NATIONAL GEOGRAPHIC | G Adventures
EXPEDITIONS
JOURNEYS

Last Updated: October 28, 2026



JOURNEYS: EXPLORE INDIA & NEPAL

17 days, Delhi to Kathmandu

Trip code AHDNG

WHAT'S INCLUDED

- Your Journeys Highlight Moment: Beyond the Pink City, Jaipur
- Your Journeys Highlight Moment: Local Village Immersion, Alsīsar
- Your Journeys Highlight Moment: Nepalese Welcome Experience at Avata Wellness, Kathmandu
- Your Journeys Highlight Moment: Stories from the Himalayas, Kathmandu
- Your Journeys Highlight Moment: Overnight at a Buddhist Monastery, Pharping
- Your Journeys Highlight Moment: Neydo Monastery Sunrise Chant, Pharping
- Your Journeys Highlight Moment: Chitwan Tiger Experience, Royal Chitwan National Park
- Your G for Good Moment: Women With Wheels, Indira Gandhi International Airport
- Your G for Good Moment: Delhi City Walk, Delhi
- Your G for Good Moment: Anoothi Block Printing Experience, Jaipur
- Your G for Good Moment: Nepalese Dumplings Cooking Demonstration, Kathmandu
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group
- Visit the Taj Mahal, Baby Taj, and Agra Fort
- Excursion to Fatehpur Sikri and the Abhaneri step wells
- Explore Jaipur
- Sound bath wellness experience and six-course vegetarian Nepalese dinner
- Tour of Kathmandu
- Bhaktapur guided tour
- Visit Swayambhunath
- Chitwan National Park village walking tour and jeep safari
- Hike to the World Peace Pagoda
- Internal flights
- All transport between destinations and to/from included activities

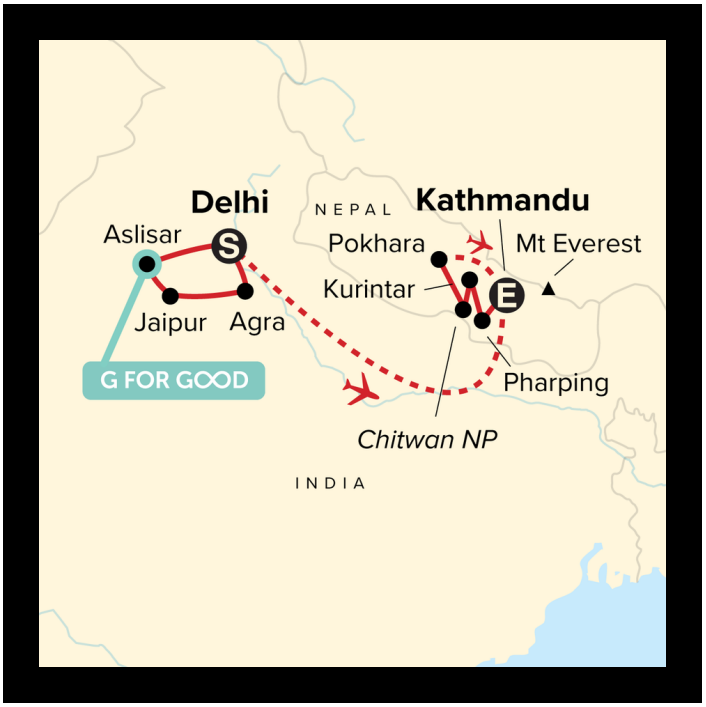
The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one 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 15th, 2026 and onwards

ITINERARY



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

Itinerary Notes

Want to experience the sights and sounds of Holi? Make sure you're in India on March 22, 2027 or March 11, 2028 for the nation's most colourful festival.

Day 1 DELHI

Arrive at any time; your arrival transfer is included through Women With Wheels, a G Adventures-supported project.

There are no planned activities until an evening welcome meeting, so check into to the hotel and enjoy the city. We highly recommend booking a pre-night in Delhi to get over your jetlag and be ready for this very busy trip.

ACCOMMODATION

Bloom Hotel - GK2 (or similar) Hotel

TODAY'S ACTIVITIES

ACTIVITY

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.

ACTIVITY

Your opportunity to meet your National Geographic Expedition Leader 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 DELHI/AGRA

Set out to discover Delhi, the capital of India, which consists of two cities: historic Delhi and New Delhi, built by the British in the early 20th century. Explore New Delhi's lively Paharganj district with a youth guide from the G Adventures-supported City Walk project, and hear about how the program provides opportunities to disadvantaged street youth. Then delve into the narrow, winding lanes of Old Delhi, visiting the 17th-century Jama Masjid—the largest mosque in India—and the Sikh temple Gurdwara Sis Ganj Sahib, located close to a busy shopping area. Drive to Agra this afternoon.

Meals included

Breakfast

ACCOMMODATION

The Retreat Hotel (or similar) Hotel

TODAY'S ACTIVITIES

ACTIVITY 2km

Explore the streets of Delhi with a youth-led tour guide from the G Adventures-supported City Walk project. As a former at-risk youth, your local guide will have a unique perspective on the city and can provide more information on the life of a child in India. The guided tour helps support the guide's college or university tuition.

Old Delhi Guided Walk Delhi 1h

Visit historic Old Delhi. Explore Jama Masjid, the "Great Mosque," and enjoy its massive courtyard, which can hold up to 25,000 worshippers. Also, visit the ancient Sikh temple of Gurdwara SisGanj, which was established in 1783.

Private Vehicle Delhi – Āgra 4h-5h 200km

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

Day 3 AGRA

Spend the day in historic Agra, which served as the capital of the Delhi sultanate and later of the Mughal Empire. Discover the Taj Mahal, one of the New Seven Wonders of the World; widely considered the finest example of Mughal architecture, this breathtaking mausoleum was built by the emperor Shah Jahan for his favourite wife, Mumtaz Mahal. Afterward, visit the exquisite tomb of Mumtaz Mahal's grandfather, often referred to as the "baby Taj," and explore Agra Fort, an impressive red sandstone citadel which conceals palaces of white marble within.

Meals included

Breakfast

ACCOMMODATION

The Retreat Hotel (or similar) Hotel

TODAY'S ACTIVITIES

Taj Mahal Visit Tāj Mahal 2h-3h

Cross one off your bucket list as you visit one of the Seven Wonders of the World. Explore the gorgeous white marble mausoleum, built by the Mughal Emperor Shah Jahan as a testament of his love for his favorite wife, Mumtaz Mahal.

Baby Taj Visit Āgra

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.

Agra Fort Visit Āgra 1h-3h

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

Day 4 AGRA/JAIPUR

Travel to Jaipur, the capital of the state of Rajasthan. On the way, stop at the magnificent Mughal city of Fatehpur Sikri, a masterpiece of red sandstone, and hear about its fascinating history. The emperor Akbar built a short-lived capital here in the 16th century to honour a Muslim saint from the village of Sikri who had predicted the birth of his son, Jehangir. Then visit the Rajasthani village of Abhaneri for a walk around the Chand Baori—an ornately decorated stepwell or water tank constructed over a thousand years ago—learning about ancient Indian methods of water conservation. Before arriving to your hotel, visit the Anoothi Project, a collective of women from a marginalised community outside Jaipur who have mastered the traditionally-male technique of block printing. Travelers will engage in a hands-on block printing experience and spend time with the women leading this experience to speak with them about the purpose of the collective and its impact on the community.

Meals included

Breakfast

ACCOMMODATION

Khandela Haveli (or similar) Heritage Hotel

TODAY'S ACTIVITIES

Private Vehicle Āgra – Jaipur 5h-6h 240km

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

Fatehpur Sikri Visit Fatehpur Sīkri

Explore the magnificent red sandstone fort city that was once the capital of India's Mughal Empire and is a UNESCO World Heritage site. Keep an eye out for elements of different religions, as King Akbar built three palaces for each of his favourite wives—a Hindu, a Muslim, and a Christian—in the city.

Abhaneri Stepwell Visit Abhaneri 30m-1h

Walk around the amazing Chand Baori, a tenth century water tank that's an impressive 30m (100 ft) deep. Learn about ancient Indian environmentalism—a "baori" is a unique Indian invention for harvesting rainwater.

Day 5 JAIPUR

Explore Jaipur, known as the “Pink City” for its rose-coloured buildings. Take a tour of the sprawling Amber Fort, the former residence of Jaipur’s Rajput rulers; and visit Hawa Mahal, or the Palace of Winds, a stunning five-story sandstone building with distinctive honeycombed windows. The next stop in Jaipur today is at Anoothi. Here, you’ll discover the artistry of traditional block printing while supporting a meaningful local women’s initiative. Tonight, consider going to the cinema to watch a Bollywood movie—a truly unique experience.

Going to see a Bollywood film in India is much more than what we are accustomed to in the west. The atmosphere, energy, and pure fun (not to mention volume!) has to be experienced to be believed.

Meals included

Breakfast

ACCOMMODATION

Khandela Haveli (or similar) Heritage Hotel

TODAY'S ACTIVITIES

Amber Fort Visit Jaipur

Take in the Hindu and Muslim architecture of the beautiful Amber Fort. Wander through the halls and courtyards and admire the intricate details.

City Palace Visit Jaipur 1h

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.

ACTIVITY

Women from marginalised communities outside Jaipur came together to create the Anoothi Project. In Hindi, Anoothi means 'unique and extraordinary' and by teaching these women to master the traditionally male handicraft of block printing, the collective shines a light on the unique and extraordinary within each individual. At this G for Good visit, engage in a hands-on block printing activity with the local women as you indulge in some local snacks prepared by your hosts.

Optional Activities - Day 5

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 vegtable dishes, daal and raita, and finish the meal with a sweet treat.

Movie at Raj Mandir Jaipur 200-400INR

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

Day 6 JAIPUR/ALSĪSAR

Start your day with a local historian and sociology scholar, diving into India's intricate social fabric—from its ancient belief systems to its iconic architecture. Afterward, travel into rural Rajasthan and join your Expedition Leader to explore Alsisar, a village famed for its stunning heritage havelis (mansions). The evening concludes with dinner at our own haveli accommodations.

Meals included

Breakfast | Dinner

ACCOMMODATION

Pachewar Garh Fort (or similar) Heritage Hotel

TODAY'S ACTIVITIES

ACTIVITY

In Jaipur, known as the "Pink City," meet with a local historian and sociology scholar to learn about India's complex social fabric and traditions, and discuss a range of topics from the country's belief systems to its architecture.

Private Vehicle Jaipur – Alsīsar 4h30m 205km

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

ACTIVITY

Step back in time and explore the traditional village of Alsisar to get a glimpse of life in rural India. Topics of discussion along the way can include how urbanization affect village life, information technology, and modernization in its benefits and disadvantages, as well as simple village customs and traditions.

Day 7 ALSĪSAR/DELHI

Drive back to bustling Delhi. After checking into the hotel, enjoy the rest of the day free to explore the city. This evening, opt to join the group for a farewell dinner.

Meals included

Breakfast

ACCOMMODATION

Bloom Hotel - GK2 (or similar) Hotel

TODAY'S ACTIVITIES

Private Vehicle Alsīsar – Delhi 4h45m-5h 226km

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

Day 8 DELHI/KATHMANDU

Transfer to the airport and catch a flight to Kathmandu, the capital of Nepal. After our welcome meeting, experience a sound bath wellness demonstration and enjoy a six-course dinner featuring organic Nepali cuisine.

Please note this flight is unescorted. You will be dropped off and picked up by your National Geographic Expedition Leader but independently navigate the airport.

Meals included

Breakfast | Dinner

ACCOMMODATION

The Malla Hotel (or similar) Hotel

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.

ACTIVITY

Enjoy an immersive and meditative full body and mind wellness experience during a sound bath demonstration at Avata Wellness in Kathmandu. Since ancient times, people have been using sound to heal and wash away mental distress. It may even help with the jet lag from a long flight to Nepal so you can begin your adventure feeling refreshed. Brass singing bowls will be used during the session to create a comforting and meditative atmosphere. Afterwards, a six-course vegetarian meal will be served at Nourish by Avata. All dishes are prepared using traditional Nepali herbs and spices, a perfect blend of delicacies that will introduce you to the many different flavours of Nepal.

Welcome Meeting for Travellers on Combos

You may be a seasoned pro at group travel by now, but there will likely be some new travellers joining the group. Sit in on the welcome meeting to meet the newest members of your group and learn about the next leg of your tour.

Day 9

KATHMANDU

Spend the day exploring Kathmandu, the colourful capital of this Himalayan nation. Pay a visit to Bodhnath Stupa, the holiest Tibetan Buddhist shrine outside of Tibet, and explore the wood-carved temples, pagodas, and palaces of Bhaktapur, Nepal's medieval capital.

Meals included

Breakfast | Lunch

ACCOMMODATION

The Malla Hotel (or similar) Hotel

TODAY'S ACTIVITIES

Private Vehicle Kathmandu

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

Bodhnath Stupa Visit Kathmandu

Enjoy a visit to the Bodhnath Stupa, one of the largest Buddhist stupas in the world. Built in the 5th century, this UNESCO World Heritage site still attracts many pilgrims, particularly Tibetan Buddhists and local Nepalis. Take in the peaceful atmosphere and observe Buddhist monks in prayer in the monasteries surrounding the stupa.

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.

Optional Activities - Day 9

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!

Day 10 KATHMANDU/PHARPING

Venture to the ancient hilltop temple of Swayambhunath, decorated with vibrant prayer flags and home to troops of rhesus monkeys. Later, we'll hear about National Geographic Grantee Chhing Lhomi's efforts to preserve the weaving traditions of the Upper Mustang region through her work with the Himalayan Indigenous Society, a Kathmandu-based nonprofit. Then depart for nearby Pharping, known for its Buddhist pilgrimage sites, and settle into a tranquil monastery guesthouse for the night. Get an insider's view of monastery life, and enjoy a chanting and prayer service; or opt to take a walk in the monastery's peaceful grounds. Enjoy a cooking demonstration at local community restaurant and learn how to make Nepalese momos (dumplings). Afterwards, taste your delicious creations.

Experience the serenity of a Tibetan Buddhist monastery. The monastery guest house offers comfortable accommodations in a peaceful setting with balconies and private western-style bathrooms. There are approximately 200 monks in residence following the Nyingmapa tradition. This is a new monastery (2006), and income from the guest house directly supports it.

Please note that on select departures, the itinerary may be re-ordered to have the Monastery visit at the end of the itinerary.

Meals included

Breakfast | Lunch

ACCOMMODATION

Neydo Monastery Hotel (or similar) Hotel

TODAY'S ACTIVITIES

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.

ACTIVITY

In Kathmandu, National Geographic grantee Chhing Lhomi works to preserve the ancient traditions of the Lowa community of the Upper Mustang region. We'll take the unique opportunity to visit a local home of a family from this region and enjoy a lecture from Chhing or one of her colleagues on traditional weaving methods, and hear about ongoing efforts with the Himalyan Indigenous Society.

Private Vehicle Kathmandu – Pharping 1h-2h 25km

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

ACTIVITY

Experience the serenity of a Buddhist monastery. The monastery guest house offers comfortable accommodations in a peaceful setting with balconies and private western-style bathrooms. Opt to participate in the life of the monks: take tea alongside them and enjoy the early morning chanting before experiencing the sunrise from the roof of this stunning monastery. There are approximately 200 young monks in residence, training in the Nyingmapa tradition. This is a new monastery (2006), and income from the guesthouse directly supports it.

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.

Day 11

PHARPING/KURINTAR

Rise at dawn to listen to the monks' morning chanting, and witness a stunning sunrise. Then drive to the small riverside village of Kurintar and hike to our lodge, nestled on a forested hill overlooking the Trishuli River. Opt to relax by the pool or take a guided walk through the surrounding countryside, stopping at local villages.

Arrive at our remote lodge, which sits on a ridge amidst the hills overlooking sandy beaches and a river. Forests cascade down the hillsides, enclosing tiny settlements of tribal people.

The lodge is only accessed by foot, so please expect a walk of approx. 30 to 45 minutes. Porters will be hired to carry our bags but please pack what you need for the night, as we will leave our larger bags in the vehicle.

Meals included

Breakfast | Dinner

ACCOMMODATION

Summit River Lodge (or similar) Lodge

TODAY'S ACTIVITIES

ACTIVITY

Rise before sunrise and enter the main hall of the Monastery to listen to the monks practicing their chanting. After, we enjoy the sunrise over the Valley from the Monastery roof.

Private Vehicle Pharping – Kurintar 3h30m-4h 125km

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

Walking Kurintar 30m-45m

Lace up your shoes and get to the next stop under your own power.

Optional Activities - Day 11

Kurintar Nature walk and Village visit Kurintar Free 30m-1h

Take a guided walk through the forests that cascade down the hillsides of Kurintar. Visit local villages inhabited by tribal people: Chepang, Dorai, Magar, some Brahman, and Chettri, making a living from foraging in the forests.

Day 12 KURINTAR/ROYAL CHITWAN NATIONAL PARK

Today, we travel towards Chitwan National Park, Nepal's oldest wildlife reserve and a UNESCO World Heritage site. The park is home to 68 recorded mammal species, including the one-horned rhino and the Bengal tiger, as well as hundreds of species of birds. Check in to our lodge, located on the banks of the East Rapti River. After lunch, board a traditional flat-bottomed boat for a river safari, keeping your eyes out for aquatic birds, crocodiles, and other riverine fauna.

Spend two nights enjoying cultural and wildlife excursions in and around Royal Chitwan National Park (RCNP), the oldest national park in Nepal. Established in 1973, it became a UNESCO World Heritage site in 1984. Within its area of 932km² (579 mi²), RCNP is home to at least 43 species of mammals, 450 species of birds, and 45 species of amphibians and reptiles, including sambars, chitals, rhesus monkeys, tigers, and langurs.

The specifics and order of activities may change, depending on the season and local conditions. Your National Geographic Expedition Leader will confirm the exact activities and timing with the naturalists upon arrival at the lodge.

Meals included

Breakfast | Lunch | Dinner

ACCOMMODATION

Barahi Jungle Lodge (or similar) Lodge

TODAY'S ACTIVITIES

Walking Kurintar 30m-45m

Lace up your shoes and get to the next stop under your own power.

Private Vehicle Kurintar – Royal Chitwan National Park 2h30m-3h30m

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

Chitwan Area Boat Excursion Royal Chitwan National Park 1h-1h30m

Embark in traditional patela boats on a silent trip down the Rapti River, which boarders the National Park to view aquatic birds, crocodiles, gharials, and the animals along the river banks.

Day 13 ROYAL CHITWAN NATIONAL PARK

Spend the day exploring Chitwan National Park on a variety of excursions; activities differ depending on the season. Set out on a jeep safari through the grasslands and forests, seeking out rhinos, leopards, elephants, monkeys, and the elusive Bengal tiger. Meet with a "tiger technician" from the Nepal Tiger Trust, a nonprofit dedicated to the protection and conservation of these majestic cats. Visit a farming village bordering the park for a glimpse of rural life, and return to our lodge this evening in time for a dance performance by the local Tharu people.

The jeep safari is often prohibited during monsoon season by the park authorities; monsoon season is from June-September, and sometimes it can last till October. When the park is inaccessible, we will search out wildlife in the surrounding forest which is unfenced and just as likely to view animals. Boating is also subject to the water levels and local conditions on the Rapti River.

Meals included

Breakfast | Lunch | Dinner

ACCOMMODATION

Barahi Jungle Lodge (or similar) Lodge

TODAY'S ACTIVITIES

Jeep Safari Royal Chitwan National Park 3h-3h30m

Enjoy a jeep safari that begins in open grassland and moves into the dense Sal Forest, crossing the Reu River to see different wildlife. Continue down to the banks of Narayani River and spot gharials (freshwater alligators) basking in the sun. Also, view wildlife from Bhimle Machan (a wooden platform).

Chitwan Village Visit Royal Chitwan National Park

Enjoy a visit to the farming Village bordering the National Park. Learn about the social and cultural aspects of the village people, what they farm, and see how they live day-to-day.

ACTIVITY

Nepal Tiger Trust is a nonprofit organization dedicated to the protection of tigers in Nepal and is run by researchers and local community volunteers. Their Tiger Corridors Project has been monitoring these amazing cats in Chitwan National Park and adjacent areas for over five years. On this experience, meet with a local tiger "technician" who will give a presentation about the work here and its importance to conservation, tourism, and the community at large. He or she will then join us on a jeep safari to teach us how tigers are tracked and monitored. If we're lucky, we'll catch a glimpse of an elusive tiger.

Day 14 ROYAL CHITWAN NATIONAL PARK/POKHARA

Drive to Pokhara, an enchanting town set on the shores of turquoise-hued Phewa Lake against a backdrop of snowcapped Himalayan peaks. Enjoy a guided walk around the city, and opt to have dinner at a popular local restaurant.

Nestled in a tranquil valley at an altitude of 827m (2,713 ft), beautiful Pokhara lies on a once vibrant trade route between India and Tibet. To this day, mule trains can be seen bringing goods to trade from remote regions of the Himalayas. This enchanting city has several beautiful lakes and offers

stunning panoramic views of Himalayan peaks. It's a popular place to relax and enjoy the beauty of nature.

Meals included

Breakfast

ACCOMMODATION

Temple Tree Resort & Spa (or similar) Resort

TODAY'S ACTIVITIES

Private Vehicle Royal Chitwan National Park – Pokhara 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 15 POKHARA

Venture to Sarangkot village early this morning and hike to the famed Sarangkot lookout to witness a breathtaking sunrise over the Annapurna Himalaya. Back in Pokhara, climb up a lush forest path to the gleaming white Peace Pagoda, built by Japanese monks after World War II. Later, visit a Tibetan refugee settlement, established by the United Nations in 1964. Learn about the history of the community on a walk through their photo gallery, and enjoy a traditional Tibetan lunch. In your free time, opt to take a boat tour of Phewa Lake.

The hike up to the World Peace Pagoda can be quite strenuous and is all steps up and back down. If you are not feeling so energetic, please let the National Geographic Expedition Leader know and you can opt out of this activity.

Meals included

Breakfast | Lunch

ACCOMMODATION

Temple Tree Resort & Spa (or similar) Resort

TODAY'S ACTIVITIES

Sunrise at Sarangkot Pokhara

Rise early and experience a spectacular sunrise with a panoramic view of the surrounding Himalayas. The highest altitude on this trek is at 1600 meters.

World Peace Pagoda Excursion Sarangkot 2h-3h 4km

Walk up to the World Peace Pagoda, which was constructed by Buddhist monks. Enjoy the structure and the beautiful view around it.

Tibetan Refugee Settlement Pokhara

Visit the Tashiling Tibetan Refugee Camp, established by the United Nations in 1964 as a temporary settlement for the large number of refugees fleeing Tibet. Walk through this friendly quarter, now home to over 500 people. Visit the celebrated photo gallery here and then enjoy a traditional momo lunch at the local restaurant to support this incredible community.

Optional Activities - Day 15

Phewa Lake Boat Tour Phewa Tāl 600NPR

Enjoy a boat ride on Phewa Lake and take in the serene environment and natural beauty, including the magnificent fish-tailed summit of Machhapuchhre (6,977m, 22,890 ft) rising behind it.

Day 16 POKHARA/KATHMANDU

Catch a flight back to the capital, Kathmandu. Enjoy time to shop in the bustling Thamel district, or choose to visit Pashupatinath Temple, the most sacred Hindu temple complex in Nepal.

Enjoy free time in the afternoon for exploring. Visit the burning ghats at Pashupatinath and Swayambhunath, or the monkey temple. Kathmandu is fascinating at every turn, and some travelers prefer to just wander, seeing where the city may lead them.

Meals included

Breakfast

ACCOMMODATION

The Malla Hotel (or similar) Hotel

TODAY'S ACTIVITIES

Plane Pokhara – Kathmandu 1h

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

Free Time Kathmandu

Take some time to explore on your own or do some last minute shopping.

Optional Activities - Day 16

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 17 KATHMANDU

Depart at any time.

Feel free to depart at any time today, but remember that check out time from the hotel is 12:00pm.

Meals included

Breakfast

TODAY'S ACTIVITIES

Departure Day

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

What's included

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What are the main highlights of this trip?

Walk the backstreets of Delhi with a local guide, experience the essence of serenity with an overnight stay at a Buddhist Monastery, learn how to make Nepalese momos (dumplings), enjoy local living with an overnight homestay in a rural village. Enjoy an immersive sound bath wellness demonstration and a six-course vegetarian meal featuring Nepalese falvours.

Itinerary Notes

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Walk the backstreets of Delhi with a local guide, experience the essence of serenity with an overnight stay at a Buddhist Monastery, learn how to make Nepalese momos (dumplings), enjoy local living with an overnight homestay in a rural village. Enjoy an immersive sound bath wellness demonstration and a six-course vegetarian meal featuring Nepalese falvours.

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

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.

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 22, 2027 or March 11, 2028 for the nation's most colourful festival.

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

1. CULTURE
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.

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.

2. COMBO TRIP
Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

3. Please note this tour has a flight that is unescorted. You will be dropped off and picked up by your National Geographic Expedition Leader but independently navigate the airport.

4. WEATHER
Weather conditions in the Himalayas can change rapidly and our Expedition Leader may be forced to change the trip itinerary accordingly. Travellers need to be prepared for all weather conditions. For more information please read the "what to take" section of this trip notes.

5. FITNESS
While there are no treks on this trip this will be a fair amount of walking, so you should have an average level of fitness.

6. 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.

7. ACCOMMODATION NOTE:
Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

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

All G Adventures group trips are accompanied by one of our National Geographic Expedition Leader throughout. The aim of the Expedition Leaders 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.

What is the maximum and typical number of participants on this tour?

Max 16, Avg 10

What meals are included in this trip?

16 breakfasts, 5 lunches, 5 dinners

What are the meals like on this trip?

Eating is a big part of travelling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your Expedition Leader 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?

Van, bus, auto-rickshaw, cycle-rickshaw, walking, plane, boat, 4x4.

How will we travel between destinations?

ROAD
Road travel in India is certainly not what people are used to in Western countries. Rules are not always followed, drivers appear to speed, do not stay in their lanes, overtake in seemingly dangerous situations, and rarely use their mirrors or driving lights at night. The horn however is used frequently and can range from the latest Bollywood tune to Britney Spears! Although the government is investing large sums of money to improve the road infrastructure, there is a lot more to be done. As a result some of the roads are poorly maintained, pot holed and uneven. This gets even more pronounced particularly during and after the monsoon. Travel time is very long in comparison to Western countries and short distances can take much longer than at home.You have the comfort of an air-conditioned Private vehicle, but be prepared to take an odd ride in a local transport for the experience.

Are local flights included in the cost of the trip?

Please be advised that any flights noted on the G Adventures Itinerary for this tour are included in the tour services provided. Flight tickets are provided by G Adventures during the tour. The date for this service will match the day of the itinerary, for which Day 1 is equal to the start date noted on the Invoice under Land Services: Tour. If flight information is required in advance for visa purposes, please contact G Adventures.

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?

Hotels (14 nts), heritage hotel (1 nt), monastery guesthouse (1 nt)

If I choose to purchase My Own Room, are there any exceptions during the trip?

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 should I expect from the accommodations 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.

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.

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through National Geographic Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Your included arrival transfer will be provided by our National Geographic Journeys with 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 National Geographic Journeys 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 National Geographic Journeys with G Adventures to arrange your transport. Many travellers have fallen victim to this scam and were charged inflated prices.

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 Expedition Leader. 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 Expedition Leader 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 Expedition Leader will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

What should I do if I can't find my airport transfer or experience arrival issues?

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 Expedition Leader (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 Expedition Leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Who do I contact for arrival issues or in the event 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. Included arrival transfers are provided from the nearest airport to your starting location. 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:

India:
Sakha Call Centre - (Primary Contact)
From outside of India: +91 92787 08888
From within India: 92787 08888

Sakha Manager - (Secondary Contact)
From outside of India: +91 95997 81181
From within India: 95997 81181

Nepal:
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 8851806614
From within India: 8851806614

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 details should I be aware of when planning my departure day?

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 are the packing guidelines and luggage restrictions?

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 your are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 mintues with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Hard 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.

Standard luggage allowance for internal flights is 15kg (33lb) for checked luggage, and is 7kg (15lb) for carry-on luggage. Any charges for additional luggage or weight is the responsibility of the passenger.

What should I pack for this trip?

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:

- Footwear (required) (Closed toe suggested)
- 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
- 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.)

Light Hiking:

- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Walking poles

Smart Dress:

- Smart outfit (For evenings out)

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.

Where 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 the you visit the Indian Immigration page.

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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 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 wil 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

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.

What emergency funds do I need access to 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?

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

What are the tipping guidelines for this 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 Expedition Leader 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 Expedition Leader for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your National Geographic Expedition Leader did an outstanding job, tipping is appreciated. The amount is entirely a personal preference; however as a guideline $10-15 USD per person, per day can be used.

What activities are optional on this trip?

Jaipur

- Jaipur Cooking Class with A Local Family
- Movie at Raj Mandir (200-400INR per person)

Mount Everest

- Everest Flight

Kurintar

- Kurintar Nature walk and Village visit (Free)

Phewa Tāl

- Phewa Lake Boat Tour (600NPR per person)

Kathmandu

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

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 Expedition Leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our Expedition Leader they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

What general safety tips and free-time guidelines should I follow?

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 Expedition Leader has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your Expedition Leader will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your Expedition Leader 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 Expedition Leaders 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/

Are there any specific safety considerations for this itinerary?

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 are the mandatory group rules regarding laws and behaviour?

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 Expedition Leaders have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

What are the mandatory travel insurance requirements for this 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 Expedition Leader, 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/

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.

What are the age restrictions for 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 National Geographic Signature Specialist 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.