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Sorry! There are no remaining departures for "Kathmandu Valley Trek Independent Adventure" (TANKTK), [but here are some similar trips.](#)



## **Kathmandu Valley Trek Independent Adventure**

5 days, Kathmandu to Kathmandu

Trip code TANKTK

## What's included

- All transport between destinations and to/from included activities, Local guide, Monastery stay

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

**VALIDITY:** Valid for all trips departing May 10th, 2018 and onwards

## Itinerary

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

Day 1

## Kathmandu/Nagi Gompa

Transfer to Budhanilkantha and visit the 5m long stone image of Vishnu, followed by a short hike to the Shivapuri conservation area. From here, begin the 12km (7.5mi) trek towards Nagi Gompa and beyond the monastery. Spend the night in the guesthouse of a local monastery.

The Budhanilkantha Temple is dedicated to the Lord Vishnu. The statue is set in a pond and is said to have been carved by a single stone. The Shivapuri conservation area is a protected forest with over 500 species. During today's hike, walk through pine and cherry forests and view scenes of oak, rhododendron, and bamboo forests. If the sky is clear, catch a glimpse of the Himalayas such as Ganesh Himal, or Langtang-Lirung.

This tour is an Independent style trip with no group and no CEO (Chief Experience Officer). A G Adventures representative will meet you and give you a briefing to start your trip. The hike will be led by a local guide.



### Meals included

Dinner



### Today's Activities

Private Vehicle

Kathmandu - Budhanilkantha

30m

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

Kathmandu Valley Hike Day 1

Budhanilkantha - Nagi Gompa

6h-7h

Day one of this trek will include visiting the sleeping Vishnu at the Budhanilkantha temple, hiking to a hilltop Monastery and stunning scenes of pine, cherry, bamboo, oak, and rhododendron forests.

Day 2

## Nagi Gompa/Jarsingh Pauwa

Follow the Shivapuri National Park and encounter stunning waterfalls and scenery on today's hike. The total hike will span 10-12 km (6-7.5 mi).

A beautiful location to spot wildlife such as birds, view waterfalls, and enjoy picnics, today's hike will be a visual treat through the Kathmandu Valley.



### Meals included

Breakfast



### Today's Activities

Kathmandu Valley Hike Day 2

Nagi Gompa - Jarsingh Pauwa

6h-7h

The destination for today's hike is the Shivapuri National Park. Witness waterfalls and stunning landscapes before arriving at the final destination, Jarsingh Pauwa, a popular destination for picnics due to the beauty of the scenery.

Day 3

## Jarsingh Pauwa/Nagarkot

Spend the day trekking through Chisopani to Nagarkot for 7 km (4.3mi). Along the hike, spot rhododendron and oak forests. This final resting spot is famous for its beautiful sunrise and sunset.



### Today's Activities

Kathmandu Valley Hike Day 3

Jarsingh Pauwa - Nagarkot

4h-5h

Witness majestic glimpses of mountains in the distance throughout today's hike. Pass through oak trees with Langtang mountain as the backdrop. Arrive in Nagarkot, a town known for the amazing sunsets on the top of the hill.

Day 4

## Nagarkot/Dhulikhel

Observe the Himalayas on this 16 km (10mi) trek to Dhulikhel.

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### Meals included

Breakfast

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### Today's Activities

Kathmandu Valley Hike Day 4

Nagarkot - Dhulikhel

7h-8h

The trail today faces the mountains rather than the valley, so if the sky is clear expect to view a mountainous backdrop throughout the hike. The trail will be lined with thick vegetation such as bushes and ferns.

Day 5

## Dhulikhel/Kathmandu

After breakfast hike to Namobuddha, one of the most sacred Buddhist sites. End the hike at Panauti Village for a total day trek of 12 km (7.5mi) and return to Kathmandu via private transfer.

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### Today's Activities

Kathmandu Valley Hike Day 5

Dhulikhel - Panauti

5h-6h

Hike to Namobuddha, a sacred spot related to the pre-incarnation of Lord Buddha. Hike through emerald hills, pine forest, and rural villages to reach the sacred Buddhist stupa. From here, embark on the descent toward Kathmandu.

Private Vehicle

Panauti - Kathmandu

1h30m

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

## What's included

- All transport between destinations and to/from included activities, Local guide, Monastery stay

## What are the main highlights of this trip?

Hike through lower altitudes in Nepal, Spot rhododendron and oak forests, See the Himalayas, Trek to Dhulikhel, Visit the sacred Buddhist site of Namu Buddha

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## Is there an itinerary Disclaimer?

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

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

This tour is an Independent style trip with no group and no CEO (Tour Leader). A G Adventures representative will meet you and give you a briefing to start your trip and there will be local guides provided at the included sights.

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

2 breakfasts, 1 dinner

## **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. Vegetarians will be able to find a huge range of different foods. 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?**

Private vehicle, walking.

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

Simple tea houses/guest houses (3 nts), monastery (1 nt).

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

The accommodations in some places will be basic. Please expect twin beds and shared facilities that may use squat-style toilets. In other places, there will be standard level accommodations with modern facilities.

## **What is the joining hotel?**

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

## **What are the joining instructions?**

When arriving into Tribhuvan Intl Airport in Kathmandu you will notice how small the city really is. It is on 7km from the downtown area and the only way to get there is by taxi. You can arrange a prepaid taxi from the counter outside of the baggage hall run by the Airport Queue Taxi Service Management Committee for about 700-800 NPR. Please be aware of people wanting to help you with your bags as they will ask for money once you get to your taxi.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

## What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

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

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### EMERGENCY CONTACT NUMBERS

G Adventures South Asia Manager, Rishab (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

G Adventures Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time): +66-02-3815574

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our 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 should be on my packing list?

## Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

## Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

## Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

**Essentials:**

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

**Health & Safety:**

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

### **Hiking/Trekking:**

- Gloves
- Hat
- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Snacks (Protein bars, chocolate, dried fruits, candies, energy sweets)
- Socks (Trekking socks – woollen or synthetic, not cotton)
- Thermal base layer (Woollen or synthetic, not cotton)
- Walking poles (Highly recommended)

### **Warm Weather:**

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

## **What 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](#)

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

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

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

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Should I be tipping on my trip?

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. Recommendations for tipping drivers and local guides would range from \$1-\$2 USD per person per day depending on the quality and length of the service, for porters during the trekking portion of your trip, the recommended amount is 300-500Rs (4-7USD) per day.

## What activities are optional on this trip?

- No optional activities

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. 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.

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). Swimming, including snorkeling, is always at your own risk. Read more about travel safety for ways to further enhance your personal safety while traveling.

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

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts others 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.

## Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. G Adventures can provide you with the appropriate coverage. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## 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 temples or mosques or other holy sites. While visiting monasteries, please make sure you wear long trousers and open your shoes and stay quiet before entering the monasteries.

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

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customersolutions@gadventures.com](mailto:customersolutions@gadventures.com) and we will send it on to you.

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

Minimum age of 2 years for this trip.

## Are international flights included in this trip?

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

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

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

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

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

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