



## **Delhi to Kathmandu: River Walks & Epic Wildlife**

15 days, Delhi to Kathmandu

Trip code AHDU

## What's included

- Your G for Good Moment: Barauli Community Connection, Royal Chitwan National Park
- Your G for Good Moment: Sharing Seeds Experience, Pokhara
- Your First Night Out Moment: Connect With New Friends
- Your Welcome Moment: Meet Your CEO and Group
- Your Big Night Out Moment: Jaipur Nightlife, Jaipur
- Your Local Living Moment: Barauli Community Guesthouse Stay, Royal Chitwan National Park
- Your Big Night Out Moment: Lakeside Bar, Pokhara
- India Gate and Connaught Place visit
- Guided tour of the Amber Fort and the Taj Mahal
- Morning Ganges Boat Tour
- Maya Devi Temple Buddha's Birthplace Visit
- Savitri Temple sunrise hike
- Orientation walks in Pushkar, Jaipur, Varanasi, Pokhara, and Kathmandu
- 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 July 23rd, 2025 and onwards

# Itinerary



## Itinerary Notes

Want to experience the sights and sounds of Holi? Make sure you're in India on March 4, 2026 or March 22, 2027 for the nation's most colourful festival.

**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

## Delhi

Welcome to India's bustling capital - Delhi! Arrive in time to meet at 2:00 pm for your welcome meeting and orientation walk.

Embark on an afternoon orientation tour visiting Connaught Place and India Gate for those iconic photos. Tonight, wander through the electric Karol Bagh market for your first night out; pick the best looking spot and cheers to new adventures and friends!

Arriving early with a free day in Delhi? Opt to add the "Half Day Culinary Tour of Delhi" extra to your tour.

Please note that if you arrive after 14:00, you may miss the welcome meeting and orientation tour.



### Accommodation

Hotel Citi International (or similar)

Hotel



### Today's Activities

Delhi Orientation Tour

Delhi

2h-4h

Get a taste of India's capital city through a visit to Connaught Place by metro and a walk to India Gate, a stately memorial built for Indian soldiers who died in World War I.

#### ACTIVITY

Connect with new friends on your first night out in a new destination. Only available on 18-to-Thirtysomethings tours.

#### ACTIVITY

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

Half Day Culinary Tour of Delhi

Delhi

On this half-day adventure that will leave you in food heaven, visit age-old markets and landmark food joints around the city and indulge your tastebuds. Walk with an experienced foodie-guide who will teach you about the intricacies of cuisine from various parts of the country. Highlights on the tour can include; Chandni Chowk, filled with bustling markets and shops, enjoy a steaming cup of Chai tea in an authentic terracotta cup, Kebabs with a recipe that stretches throughout generations, and indulge in local sweets and flatbreads. Perhaps also visit a chaat street chef and stop by Gurdwara Bangla Sahib Sikh Sikh House of Worship which hosts the world's largest community kitchen.

Day 2

## Delhi/Pushkar

Travel by train through the arid terrain to Pushkar, often called Tirth Raj or the "king of pilgrim centres," home to the world's only temple for the Hindu god of creation, Brahma. Get your bearings on an orientation walk around the colourful city visiting the lake, ghats, and of course the 14th century Brahma temple. Spend some time this afternoon exploring the markets or opt for an unforgettable evening by dressing in traditional Indian clothes before partaking in an authentic dinner cooked by cameleers in the desert while enjoying live entertainment!



### Accommodation

Hotel New Park (or similar)

Hotel



### Today's Activities

Taxi

Ajmer - Pushkar

30m

16km

Settle in and scan the scenery from the within the local taxi.

Train

Delhi - Ajmer

7h

445km

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

Pushkar Orientation Walk

Pushkar

1h

3km

Join an orientation to explore key parts of this desert city, including beautiful lakes and ghats. Visit the famed Brahma temple, meet a local pandit and understand/take part in the ancient rituals



### Optional Activities - Day 2

Traditional Dinner in the Desert

Pushkar

1200INR

2h30m-4h

10km

Try on traditional Indian clothes and head out to the desert for an evening you won't soon forget. Enjoy a delicious traditional meal prepared and served by local cameleers. Get into the spirit with music, dancing, and entertainment presented by a group of Roma people before returning to Pushkar at night.

Camel Ride

Pushkar

Hold on and enjoy a ride on this even-toed ungulate, also known as the desert horse. Bring your camera for some fantastic photos of this once-in-a-lifetime opportunity.

Day 3

## Pushkar/Jaipur

Before dawn, climb to the hilltop Savitri Temple and catch the sun rising over the towering Thar Desert hills. Afterward, travel by train to the pink city of Jaipur, India's second most visited site, the Hawa Mahal, or "Palace of the Winds." Enjoy an orientation walk through the market stalls.



### Accommodation

Rawla Mrignayani Palace (or similar)

Hotel



### Today's Activities

Savitri Temple Sunrise Hike

Pushkar

1h-2h

Climb a hilltop to get to this temple honouring Savitri, the wife of the Hindu god, Brahma. Witness a gorgeous sunrise over this holy place while drinking a warm cup of chai.

Taxi

Pushkar - Ajmer

30m

16km

Settle in and scan the scenery from within the local taxi.

Train

Ajmer - Jaipur

2h30m

135km

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

Women With Wheels Jaipur

Jaipur

Transfer by a G Adventures-supported project, Women With Wheels. This program provides safe and reliable transport for travellers, while providing a dignified livelihood for local women who once lacked financial opportunities.

Orientation Walk

Jaipur

1h-2h

Head to the markets of this "Pink City," the capital of Rajasthan, and one of the most important heritage cities in India on this CEO-led orientation walk.



### Optional Activities - Day 3

Hawa Mahal (Palace of the Winds)

Jaipur

202INR

15m-30m

Enjoy a visit to the intricately-carved Hawa Mahal, or "Palace of the Winds," which is named for the cool breeze that comes through the structure and keeps it comfortable, even in the hot Jaipur summers. Admire this architectural wonder and snap some photos.

City Palace Visit

Jaipur

1000INR

Explore the courtyards, gardens, and buildings that make up the City Palace. Located in the heart of the Old City, it is a striking blend of Mughal and Rajasthani architecture. Visit the palace's museum to look at ancient carriages and the former maharaja's gold-embroidered wedding outfit.

Embark on a guided tour of Amber Fort, a UNESCO World Heritage Site to check off your bucket list. The Fort's sandstone walls are perched on a hill almost blending in with the terrain, besides perfectly reflecting in Maota Lake creating a mirage effect (and perfect photograph). Wander through the halls, courtyards, and palaces inside and admire the intricate details. Afterward, head back to Jaipur and get ready for your Big Night Out! Join your crew and CEO and see where the night takes you!

Opt to visit the City Palace with its fine collection of textiles and costumes or admire the mind-boggling architecture of Hawa Mahal. Discover more of the wisdom and history of the Mughals by wandering around the Jantar Mantar, an observatory built in the 1700's, or opt to sit back and relax if you like - sipping a cocktail in any of the luxuriously converted palaces. Opt to get active by pre-booking a cycle tour or sharpen your culinary skills by pre-booking a cooking class with a local family. If you aren't afraid of heights, pre-book a balloon ride to get an aerial view of the pink city.



## Accommodation

Rawla Mrignayani Palace (or similar)

Hotel



## Today's Activities

Amber Fort Guided Tour

Amber Fort

Explore this magnificent fort overlooking an artificial lake, famous for its unique mixture of Hindu and Muslim architecture. The Fort's sandstone walls are perched on a hill almost blending in with the terrain, besides perfectly reflecting in Maota Lake creating a mirage effect (and perfect photograph). Wander through the halls, courtyards, and palaces inside and admire the intricate details.

Free Time

Jaipur

Enjoy some free time.

### ACTIVITY

Venture to a local bar restaurant. Immerse yourself in the exciting nightlife and cheers to new adventures and friends.



## Optional Activities - Day 4

### Jantar Mantar Visit

Jaipur

202INR

1h-2h

Visit the Jantar Mantar observatory for a guided tour and explore the collection of astronomical instruments housed there, some dating back to 1727.

### Movie at Raj Mandir

Jaipur

200-400INR

Visit this spectacular cinema and watch a song-and-dance Bollywood film.

### Jaipur Cooking Class with A Local Family

Jaipur

Join a local family in Jaipur as they welcome you into their home and share their recipes and best-loved dishes with you. Get hands-on with the ingredients and learn how to prepare Pakoda (Pakora), vegetable dishes and Indian breads such as chapatis and puris. Once the hard work is done, get to know your hosts over lunch. Savor the flavours of your creations with the additions of other vegetable dishes, daal and raita, and finish the meal with a sweet treat.

### Jaipur Cycle Tour

Jaipur

35None

With its many lanes and organized layout, Jaipur is the perfect location to explore by bicycle. Choosing to cycle through the city on this morning tour will introduce you to sights, sounds and smells that a vehicle just can't match, so grab a helmet and jump on your bike! Navigate the streets of the 'Pink City' with the help of your experienced guide, starting the day with a traditional Indian yoghurt drink of Lassi. Marvel at the architectural wonders as you enter the walled part of the city and stop at the City Palace to visit the Govind Dev temple. Wander through the historical spices and sweets market, stopping for tea and a tasty snack of pakoras before heading towards the majestic Albert Hall Museum where the tour ends. Taxi transfers from the hotel to the starting point and from the finishing point back to the hotel are included in the price of this cycle tour.

### Jaipur Balloon Ride

Jaipur

Begin your day at dawn, just as the sun starts to rise. As you drift into the sky, enjoy the silence and serenity of the morning, watching as the day starts for the colourfully dressed inhabitants below. From high in the sky, you may float over rolling hills, villages teeming with life, and a small monastery. You may even spot elephants—if luck is on your side.

Available September 1 - April 30.

Day 5

## Jaipur/Āgra

Travel by early morning train to the Mughal city of Agra, site of India's most famous landmark - the Taj Mahal! Immerse yourself in a guided tour and learn of the mausoleums unique history as you admire the iconic Mughal architecture.

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### Accommodation

Hotel Anand Villa (or similar)

Hotel

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### Today's Activities

Taj Mahal Guided Tour

Tāj Mahal

1h-3h

Here's one to cross off your bucket list: a visit to one of the Seven Wonders of the World. Take a guided tour of India's most famous landmark and an icon of Mughal architecture. Built by the emperor Shah Jahan as a testament of his love to his wife, Mumtaz Mahal, this stunning white marble structure draws visitors from all over the world.

Train

Jaipur - Āgra

5h

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

Day 6

## Āgra/Varanasi

Spend the day getting to know Agra. Opt for a tuk tuk ride to visit Baby Taj and the Agra Fort, the Taj's less famous—but no less impressive—sister monument, also a UNESCO World Heritage Site. In the evening, board an overnight train and wake up in Varanasi.



### Accommodation

Hotel Yatharth Inn (or similar)

Hotel



### Today's Activities

Free Time

Āgra

Enjoy some free time.

Basic Overnight Train (beds)

Āgra - Varanasi

13h

Experience overnight travel like a local. Sit back and get some well-earned (and likely much-needed) rest en route to your next stop.



### Optional Activities - Day 6

Agra Fort Visit

Āgra

650INR

1h-3h

Enjoy a visit to this impressive Mughal fort made of red sandstone and white marble.

Baby Taj Visit

Āgra

310INR

Visit this mausoleum that looks like a jewel box, built before the Taj Mahal by Queen Nur Jahan for her father. Enjoy the intricate details of the structure; it was the first Mughal building faced with white marble and where "pietra dura" (precious stones inlaid into marble) was first used.

Day 7

## Varanasi

Take an orientation walk along Varanasi's ghats and through the old city. Afterward, opt to explore the temples and take in the spiritual energy of the city.

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### Accommodation

Hotel Vaibhav (or similar)

Hotel

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### Today's Activities

Free Time

Varanasi

Enjoy free time to explore.

Orientation Walk

Varanasi

1h-2h

Experience the spiritual energy of Varanasi with a walk through the holy city, filled with temples, shrines and Hindus from all over India and the world. Enjoy views of the sacred River Ganges.

Day 8

## Varanasi

This morning, hop on a boat and sail the sacred Ganges River, where you will have the opportunity to witness a candle flower ceremony. Enjoy a free afternoon to uniquely explore the spiritual capital of India. Opt to bathe in the sacred waters or visit Kashi Vishwanath, the Golden Temple, dedicated to the Hindu god Shiva. Varanasi is your oyster!

Pre-book the Varanasi Heritage Walk and enjoy a guided tour that focuses more on the local life in Varanasi and its philosophical and cultural values. Witness pilgrims singing and gain a deeper understanding of the importance of Varanasi in Hinduism, Buddhism and Jainism.

Pre-book the Guided Visit of Sarnath and learn about the life of the Buddha. Discover the archeological ruins of the monastery. Explore the museum at Sarnath and the sacred Maha Bodhi Tree. Visit temples constructed by the buddhist people of Sri Lanka, Thailand and Japan and stop to admire the Buddha statue during the three hours of guided exploration.



### Accommodation

Hotel Vaibhav (or similar)

Hotel



### Today's Activities

Morning Ganges Boat Tour

Varanasi

1h

Catch the sunrise from a boat cruising the sacred Ganges River, where Hindu pilgrims from all over the world come to wash away their sins and cremate their loved ones. Witness locals participating in dawn rituals of bathing and burning at the river.

Free Time

Varanasi

Enjoy some free time.



### Optional Activities - Day 8

Heritage and Spiritual Walk in Old Benaras

Varanasi

Set off an engaging walking tour of Old Varanasi City. Wander through puzzling alleys, vibrant bazaars, explore temples, and gain a deeper understanding of Varanasi's history, culture, and spirituality.

The Varanasi Heritage Walk begins from the Godaulia intersection and our first visit is to the Mata Kali Temple, one of the highest revered places of worship in the city. It was built by the Maharaja of Varanasi in 1885 and features carved pillars that capture visitors' attention. Then we will visit the Ganesh temple before heading to the Tedhi Neem Gali for a walk through the colorful market dotted with many different shops. Afterward, we will go towards the Kashi Vishwanath corridor and witness Varanasi's principal cremation site - the Manikarnika Ghat. The sacred fire here has been alive for the last 3000 years.

Next, we'll walk past the Alam Gir mosque, visit the shrine of a Hindu Yogi and mystic Guru Shri Tailang Swami, the Mangla Gauri Temple, and the Sankatha Mata Temple. Towards the end of the walk, we will try the famous white butter toast with tea at Laxmi Chai shop or Dwarika Lassi.

During the walk our guide will focus more on the local life in Varanasi and its philosophical and cultural values. Witness pilgrims singing or chanting and gain an understanding of the importance of Varanasi in Hinduism, Buddhism and Jainism.

Guided Tour of Sarnath

Varanasi

A day of exploration begins with a tuk-tuk ride from Varanasi towards Sarnath, where your local guide awaits. One of the holiest Buddhist sites in the world, Sarnath is the birth place of Buddhism where Lord Buddha preached his first sermon. For nearly 1700 years the site remained a centre for great learning, a place of pilgrimage, and a Vihara (Monastery) for monks and scholars. Guided by a local expert, discover the archeological ruins of the monastery, the ancient Dhamek stupa. Explore the museum at Sarnath and the sacred Maha Bodhi Tree. Visit temples constructed by the buddhist people of Sri Lanka, Thailand and Japan. Stop to admire the Buddha statue located at the Thai Buddha vihara. Some eighty feet tall, it is considered to be the tallest standing Buddha statue at Sarnath. After three hours of guided exploration, your guide will bring you back to your awaiting tuk-tuks bound for your hotel.

Today we leave India and travel to the peaceful land of Nepal. Step back in time and experience Buddha's birthplace - Lumbini, a UNESCO World Heritage Site and pilgrimage centre. Visit the Maya Devi Temple, where the Queen gave birth to Siddhartha Gautama.

This will be a longer travel day as it may take up to 12 hours to reach the city of Lumbini. Settle in with your fellow travellers and get to know each other as you take in the scenery.

It is possible for most nationalities to get a Nepalese visa at the border for \$30 USD. Nepal is 15 minutes ahead of India, time wise.



## Accommodation

Landmark Bhairahawa (or similar)

Hotel



## Today's Activities

Train

Varanasi - Gorakhpur

6h

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

Private Vehicle

Gorakhpur - Sunauli

2h-3h

127km

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

Border Crossing (Nepal)

Sunauli - Bhairāhawā

30m

Have your passports and documentation ready to cross the border.

Private Vehicle

Bhairāhawā - Lumbini

1h

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

Maya Devi Temple Buddha's Birthplace Visit

Lumbini

1h

Visit Maya Devi Temple, Buddha's Birthplace Visit. Explore the numerous monasteries in this World Heritage Site.

Day 10

## Lumbini/Royal Chitwan National Park

Experience Nepali rural life at Barauli Village homestay, a G Adventures–supported project. Take an orientation walk, visiting friendly homes and learn about the Tharu daily life. Opt to venture to the Narayani river on a cycle tour.



### Accommodation

Barauli Community Homestay (or similar)

Hotel



### Today's Activities

Private Vehicle

Lumbini – Royal Chitwan National Park

4h-5h

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

#### ACTIVITY

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 dance and song.

#### ACTIVITY

The Barauli Community Homestay is G Adventures–supported and designed to help preserve the culture of the local Tharu people. This homestay project is completely run by women, bringing diversified income and sustainable tourism to the region. This is a fantastic experience for both visitors and hosts, to make meaningful connections and learn about each others lives.

Barauli Village Orientation Walk

Royal Chitwan National Park

Take an orientation walk through Barauli village. Visit local homes and learn more about the Tharu lifestyle, farming techniques, as well as the region's flora and fauna.



## Optional Activities - Day 10

Cycling

Royal Chitwan National Park

950NPR

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.

Day 11

## Royal Chitwan National Park

Enjoy a free day to explore the surrounding village and rice paddies before spending another night with the Tharu community. Opt to take a jeep safari through the diverse ecosystem of Chitwan National Park for a chance to witness rhinos, crocodiles, monkeys, and maybe even the elusive bengal tiger.



### Accommodation

Barauli Community Homestay (or similar)

Hotel



### Today's Activities

Free Time

Royal Chitwan National Park

Get out and explore.

#### ACTIVITY

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.



### Optional Activities - Day 11

Chitwan 4x4 Safari

Royal Chitwan National Park

6900NPR

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.

Experience traditional Chitwan life by opting to participate in a cultural dinner and dance held by our Barauli hosts.

Day 12

## Royal Chitwan National Park/Pokhara

Travel from the peaceful plains towards the mystical Himalayan mountains, stopping in Pokhara. Get your bearings in town on an orientation walk. Be sure to capture a panoramic group photo with the stunning Annapurna range backdrop.



### Accommodation

Hotel Raraa (or similar)

Hotel



### Today's Activities

Private Vehicle

Royal Chitwan National Park - Pokhara

7h-8h

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

Pokhara Orientation Walk

Pokhara

Breathe in the fresh air and take in the views of the Himalayas and Phewa Lake while getting your bearings around this scenic city.

Day 13

## Pokhara

Enjoy breakfast at Sharing Seeds and learn how organic arabica coffee and beekeeping helps uplift the community. In the afternoon, get to know Pokhara more in-depth by freely exploring this photogenic region. Gear up for your big night out at a lakeside bar with your new friends. Cheers to all the life-changing adventures you've just shared!

In the morning, watch a spectacular Himalayan sunrise over the mountains before visiting a Planeterra project that benefits the local community.



### Meals included

Breakfast



### Accommodation

Hotel Raraa (or similar)

Hotel



### Today's Activities

Free Time

Pokhara

Enjoy some free time.

#### ACTIVITY

Follow your CEO to best lakeside bar with a mountainous view and cheers to all the life-changing adventures you've just experienced.

#### ACTIVITY

Sharing Seeds is a women led enterprise in Sarnagkot - Tallathar village, which supports local farmers to produce organic arabica coffee and beekeeping, and offers opportunities to the women of Pandeli Village to produce recyclable, hemp handicrafts. Sharing Seeds has ensured that this community gains new skills and employment opportunities while retaining their culture and addressing the problem of rural urban migration.

Enjoy a local breakfast in the fields of the picturesque village of Tallathar, led by women from this rural community, and take a walk through the village to learn more about the coffee grown in the region.



## Optional Activities - Day 13

Sarangkot Sunrise Walk

Sarangkot - Pokhara

60NPR

2h-3h

Experience a spectacular sunrise view of the surrounding the Annapurna Himalayas. Enjoy the 2.5 hour walk back down through lush farms and forests.

Day 14

## Pokhara/Kathmandu

Travel the last leg of this trip through the wild, rugged Himalayan landscape to Nepal's capital and largest city, Kathmandu. Or opt to skip the drive and fly to Kathmandu for more time in the city. After the whole group arrives, get a feel for the city on an orientation walk. As Kathmandu is fascinating at every turn, simply wander around and see where chance, fate, or the city may lead you. Check out world-famous Durbar Square, King's Palace, the burning ghats at Pashupatinath, or Boudhanath Stupa. Then join your crew for an optional farewell meal together!



### Accommodation

Hotel Serenity (or similar)

Hotel



### Today's Activities

Kathmandu Orientation Walk

Kathmandu

1h

Get a taste of this lively capital city, which is fascinating at every turn.

Private Vehicle

Pokhara - Kathmandu

8h-9h

200km

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



### Optional Activities - Day 14

Flight: Pokhara to Kathmandu

Pokhara - Kathmandu

Want more time in Kathmandu? Skip the long drive and hop on a quick flight from Pokhara to Kathmandu.

Note: this is an upgrade to a flight from the included drive

Today is departure day, but do not fret! There is no such thing as goodbye, only until next time. Hug your new friends, exchange social medias, and 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 14:00.



## Today's Activities

Departure Day

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



## Optional Activities - Day 15

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. At times, the weather may cover Everest, but the surrounding view is still worth the ride!

## What's included

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- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Explore the vibrant streets of urban India, walk along the Ganges, get a glimpse of traditional life in small villages, experience a homestay in rural Nepal, Learn to make traditional Nepalese dumplings, marvel at Nepal's mountain views

## Itinerary Notes

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## Is there a disclaimer I should read before booking this trip?

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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.

## **Is there a travel disclaimer for my itinerary I should review before booking this trip?**

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.

## **Are there Itinerary notes?**

Want to experience the sights and sounds of Holi? Make sure you're in India on March 4, 2026 or March 22, 2027 for the nation's most colourful festival.

## **What important notes should I be aware of before the trip?**

1. India 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 India 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 India has to offer.
3. A comprehensive peace agreement was signed between the Government of Nepal and the Communist Party of Nepal (Maoist) on November 21, 2006 and significant progress towards sustainable peace continues to be made. On December 16, 2006, Nepal's ruling parties and the CPN-Maoist reached an agreement on an interim constitution. This has been perceived as a crucial development in the country's peace process. An election for a Constituent Assembly was held in Nepal on 10 April 2008, after having been postponed from earlier dates of 20 June 2007 and 22 November 2007. This assembly will draft a new constitution. Hence, this will decide amongst others, on the fate of the Nepalese monarchy and federalism. As a result, the overall security situation has improved however; travelers should be aware that the security situation remains uncertain and could deteriorate quickly with little or no advanced notice. We recommend that you please check your government's advice for their latest travel information before both booking this trip and leaving home, as we want you to travel fully informed.
4. 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.

## **What is the role of the group leader during this trip?**

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.

## **How large will the group be?**

Max 20, avg 16.

## **What meals are included in this trip?**

1 breakfast

## **What are the meals like on this trip?**

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

## **What are the modes of transportation on my trip?**

Train, metro, local bus, charter bus, rickshaw.

# What transportation will we take on this trip?

## TRAIN

The best way to see India is at ground level on the railway system. In fact, no visit to India would be complete without the experience of travelling on a train and negotiating the busy railway stations. The chaos in the Indian Railway stations is a replica of the life in India. Indian trains are not merely a conveyance they are an odyssey so sit back relax, be patient and enjoy the show.

G Adventures uses a combination of AC 2 tier, AC 3 tier and sleeper class (for overnight journeys) and AC Chair car or second class seats for day journeys.

There are no restaurant or buffet cars on Indian Railways, but on long distance trains an attendant will appear in your coach and ask you if you would like to order food. Regular stops are made at stations where food is also available and on some trains many vendors board the train selling chai, cold drinks and crisps and biscuits.

Don't expect pristine western standards anywhere in India, but you'll find AC2, AC3 and AC Chair class fairly clean by Indian standards, with both western-style and squat toilets usually in a reasonably sanitary condition. Sleeper Class and 2nd class toilets may be a different matter! Bring your own toilet paper and hand wash soap or liquid.

Indian trains are quite safe to travel on, even for families or women traveling alone, and you are unlikely to have any problems. Having said that, theft of luggage, although rare is not unheard of, so just for peace of mind you might like to take along a chain and padlock to secure your bags (readily available at all Indian stations).

Generally, Indian Railways are very efficient, but Indian trains do run late, and sometimes it's hours rather than minutes. Make sure you have something to occupy your time – a good book, music, a magazine or photos of your home country and family to show the Indian travelers also waiting for the train. You should also have snacks and water for the journey.

## ROAD

Traveling by road in India or Nepal is certainly not what people are use to in Western countries. Rules are not always followed, drivers appear to speed, do not stay in their lanes, overtake in seemingly dangerous situations, rarely use their mirrors or driving lights at night time. The horn however is used very frequently and can range from the latest Bollywood tune to Britney Spears! In India, although the government is investing large sums of money improving the road infrastructure, there is a lot more to be done. As a result, in both India and Nepal, some of the roads are poorly maintained, pot holed and uneven. This gets even more pronounced particularly during and after the monsoon. Travel time covering relatively short distances is very long in comparison to Western countries.

# Is there an extra cost for travelling solo?

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.

# Where will we stay during the trip?

Simple hotels or guesthouse (twin-share, 11 nts), sleeper train (1 nt), homestay (2 nt).

# Do any exceptions apply to Rooming or “My Own Room” on my tour?

Night 6 overnight train

## What kind of accommodation can I expect on this trip?

A variety of styles of hotels/guest houses are used in India. 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, especially throughout North and Central India. 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.

Accommodation will be varied throughout your adventure. Some nights on this tour will be multi-share. This may involve 4-6 group members sharing a room. The majority of accommodation will have shared bathroom facilities.

Where we use multi-share hostels, rooming requests of any kind cannot be taken. For private accommodation please see tours in our Classic Travel Style.

## What are the 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.

If you would like to book an airport Arrival transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

If you have paid in advance for an arrival transfer, a representative from our G Adventures-supported project Women With Wheels. This program provides safe and reliable transport for travellers, while providing a dignified livelihood for a local woman from a resource poor community. You will be greeted by a trained driver from the project with a G Adventures sign with your name on it. The drivers wait outside the Exit Gate 4 at Terminal 3. If you are unable to locate your pre-booked transfer, or you have any questions about your transfer, please feel free to call our transfer representatives in Delhi. Our airport representatives can be reached at the Sakha Call Centre at +91 927 870 8888.

**IMPORTANT:** Please exercise caution and avoid taxi touts who falsely claim that your arrival transfer vehicle has broken down and that they are sent by G Adventures to arrange your transport. Many travellers have fallen victim to this scam and were charged inflated prices.

Arrive to your start hotel no later than 2pm for your Welcome Meeting.

During your Welcome Meeting, you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

## **What happens if I experience problems when arriving?**

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 trip 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.

## Who should I contact in case of an emergency?

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 or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. 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 please call our local G Adventures Transfer providers directly at:

Sakha Call Center (Primary Contact)

From outside India: +91 92787 08888

From within India: 92787 08888

Sakha Manager (Secondary Contact)

From outside India: +91 95997 81181

From within India: 95997 81181

### EMERGENCY CONTACT NUMBERS

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

From outside of India: +91 88518 06614

From within India: 88518 06614

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 information should I be aware of as the itinerary draws to a close?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

## **Are there any additional packing suggestions I should consider?**

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.

# What should be on my packing list?

## Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- 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
- Headphones (Noise-cancelling recommended)
- 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:**

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

**Train Travel (Optional):**

- Slip-on shoes
- Small container with lid
- Travel cutlery
- Travel or camp cup

**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 mountains can be cold, so please make sure you pack warm clothes. During the months of Jul-Sep is the rainy season, so please make sure to pack waterproof clothes.

**When can I do my laundry on this trip?**

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.

# What are the visas and entry requirements for my trip?

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](#)

All travellers must have a valid Indian visa prior to the start of their tour. Please note that visas for India are the responsibility of the individual traveller.

To obtain a visa for India, you may either apply for an e-Visa using the link below, or alternately visit the Indian embassy or consulate nearest you to apply for a physical visa on your passport.

India 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: <https://indianvisaonline.gov.in/visa/tvoa.html>

As there are many fake websites, please only use the link above to apply for your e-Visa and for any additional information.

## VISA INFORMATION:

Please use the start hotel of your tour as a reference for your visa application. Contact us or your travel agent if you need further information.

For visa purposes, your Emergency Local Contact details are below:

G Adventures South Asia Manager

Mr Sorab Jassawalla (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

As of February 2026, all non-Indian nationals entering India by air, land or sea must complete the e-Arrival Card online before arrival. Register within 3 days of arrival.

For more information and to complete the e-Arrival Card, we kindly request that you visit the [Indian Immigration](#) page.

## NEPAL:

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. You can apply for the visa [here](#).

We strongly suggest travellers eligible for an e-Visa complete the form online and print their receipt before arrival to Nepal to ease your entry and avoid queuing. Visas are available upon arrival at the airport and land crossings for those who are unable to receive their e-Visa beforehand.

## **Where can I read detailed notes about this trip?**

In India and Nepal English is widely spoken and transportation and infrastructure is good, but please remember that this is India- 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

## **What should I consider when planning my personal expenses and discretionary spending for this itinerary?**

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.

## **What should I know about currency, credit cards, and exchanging money while on this tour?**

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)

As of May 2023 the exchange rate for INDIA was 1 USD = 81.76 INR (Indian Rupees) and NEPAL was 1 USD = 130.90 1NPR (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 in USD currency. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

## **How much emergency money should I bring on this trip?**

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!

## **Do I need to pay a departure tax?**

International Departure tax is 1695 Nepalese Rupees or 1300NPR if travelling to SAARC Countries (India, Bangladesh, Pakistan, Sri Lanka)

## Should I be tipping on my trip?

It is customary in India and Nepal 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 \$4-5 USD 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 CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference; however as a guideline \$8-10 USD per person, per day can be used.

# What activities are optional on this trip?

## Delhi

- Half Day Culinary Tour of Delhi

## Pushkar

- Traditional Dinner in the Desert (1200INR per person)
- Camel Ride

## Jaipur

- Hawa Mahal (Palace of the Winds) (202INR per person)
- Jantar Mantar Visit (202INR per person)
- Jaipur Cooking Class with A Local Family
- City Palace Visit (1000INR per person)
- Movie at Raj Mandir (200-400INR per person)
- Jaipur Cycle Tour (35 per person)
- Jaipur Balloon Ride

## Āgra

- Agra Fort Visit (650INR per person)
- Baby Taj Visit (310INR per person)

## Varanasi

- Heritage and Spiritual Walk in Old Benaras
- Guided Tour of Sarnath

## Royal Chitwan National Park

- Cycling (950NPR per person)
- Chitwan 4x4 Safari (6900NPR per person)
- Barauli Community Immersion

### **Sarangkot**

- Sarangkot Sunrise Walk  
(60NPR per person)

### **Pokhara**

- Flight: Pokhara to Kathmandu

### **Mount Everest**

- Everest Flight

## **Are there any health considerations I should know before travelling?**

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 CEOs 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 group CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

# What do I need to know to about safety and security on my trip?

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/)

## What are the trip specific safety considerations?

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.

## What rules should I know before joining this trip?

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.

## Is travel insurance required for my trip?

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.

## What is Planeterra?

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.

## How should I dress to respect local customs during the tour?

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.

India 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.

## How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)\*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

## Does G Adventures have an email newsletter I can subscribe to?

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.

## How old must I be to join this trip?

Minimum age of 18 years for this trip.

## **Are international flights included in this trip?**

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, 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.

## **What should LGBTQ+ travellers know about safety and travel considerations on this trip?**

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

## Dossier Disclaimer

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 the operator. 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.

## 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.