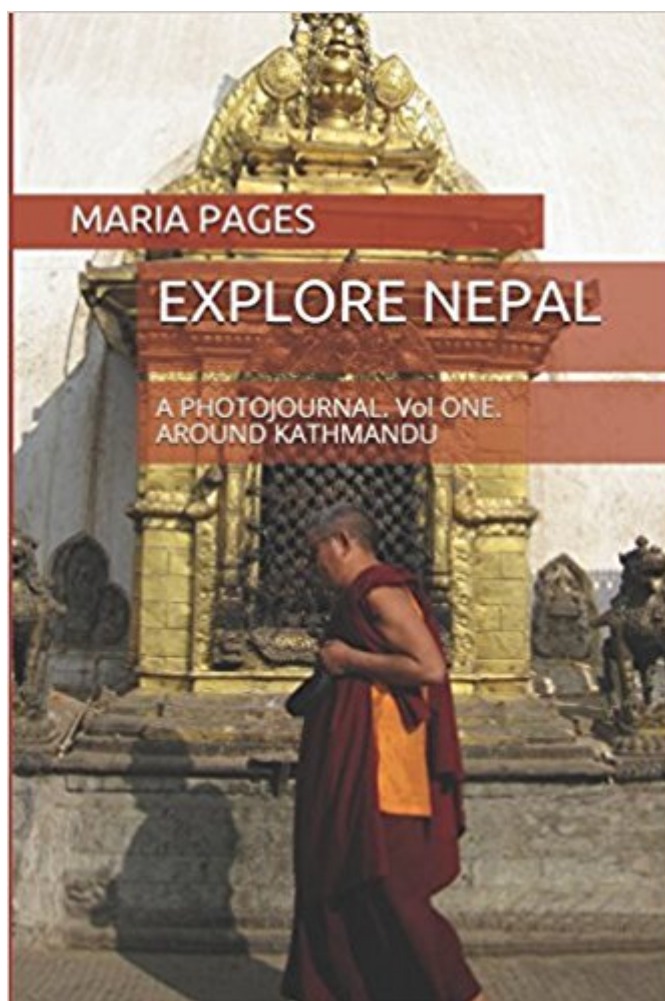


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EXPLORE NEPAL: A PHOTOJOURNAL. Vol ONE. AROUND KATHMANDU



Synopsis

"THAT'S NOT A HOLIDAY." "WHAT?" "You had to pick the vegetables and then cook your own meal? Sometimes there was no hot water for a shower? Someone vomited on the bus? You had to walk for part of your trip and then paddle down a river?" "That is not my idea of a holiday. You know me. I like my comforts. I'm 5 star all the way and I hate heights. There is no way I would have been able to cross those swing bridges you just described. OMG. " I just got back from a 2 week low altitude adventure holiday in Nepal. My best mate Carmen was on the phone. She was not impressed. "Why would you spend your money and precious holidays traveling somewhere where you might risk your health and experience all those discomforts ?" She sounded genuinely concerned about my mental health. It's true. This type of holiday might not suit you. If you're a woman traveling on your own you might not choose Nepal as your first choice holiday destination. Just because you're on your own, it doesn't mean you have to travel on your own too. There are lots of perks to group travel. You won't have to stress about driving on unfamiliar roads in hectic traffic. You can look out the window of the vehicle you're traveling in and take in the scenery without considering which non signposted road to turn off next. You'll see some parts of Nepal that not many Westerners have seen. You'll also see the more commonly visited and important places around Kathmandu. You can relax and enjoy carrying a small day pack knowing your main luggage is safe. You won't need to worry about altitude sickness as you'll always be below 2,000 meters. Having an experienced multilingual local guide to travel with can make a huge difference to your understanding of what's going on around you. Our guide also took care of all the tipping as we went along. Not having to worry about how much to give to whom and when to give it was a huge relief. Holidays in places so completely different to where and how you live can give you a renewed appreciation for your life. When you spend money in Nepal you'll be contributing to the rebuilding of this country after the April 2015 earthquake. Above all, I trust the photos and commentary in this book will inspire you to visit Nepal. This book is not meant to give an all-inclusive guide to the places visited during this short 2 week holiday. Exposure to such ancient history combined with my modern-day western ignorance may well result in some misunderstandings and errors. To make it easier for you to download and enjoy, I've divided the journey into 2 volumes. Each volume has a large number of high quality original photographs. Volume 1 begins with a solo exploration of the Monkey Temple (Swayambhunath), parts of the ancient city Patan, the Garden of Dreams and the Narayanhiti Palace Museum. There's a visit to the Seven Women Nepal enterprise and a day walk through the Shiva Puri Nagarjun National Park. Our travel group meet up to explore Nepal's largest Buddhist stupa and the famous cremation site Pashupatinath. While exploring Kathmandu's Durbar

Square we met the famous living goddess, Kumari. Volume 2 to be released June 2017. Volume 2 leaves Kathmandu and heads to the ancient city of Baktupar. We leave city life and head out into the countryside. We walked to a small rural village named Balthali. After a restful night we walked from Balthali to the sacred Buddhist pilgrimage site of Namo Buddha. We traveled into the Nuwakot district to visit the Famous Farm and hiked around the hills. There's an overnight camp out as we raft down the Trishuli river before heading back to Kathmandu to say our goodbyes.

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