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Last Updated: October 22, 2013

Nepal Family Adventure - ANNF

10 days: Kathmandu to Kathmandu

What's Included

Trekking in the Annapurna foothills, culture and history in the centre of Kathmandu, wildlife spotting in Chitwan National Park

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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, 2013 - December 31st, 2015

Itinerary



Day 1 Arrive Kathmandu (1D)

Arrive in Kathmandu and transfer to the hotel. There will be a notice informing of the time of the introductory group meeting this evening. Here we'll meet our CEO and the families in our group and go over the logistics of the upcoming adventure. Following the meeting we will have our first meal as one big family.

Day 2 Kathmandu(1B)

In the morning we take a guided tour of some of Kathmandu's most interesting monuments and learn the basics of the local language with an introductory lesson.

Lord Pashupatinath Temple dating back to 400 AD is the Nepal's holiest Hindu shrine. With its astonishing architectural beauty, it stands as a symbol of faith, religion, culture and tradition. Thousands of pilgrims from all over the world come to pay homage to this temple that is also known as 'The Temple of Living Beings'. The richly ornamented pagoda houses the sacred linga or phallic symbol of Lord Shiva. You can mingle with the holy men or sadhus on the banks of Bagmati River, and see the daily chores of Nepalese people paying their homage to Lord Shiva. Often you can see the traditional cremation ceremony on the riverbank, which occurs all through the day at the shrine.

On the other hand, Boudhanath, is one of the world's largest stupas (Buddhist shrine). Boudhanath (also called Bouddhanath, Bodhnath or Baudhanath or the Khasa Chaitya) is one of the holiest Buddhist sites in Kathmandu, Nepal. The Stupa is on the ancient trade route from Tibet which enters the Kathmandu Valley by the village of Sankhu in the northeast corner, passes by Bodhnath Stupa to the ancient and smaller stupa of Ca-bahi (often called 'Little Bodhnath'). Join the pilgrims who gather to circumnavigate the enormous dome, beneath the watchful eye of the Buddha which gazes out from the gilded central tower. Join the pilgrims in lighting butter lamps or candles on the shrines of the stupa, and send the prayer wheels spinning their prayers up into the heavens.

After Lunch we travel by private bus to the nearby city of Patan (Lalitpur), which is the oldest of the three major cities in Kathmandu

Valley and is famous for its Buddhist monuments, Hindu temples, and traditional artisans working with wood, stone and metal. Without doubt you will marvel at the fine arts, intricate wood and stone carvings, metal statues, and ornate architecture, including dozens of Buddhist and Hindu temples, and over 1200 monuments. Without doubt one of the most interesting places in Patan is Durbar Square, which is situated in the center of Patan city, it houses the residence of the former Patan royal family, it features an excellent display ancient Newari architecture.

After sokaing in the history and ancient culture we later drive to Thamel for free time. Its concentration of narrow streets are lined with small shops selling an eclectic mix that is sure to suit all travellers and all budgets.

Day 3 Pokhara (1B)

In the morning we drive the short distance to Pokhara with its ancient monuments and stunning natural landscape.

On the way we will change from bus to boat, and raft along the Trisuli River. We will be given a full safety briefing, and the trip along the river is not through the most treacherous rapids, so this would be suitable for most families. We then continue to Pokhara.

You will have time if you so wish to visit some of its main attractions. Phewa Lake is the center of all attraction in Pokhara. It is the largest and most enchanting of three lakes that add to the resplendence of Pokhara. The eastern shore, popularly known as Lakeside or Baidam, is the favorite haunt of all travelers restaurants, handicraft shops and other tourist facilities are located. Also the Barahi temple is the most important monument in Pokhara. Built almost in the Center of Fewa Lake, this two-storied pagoda is dedicated to the boar manifestation of Ajima, the protector deity representing the female force of Shakti.

Day 4-6 Annapurna Foothills (3B,2L,2D)

Setting off from Pokhara today, we have our first experience of trekking in the Himalayas. This is a trekker's paradise, as people come from around the world to walk in these mountains. For many with our group, this may be their first experience of the mountains, and there is no better place to hike than in the shadow of the Himalayas.

The entire region from Phedi, on the valley floor to the top of the hill is commonly known as Dhampus. But the main part of Dhampus is on the top of the rise, more than 500m above. Interested trekkers will start their walk from Phedi or you can choose to take the drive to reach our Lodge.

Dhampus - This area is inhabited by Brahmans, Chhetris and a few Gurungs, though along the hillside is a mix of Gurung and Magar ethnic settlements with guesthouses and teahouses. The views of the mountains and valleys are superb, with great mountain vista as you continue along the ridge.

On day 6, we enjoy our day in the mountains and explore village life and trekking routes of Nepal. The walking route from Dhampus to Pothana is a very pleasant one through the Rhododendron forest with the Annapurna Ranges at the background. If you do not wish to hike, you can choose to stay at the lodge for leisure time.

Day 7 Pokhara/Chitwan (1B,1L,1D)

Today we drive through across the Terai to Chitwan which is one of the few remaining undisturbed vestiges of the region, which formerly extended over the foothills of Nepal. This National Park is the first in Nepal home to at least 43 species of mammals. In Chitwan, all the jungle activities are just a step away and there's always a chance to spot wildlife. The warm subtropical Terai region of Nepal is a home of such animals as Royal Bengal tigers, rhinos, leopards wild elephants, black bears, monkeys, Langurs, crocodiles, kinds of deer and over 250 species of exotic birds. We will take a jeep Safari in the jungle to spot wildlife. We also will do village walks.

Day 8 Chitwan National Park (1B,1L,1D)

The Terai-Duar savanna and grasslands form an eco-region that stretches across the middle of the Terai belt. They are a mosaic of tall grasslands, savannas and evergreen and deciduous forests; the grasslands are among the tallest in the world, fed by silt deposited by the yearly monsoon floods. It is this eco-region that is home to the endangered Indian Rhinoceros, as well as elephants, Bengal tigers, bears, leopards and other wild animals. Much of the region has been converted to farmland, although both Royal Chitwan National Park and Royal Bardia National Park preserve significant sections of habitat, and are home to some of the greatest concentrations of rhinoceros and tiger remaining in South Asia.

Royal Chitwan National Park (RCNP), the oldest national park in Nepal. Established in 1973, it became a World Heritage Site in 1984. Within its area of 932km², the Royal Chitwan National Park is home to at least 43 species of mammals, 450 species of birds, and 45 species of amphibians and reptiles including sambars, chitals, rhesus monkeys, and langurs.

Until 1950 the Chitwan Valley was a hunting reserve for big game. Happily, today tourists come only to spot wildlife, rather than shoot it, and the park offers some of the best wildlife viewing opportunities in Asia. We explore the national park by jeep safari before

we are accompanied by our local guide for a half day walk inside the park. There will also be free time to go on a canoe ride or to enjoy a spot of bird watching.

Day 9 Chitwan/Kathmandu (1B)

Return to Kathmandu by air (approx 1 hour). The afternoon is free for your own explorations and shopping. If you have not done so already you could visit the burning ghats at Pashupatinath and Swayambhunath, the monkey temple. More than almost any city in the world, Kathmandu is fascinating at every turn, and some travelers prefer to just wander, seeing where chance, fate or the city may lead them.

Day 10 Kathmandu (1B)

We transfer to the airport, where the tour ends, and we say goodbye to our new, extended family.

What's Included

Trekking in the Annapurna foothills, culture and history in the centre of Kathmandu, wildlife spotting in Chitwan National Park

Highlights

Trek in the shadow of the awesome Annapurna mountains, discover culture and history in Kathmandu, spot elephants and other wildlife in Chitwan National Park.

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. Nepal is a country which is very different to anything you will have experienced before. Although this means it is not the easiest place to travel, this is also what makes it so special. Pollution, poverty and the crowds can result in initial culture shock but should be seen as an exciting new challenge. During our time here we have come to love this large and wonderfully different country but we know that we should always expect to encounter some difficulties along the way.
2. In Nepal there are very different attitudes to time keeping, public cleanliness, privacy and service. Trains will sometimes be late, plumbing can sometimes be temperamental and power will often just vanish. Optimistic menus turn out to have only one dish available and everyone, just everyone, will want to know your name. If you are able to travel with a lot of patience and a healthy sense of humour, then we know that you - like all of us - will be captivated by what Nepal has to offer.
3. Travelling with Children at Altitude.

When at altitude, children are no more susceptible to Acute Mountain Sickness (AMS) than adults. However, it is harder to notice the affects of AMS in children as it can be harder for them to communicate the symptoms. Some of the symptoms of AMS are similar to

those of jet-lag, or a change in food. Make sure to keep an eye on your children's behaviour while at altitude, and ensure that they continue to drink plenty of water, and take it easy for the first couple of days you are at a high altitude.

Group Leader Description

All G Adventures group trips are accompanied by one of our group leaders. The aim of the group leader 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 20, avg 12

Meals Included

9 Breakfasts, 4 Lunches, 5 Dinners.

Meals

Eating is a big part of travelling. 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. Vegetarians will be able to find a huge range of different foods - Nepal is vegetarian heaven. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Meal Budget

Allow USD200-250 per person for meals not included.

Transport

Charter bus, local transport, walking

About our Transportation

This trip combines a variety of transportation types. At G Adventures, we believe that getting there is half the fun. When it comes to getting around, public transport is often the best and most colourful way to go. You'll be using a combination of charter buses and local transport to get from here to there.

Traveling by road in Nepal is exciting and not quite what many of us are used to. Rules are it would appear arbitrary, speeding, not staying in their lanes, overtaking in seemingly dangerous situations, and spare use of lights are all quite common situations. Travel time can be long in comparison to Western countries, short distances taking a lot longer than at home.

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.

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.

Accommodation

Hotels (7 nts), teahouses (2 nts)

My Own Room

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops on tour.

About Accommodation

Accommodation for family trips has been chosen to give the best location and facilities for your family. They may vary depending on the location and destination, but designed to give the most comfortable experience while travelling.

You and your family will generally be sharing rooms on a twin or triple share basis. These rooms will be either adjoining or located at close proximity to each other.

Families will be roomed together and not with other families everywhere we stay. If you have any special hotel requests at the time of booking, let us know and we will do what we can to accommodate them. A variety of styles of hotels/guest houses are used in Nepal. These can vary in terms of service, efficiency and cleanliness. In many instances they might not be like what you are used to back home. Power cuts can and are a regular occurrence in many places. Although a number of hotels have generators there may be times when these won't work. It is also recommended when you are in your room to lock the door, as staff will sometime enter without reason.

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 leader, 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)

Emergency number:

From outside of India: +91 99 7179 5447

From within Delhi: 99 7179 5447

From within India, but outside Delhi: 099 7179 5447

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 24 hour Sales team, who will happily assist you.

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

Calls from UK: 0844 272 0000

Calls from Germany: 01805 70 90 30 00

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 or rolling bag of small to medium size (no XXL ones please!) as they need to fit under the beds when travelling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones. If your trip involves overnights in homestays, villages or camping then you usually have the opportunity to rent sleeping bags if need be instead of bringing them with you.

Checklist

Passport (with photocopies)

Travel insurance (with photocopies)

Airline tickets (with photocopies)

USD cash

Credit or debit card (see personal spending money)

G Adventures vouchers, pre-departure information and dossier

Any entry visas or vaccination certificates required

Day pack for daily personal items

Lock for all bags

Wet wipes / Moist towelettes

Alarm clock

Flashlight

Sun hat, Sun block, Sunglasses

Insect Repellent

Water bottle and Plastic mug for train journeys

Ear plugs for train journeys or light sleepers

Small towel and swim wear

Toiletries (biodegradable)

Sturdy walking shoes/Sport sandals

Money belt

Shorts

Long trousers

Hiking pants/track pants

Shirts/T-shirts

Warm clothes for November-February. Fleece, Jacket, hat and gloves

Umbrella or waterproof jacket.

Cover for backpack or plastic bags to keep clothes dry.

Camera and film

Reading/writing material

Binoculars

Pocketknife

First-aid kit (should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, extra prescription drugs you may be taking).

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

Please note it is your responsibility to arrange visas before you travel. Your travel agent can assist. Below are the visa requirements at the time of printing. NEPAL: All foreign nationals (except Indians) require a visa to enter Nepal. Visas are obtainable from embassies abroad or on arrival at Kathmandu's Tribhuvan airport. If getting the visa at the airport be prepared for long queues. You will also need to provide one passport photo and the following fees in US dollars cash only: single entry visa valid for 15 days - US \$25; Single Entry Visa for 30 days - US \$40 and multiple entry visa valid for 90 days - US \$100.

Detailed Trip Notes

In Nepal English is widely spoken and transportation and infrastructure is good, but please remember that this is Nepal- expect the unexpected! If you are able to bring with you a lot of patience, a great sense of humour and a willingness to try and interact with the local people, your travel experience will be greatly enhanced.

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 As of Jan 2013 the exchange rate for the Nepalese Rupee was 1 USD = 88 NPR (Nepalese Rupees). There are many ATM machines that accept both Visa and Mastercard but these are limited to major cities. We also recommend the use of cash and travellers cheques in USD currency. 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

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 USD1-2 per person per day depending on the quality and length of the service; 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 Chief Experience Officer did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline USD10-15 per person, per week can be used.

Optional Activities

We suggest you bring along USD50 for additional sightseeing.

Entrance to Durbar Square – USD10

Entrance to Bhaktapur – USD15

Entrance to Patan – USD10

Mountain Flight (1 hour) - from USD182

All prices are per person (unless stated otherwise), and are subject to change as services are provided by third party operators.

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 leaders 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

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 leader 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 judgement 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 click [here](#).

Trip Specific Safety

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.

Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our leaders work

hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.

Please note that all passengers traveling to Antarctica are required to fill out this questionnaire.

The medical questionnaire can be found online at:

- www.gadventures.com/medical-form.

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 prostitutes is completely contrary to this philosophy. Our CEO has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

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 leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency repatriation. 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-The G Adventures Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit www.planeterra.org

Planeterra Dollar-A-Day Program

Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our Planeterra projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

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 small rural communities or visiting temples or mosques or other holy sites as this may restrict your entry.

Nepal is very conservative and you should dress accordingly. As a general guideline shoulders and knees should be covered at all times. The wearing of shorts is not allowed as it will restrict your entry into buildings of a religious nature and family homes. A light water and windproof jacket is useful and a hat essential.

NB: WE STRESS THAT IT CAN BE VERY COLD IN THE HILLS DURING THE MONTHS FROM DECEMBER TO FEBRUARY.

NB: During our trip there will be many opportunities for you to meet and "talk" with locals. One way to start any conversation is with pictures. We recommend that you bring some photos/postcards of your family, home, city or country where you live, animals peculiar to your country etc.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that you'll receive a special discount code for free online prints and 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. Please visit <http://www.gadventures.com/evaluations>

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.

Travel Forum - The Watering Hole

Be sure to stop by [The Watering Hole](#), our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](#) section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at wateringhole.gadventures.com.

Minimum Age

Minimum age of 10 years for this trip. Please see the activities for any specific minimum age requirements.