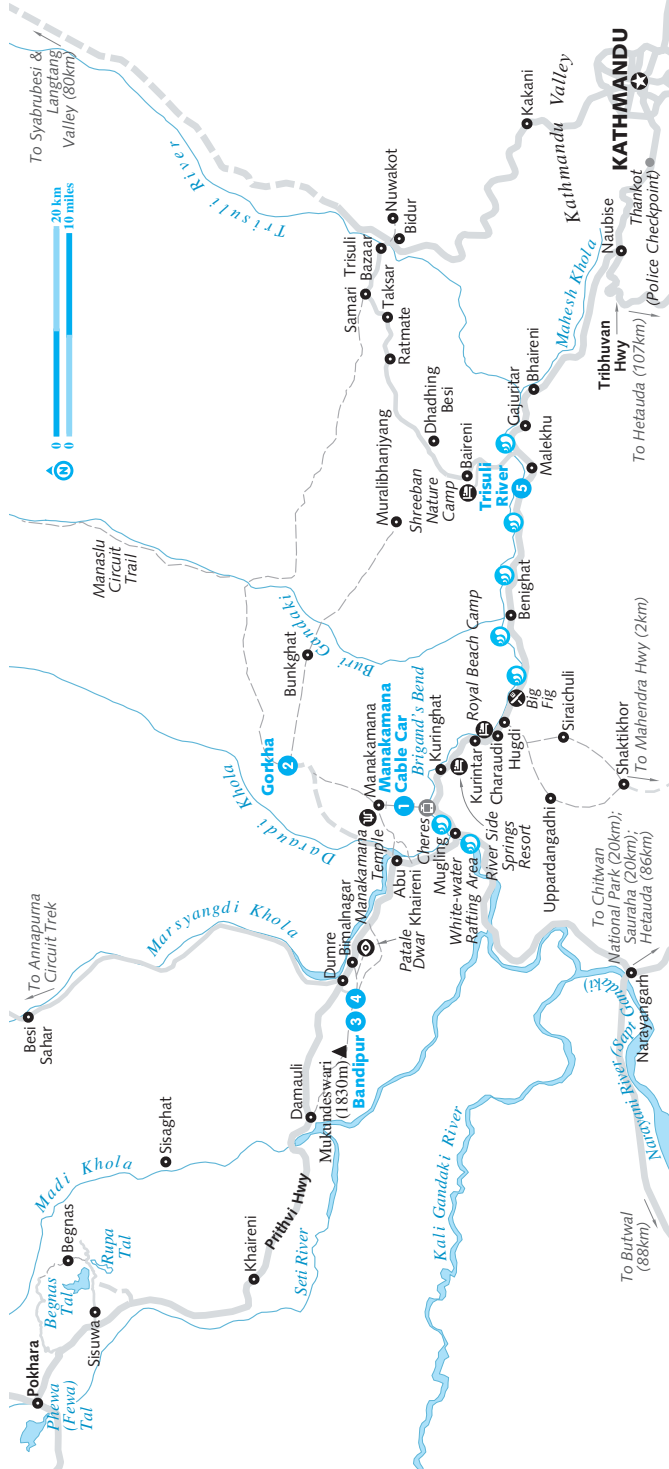
Before you sprint from Kathmandu to Pokhara, consider the 206km of classic Middle Hills countryside that you will pass through en route. The hills that flank the Prithvi Hwy are dotted with historic villages and ancient temples, but visitors often see nothing of this area apart from the views flashing by outside 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 white, sandy beaches along the way, it's also a good opportunity to slow down and laze in a hammock.

The river runs parallel with the highway, so there's no excuse not to visit atmospheric towns like Gorkha or Bandipur. The latter is a slice of Europe in the middle of gorgeous countryside – with no traffic, restaurants with tables set up on the street and quaint 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 Fly like a yogi on the exhilarating **Manakamana cable car** (p184)
- 2 Walk in the footsteps of royalty at Gorkha's magnificent hilltop **Gorkha Durbār** (p187)
- 3 Step back in time among the Newari houses of **Bandipur** (p186), on the ancient trade route to India
- 4 Walk to caves, viewpoints, villages and mountain shrines in the **Bandipur hills** (p189)
- 5 Fly down the Trisuli River on Nepal's most accessible **white-water rafting trip** (p297), before chilling out at one of its beach camps