

Tourists from all over visit Nepal mostly for trekking and adventure and ignore the luxury fact of the nation and fly back. Actually {tooltip} **Kathmandu** {end-texte} The capital city of Nepal is a historic and cultural city of Newars. This largest metropolitan city of Nepal hosts numerous display of magnificent Newari art work in the form of ancient temples as well as traditional festival celebrations all year round. Kathmandu is also the core of urban infrastructure development of Nepal and the only gateway to the tourism adventure in Nepal. This blend of ancient culture and modern development makes it a unique tourist destination worth a visit. {end-tooltip} is worth devoting sometime for fun and pampering yourself and realize that luxuries aren't expensive in this city.



Firstly, your stay in Nepal is assured to be of world class. For this, there are numerous world class five star hotels in Kathmandu. They have state of the art facility including happening bars and specialty restaurants serving world class dishes. The suites are very spacious and the facilities very lavish. These hotels also have dedicated executive clubs, landscaped greens and fabulous Himalayan views. For thrill, they all have their own glittering casinos, tennis courts, health clubs, swimming pools and jogging trails.

Another major highlight of Kathmandu is its casinos, the only ones found in South Asia. They offer 24 hours of non-stop party and the facilities are of world class. Waiters provide everything you require, including a light for a cigarette. These are perfect places to relax in Nepal with free transportation, food and drinks including beer and sometimes even a disco.

An excellent alternative to Casinos is the game of bowling. The 8-lane bowling alley at the Soaltee has a wonderful ambiance but the Bowling Boulevard at Kantipath is more pleasant and exciting. You could also enjoy playing snooker, pool, darts, and redemption games. Fishing in the private pond could be one memorable experience.



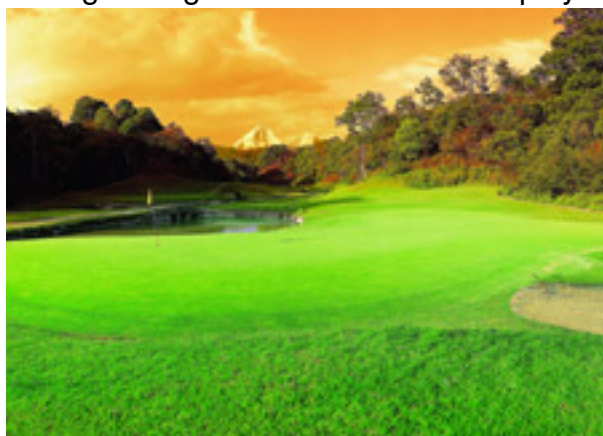
Another fun activity in Kathmandu is shopping. With the array of brand name merchandise

available here – and at the prices they are being sold – bargain hunters are laughing all the way to the nearest shopping mall. Kathmandu brings you top of the line designer products that duty free port cities make a lot of noise about. Perfumes, watches, shoes, cosmetics... Christian Dior, Gucci, Yves Saint Laurent, Chanel...the exclusive displays will knock you out. The malls and designer stores are shiny, classy and spacious. The major shopping destinations in Kathmandu are Durbar Marg Street, City Center Mall, Blue Bird Mall, Sherpa Mall and the Bhat Bhateni Super Store.



Similarly, Kathmandu's restaurants are great in class and cuisine. The city has an amazing range of restaurants and gourmet menus. It is one of the few places in the world where your preference of restaurants is so diverse. Within Thamel alone, which is only a square mile in area, you can have practically any authentic cuisine. Most of these restaurants also have live music as well as cultural dances. This culinary heaven has standards of hygiene and service of world class. Restaurants specialize in providing authentic dishes, and many even import the chefs along with the ingredients like the La Dolce Vita or the Fire & Ice, both excellent open-air Italian places serving the best pizzas in Kathmandu. Whatever you prefer, do not miss the Nepalese cuisine at Bhancha Ghar or Krishnarpan Restaurant which is superb for Nepalese cuisine and the food gets constant praise from diners. Here you dine on cushions at low tables along with cultural shows.

There are abundant bars in Thamel that are open until well after midnight. All have their distinguishing ambiance with bands playing, and some like the Jump Club also allow dancing.



Next...How about a game of golf early in the morning? Nepal has quite a few golf courses but by far the best is the Gokarna Golf Course just outside Kathmandu. It is one of the world's most

spectacular Golf Resort Courses spread over 140 acres and set in lush reserved area of the Gokarna Game Sanctuary. Having the snaking streams, drifting hills, skeptical monkeys and timid deer as spectators and the magnificent Himalayas your score keeper is really enthralling!

Many tourists usually get inspired to take up spiritual pursuits and a meditation retreat in the foothills of the Himalayas. There are a couple of centers that conduct regular and weekly meditations and dharma teachings including workshops and courses in meditation and related arts in Kathmandu. The Kopan Monastery is one of those. The Osho Tapoban Forest Retreat Centre, located in a stunning location north of Nagarjun forest, hosts occasional retreats as well as daily meditations and discussions. You should also try pure {tooltip} **Astanga yoga** {end-text} Astanga Vinyasa Yoga is characterized by a focus on vinyasa, or a dynamic connecting posture, that creates a flow between the more static traditional yoga postures. Vinyasa translates as linking and the system also implies the linking of the movement to the breath. Essentially the breath dictates the movement and the length of time held in the postures. {end-tooltip}, a balance of the eight traditional yoga systems. This does not take much of your time, so you could visit the Yoga Studio or Patanjali Yoga Centre to enroll.



Likewise, indulge your senses in a pampering session of Spa and massage treatment to answer the pressures of the increased speed of life and the associated levels of strain. This helps in achieving individual renovation addressing the state of mind, body and spirit. The internationally recognized Himalayan Healers Spa and Harmony Spa are some of the best places in Kathmandu offering internal and external restitution, providing mental and spiritual harmony that we can take back into our lives.

If you have some time to spare, do not forget to watch a movie at anyone of the three QFX cinema halls in Kathmandu. QFX cinema halls have set the benchmark for the movie exhibition industry in South Asia. You can enjoy the international quality cinematic experience with state of the art technologies and facilities and certainly cherish your truly world class movie going experience.

Do not forget that Nepalese have strong cultural and religious beliefs according to which the tourists are treated as gods. Keeping this in mind, the people here go an extra step further to make you feel comfortable and luxurious. So Enjoy Nepal & a different experience altogether!