



Nepal: Annapurna Hiking, Rafting and Chitwan National Park

12 days, Kathmandu to Kathmandu

Trip code ANKG

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 OMG Day: Cycling Around Pame or Boating and Yoga in Phewa Lake, Pokhara
- Your Foodie Moment: Tibetan Momo Making, Pokhara
- Complimentary Arrival Transfer
- Welcome and Farewell dinner
- Guided walking tour of Patan Durbar Square
- Three-day village trek in the Annapurna range
- 2- Day Rafting trip on the Seti river
- Chitwan safari excursions via road and boat
- Welcome by the Barauli Community Homestay
- Cycling through villages 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

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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 September 18th, 2023 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

Kathmandu: A Royal Welcome

Nepal has one of the most fascinating dynastic histories the world over-just ask our hotel hosts at the Baber Mahal Villas. What's more, it offers some of the most thrilling adventures you might ever find. Lucky for you, this trip explores it all. We welcome you to Kathmandu, and to Nepal, and we invite you to discover the adventure within each day.

After a welcome meeting with your CEO and fellow travellers, tuck into a delicious three course Royal Thali meal served on-site at the hotel. We can't guarantee that life will always be served up on a silver platter, but your very first meal in Kathmandu certainly will be.



Meals included

Dinner



Accommodation

Hotel Yak and Yeti (or similar)

Heritage Hotel



Today's Activities

Arrival Transfer

Tribhuvan International Airport - Kathmandu

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. 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.

Nepalese Welcome Dinner

Kathmandu

The grandeur of Rana Maharajas' feast with its kaleidoscope of flavours and textures welcomes you and your palate to Nepal. Sit down for a three-course meal served on the silver plate known as Royal Thali. Appetizers like momos and a potato dish will circle the table, along with a glass of a traditional Nepali alcoholic beverage known as raksi.

Day 2

Kathmandu: Patan Durbar Square

With so much active adventure to come, a day to acclimatize and adjust to your new surroundings is the perfect opportunity to dive into the history and culture of Nepal before heading further afield to explore it on your own two feet. Located in the Kathmandu valley, Patan is home to the Patan Durbar Square, a UNESCO World Heritage listed site. Renowned for its exquisite Newari architecture and ancient palaces, Patan Durbar Square is adorned with intricately carved wooden temples, pagodas, and statues that reflect the artistic and architectural brilliance of the Malla dynasty.

After a walking tour throughout the square, make your way to Kirtipur where your friendly hosts welcome you. Women from the Kirtipur community are eager to interact with you-providing a Newari script demonstration and serving you a delicious Newari lunch. Join your hosts and try your hand at Ranjana Newari Script writing.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Hotel Yak and Yeti (or similar)

Heritage Hotel



Today's Activities

Avata Wellness Experience

Kathmandu

Enjoy an immersive and meditative full body and mind wellness experience at Avata Wellness in Kathmandu. 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.

Historical Kirtipur Community Experience & Lunch

Kirtipur

3h

Travel by private vehicle to Kirtipur for a traditional welcome and presentation of Ranjana Lipi—the ancient script of Nepal—followed by a walk around the settlement and a Newari lunch served by the local community. Dive deeper into the culture present in Kirtipur with a script writing workshop given by local experts.

Patan Durbar Square Guided Tour

Kathmandu

2h

3km

Walk around Patan Durbar Square on a guided visit to this historic and cultural marvel in the Kathmandu Valley of Nepal. Observe the Newari architecture and ancient palaces and gain a sense of the vibrant local culture and impressive craftsmanship.

Day 3

Dhampus: Trekking Begins

Rhododendron and oak trees line the stone pathways of the trails from Phedi to Dhampus. As you begin to settle into your trekking pace, take a pause to breathe in the fresh cool air and the mountain views that start to appear as you crest the peaks of the trails. Three hours of trekking brings you to the mountain lodge where you spend the night. Gorgeous mountain views from the lodge await.

A short flight brings you from Kathmandu to Pokhara, and after a short drive you arrive to the start of the trek. Grab your hiking poles provided, and join your guide for a 3 hour trek from Phedi to Dhampus. Upon arrival to the mountain lodge, relax with a cold drink and devour a delicious local lunch. Your CEO will take you on a fascinating walk through Dhampus village in the afternoon. Don't forget to grab a cold drink and take in the views of the Phedi valley.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Dhampus Lodge (or similar)

Lodge



Today's Activities

Plane

Kathmandu - Pokhara

30m

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

Dhampus Lodge Stay

Dhampus

Check into your stay at Dhampus Lodge and take in the panoramic views of the Annapurna range in the distance. Sit down for lunch in the lodge restaurant and then walk around Dhampus Village with your CEO and locals before returning for a delicious sit-down dinner of Nepali cuisine at the lodge.

4x4

Pokhara - Phedi

1h

22km

Roads? Where this rough-and-ready vehicle's going, we don't need roads.

Trek Phedi to Dhampus

Phedi - Dhampus

2h-3h

8km

Stretch your legs and get the blood flowing on a trek from Phedi (1130m) to Dhampus (1700m).

Transition from farmland to denser forests and end with mountain views stretching up to the sky. The trek is a steady ascent with some stone staircases along the way.

Terrain: moderate, steady ascent, passing through dense forests of rhododendron, oak, and pine trees.

Length: 8km (5 miles)

Duration: 2-3 hours

Elevation: +570m

Tomijong: Trekking Onward

As the sun rises, wake and prepare for another stunning day of trekking. Your destination is the village of Tomijong and the Tomijong Mountain Lodge. Tomijong village is known for their unique history of bee-keeping and your trek from Dhampus begins after breakfast. Descend through stone steps and trails that wind through beautiful terraced fields and traditional villages. Keep your eyes peeled for birds, butterflies and occasionally a langur monkey or Himalayan monal.

The terrain during this 5 hour trek consists well maintained dirt trails and stone steps. Plenty of stops along the way allow for time to refuel with water and snacks and most importantly, to soak in the panoramic views of the Dhaulagiri mountain ranges before you. After a delicious lunch, explore Lumle village with your CEO.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Tomijong Lodge (or similar)

Lodge



Today's Activities

Trek from Dhampus to Lumle

Dhampus - Lumle

4h-5h

6km

Trek from Dhampus (1700m) to Lumle (1432m) descending down stone steps and walking along trails that wind through terraced fields and remote villages with stunning views of the Annapurna and Dhaulagiri mountain ranges. Keep an eye out for different species of birds, butterflies, and other local wildlife.

Terrain: Well maintained dirt trails, stone steps, and occasional rocky sections. Mostly downhill and some gentle ascents.

Length: 6-7km (3-5 miles)

Duration: 4-5 hours

Elevation: -302m

Ghandruk: Over the bridge

Departing for Ghandruk after breakfast, follow the trail down to the riverbank. Waterfalls dot the trail today as you trek to Ghandruk, a traditional Gurung village. Continue along the river and eventually cross a suspension bridge over the Kimrong river. Break for lunch and tea in villages throughout the afternoon's trek.

Today's 8 hour trek takes you from Lumle to Ghandruk on the longest day of your Annapurna adventure. Stop for lunch along the way, and a refreshing tea break in the village of Kimche. For your incredible efforts today, you are rewarded with beautiful views of the peaks of Annapurna South and neighbouring Hiunchu. Dinner is crafted by your local lodge hosts this evening.



Meals included

Breakfast | Lunch



Accommodation

Ghandruk Lodge (or similar)

Lodge



Today's Activities

Trek from Lumle to Ghandruk

Lumle - Ghandruk

7h-8h

16km

Hike today from Lumle (1423m) to Ghandruk (1981m) through lush forests featuring oak, rhododendron, and bamboo trees. There will be a gradual descent finishing with a crossing over a suspension bridge on the Kimrong River before the final ascent to the village of Ghandruk. You will also encounter waterfalls along the trail providing a calming atmosphere for some short breaks.

Terrain: Winding trail through charming rural landscape, forests, and along the banks of the Modi Khola River.

Length: 16km (10 miles)

Duration: 7-8 hours

Elevation gain: +594m

Day 6

Pokhara: Descent to Sayauli Bazaar

It's all downhill from here. We only mean that literally of course, as there is plenty of incredible adventure to come, but this morning's trek is an easy and light 2 hours mostly downhill to the village of Syauli Bazaar where your trek concludes. There is nothing quite like accomplishing a trek like this one that we do together on this trip, and you will have seen and experienced more than you could have ever done by staying on the beaten path.

After returning to Pokhara this afternoon, revitalize your muscles with a complimentary one hour massage at your hotel.



Meals included

Breakfast | Lunch



Accommodation

Hotel Barahi (or similar)

Hotel



Today's Activities

Ghandruk Village Walkthrough

Ghandruk

Get to know Ghandruk Village this morning on a walk with your CEO. Visit Gurung Museum with traditional artifacts, photographs, and other exhibits depicting the culture of the Gurung people.

Trek from Ghandruk to Sayauli Bazaar

Ghandruk - Phedi

2h

Trek from Ghandruk to Phedi with a lunch stop in Sayauli Bazaar. Today's hike is a gradual descent downhill finishing with some stone steps down to Phedi where the vehicles will be waiting to transfer the group to Pokhara.

Terrain: Moderate, some rock sections, gradual descent.

Duration: 2 hours

Private Vehicle

Phedi - Pokhara

1h

20km

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.

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.

Pokhara: Your OMG Day

Sunrise at Sarangkot is famous for its breathtaking sunrises over the peaks of the mountains. Rise early and join your CEO for sunrise at Sarangkot. OMG indeed. Waking at dawn for a life-affirming sunrise may have you feeling ready to take on the world. Or, you may be ready to take time to reflect on your accomplishments and give your body a chance to rest. We have options to suit either choice on your OMG Day in Pokhara. If you're ready for more adventure, join a cycle tour through Pame, along the river that feeds the Phewa lake. If you are looking for a slower pace today, choose to board a paddle boat ride across the lake and join a restorative yoga class with the Himalayas as your backdrop.

Your group comes back together this afternoon 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.



Meals included

Breakfast | Lunch



Accommodation

Hotel Barahi (or similar)

Hotel



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.

ACTIVITY

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.

Option 2: Enjoy one of the most popular activities for visitors to Pokhara. Set off from the shore and paddle a wooden boat around Phewa Lake. Make a stop at Tal Barahi Temple along the way and enjoy a Yoga class with a spectacular view.

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.

Day 8

Seti River Camp: Rafting to Camp

River rafting is not just for adventure seekers. Being on the river provides a new perspective on the lush jungle surrounding the river. Spot monkeys from below and watch birds move from branch to branch. Your first day of the river adventure is on mostly Class II rapids, which means there is plenty of time to relax and enjoy the float. Without the appearance of roads, villages or cars-your journey into this secluded part of Nepal offers a chance to disconnect and recharge your battery.

Kingfishers and egrets mingle about as you arrive to your remote tented river camp and settle in with the jungle soundtrack in the background. Rustic tented wooden cabins are dotted along the riverbank with a communal fireplace area to gather and sip a warm beverage after your days adventure. Get dry and fill up on a delicious meal, and settle in for an evening around the fire. Tonight you are fully disconnected from the world.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Seti River Camp (or similar)

Campground

Seti River Camp is a remote tented camp located on the banks of the Seti River, perfectly placed to be a welcoming respite after a day of rafting the rapids. Wooden beds with colorful warm Nepalese blankets create a cozy river safari feeling. En suite bathrooms and a fireplace gathering area are on site.



Today's Activities

Seti River Whitewater Rafting

Seti River

5h

Start the activity with a safety drill and demonstration and then raft on the river for 2 hours practicing your newly acquired skills. Stop for a picnic lunch before 3 hours of grade II rafting on the Seti River.

Private Vehicle

Pokhara - Dhap

2h-3h

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

Chitwan: Jungle Safari

After your rafting practice yesterday, it's time to test out your paddling skills. Class III rapids bring you swiftly through the final chapter of your rafting adventure, a thrilling way to conclude this remote wilderness experience. The adventure continues after you dry off-traveling a short distance to Chitwan National Park. Begin your exploration with a safari drive in the park-looking out for elephant, leopard and tigers.

Chitwan National Park, Nepal's first national park, covers an area of over 900 square kilometres. Spend a full afternoon exploring by vehicle with your local guide. Your lodge this evening welcomes you with a captivating cultural performance after dinner.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Barahi Jungle Lodge (or similar)

Lodge



Today's Activities

Whitewater Rafting Seti River to Trishuli River

Seti River

2h

After breakfast the group will continue rafting on the Seti River for 2 hours. The class of rapids are grade III. Mid-morning the group will merge into the Trishuli River at Gai Ghat where the raft trip will end.

Private Vehicle

Dhap - Royal Chitwan National Park

1h-1h30m

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

Chitwan 4x4 Safari

Royal Chitwan National Park

4h-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.

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.

Chitwan: Safari on the Rapti River

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.



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.

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.

Kathmandu: Bhaktapur Discovery

Kathmandu is calling. One final afternoon to explore beautiful Nepal. After so many thrilling adventures, your final afternoon and evening is spent in Bhaktapur, a small city just 5 miles from downtown Kathmandu. Bhaktapur is known for its cuisine and artisan craftsmanship. Choose to join your CEO on an informative walking tour of the town, and visit a traditional pottery workshop.

A relaxed morning and short flight from Chitwan back to Kathmandu brings you to your hotel by lunchtime. In the afternoon, your CEO will lead a walking tour of Bhaktapur town. In Bhaktapur, local people are predominantly farmers or engaged in the traditional crafts of pottery, metalwork, art and woodwork which have supported the city since its establishment in the 12th century. Visit an expert potter and try your hand using ancient techniques. This evening, join your CEO and fellow travellers for one final farewell feast.



Meals included

Breakfast | Dinner



Accommodation

Hotel Bhadgaon (or similar)

Hotel



Today's Activities

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.

Free Time

Bhaktapur

You have the option this afternoon to join your CEO for a walk through Bhaktapur Town where you can interact with Bhaktapur potters and watch small sessions. The town is an important and fascinating World Heritage Site, made up of three large squares filled with shrines and temples. It is the essential Newari city with some of the finest architecture in Nepal, and during its heyday (between the 14th-16th centuries) Bhaktapur was the most powerful of the Kathmandu Valley kingdoms and its capital for 300 years.

Private Vehicle

Kathmandu - Bhaktapur

30m-45m

11km

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



Optional Activities - Day 11

Bhaktapur Excursion

Bhaktapur

500NPR

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.

Day 12

Kathmandu (Bhaktapur)

Your adventure has come to an end, you can depart at any time.



Meals included

Breakfast



Today's Activities

Departure Day

Not ready to leave? Your CEO can help with any onward travel arrangements you require.

What's included

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What are the main highlights of this trip?

Village Trekking in the Annapurna Himalayas, Overnight river rafting on the Seti River, Safari in Chitwan National Park, Explore Kathmandu and Pokhara.

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Is there an itinerary Disclaimer?

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

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

What 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 altitude.
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 group leader like?

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

How large will the group be?

Max 16.

What meals are included in this trip?

11 breakfasts, 9 lunches, 8 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 raft.

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?

Hotel (7 nts), Guesthouse (3nts), River Camp (1 nt).

Will I get my own room?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

What kind of accommodation can I expect on this trip?

Clean comfortable hotels (7nts), Traditional Guesthouse (3nts), Seti River Camp (1nt).

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

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

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

What happens if I experience problems when arriving?

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

Who should I contact in case of an emergency?

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

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. 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 instructions should I follow at the finishing point?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

What should I take on my trip?

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 be on my packing list?

Cold weather:

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

Conservative Dress:

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

Documents:

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

Essentials:

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

Health & Safety:

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

Warm Weather:

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

When 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 the visas and entry requirements for my trip?

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

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

NEPAL:

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

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

How much spending money do I need for my trip?

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

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. There are many ATM machines that accept both Visa and Mastercard but these are limited to major cities. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

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?

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 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?

Bhaktapur

- Bhaktapur Excursion (500NPR per person)

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

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

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

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

Is travel insurance required for my trip?

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

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?

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 and we will send it on to you.

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.

Are international flights included in this trip?

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

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

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

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

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

Dossier Disclaimer

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

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

Itinerary Disclaimer

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

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