

Local Living Nepal - ANLL

7 days: Kathmandu to Kathmandu

What's Included

- Your G for Good Moment: Sisterhood of Survivors Project, Kathmandu
- Your G for Good Moment: Panauti Homestay, Panauti
- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Panauti community walk
- Nepali feast
- Tamang village hike and local wine tasting
- Monastery hike

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 May 26th, 2016 - June 1st, 2020

Itinerary

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.

Day 1 Kathmandu

Arrive at any time.

There are no activities planned until an evening welcome meeting.

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.

Optional Activities - Day 1

Welcome Dinner

You've arrived! Why not share a meal and a drink with your new travel mates?

Day 2 Kathmandu/Panauti

Visit the G Adventures-supported Sisterhood of Survivors project and enjoy a dumpling-making lesson and local lunch. Travel through the scenic hills to Panauti and meet your hosts. Later, help your host family prepare a meal before sitting down together for an evening of delicious food and cultural exchange.

Many families in Panauti Village have come together to establish a homestay program.

Depending on the location, the home offers lovely views across surrounding fields or a post from which to observe street activity. As well as getting to know a local family and exploring this lovely village, you will assist with preparing your evening meal - learning how to cook local dishes - and eat together with your host family.

Your G for Good Moment: Sisterhood of Survivors Project

Visit this G Adventures-supported grassroots organization that is helping to support rehabilitated survivors of human-trafficking and other at-risk women. SASANE, our project partners, train once vulnerable women to be certified paralegals, so that they are the first point of contact for other women coming out of abuse. Where survivors lack a high school diploma, the minimum requirements to be a paralegal, Planeterra and G Adventures have helped catalyze a hospitality program for these women to be reintegrated into a dignified work environment. The survivors will teach you how to make momos (traditional dumplings) as well as a Nepali lunch. The program helps support SASANE's outreach and education programs across Nepal.

Private Vehicle

Kathmandu - Panauti

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

Your G for Good Moment: Panauti Homestay

Set up in 2013, the Panauti Community Homestay is ran by a group of women who started the initiative as a way of challenging the lack of opportunity often faced by women in rural areas. The project allows them to raise their social status and income while also providing an opportunity to share their culture and customs with travellers. By sending our groups to a homestay, G Adventures is increasing income for the community and assisting with small business opportunities in hospitality. Although simple, rooms are clean, comfortable and typical of the households in which you are staying.

Meals included: Lunch | Dinner

Day 3 Panauti

Begin the day with a walk to visit the surrounding communities before a traditional community feast tonight.

Immerse yourself in the local way of life as you visit the communities of Chhettri and Brahmin this morning. In the evening, gather with the other group members and hosts for a traditional community feast and try your hand at whipping up typical Newari dishes.

Panauti Community Walk

Panauti

Walk through the fields surrounding Panauti and visit several of the neighbouring communities. Meet locals from Chhettri and Brahmin villages and learn more about their way of life.

Nepali Feast

Panauti

Gather with the other group members and hosts for a celebration to remember. "Bhwaye" is the local term for a typical community feast. Experience a bhwaye from beginning to end, starting off by helping the hosts prepare classic Newari dishes. Once the meal is ready, sit down together and enjoy the results served up on traditional leaf plates.

Meals included: Breakfast | Lunch | Dinner

Day 4 Panauti

Enjoy an easy hike to a nearby Tamang village and sample some local wine. Opt for a volleyball game with some free time in the evening.

Panauti

Tamang Village Hike and Local Wine Tasting

Panauti

Set off on a gentle hike through forests and farming fields to a nearby Tamang village. The Tamang are another ethnic group of Nepal. The village is well-known for the chhyang (local wine) it produces. Enjoy a tasting and even partake in some wine-making.

Free Time

Panauti Evening

Enjoy a free evening for a casual volleyball game or opt to whip up a dish from home for your host family to try.

Meals included: Breakfast | Lunch | Dinner

Day 5 Panauti

Board a local bus to Kavre Bhanjyang and begin the hike to Namobuddha Monastery. Tour the monastery and enjoy a picnic lunch in the hills before taking a scenic hike back down to Panauti.

The Namobuddha Monastery is one of the holiest Buddhist sites for pilgrimage in the world. It is known as the place where Buddha encountered a starving tigress, allowing her to consume him and thereby feed her cubs. Marvel at the intricate design of the monastery while soaking up the tranquility of this holy

site. Afterwards, begin the walk back to Panauti, passing scenic rice paddies and forested areas along the way.

Local Bus

Panauti 45m

Climb aboard, grab a seat, and enjoy the ride.

Monastery Hike

Panauti 5h

Board a local bus to Kavre Bhanjyang and begin the easy uphill hike to Namu Buddha Monastery. Explore the monastery and learn more about local Buddhist culture before enjoying a picnic lunch.

Meals included: Breakfast | Lunch | Dinner

Day 6 Panauti/Kathmandu

After some free time, say good bye to your hosts and travel back to Kathmandu. Tonight, opt for a farewell dinner with the group.

Free Time

Panauti Morning

Spend some more time with your hosts or opt to visit a nearby town.

Private Vehicle

Panauti - Kathmandu

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

Optional Activities - Day 6

Farewell Dinner

Khujand

10-25USD per person

Enjoy a meal with your new found friends and reminisce about the fantastic adventure you've all had.

Meals included: Breakfast | Lunch

Day 7 Kathmandu

Depart at anytime.

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

What's Included

Your G for Good Moment: Sisterhood of Survivors Project, Kathmandu

Your G for Good Moment: Panauti Homestay, Panauti

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group. Panauti community walk. Nepali feast. Tamang village hike and local wine tasting. Monastery hike.

Highlights

Visit a local market and pick up cooking ingredients, Learn about Nepalese cuisine with an included cooking lesson, Trek through Tamang village, Enjoy a meal with a local family as a group

Dossier Disclaimer

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Itinerary Disclaimer

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

1. 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.

Group Leader Description

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

Max 15.

Meals Included

4 breakfasts, 5 lunches, 4 dinners

Meals

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.

Transport

Private vehicle, local bus.

Solo Travellers

We believe solo 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 solo travellers on these itineraries must pay the single trip price.

Accommodation

Hotels (2 nts), homestay (4 nts).

About Accommodation

Houses in Panauti are generally fairly narrow, multi-storey buildings with a central stairway. Participating households have set aside a room for guests with comfortable beds and clean bathroom facilities (both on the same level) on the 2nd or 3rd floor of their homes. Although simple, rooms are clean, comfortable, and typical of the households in which you are staying. Bathroom facilities may be shared with the family or only for guest use, it depends on the home.

Depending on the location, the homes offer lovely views across surrounding fields or a post from which to observe street activity.

Joining Hotel

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

Joining Instructions

When arriving into Tribhuvan Intl Airport in Kathmandu you will notice how small the city really is. It is on 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.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. Please check carefully once you exit the baggage hall as there seem to be hundreds of people waiting outside in the arrival area. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time. Similarly the last day is a departure day during which no activities have been planned.

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

Arrival Complications

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

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, Rishab (Delhi, India)

>From outside of India: +91 88 5180 6614

>From within Delhi: 88 5180 6614

>From within India, but outside Delhi: 088 5180 6614

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

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.

Packing List

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

Light Hiking:

- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Sleeping bag liner/sleep sheet

Warm Weather:

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

Note: During the colder months (Oct-Apr) the regions can be very cold, so please make sure you pack warm clothes.

Laundry

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

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](#)

Spending Money

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

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: 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

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

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

Tipping

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/

Optional Activities

Kathmandu
- Welcome Dinner

Khujand
- Farewell Dinner (10-25USD per person)

Health

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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Trip Specific Safety

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A Couple of Rules

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 people in the sex trade 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 utilize the services of paid sex workers, in any capacity.

Travel Insurance

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.

Local Dress

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

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 and we will send it on to you.

Newsletter

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/

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

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

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.