



## **Highlights of Nepal**

8 days, Kathmandu to Kathmandu

Trip code ANPK

## What's included

- Your G for Good Moment: Nepalese Dumplings Cooking Demonstration, Kathmandu
- Your G for Good Moment: Barauli Community Immersion, Royal Chitwan National Park
- Your Welcome Moment: Meet Your CEO and Group
- Your Local Living Moment: Barauli Community Guesthouse Stay, Royal Chitwan National Park
- Walk in Patan Durbar Square
- Guided tour of Bhaktapur City
- Nepalese Dumplings Cooking Demonstration
- Swayambhunath Temple Visit
- Pokhara Orientation Walk
- Enjoy a welcome by the Chitwan Community Homestay and a traditional meal
- Chitwan National Park 4x4 safari
- Cycling through villages in Chitwan
- Free time in Kathmandu, Pokhara, and Chitwan
- 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 September 13th, 2022 and onwards

# Itinerary

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

Day 1

## Kathmandu

Arrive at any time. Welcome meeting will be in the evening followed by a CEO-led walk in Patan Durbar Square.

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



### Accommodation

Hotel Traditional Stay (or similar)

Hotel



### Today's Activities

Patan Durbar Square Entrance

Kathmandu

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

#### 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.

Day 2

## Kathmandu

Take a guided tour of the royal city of Bhaktapur and visit the most ancient shrine in Kathmandu, Swayambhunath Temple. Enjoy a cooking demonstration and learn how to make Nepalese momos (dumplings). Afterwards, taste the delicious dishes made during an authentic local lunch. The evening is free to do as you please.

Take a tour of the world heritage site of Bhaktapur and visit Swayambhunath Temple, also known as the monkey temple, the oldest shrine in Kathmandu. Its lofty white dome and glittering golden spire are visible for many miles!

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



### Meals included

Lunch



### Accommodation

Hotel Traditional Stay (or similar)

Hotel



### Today's Activities

Bhaktapur Excursion

Bhaktapur

3h-4h

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

#### ACTIVITY

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

Swayambhunath Temple Visit

Kathmandu

Visit Swayambhunath Buddhist temple and Unesco World Heritage Site, the most ancient and enigmatic of all the holy shrines in Kathmandu. Explore the structure and be sure to check out the

Buddha's eyes painted on each side of the Stupa. The site is also known as the monkey temple, for the vast amount of creatures who call the complex home.

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## Optional Activities - Day 2

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!

Boudhanath Stupa Visit

Kathmandu

Enjoy a visit to the Boudhanath Stupa, one of the largest Buddhist stupas in the world. Built in the 5th century, it still attracts many pilgrims, particularly Tibetan Buddhists and local Nepalis, and is a UNESCO World Heritage site. See the compassionate eyes of Buddha gazing from the facade and take in the peaceful atmosphere and observe Buddhist monks at prayer in the monasteries surrounding the stupa. Follow the pilgrims walking clockwise around the stupa, rotating the prayer wheels and chanting "OM MANI PADME HUM" meaning "diamond on a lotus." Continue through the thriving market surrounding the area which is alive with chants, singing bowls, monasteries, shops selling Tibetan wares and cafes serving authentic Tibetan cuisine.

Pashupatinath Ghats and Temple Visit

Kathmandu

1000NPR

30m-1h

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

Please note the inclusion of a taxi costs extra.

Day 3

## Kathmandu/Pokhara

Drive across the mountains to beautiful Pokhara. Immerse yourself in the views of the spectacular Annapurna Range. Upon arrival set out on an orientation walk along Phewa Lake.

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

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### Accommodation

Hotel Sarowar (or similar)

Hotel

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### Today's Activities

Private Vehicle

Kathmandu - Pokhara

8h-9h

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 4

## Pokhara

Spend the day as you please, indulging in a variety of optional activities in Pokhara. Find a cute cafe to sip some tea in or maybe go for a short hike in the Annapurna ranges. You could also walk up to Sarangkot for incredible views or spend time boating in Phewa lake and walk through the gardens.

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### Accommodation

Hotel Sarowar (or similar)

Hotel

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### Today's Activities

Free Time

Pokhara

Enjoy Pokhara today. Hike in the foothills of the Annapurna Range or take a stroll through the lakeside market of Pokhara.

## Pokhara to Chitwan National Park

Leave Pokhara behind and transfer by private vehicle to Chitwan. Upon arrival enjoy a welcome by the Chitwan Community Guesthouse.

Travel to this UNESCO World Heritage Site and enjoy an overnight cultural experience with the indigenous Tharu community. Experience their culture through dance and song, along with a traditional meal in the familial dining area. In the evening, retreat back to your private thatched cottage to watch the buffalo and goats roaming about.

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



### Meals included

Dinner



### Accommodation

Barauli Community Homestay (or similar)

Hotel



### Today's Activities

Private Vehicle

Pokhara - Royal Chitwan National Park

4h-5h

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

#### ACTIVITY

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

Cycling

Royal Chitwan National Park

1h-2h

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

#### 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.

Day 6

## Chitwan National Park

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

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

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

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### Accommodation

Barauli Community Homestay (or similar)

Hotel



## Today's Activities

Free Time

Royal Chitwan National Park

Make the most of your free time here in this beautiful place.

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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.

Chitwan 4x4 Safari

Royal Chitwan National Park

3h-4h

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



## Optional Activities - Day 6

Birdwatching

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

Day 7

## Chitwan National Park to Kathmandu

Travel back to the capital city and enjoy a free evening for last minute shopping and exploring.

Return to Kathmandu and enjoy a free afternoon to continue exploring.



### Accommodation

Kantipur Village (or similar)

Hotel



### Today's Activities

Private Vehicle

Royal Chitwan National Park - Kathmandu

6h

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

Free Time

Kathmandu

Finish up your sightseeing in Kathmandu.



### Optional Activities - Day 7

Boudhanath Stupa Visit

Kathmandu

Enjoy a visit to the Boudhanath Stupa, one of the largest Buddhist stupas in the world. Built in the 5th century, it still attracts many pilgrims, particularly Tibetan Buddhists and local Nepalis, and is a UNESCO World Heritage site. See the compassionate eyes of Buddha gazing from the facade and take in the peaceful atmosphere and observe Buddhist monks at prayer in the monasteries surrounding the stupa. Follow the pilgrims walking clockwise around the stupa, rotating the prayer wheels and chanting "OM MANI PADME HUM" meaning "diamond on a lotus." Continue through the thriving market surrounding the area which is alive with chants, singing bowls, monasteries, shops selling Tibetan wares and cafes serving authentic Tibetan cuisine.

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Please note the inclusion of a taxi costs extra.

Day 8

## Kathmandu

Depart at any time.

There are no activities planned for today and you are free to depart at any time.

### What's included

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## **What are the main highlights of this trip?**

Explore the sights in old Kathmandu and Bhaktapur, Learn to make Nepalese momos from a group of local women, Search for tigers in Chitwan National Park, Marvel at the mountain landscapes

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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 view a final copy of your Trip Details a couple of days prior to travel, in case there have been changes that affect your plans.

## **Is there an 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.

## **What is the group leader like?**

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 18, avg 15

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

1 lunch, 1 dinner

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

Private bus, 4x4, walking/hiking.

## **Where will we stay during the trip?**

Hotels (5 nts), Guesthouse/cottage (2 nts).

## **Will I get 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

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

Clean comfortable hotels (5nts), Traditional Guesthouse (2nts)

## **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 G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

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

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where 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, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you 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 at Tribhuvan International Airport please call our local G Adventures Transfer providers directly at:

Ms. Binita Gurung - (Primary Contact)

From outside of Nepal: +977 98 0191 1000

From within Nepal: 98 0191 1000

Mr. Rajju Maskey - (Secondary Contact)

From outside of Nepal: +977 98 0201 4444

From within Nepal: 98 0201 4444

### EMERGENCY CONTACT NUMBERS

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

From outside of India: +91 88 5180 6614

From within India: 88 5180 6614

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 instructions should I follow at the finishing point?

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.

# 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.)

**Warm Weather:**

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

## 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](#)

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.

## How much spending money do I need for my trip?

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.

## 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!

## Should I be tipping on my trip?

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 CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference; however as a guideline USD20-30 per person, per week can be used.

# What activities are optional on this trip?

## Mount Everest

- Everest Flight

## Kathmandu

- Boudhanath Stupa Visit
- Pashupatinath Ghats and Temple Visit (1000NPR per person)

## Royal Chitwan National Park

- Birdwatching

# 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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (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 and 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.

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. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

## **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 people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

## **Is travel insurance required for my trip?**

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 evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. 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.

## **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 temples or mosques or other holy sites.

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

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

## **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.