

EXPEDITIONS

SIGNATURE: INDIA & NEPAL — TAJ MAHAL, THE GANGES & THE HIMALAYAS

16 days, Jaipur to Kathmandu

Trip code AHJKNS

WHAT'S INCLUDED

- Your G for Good Moment: Aarti Temple Ceremony & Local Dinner, Kirtipur
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Jaipur
- Signature Moment: Delhi Heritage High Tea, Delhi
- Signature Moment: Everest Summiteer Talk, Kathmandu
- Your Foodie Moment: Tharu Community Cultural Dance Show & Dining Experience, Royal Chitwan National Park
- Signature Moment: Expert Talk, Panauti
- Your Foodie Moment: Newar Community Feast, Panauti
- *ADD INDIA INCLUSIONS* Arrival transfer
- Sightseeing tour in Swyambhu Stupa
- Sightseeing tour of Boudhanath Stupa
- Kathmandu Lunch and Expert Talk with an Everest Summiteer
- Taragaon Next Museum visit
- Local activities at Tharu Village

- Rapti River Boat Safari
- Bhaktapur Expert Talk
- Breakfast in local community
- Jeep Safari at Chitwan National Park
- Cultural Dance program by the locals
- Tharu dining experience
- Sightseeing tour of Bhaktapur
- Walking around Dhulikhel town
- Hike to Namobuddha Monastery
- Departure transfer
- Tips are included for all activities, meals and portage, except for your Expedition Leader
- All transport between destinations and to/from included activities
- All internal flights
- Engaging Discussions with the National Geographic Expedition Expert Throughout
- Portage at hotels and when getting on and off of vehicles

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

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

VALIDITY: Valid for all trips departing May 14th, 2026 and onwards

Day 1

JAIPUR

Welcome to India. Your expedition begins in the colourful, and captivating city of Jaipur. Upon arrival, you will be met at the airport and transferred to your hotel to settle in. In the evening, gather with your National Geographic Expedition Leader, National Geographic Expedition Expert and fellow travellers for a welcome briefing and insights that bring the region's royal history to life. Afterward, step into a world of culinary delights with a welcome dinner.

This tour begins at 5:00 PM at the hotel with a welcome reception and briefing. To join the included arrival transfer, please ensure your flight lands at Indira Gandhi International Airport (Delhi) by 2:00 PM on the first day of the tour.

As many international flights into Delhi arrive late at night or in the early hours of the morning, it is recommended to arrive one day early. This allows you time to recover from jet lag, settle into your hotel, and start your adventure feeling refreshed.

If you'd like to arrive early, inform us at the time of booking, and an additional pre-tour hotel night will be arranged.



Meals included

Dinner



TODAY'S ACTIVITIES

Arrival Transfer

Jaipur Airport – Jaipur

30m-30m

You will be met at the airport and transferred to the hotel to start your adventure.

ACTIVITY

Your opportunity to meet your Expedition Leader and fellow travellers, and learn more about your tour. 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.

Breathe in the scent of jasmine and spices as you explore the vibrant morning streets of Jaipur. Board an upgraded vehicle with the Pink City Rickshaw Company, a G Adventures supported project empowering women entrepreneurs. Return to the hotel for lunch before heading to the 16th-century Amber Fort. Ride up to the hilltop fortress to marvel at the Sheesh Mahal, where thousands of mirror tiles catch the afternoon light, and examine the intricate underground water systems engineered for cooling. As twilight falls, experience the grandeur of Jaipur's City Palace after hours on a curated private tour, gaining deep insight into royal legacies. Conclude the evening with a majestic multi-course dinner inside the palace grounds, where traditional flavours are served beneath the stars.



Meals included

Breakfast | Lunch | Dinner



TODAY'S ACTIVITIES

Women-led Rickshaw Tour

Jaipur

Explore Jaipur's vibrant streets aboard a women-led rickshaw tour, a G Adventures supported project, to discover colourful markets, hidden lanes, and the lively spirit of the Pink City from a unique local perspective.

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.

Amber Fort Jeep Ride

Jaipur

Jump into a jeeps to drive up to the Amber Fort through some of the lanes of Amber Town. En route, make a photo stop at the famous Hawa Mahal.

Jaipur Royal Grandeur

Jaipur

Enjoy a Royal Grandeur tour of the City Palace, with access to areas beyond the standard visit, followed by a private seven-course dinner.

Day 3

JAIPUR/ĀGRA

Leave the Pink City behind and watch the rural landscape unfold on the drive toward Agra. Pause en route at Abhaneri to stand over the breathtaking Chand Baori stepwell. One of India's deepest and most visually striking architectural wonders, its 3,500 symmetrically arranged steps form a geometric maze plunging into the earth, built over a millennium ago. Continue to the historic Laxmi Vilas Palace for a grand, family-style lunch that highlights regional cooking. After, continue to Agra and check into your hotel as the evening sky softens. The remainder of the evening is yours to unwind, perhaps watching the sunset over the Yamuna River.



Meals included

Breakfast | Lunch | Dinner



TODAY'S ACTIVITIES

Private Vehicle

Jaipur – Āgra

5h-5h

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

This morning, you have a choice of guided tours to India's most famous site: wake early as the first light of dawn bathes the ivory-white marble of the Taj Mahal in soft pink tones then enjoy breakfast, or choose to take your guided exploration after morning breakfast. Delve into the Mughal legacy at Agra Fort, a red sandstone fortress that served as the principal imperial residence, where your guide brings historic court intrigues to life. Afterward, share an inspiring lunch at Sheroes Café, a G Adventures supported project operated by acid attack survivors. Listen to their powerful stories of resilience and community empowerment before enjoying a free afternoon. Gather back at the hotel in the evening for a specially prepared dinner celebrating northern Indian culinary heritage.



Meals included

Breakfast | Lunch | Dinner



TODAY'S ACTIVITIES

Guided tour of Taj Mahal

Āgra

Here's one to cross off your bucket list: a visit to one of the Seven Wonders of the World. Choose between an early sunrise visit or a tour after breakfast as you explore India's most famous landmark and an icon of Mughal architecture. Built by Emperor Shah Jahan as a testament to his love for his wife, Mumtaz Mahal, this stunning white marble masterpiece draws visitors from all over the world.

Agra Fort Guided Tour

Āgra

1h-3h

Enjoy a guided tour of this palatial Mughal fort made of red sandstone and white marble. One of the most important battles of the Indian rebellion of 1857 happened at this fort, which caused the end of the British East India Company's rule in India.

Sheroes Cafe Visit

Āgra

Visit Sheroes' Hangout, a cafe that supports acid attack survivors. Through employment at the cafe, Sheroes helps these women support their families, raise their children and support them on a journey of self love.

Free Time

Āgra

Enjoy the rest of the day at leisure to shop, explore additional sights, or simply relax at the hotel.

Day 5

ĀGRA/VARANASI

Board the Vande Bharat Express train, settling into the spacious Executive Car where dedicated staff cater to your comfort. Watch the North Indian plains blur past as you speed toward Varanasi, one of the world's oldest continuously inhabited cities. After checking into your hotel, step onto the stone ghats as the air thickens with incense. Board a private boat along the sacred Ganges for a special Banaras Gharana classical music performance, immersing yourself in a revered Hindustani lineage. As darkness falls, witness the hypnotic fire, chanting, and bells of the Ganga Aarti ceremony from the water before dining at the heritage Brijrama Palace.



Meals included

Breakfast | Lunch | Dinner



TODAY'S ACTIVITIES

Train

Āgra – Varanasi

7h-7h

Board the Vande Bharat Train for a journey to Varanasi, India's spiritual capital, offering a smooth onboard experience as you travel toward one of the country's most iconic destinations.

Ganges Music and Aarti

Varanasi

Board a private boat for a Banaras Gharana musical performance with local musicians. Watch the evening Aarti ceremony from the boat before continuing to dinner.

Watch the morning mist lift during a sunrise boat ride on the Holy River Ganges, observing pilgrims performing centuries-old prayers along the water's edge. After, set out on a walking tour through Varanasi's labyrinth of ancient, narrow lanes, where hidden shrines and local market stalls come to life, before returning to the hotel for a late breakfast. Later, travel to the peaceful ruins of Sarnath, the cradle of Buddhism where Gautama Buddha delivered his first sermon. Explore the soaring ancient stupas, monolithic columns, and the onsite archaeological museum. Enjoy some time later to explore Varanasi's spiritual energy at your own pace before dinner.



Meals included

Breakfast | Dinner



TODAY'S ACTIVITIES

Ganges Sunrise & Varanasi Walk

Varanasi

Enjoy a sunrise boat journey along the sacred River Ganges, followed by a walking exploration of the historic old city of Varanasi.

Guided Tour of Sarnath

Varanasi

Embark on a guided excursion to Sarnath, one of the world's most sacred Buddhist sites and the place where Lord Buddha delivers his first sermon. Explore ancient monastery ruins, the Dhamek Stupa, the sacred Maha Bodhi Tree, and the Sarnath Museum, along with international temples built by Sri Lanka, Thailand, and Japan. The visit also includes the towering 80-foot Thai Buddha statue, the tallest standing Buddha in Sarnath.

Fly from the sacred banks of Varanasi to Delhi, marking your arrival in the capital for the final chapter of the trip. After checking into your hotel and freshening up, dive into the city's layered history with a private heritage walk through the verdant Mehrauli Archaeological Park. Led by a senior member of the Indian National Trust for Art and Cultural Heritage (INTACH), you will weave past centuries-old tombs and stepwells, learning about critical conservation efforts and local legends. The afternoon concludes with a high tea discussion at a local café, where you can engage with your host over refined pastries and Indian teas.



Meals included

Breakfast | Dinner



TODAY'S ACTIVITIES

Plane

Lal Bahadur Shastri Airport – Indira Gandhi International Airport

1h15m-1h15m

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

ACTIVITY

Join a private heritage walk through Mehrauli Archaeological Park led by a senior INTACH member, followed by high tea at a local café.

Explore the bustling streets of Old Delhi on a walking tour hosted by the Salaam Baalak Trust. Along the way, gain a deeper understanding of the neighborhood and the organization's meaningful work empowering former street youth. Next, climb into an upgraded rickshaw for a thrilling ride through the historic, bustling market lanes of Chandni Chowk, passing historic bazaars and sweetshops. Indulge in a curated tasting menu featuring refined Indian cuisine inside a beautifully restored Mughal-era mansion. In the evening, join your Expedition Leader, Expedition Expert and fellow travellers to reflect on the highlights of your trip before celebrating with a grand farewell dinner.



Meals included

Breakfast | Dinner



TODAY'S ACTIVITIES

Old Delhi Walking Tour with Salaam Baalak Trust

Delhi

Explore Old Delhi on a Salaam City Walk with the Salaam Baalak Trust, led by former street children who share their personal stories and a unique perspective on the city's resilience.

Day 9

DELHI/KATHMANDU

Bid farewell to India as you board your flight toward the towering peaks of the Himalayas. Touch down in Kathmandu, where the air is scented with incense, pine, and woodsmoke. You will be met at the airport and transferred to your hotel. In the evening, gather with your fellow travellers, National Geographic Expedition Leader and National Geographic Expedition Expert. A welcome reception sets the stage for your upcoming exploration of the monasteries, royal squares, and wildlife reserves of the Kathmandu Valley, followed by a dinner highlighting authentic Nepalese hospitality.



Meals included

Breakfast | Dinner



TODAY'S ACTIVITIES

Plane

Delhi - Kathmandu

2h-2h

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Choose to embark on an optional scenic flight to witness the Himalayas from above, as the sun illuminates the world's highest peaks. Back on the ground, explore the ancient Swoyambhu Stupa, where prayer flags flutter over the valley from its hilltop perch. Continue to the massive white dome of Boudhanath Stupa, a spiritual focal point for Tibetan Buddhism, where devotees perform kora in a rhythmic display of faith. In the afternoon, join an Everest summiteer for a compelling session to gain unique insights into life on the world's highest peak. After, visit Taragaon Next Museum to learn how they repurpose discarded plastic into art. Then, in historic Kirtipur, master the elegant curves of the ancient Ranjana Lipi script. As the sun dips low, walk to the 16th-century Bagh Bhairab Temple to join a private evening Aarti experience, lighting cotton lamps that cast a golden glow against ancient stone. Conclude the day with a warm, home-hosted dinner with a local family.



Meals included

Breakfast | Lunch | Dinner



TODAY'S ACTIVITIES

Private Vehicle

Kathmandu

15m-30m

7km

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

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.

Private Vehicle

Kathmandu

15m-30m

10km

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

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.

ACTIVITY

Join a mountain summiteer to discuss life on the peak and vital waste management efforts.

Ranjana Lipi Workshop

Kirtipur

Visit the Kirtipur Community and stroll the brick-paved alleys to learn the ancient Newari script from local experts.

ACTIVITY

Participate in a butter-lamp ceremony at a 16th-century temple as the sun begins to set followed by a home-hosted local dinner.



Optional Activities - Day 10

Everest Flight

Mount Everest – Kathmandu

290None

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!

The price for this is \$290 USD.

Leave the highlands behind and fly into the lush lowlands of the Terai. Journey into the heart of Chitwan, where the air grows thick with the scent of tropical forest. Meet the indigenous Tharu community to learn about their daily life and traditional wall painting techniques. Later, enjoy a peaceful boat safari on the Rapti River, drifting quietly past gharial crocodiles and diverse birdlife. The afternoon concludes at the river's edge with a scenic sundowner and refreshments, followed by a long table discussion delving into the park's wildlife.



Meals included

Breakfast | Lunch | Dinner



TODAY'S ACTIVITIES

Private Vehicle

Kathmandu – Tribhuvan International Airport

15m-19m

2km

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

Plane

Tribhuvan International Airport – Bharatpur Airport

30m-45m

91km

Leave Kathmandu behind and catch a flight toward the subtropical plains of Bharatpur, where the tall grasses and river-riven wilds of Chitwan National Park await.

Private Vehicle

Bharatpur Airport – Royal Chitwan National Park

30m-45m

25km

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

Tharu Community Visit

Royal Chitwan National Park

Visit the traditional village of Tharu, home to the indigenous Tharu people from the Terai belt of Nepal, and take part in traditional activities, including making natural colors, wall painting, and enjoying henna art while learning from the local women within the community.

Chitwan River Safari

Royal Chitwan National Park

Drift past crocodiles and rhinos before a long table discussion on wildlife at a scenic sundowner.

Wake to the sounds of the jungle and start the morning with a guided village walk, followed by a breakfast hosted within the local community. Venture into the dense forests and open grasslands of Chitwan National Park for an immersive jeep safari. With a local naturalist at your side, scan the undergrowth for the one-horned rhinoceros, wild boar, and vibrant bird species that call this UNESCO World Heritage site home. In the evening, the rhythm of the drum takes over during a traditional cultural dance performance, followed by a unique Tharu-inspired dining experience that celebrates the flavours of the lowlands.



Meals included

Breakfast | Lunch | Dinner



TODAY'S ACTIVITIES

Village Walk & Community Breakfast

Royal Chitwan National Park

Enjoy a morning walk through nearby villages to meet locals and learn about daily life, followed by breakfast before returning to the resort for free time.

Half-Day Jeep Safari

Royal Chitwan National Park

Enjoy a half-day jeep safari through forested terrain, exploring the region's natural landscapes with guidance from a local wildlife expert and opportunities to spot native wildlife.

ACTIVITY

Enjoy an evening immersed in Tharu culture, with traditional music and vibrant dance performances like the Bhajayati, Thekara stick dance, peacock dance, and fire dance. Join in, learn the moves, and add your own flair. Then, savor an authentic Tharu village dining experience, featuring local dishes such as sticky rice, spiced duck, freshwater fish, and mustard greens—offering a true taste of regional flavors and culture.

Leave the jungle behind and fly back to the Kathmandu Valley, arriving in the medieval city of Bhaktapur. Step into a world of crimson brick and intricate timber, where the air carries the scent of warming spices and clay. Wind through ancient courtyards and artisan streets, pausing to taste the legendary Juju Dhau – a rich, velvety "king curd" served in traditional terracotta bowls. After exploring the city's soaring pagodas and open squares, continue the drive into the hills to Dhulikhel. Settle into your hotel as the evening light begins to soften over the surrounding ridges, offering a moment of quiet reflection before dinner.



Meals included

Breakfast | Lunch | Dinner



TODAY'S ACTIVITIES

Private Vehicle

Royal Chitwan National Park – Bharatpur Airport

45m-1h

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

Plane

Bharatpur Airport – Tribhuvan International Airport

30m-45m

Leave the humid, emerald wilds of Chitwan Nation Park behind and fly toward the Kathmandu Valley, where the jagged, snow-dusted peaks of the Himalaya rise to meet the horizon.

Private Vehicle

Kathmandu – Bhaktapur

30m-45m

11km

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

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.

Private Vehicle

Bhaktapur – Dhulikhel

30m-45m

30km

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

Travel to the medieval Newari town of Panauti, a G Adventures supported project, where time seems to stand still amidst ancient stone and timber. Meet with a local expert for an insightful presentation on the intricate craft of Newari architecture. Observe the delicate precision of traditional wood carving and learn how these heritage structures are being meticulously restored to preserve the town's soul. Following this cultural immersion, gather for a vibrant community feast. Watch as families prepare authentic Newari specialties live, the air filling with the aroma of toasted spices and wood-fired ovens. Share stories over a spread of traditional dishes, celebrating the deep-rooted hospitality and culinary artistry of the Kathmandu Valley's original inhabitants.



Meals included

Breakfast | Lunch | Dinner



TODAY'S ACTIVITIES

Private Vehicle

Dhulikhel – Panauti

30m-45m

10km

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

ACTIVITY

Meet with expert practitioner for an in-depth conversation on the restoration of traditional Newari wood carving and architecture. Drawing from decades of hands-on conservation work in Bhaktapur and Panauti, the expert will share how traditional building techniques and historic homes are being preserved for future generations.

ACTIVITY

Gather for a traditional Newari community feast in Panauti, featuring live cooking of local specialties like bara and chatamari, a full home-style lunch with regional curries and rice, and classic accompaniments including hog plum juice, local Newari wine, and the sweet dessert yomari.

Breathe in the crisp mountain air as you walk a forested trail from Dhulikhel toward Namobuddha. On clear days, the white peaks of the Himalayan range appear to the north. Reach the Namobuddha Monastery, one of Nepal's most sacred Buddhist pilgrimage sites, where the atmosphere is one of profound peace. Spend time exploring the complex and, if schedules permit, observe the afternoon prayer session to witness the cadence of monastic life. After an included lunch at the monastery, travel back to the capital. Gather with your fellow travellers and for a farewell dinner and wrap-up presentation to celebrate the stories and connections made.



Meals included

Breakfast | Lunch | Dinner



TODAY'S ACTIVITIES

Namobuddha Monastery

Simalchaur

Discover a serene hilltop sanctuary offering insight into centuries-old Buddhist traditions.

Private Vehicle

Dhulikhel - Kathmandu

1h30m-1h45m

45km

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

Your expedition through the heart of Nepal concludes this morning. Savour a final breakfast at your hotel, reflecting on the transition from the ancient streets of Kathmandu to the wild riverbanks of Chitwan. Take a final moment to absorb the view of the valley before your transfer to the airport.



Meals included

Breakfast



TODAY'S ACTIVITIES

Departure Transfer

Kathmandu – Tribhuvan International Airport

15m-30m

2km

You will be met at your hotel and transferred to the airport at the end of your adventure.

What's included

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- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Jaipur
- Signature Moment: Delhi Heritage High Tea, Delhi
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- Taragaon Next Museum visit
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- All transport between destinations and to/from included activities
- All internal flights
- Engaging Discussions with the National Geographic Expedition Expert Throughout
- Portage at hotels and when getting on and off of vehicles

What are the main highlights of this trip?

Explore City Palace after hours, gaining access to private chambers before dinner, Witness the sunrise over the Taj Mahal, followed by a guided tour of Agra Fort, Drift past crocodiles and rhinos before a long table discussion on wildlife at a scenic sundowner, Participate in a butter-lamp ceremony at a 16th-century temple as the sun begins to set, Join a mountain summiteer to discuss life on the peak and vital waste management efforts

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How large will the group be?

Max 22

What meals are included in this trip?

15 breakfasts, 10 lunches, 15 dinners

What are the modes of transportation on my trip?

Private Vehicle, Walking, Safari Vehicle, Plane, Boat, E-Rickshaw, Jeep.

Where will we stay during the trip?

Hotels (15 nts)

What should be on my packing list?

Cold Weather:

- Long-sleeved shirts or sweater
- Warm gloves
- Warm layers
- Scarf
- Warm hat
- 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)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- 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 activities are optional on this trip?

Mount Everest

- Everest Flight (290 per person)

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.

Dossier Disclaimer

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Itinerary Disclaimer

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

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