



Nepal: Annapurna Hiking & Chitwan National Park

9 days, Kathmandu to Kathmandu

Trip code ANKN

What's included

- Your G for Good Moment: Barauli Community Homestay Lunch and Visit, Royal Chitwan National Park
- Your Welcome Moment: Meet Your CEO and Group
- Your Wellness Moment: Spa Experience Pokhara, Pokhara
- Your Foodie Moment: Tibetan Momo Making, Pokhara
- Your OMG Day: Yoga or Sound Bath Session and Cycling around Pame or Mandala Art Making Workshop, Pokhara
- Complimentary Arrival and Departure Transfers
- Internal flights
- Welcome meeting and orientation sessions in Kathmandu and Pokhara
- Scenic treks across Lumle, Tomijong, Tolkha, Landruk, and Tomijong with panoramic Himalayan views
- Gurung village visit
- Boat safari along Rapti River
- Jeep safari at Chitwan National Park
- Welcome by the Barauli Community Homestay
- Bhaktapur exploration
- Cycling through the Tharu Village
- Guided pottery-making session
- Cultural dance performances in Chitwan
- Free time in Kathmandu, Pokhara, and Chitwan
- Tips for all included meals and activities, except for CEO and portorage
- 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 March 17th, 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.

Day 1

Arrival & Welcome in Kathmandu

Arrive at Kathmandu and enjoy a seamless transfer to your hotel. Later, join the group for a welcome meeting to meet fellow travelers and get oriented for the journey ahead. The day concludes with an unforgettable six-course Nepali dining experience at Krishnarpan, Dwarika's Hotel, where traditional flavors and slow-dining hospitality offer a perfect introduction to Nepal's rich culinary heritage.

Please book any arriving flights to land by 1pm.



Meals included

Dinner



Accommodation

Hotel Yak and Yeti (or similar)

Heritage Hotel



Today's Activities

Arrival Transfer

Tribhuvan International Airport – Kathmandu

15m-30m

2km

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

ACTIVITY

Your opportunity to meet your CEO 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.

Dinner at Dwarika's Hotel

Kathmandu

Experience the signature slow-dining journey at Krishnarpan, the acclaimed restaurant of Dwarika's Hotel. Indulge in a six-course feast that celebrates Nepal's rich culinary heritage, offering a vibrant and immersive taste of traditional flavors crafted to delight every sense.

Day 2

Pokhara Arrival & Lumle Trek

After breakfast in Kathmandu, take a short flight to Pokhara before transferring to Lumle, the gateway to the Annapurna foothills. Begin a scenic 1.5–2 hour trek from Lumle to Tomijong Lodge, winding through cultivated fields, local homesteads, and forested trails with panoramic views of Machapuchhare. Enjoy lunch and free time at the lodge, soaking in the terraced gardens and Himalayan backdrop. Later, stroll through the Gurung village, meet retired Gurkha soldiers, and glimpse rural life and local honey-harvesting traditions, before returning to the lodge for a relaxing dinner.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Tomijong Lodge (or similar)

Lodge

Tomijong Lodge is a peaceful Himalayan retreat nestled among terraced rice fields in the Annapurna foothills, just outside Pokhara, with stunning views of Machapuchare -- the sacred "Fishtail Mountain". Blending traditional Nepalese architecture with modern comforts, it offers a tranquil setting, warm hospitality, and hearty home-style meals in the heart of rural Nepal.



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

Kathmandu - Pokhara

30m-1h

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

Lumle to Tomijong Trek

Lumle - Tomijong Lodge

Arrive in Lumle and set out on a short yet scenic trek to Tomijong, typically 1.5-2 hours on foot. The trail begins with a gentle ascent through cultivated fields and traditional village homesteads, offering glimpses into daily life in the hills. Beyond the villages, the path winds into mixed forest, following an earthy, occasionally rocky trail beneath a canopy of trees. The final stretch climbs gradually toward your lodge, where sweeping mountain views and a warm welcome await.

Afternoon in Tomijong

Tomijong Lodge

After lunch at the lodge, unwind in the terraced gardens and take in sweeping views of Machapuchhare. In the afternoon, explore the Gurung village, meet retired Gurkha soldiers, and discover local life, including traditional honey harvesting.

Day 3

Annapurna Foothills Trek & Village Exploration

After breakfast at the lodge, embark on a scenic hike from Tomijong through the lower Annapurna foothills, passing terraced farmlands, wooded hillsides, and charming villages. Stop in Tolkha Village to

meet the local Magar and Gurung communities before continuing to Landruk Village, where stunning views of Annapurna South and Hiunchuli await. After lunch at Landruk Lodge, return downhill to Tomijong, enjoying the lush rice terraces and traditional stone paths, and spend the evening relaxing at the lodge before dinner.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Tomijong Lodge (or similar)

Lodge

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Today's Activities

Trek Tomijong to Tolkha

Lumle

Today's hike begins from Tomijong (1,400m), winding through the lower Annapurna foothills with scenic farmlands and charming villages. You'll follow a mix of gentle ascents and descents through wooded hillsides and rice terraces to reach Tolkha (1,840m), a picturesque village home to Magar and Gurung communities.

Terrain: gentle ascents/descents, wooded hillsides, rice terraces, farmland

Length: 6km (3.7 miles)

Duration: 2-3 hours

Elevation: +440m

Trek Tolkha to Landruk

Lumle

After exploring Tolkha, continue to Landruk Village, walking along level paths and gradual descents through terraced fields and scattered settlements. On clear days, enjoy stunning views of Annapurna South and Hiunchuli.

Terrain: gradual descents, level walking, terraced fields, scattered settlements

Length: 3 km (2 miles)

Duration: 45 minutes - 1 hour

Elevation: -120

Trek Landruk to Tomijong

Lumle

Stop for lunch at Landruk Lodge before returning to Tomijong.

Terrain: mostly downhill, terraced rice fields, stone-paved paths

Length: 9 km (5.6 miles)

Duration: 3-4 hours

Elevation: -320

Day 4

Australian Camp Trek & Pokhara Exploration

Start the day with breakfast at the lodge before hiking to Australian Camp, perched at 2,050m and offering breathtaking panoramic views of Machhapuchhre, Annapurna South, and Hiunchuli. Enjoy lunch amid the stunning scenery before trekking back to Lumle and driving to Pokhara. After checking in to your hotel, unwind with a Trekkers Healing Massage, then take an orientation walk around the vibrant Lakeside area to explore its bustling streets, shops, and lakeside charm.



Meals included

Breakfast | Lunch



Accommodation

Hotel Barahi (or similar)

Hotel



Today's Activities

Trek Tomijong to Australian Camp

Lumle

Trek from the lodge to Australian Camp (2,050 m) along a short route near Pokhara. The trail offers clear-day views of Machapuchhre, Annapurna South, and Hiunchuli. Enjoy lunch at the camp while taking in the panoramic scenery.

Terrain: mix of gentle paths and some steeper, stone-stepped sections

Length: 3-4 km (2-2.5 miles)

Duration: 1.5-2 hours

Elevation: +650

Private Vehicle

Lumle - Pokhara

1h-1h30m

30km

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

ACTIVITY

Be pampered with a one-hour massage at the hotel spa to relax after trekking.

Day 5

Pokhara: Your OMG Day

Celebrate your OMG Day with a choice of morning activities designed to refresh your body and mind: Yoga or a Sound Bath session. After breakfast and some free time at the resort, your group comes back together as you travel together to a Tibetan refugee village to engage in a fascinating momo making class with your local hosts. Momos were brought from Tibet to Nepal by the refugees who came during the Chinese invasion. The village you visit this afternoon are preserving their cultural heritage by continuing to tell their story and cook their cuisine. Engage with your hosts by getting involved in kneading the dough, filling the dumpling with their savoury filling, and sharing a delicious meal with your new friends. After the cooking class, your options continue with either cycling around Pame or a Mandala Art workshop, making this a fully customizable day of wellness, culture, and hands-on experiences.



Meals included

Breakfast | Lunch



Accommodation

Hotel Barahi (or similar)

Hotel



Today's Activities

ACTIVITY

Drive to a village of Tibetan refugees who settled in Nepal. While here take part in a momo making session and lunch served by the local families.

ACTIVITY

Morning Option 1: Start the day with a morning yoga session.

Morning Option 2: Start the day with a morning sound bath session.

Afternoon Option 1: Cycle through the village of Pame featuring stunning mountain views. Peddle along the river that feeds into the nearby Phewa Lake. The distance covered is 26km (16 miles) with an elevation gain of 300m, and a total time of 2-3 hours.

Afternoon Option 2: Take part in a Mandala art-making workshop to explore local artistic traditions.

Day 6

Journey to Chitwan

After breakfast, journey from Pokhara to Chitwan, following scenic highways to the serene setting of Barahi Jungle Lodge. After lunch and time to relax, set out on a cycling ride through a nearby Tharu village, soaking in the local atmosphere and experiencing the authentic lifestyle of the Tharu community. The day concludes with an evening cultural dance performance by locals, followed by dinner.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Barahi Jungle Lodge (or similar)

Lodge



Today's Activities

Private Vehicle

Pokhara – Royal Chitwan National Park

4h-5h

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

Tharu Villages Cycling

Royal Chitwan National Park

45m

Cycle around the nearby paddy fields and Tharu Villages in this region. Helmets are provided and the activity lasts for around 45 minutes along a flat surface trail.

Tharu Community Cultural Dance Show

Royal Chitwan National Park

Spend the evening listening to traditional song and watching cultural dance performances by Tharu community members. You will see dances like the Bhajayati and Thekara stick dance, the peacock dance, and the fire dance. Join with the dancers if you wish and learn the moves while adding your own flair. Dinner will be served buffet-style in the community dining hall following the performance.

Day 7

Chitwan River Safari & Community Immersion

Wooden canoes, seating only six people, carry you slowly down river, expertly paddled by your local guide. In relative silence, watch for kingfishers diving into the river. Keep your eyes peeled for crocodile on shore sunning themselves. Your boat ride brings you down the Rapti river until it meets with the Narayani. This morning river safari is an incredibly unique experience in Chitwan, and without the noise of the vehicle motor, witness as wildlife comes remarkably close.

Your river safari ends at midday as you approach the riverbank, greeted by welcoming new friends. Your hosts for lunch are from the Barauli Community homestay. This social enterprise provides meals, accommodation and much more to travellers visiting this remote part of Nepal. Dine on a delicious

Tharu specialties and learn more about the community. Afterwards, your adventure continues by jeep through the secluded edge of Chitwan National Park. Slowly navigating the forest, you'll have the chance to spot a wide array of wildlife—including the elusive Royal Bengal Tiger—making this an unforgettable finale to a truly unique day.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Barahi Jungle Lodge (or similar)

Lodge



Today's Activities

Boating to Almatari

Royal Chitwan National Park

2h-3h

Row through the gentle run flowing Rapti River towards the Narayani River in a canoe on this unique way of visiting Chitwan. There will be ample opportunity at the leisurely pace to view the flora, fauna and wildlife around you.

ACTIVITY

Enjoy the hospitality of the Tharu, an indigenous community from the Terai belt of Nepal who live in eco-friendly homes. Experience their unique culture through dances, songs, and a delicious traditional meal.

Chitwan 4x4 Safari

Royal Chitwan National Park

3h-4h

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

Bhaktapur Exploration & Farewell in Kathmandu

After breakfast, transfer to Bharatpur Airport and fly back to Kathmandu, then continue to Bhaktapur for a guided exploration of this UNESCO heritage city. Experience its ancient architecture, vibrant local life, and participate in a hands-on pottery-making session, learning to craft traditional clay objects. Return to Kathmandu for some rest before concluding your journey with a farewell dinner at Bricks Café, celebrating your adventure and the memories shared along the way.



Meals included

Breakfast | Dinner



Accommodation

Hotel Yak and Yeti (or similar)

Heritage Hotel



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 – Kathmandu

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

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 and before you leave, participate in a hands-on pottery making workshop.

Departure from Kathmandu

Enjoy breakfast at the hotel, savoring your final moments in Nepal's serene surroundings. For travelers with early flights, a packed breakfast will be thoughtfully provided so you can start your day smoothly. A private airport transfer will ensure your comfortable and timely journey to Tribhuvan International Airport, where you will bid farewell to the majestic landscapes, vibrant culture, and unforgettable experiences of Nepal.



Meals included

Breakfast



Today's Activities

Departure Transfer

Kathmandu - Tribhuvan International Airport

15m-30m

2km

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What are the main highlights of this trip?

Trek Annapurna's foothills with Machapuchhare and Hiunchuli as your backdrop, Dine in style at Dwarika's Hotel with an exclusive six-course Nepalese welcome, Meet Gurung villagers and retired Gurkha soldiers before making momos from scratch, Unwind with a trekkers' massage and a restorative Himalayan sound bath, Cruise the Rapti River at sunset before a jeep safari through Chitwan, End in Bhaktapur with heritage sights and a farewell dinner well earned

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

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

Is there 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.

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

1. Weather conditions in the Himalayas can change rapidly and our CEO 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 these trip notes.
2. While our itineraries are designed to allow for adequate acclimatisation you are likely to feel the effects of altitude sickness and oxygen deprivation whilst on this trek. Please be aware that your CEO may deem it unsafe for you to continue trekking at any time, and arrange for you to descend to a lower attitude.
3. REQUIRED: In order for us to obtain the Annapurna trekking permit for our passengers, we require a coloured copy of your passport in advance of travel. We please request you send a coloured copy of the passport you will be travelling on to experience@gadventures.com
4. DRONES IN NEPAL
Please note that drones and the flying of drones are prohibited in Nepal. If you violate these regulations the police may take you into custody.

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

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

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

Max 16.

What meals are included in this trip?

8 breakfasts, 6 lunches, 6 dinners

What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. Included breakfasts will usually be asian style consisting of noodles or congee (rice porridge) or bread and eggs. Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. While trekking in remote regions food is included, plentiful and made of fresh local ingredients.

What are the modes of transportation on my trip?

Private vehicle, plane, 4x4 vehicle, walking, river canoe.

Are local flights included in the cost of the trip?

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Is there an extra cost for travelling solo?

We believe solo 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 solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hotels (8 nts)

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?

Hotels (8 nts)

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 G Adventures in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Our driver will be waiting for you with a G Adventures sign, and they will be waiting for you outside the luggage hall. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that in order to arrive in time for your welcome meeting, we recommend travelers to arrive by 1PM.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1, where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

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

What 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, 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 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 at Tribhuvan International Airport please call our local G Adventures Transfer providers directly at:

Ms. Binita Gurung - (Primary Contact)

From outside of Nepal: +977 98 0191 1000

From within Nepal: 98 0191 1000

Mr. Rajju Maskey - (Secondary Contact)

From outside of Nepal: +977 98 0201 4444

From within Nepal: 98 0201 4444

EMERGENCY CONTACT NUMBERS

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

From outside of India: +91 88 5180 6614

From within India: 88 5180 6614

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

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

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

What are the packing guidelines and luggage restrictions?

We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. We recommended a backpack or soft case/duffle on wheels of small to medium size (no XXL ones please!). 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.

Please note, on trekking days you will only be required to carry your day pack. Your main luggage will be transferred to the next location by private vehicle.

What should I pack for this trip?

Cold weather:

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

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:

- 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.)

Warm Weather:

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

What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

NEPAL:

Nepal is now offering e-Visas for some nationalities. please visit this [link](#) for further information, and to check if your nationality is eligible for an e-Visa. You can apply for the visa [here](#).

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

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 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!

What are the tipping guidelines for this trip?

On the Geluxe Collection tours, tipping is included for all included activities and meals. Tipping is not included for the CEO or Porterage. Should you want some basic guidelines on tipping for the activities you do on your own, please see below. At the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$10-15 USD per person, per day can be used. For porters, the suggested amount is \$4-5 USD per person, per day.

For meals and activities not included in your itinerary, it is appropriate in Asia to tip 10%. Though not compulsory, tipping is expected. 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 and shows an expression of satisfaction.

What activities are optional on this trip?

- No optional activities

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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

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

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

What are the mandatory travel insurance requirements for this trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

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.

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?

Minimum age of 18 years for this trip.

Are international flights included in this trip?

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

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

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

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

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

Dossier Disclaimer

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

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

Itinerary Disclaimer

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

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