

## Nepal Adventure - ANNA

10 days: Kathmandu to Kathmandu

### What's Included

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- Your G for Good Moment: Barauli Community Homestay Lunch and Visit, Royal Chitwan National Park
- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Your Local Living Moment: Barauli Community Guesthouse Stay, Royal Chitwan National Park
- Kathmandu walking tour
- Bhaktapur guided tour
- Annapurna trekking (3 days)
- Chitwan National Park 4x4 safari
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing January 1st, 2020 and onwards

### Itinerary

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**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

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#### Day 1 Kathmandu

Arrive at any time.

Our hotel is located in Patan, as such we have included the entrance ticket to nearby Patan Durbar Square where you can explore on your own.

#### Your Welcome Moment: Welcome Moment - Meet Your CEO and Group

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

#### Patan Durbar Square Entrance

Kathmandu

Enjoy a self-guided tour of this spectacular square built primarily in the 16th and 17th centuries. Located within it are the Royal Palace and many temples built in the traditional Newari pagoda style. We also visit the Golden Temple and Patan museum. South of the square lies the Kumari Chowk, home to Nepal's living goddess, the Kumari, a prepubescent girl chosen as the incarnation of the Hindu goddess Talejn. The Kumari lives a cloistered life, rarely leaving the confines of the chowk. When she does, it is for important religious festivals, but her feet are not allowed to touch the ground. Once the Kumari reaches puberty, another 3-5-year-old girl will take her place. If she is receiving visitors, we may be able to stop by for a blessing.

#### Accommodation

**Hotel Traditional Stay (or similar)**

Hotel

## Day 2 Kathmandu

Take a guided tour of the royal city of Bhaktapur, and the Bodhnath Stupa. Enjoy a cooking demonstration and learn how to make Nepalese momos (dumplings). Afterwards, taste the delicious dishes made during an authentic local lunch.

Take a tour of the world heritage site of Bhaktapur and visit Bodhnath Stupa, one of the largest Buddhist shrines in the world.

Opt to visit Pashupatinath, the most famous Hindu temple in the country, located on the banks of the holy Bagmati River.

Swayambhunath is the most ancient and enigmatic of all the holy shrines in Kathmandu Valley. Its lofty white dome and glittering golden spire are visible for many miles.

### Bhaktapur Excursion

Kathmandu 3h-4h

Visit this unique old town known as the City of Devotees. Explore Hindu temples, pagodas, palaces, and monuments, including the beautiful wood-carved palace in Durbar Square. You can pick up clay pots and other souvenirs in the colourful open markets and taste home made yogurt, known as khopa dhau, which Bhaktapur is famous for.

### Bodhnath Stupa Visit

Kathmandu

Enjoy a visit to the Bodhnath Stupa, one of the largest Buddhist stupas in the world. Built in the 5th century, this UNESCO World Heritage site still attracts many pilgrims, particularly Tibetan Buddhists and local Nepalis. Take in the peaceful atmosphere and observe Buddhist monks in prayer in the monasteries surrounding the stupa.

### Nepalese Dumplings Cooking Demonstration

Kathmandu

Enjoy a cooking demonstration at a local establishment and learn how to make momos (traditional dumplings). Afterwards, taste the delicious dishes made during a Nepali lunch.

### Optional Activities - Day 2

#### Pashupatinath Ghats and Temple Visit

Kathmandu 30m-1h

1000NPR per person

Visit Pashupatinath, one of the most sacred Hindu temple complexes in Nepal. Located on the banks of the Bagmati River, this is the final stop for many Hindus, who's families bring them here to set funeral pyres on the ghats to cremate their loved ones. Respectful viewing from across the river is culturally acceptable, you also will see sadhus (Hindu holy men) and pilgrims perform bathing rituals.

Please note the inclusion of a taxi costs extra.

### Swayambhunath Temple Visit

Kathmandu

Visit Swayambhunath Buddhist temple and Unesco World Heritage Site, the most ancient and enigmatic of all the holy shrines in Kathmandu. Explore the structure and be sure to check out the Buddha's eyes painted on each side of the Stupa. The site is also known as the monkey temple, for the vast amount of creatures who call the complex home.

### Patan Durbar Square Tour

Kathmandu 2h-3h 8km

750NPR per person

Enjoy a guided tour of this spectacular square built primarily in the 16th and 17th centuries. Located within it are the Royal Palace and many temples built in the traditional Newari pagoda style. We also visit the Golden Temple and Patan museum. South of the square lies the Kumari Chowk, home to Nepal's living goddess, the Kumari, a prepubescent girl chosen as the incarnation of the Hindu goddess Talejn. The Kumari lives a cloistered life, rarely leaving the confines of the chowk. When she does, it is for important religious festivals, but her feet are not allowed to touch the ground. Once the Kumari reaches puberty, another 3-5-year-old girl will take her place. If she is receiving visitors, we may be able to stop by for a blessing.

### Meals included: Lunch

### Accommodation

### Hotel Traditional Stay (or similar)

Hotel

### **Day 3 Kathmandu/Pokhara**

Drive across the mountains to beautiful Pokhara. Immerse yourself in the views of the spectacular Annapurna Range.

A lively bus ride along stunning scenery brings us from Kathmandu to Pokhara.

Pay a visit to the striking temple of Brindabasim which stands proudly over Pokhara. Later, opt to relax in a café or shop for Nepali and Tibetan souvenirs in the endless stalls and shops.

#### **Private Vehicle**

Kathmandu – Pokhara 8h-9h

Settle in and scan the scenery from the convenience of a private vehicle.

#### **Optional Activities - Day 3**

##### **Lake Phewa Boat Ride**

Pokhara

385NPR per person

Hop on a boat to cruise the lake and get a new perspective of the dramatic scenery.

##### **Brindabasim Temple Visit**

Pokhara

Free

Enjoy a visit to this charming Hindu temple dedicated to Durga, the goddess of war, destruction and protection. Durga is also the chosen guardian deity of Pokhara. Animal sacrifices take place here usually on Tuesdays and Saturdays.

#### **Accommodation**

##### **Hotel Queens Park (or similar)**

Hotel

### **Day 4 Pokhara/Ghandruk**

Enjoy three days of trekking through isolated mountain villages and stunning landscapes. Well worth the effort, you'll be rewarded with the remote grandeur.

Drive to the start point of the trek, Naya Pul.

Throughout the trek, come across isolated mountain communities, each observing different ancestral customs and traditions, resulting in not only a visually superb expedition but also a culturally rich one.

Amid the rugged mountain scenery, meet warm and welcoming locals herding yaks and goats on the grassy pastures. Enjoy the opportunity to visit monasteries and temples.

Along the way we see waterfalls of melted snow, cross icy rivers, broad plains, and high mountain passes. Opt to soak in natural hot springs (you've earned it).

#### **Private Vehicle**

Pokhara – Naya Pul 1h30m

Settle in and scan the scenery from the convenience of a private vehicle.

#### **Annapurna Foothills Trek Day 1**

Naya Pul – Ghandruk 5h-6h 8-9km

Trek uphill passing the foothills of the Annapurna Region to reach Ghandruk, a charming village populated by mostly Thakalis, Gurungs and Magars. Enjoy the spectacular scenery - it is well-worth the effort.

#### **Accommodation**

##### **Breeze Guest House (or similar)**

Guesthouse

### **Day 5 Ghandruk/Landruk**

Trek through the foothills from Ghandruk to Jhinu Danda for a rest and an optional soak in the hot springs. Continue on to Landruk, enjoying the views along the way.

#### **Annapurna Foothills Trek Day 2**

Ghandruk – Landruk 7h-8h 11-12km

After breakfast, enjoy a trek all the way to Jhinu Danda, which takes approx. 4 hrs. Spend about 2 hrs in Jhinu - take a break and relax in the hot springs. In the afternoon, hike another 3 hrs (5-6km) through the forest of Annapurna to reach Landruk.

#### **Accommodation**

##### **Maya Guesthouse (or similar)**

Guesthouse

## **Day 6 Landruk/Pokhara**

For the final day of trekking, walk approx. 5 hr enjoying gorgeous scenery along the way. End the trek in Kande and board a vehicle bound for Pokhara where you will spend the night.

### **Annapurna Foothills Trek Final Day**

Landruk – Kande 5h

Enjoy the final 5 hr stretch of this beautiful hike, taking in the spectacular scenery en route. Upon reaching Kande, the end point, board waiting vehicles and set off on the drive back to Pokhara to enjoy a well-earned night of rest.

### **Private Vehicle**

Kande – Pokhara

Settle in and scan the scenery from the convenience of a private vehicle.

### **Accommodation**

**Hotel Queens Park (or similar)**

Hotel

## **Day 7 Pokhara/Royal Chitwan National Park**

Travel to this UNESCO World Heritage Site and enjoy an overnight homestay with the indigenous Tharu community. Experience their culture through dance and song, along with a traditional meal. Opt to go on a cycling excursion through the area.

Continue on to the UNESCO World Heritage-listed Royal Chitwan National Park. Known as the Terai Tarai ("moist land"), the landscape you travel through today is a belt of marshy grassland, savannah, and forests at the base of the Himalayas.

### **Private Vehicle**

Pokhara – Royal Chitwan National Park 4h-5h

Settle in and scan the scenery from the convenience of a private vehicle.

### **Your Local Living Moment: Barauli Community Guesthouse Stay**

Enjoy the hospitality of the Tharu, an indigenous community from the Terai belt of Nepal who live in eco-friendly homes. Experience their unique culture through dances, songs, and a delicious traditional meal. Stay on the property in private guesthouses that resemble traditional village architecture of the local Tharu people. Enjoy modern conveniences like running water, comfortable beds, and mosquito nets. The 14 cottages are each named after the local woman that manages the property. There are also tended gardens and small patches of farmland in the village compound with animals tethered inside the pastures.

Any meals will be eaten in the communal dining hall and the local women will serve you food that has been sourced completely from the surrounding land and community.

### **Accommodation**

**Barauli Community Homestay (or similar)**

Hotel

## **Day 8 Royal Chitwan National Park**

Take a 4x4 safari through the park and search for the elusive tiger.

Explore the national park by 4x4 safari before a guided half-day walk inside the park. Enjoy free time to enjoy some bird watching.

The Terai-Duar region is home to the endangered Indian rhinoceros, as well as elephants, Bengal tigers, bears, leopards, and other wild animals. The Royal Chitwan National Park and Royal Bardia National Park preserve significant sections of habitat for these animals, making them home to some of the greatest concentrations of rhinoceros and tigers left in South Asia.

### **Chitwan 4x4 Safari**

Royal Chitwan National Park 3h-4h

Explore the diverse ecosystems of Royal Chitwan National Park from the comfort of a 4x4 vehicle. Keep your eyes peeled for the many animals that live there, including birds, monkeys, crocodiles, and rhinos. If you're lucky, you might get to see an elusive tiger.

### **Free Time**

Royal Chitwan National Park Afternoon

Make the most of your time here.

### **Your G for Good Moment: Barauli Community Homestay Lunch and Visit**

Enjoy the hospitality of the Tharu, an indigenous community from the Terai belt of Nepal who live in eco-friendly homes. Experience their unique culture through dances, songs, and a delicious traditional meal.

### **Cycling**

Royal Chitwan National Park 1h-2h

Explore the village and its surroundings with a guided bike ride. Enjoy sunset on the banks of the Narayani river over a cup of tea.

### **Optional Activities - Day 8**

#### **Birdwatching**

Keep your eyes peeled and binoculars ready to spot some amazing birds.

### **Accommodation**

#### **Barauli Community Homestay (or similar)**

Hotel

### **Day 9 Royal Chitwan National Park/Kathmandu**

Travel back to the capital city.

Return to Kathmandu and enjoy a free afternoon to continue exploring. Opt to visit the burning ghats at Pashupatinath and Swayambhunath or the monkey temple.

### **Private Vehicle**

Royal Chitwan National Park – Kathmandu 6h

Settle in and scan the scenery from the convenience of a private vehicle.

### **Free Time**

Kathmandu Afternoon

Finish up your sightseeing.

### **Optional Activities - Day 9**

#### **Pashupatinath Ghats and Temple Visit**

Kathmandu 30m-1h

1000 NPR per person

Visit Pashupatinath, one of the most sacred Hindu temple complexes in Nepal. Located on the banks of the Bagmati River, this is the final stop for many Hindus, whose families bring them here to set funeral pyres on the ghats to cremate their loved ones. Respectful viewing from across the river is culturally acceptable, you also will see sadhus (Hindu holy men) and pilgrims perform bathing rituals.

Please note the inclusion of a taxi costs extra.

### **Swayambhunath Temple Visit**

Kathmandu

Visit Swayambhunath Buddhist temple and Unesco World Heritage Site, the most ancient and enigmatic of all the holy shrines in Kathmandu. Explore the structure and be sure to check out the Buddha's eyes painted on each side of the Stupa. The site is also known as the monkey temple, for the vast amount of creatures who call the complex home.

### **Accommodation**

#### **Hotel Traditional Stay (or similar)**

Hotel

### **Day 10 Kathmandu**

Depart at any time.

If you wish to partake in the Everest Flight optional activity on the final day of tour, please do not book any outgoing flights from Kathmandu earlier than 9:30 am.

### **Optional Activities - Day 10**

#### **Everest Flight**

Mount Everest – Kathmandu

Get a close look at awesome Mt. Everest, the highest mountain in the world, without having to do any climbing; this one-hour plane tour will give you an unforgettable experience.

## **What's Included**

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Your G for Good Moment: Barauli Community Homestay Lunch and Visit, Royal Chitwan National Park

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group

Your Local Living Moment: Barauli Community Guesthouse Stay, Royal Chitwan National Park. Kathmandu walking tour. Bhaktapur guided tour. Annapurna trekking (3 days). Chitwan National Park 4x4 safari. All transport between destinations and to/from included activities.

## Highlights

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Explore the sights in old Kathmandu and Bhaktapur, search for tigers in Chitwan National Park, trek the foothills of the Annapurna Range, marvel at the mountain landscapes

## Dossier Disclaimer

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## Itinerary Disclaimer

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While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

## Important Notes

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1. Weather conditions in the Himalayas can change rapidly and our CEO may be forced to change the trip itinerary accordingly. Travellers need to be prepared for all weather conditions. For more information please read the "what to take" section of this trip notes. 2. While our itineraries are designed to allow for adequate acclimatisation you are likely to feel the effects of altitude sickness and oxygen deprivation whilst on this trek. Please be aware that your group CEO may deem it unsafe for you to continue trekking at any time, and arrange for you to descend to a lower attitude.

### 2. DRONES IN NEPAL

Please note that drones and the flying of drones are prohibited in Nepal. If you violate these regulations the police may take you into custody.

### 3. ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

## Group Leader Description

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All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

## Group Size Notes

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Max 20, avg 14

## Meals Included

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1 lunch

## Meals

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Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a

choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. Included breakfasts will usually be asian style consisting of noodles or congee (rice porridge) or bread and eggs. Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. While trekking in remote regions food is included, plentiful and made of fresh local ingredients. For all trips please refer to the meals included and budget information for included meals and meal budgets.

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## Transport

Private bus, 4x4, trekking.

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## Local Flights

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

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## Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

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## Accommodation

Hotels (7 nts), teahouse lodges (2 nts).

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## Rooming and "My Own Room" Exceptions

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single accommodation for all night stops, with the following exceptions: Nights 4 & 5 Trekking Lodge

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## About Accommodation

A tea house is the combination of guest house, restaurant, and social hang out. Private rooms are available in most tea houses, except for high altitudes ones where it will be just dormitories. The lodges are fairly basic. The rooms are sparse with twin beds and very little additional furniture. Blankets are generally provided. Most bathrooms are shared and toilets can be either squat type or western style. Most tea houses have running water. The majority of tea houses only have cold showers, a few may have hot water available at an additional cost. However, we discourage our groups from using water heated by wood, as lack of firewood in villages is a big environmental concern in Nepal.

There is a large dining room-cum-lounge, warmed by the bukhara stove (an iron cylinder, fitted with a chimney duct, in which a log fire is lighted). There is normally no electric lighting in the rooms unless the village has hydroelectric power. The dining room usually has solar lighting. Some tea houses now also have electricity for charging small appliances - mobile phones and cameras - and there may be a small charge for this.

During a tea house trek you will usually have breakfast and dinner at the tea house, lunch will be eaten at one of the trail side restaurants. Every tea house serves the traditional Nepali meal Dal Bhat (rice and lentils), as well as a variety of different food items, such as rice, vegetables, noodles, potatoes and soup. Some have Nepali versions of western food such as pizza, pasta and french fries. Soft drinks, snacks and beer are available in most of the tea houses and trail side restaurants. And, of course, Nepali milk tea is served everywhere.

All tea houses have boiled water for trekkers. We discourage the purchase of bottled water while on the trail. The plastic bottles are difficult to dispose off and have become an environmental problem.

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## Joining Instructions

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

When arriving into Tribhuvan Intl Airport in Kathmandu you will notice how small the city really is. It is only 7km from the downtown area and the only way to get there is by taxi. You can arrange a prepaid taxi from the counter outside of the baggage hall run by the Airport Queue Taxi Service Management Committee for about 700-800 NPR. Please be aware of people wanting to help you with your bags as they will ask for money once you get to your taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Once you arrive at your Joining Hotel, look out for a Welcome Note which will be left at reception with all of the necessary information regarding your Welcome Meeting, along with the meeting time (usually between 5pm and 7pm). This is when you will get a chance to meet your CEO and other travellers, receive information about any general and specific aspects of the trip and learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you arrive late, s/he/they will leave you a message detailing what time and where you should meet the next morning.

## Arrival Complications

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We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your CEO, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

## Emergency Contact

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Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

If your call is specifically concerning Airport Transfer complications at Tribhuvan International Airport please call our local G Adventures Transfer providers directly at:

Mr. Rajju Maskey

From outside of Nepal: +977 98 0201 4444

From within Kathmandu: 98 0201 4444

From within Nepal, but outside Kathmandu: 098 0201 4444

### EMERGENCY CONTACT NUMBERS

G Adventures South Asia Manager, Sorab Jassawalla (Delhi, India)

>From outside of India: +91 9223226888

>From within Delhi: 9223226888

>From within India, but outside Delhi: 0 9223226888

G Adventures Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time): +66-02-3815574

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999



## What to Take

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What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Suitcases are not recommended for G Adventures trips! Most travellers carry a backpack of small to medium size (no XXL ones please!). You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones.

During the trekking portion of your trip, a porter is assigned to every two travellers; your trekking gear will be carried by the porter in a water proof duffel that we will provide. The maximum the porters are allowed to carry is 7.5kg/16.5lb per passenger. Some of your luggage can be left in Pokhara (the hotel may charge a storage fee), but you will need to take all your trekking gear with you. Please note that as you will be sharing the duffel with a fellow trekker from the group during the trek, a lightweight cotton or plastic bag is recommended to keep your gear separate.

Important to note:

- Please read the 'Checklist' section of this trip notes for additional details of what you need to bring for the trek on this trip.
- You will need to bring a comfortable medium sized day pack to carry the things that you will need during the day. This should have a waist strap or (better) a padded waist belt.
- The weather is subject to change in high altitude so layered clothing is recommended throughout the year.

## Packing List

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Available for Rent:

- Sleeping bag (100 - 200 NPR per day)

Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Snow Boots
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)

- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

#### Health & Safety:

- Hand sanitizer (required)
- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Pen (Please bring your own pen for filling out documents.)
- Quick Covid Test/Antigen Test

#### High Altitude Trekking:

- Down jacket (Recommended for winter season)
- Hiking boots (Worn frequently prior to departure)
- Pack liners to waterproof bags
- Reusable water bottler - minimum 1 litre (Aluminium or Nalgene polypropylene are best)
- Sandals (For wearing around camp in the evenings)
- Sleeping bag and liner, 4 season
- Spare boot laces
- Thermal base layer
- Waterproof gloves
- Whistle
- Windproof rain gear
- Wool socks

#### Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

Note: The best clothing for trekking is either wool or synthetic materials in layers, as this is quick-drying and can keep heat in better. We suggest a base-layer, then a mid-layer such as a light fleece jacket or similar, then a windproof and waterproof layer.

Please note that for this tour you will need to bring 2 passport-size photos.

## Laundry

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Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

## Visas and Entry Requirements

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All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

Nepal is now offering e-Visas for some nationalities. please visit this [link](#) for further information, and to check if your nationality is eligible for an e-Visa. Please also be advised that you should bring a passport photo with you in case you need it.

## Detailed Trip Notes

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Trekking has been long established in Nepal, providing stunning views in a natural landscape. Trekking can be difficult in parts, with a lot of uphill and downhill climbing, but within the capabilities of any healthy person with an established level of walking fitness. Often stubbornness (endurance) helps. Walk at

you OWN pace – slow and steady is the way to go – being fit or unfit is not the primary control here, it is how you deal with altitude. DO NOT RUSH! The only reward for trying to prove something by being first is nausea, vomiting and a splitting headache! GO SLOWLY – plod on at a steady pace, pause, standing to rest – don't sit too often – it is harder to get going again. Don't care about whether others are ahead! The path is clear, your guides keep track of where you are. There is plenty of time so walk at YOUR pace regardless of how far behind you may think you are. Remember the sun is intense – wear sunscreen and sunglasses It is colder than you think, especially in the wind – if you take off layers whilst walking make sure to put them on again as soon as you stop or are in the shade – don't wait to get cold.

## **Spending Money**

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Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## **Money Exchange**

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As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com). There are many ATM machines that accept both Visa and Mastercard but these are limited to major cities. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

## **Emergency Fund**

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Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## **Departure Tax**

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All departure taxes should be included in your international flight ticket.

## **Tipping**

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It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from \$1-\$2 USD per person per day depending on the quality and length of the service. For porters during the trekking portion of your trip, the recommended amount is 300-500Rs (4-7USD) per porter per day; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-30 USD per person, per week can be used.

## **Optional Activities**

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Kathmandu

- Patan Durbar Square Tour (750NPR per person)
- Pashupatinath Ghats and Temple Visit (1000NPR per person)
- Swayambhunath Temple Visit

Pokhara

- Lake Phewa Boat Ride (385NPR per person)
- Brindabasim Temple Visit (Free)

Royal Chitwan National Park

- Birdwatching

Mount Everest

- Everest Flight

## **Health**

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Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal

medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our CEO are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

## **Safety and Security**

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Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

## **Trip Specific Safety**

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We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

## **A Couple of Rules**

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Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

## **Travel Insurance**

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Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance

has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## **Planeterra Foundation - the non-profit partner of G Adventures**

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Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

## **Local Dress**

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In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting temples or mosques or other holy sites.

## **Feedback**

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After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customersolutions@gadventures.com](mailto:customersolutions@gadventures.com) and we will send it on to you.

## **Newsletter**

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Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation - Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

## **Minimum Age**

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You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## **International Flights**

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Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.