



Nepal: Mountains and Temples

10 days, Kathmandu to Kathmandu

Trip code ANKK

What's included

- Your G for Good Moment: Panauti Homestay, Panauti
- Your G for Good Moment: Bike Tour of Panauti Region, Panauti

- Your First Night Out Moment: Connect With New Friends
- Your Welcome Moment: Meet Your CEO and Group
- Your Big Night Out Moment: Lakeside Bar, Pokhara
- Patan Durbar Square Tour
- Swayambhunath Temple Visit
- Hike to Panauti Community Homestay
- Bike Tour of Panauti Region
- Bandipur Orientation Walk
- Ramkot Village Hike
- Pokhara Orientation Walk
- 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 October 6th, 2020 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

Arrive at any time and welcome to Nepal's bustling capital - Kathmandu.

Tonight, get to know your fellow travellers as we wander through Patan Durbar Square for your first night out; pick the best looking spot and cheers to new adventures and friends.



Accommodation

KGH Patan (or similar)

Hotel



Today's Activities

ACTIVITY

Connect with new friends on your first night out in a new destination. Only available on 18-to-Thirtysomethings tours.

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.

Day 2

Kathmandu

Take a walking tour of Patan Durbar Square where we view the Royal Palace and the temples built in the traditional Newari pagoda style. Also visit Kumari Chowk, home to Nepal's living goddess; If she is accepting visitors, we can receive a blessing. After, visit Swayambhunath the most ancient and enigmatic of all the holy shrines in the Kathmandu Valley. Remainder of the day is free to explore, opt to visit Bhaktapur or the Pashupatinath Temple or stroll around the bustling markets.



Accommodation

KGH Patan (or similar)

Hotel



Today's Activities

Free Time

Kathmandu

Get out and explore exciting Kathmandu.

Patan Durbar Square Tour

Kathmandu

2h-3h

8km

Enjoy a guided tour of this spectacular square built primarily in the 16th and 17th centuries. Located within it are the Royal Palace and many temples built in the traditional Newari pagoda style. We also visit the Golden Temple and Patan museum. South of the square lies the Kumari Chowk, home to Nepal's living goddess, the Kumari, a prepubescent girl chosen as the incarnation of the Hindu goddess Talejn. The Kumari lives a cloistered life, rarely leaving the confines of the chowk. When she does, it is for important religious festivals, but her feet are not allowed to touch the ground. Once the Kumari reaches puberty, another 3-5-year-old girl will take her place. If she is receiving visitors, we may be able to stop by for a blessing.

Swayambhunath Temple Visit

Kathmandu

Visit Swayambhunath Buddhist temple and Unesco World Heritage Site, the most ancient and enigmatic of all the holy shrines in Kathmandu. Explore the structure and be sure to check out the Buddha's eyes painted on each side of the Stupa. The site is also known as the monkey temple, for the vast amount of creatures who call the complex home.



Optional Activities - Day 2

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.

Everest Flight

Mount Everest - Kathmandu

Get a close look at awesome Mt Everest, the highest mountain in the world, without having to do any climbing; this one-hour plane tour will give you an unforgettable experience. At times, the weather may cover Everest, but the surrounding view is still worth the ride!

Pashupatinath Ghats and Temple Visit

Kathmandu

1000NPR

30m-1h

Visit Pashupatinath, one of the most sacred Hindu temple complexes in Nepal. Located on the banks of the Bagmati River, this is the final stop for many Hindus, who's families bring them here to set funeral pyres on the ghats to cremate their loved ones. Respectful viewing from across the river is culturally acceptable, you also will see sadhus (Hindu holy men) and pilgrims perform bathing rituals.

Please note the inclusion of a taxi costs extra.

Day 3

Kathmandu/Panauti

Drive to Sanga and lace up your hiking shoes for a hike through the countryside and local Villages. Take in stunning views and meet friendly folks along the way to Panauti Village community homestay; a G Adventures-supported initiative. Settle into one of the welcoming homes and get to know your host family by pitching in and learning how to cook local dishes for dinner this evening.

Many families in Panauti Village have come together to establish a homestay program. Get to know a local family, explore this lovely village, and if you are inclined to pitch in, assist with preparing your evening meal - learning how to cook local dishes then eat together with your host family.



Meals included

Lunch | Dinner



Accommodation

Panauti Community Homestay (or similar)

Hotel



Today's Activities

Private Vehicle

Kathmandu - Sanga

1h-1h30m

28km

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

Guided Hike at Panauti Community Homestay

Sanga - Panauti

4h-5h

11km

Take in the stunning views, nature and culture on the 11 km hike to your community homestay. The Sanga to Panauti trail has only recently been developed, through villages that are new to foreign visitors. We start from Sanga, a Bhramin community where a large Shiva statue gives a sign of Blessing. Continue through the Tamang community, home to the original Horse Warriors who migrated from Tibet. Hike through a few more villages into Panauti town.

ACTIVITY

Set up in 2013, the Panauti Community Homestay is ran by a group of women who started the initiative as a way of challenging the lack of opportunity often faced by women in rural areas. The project allows them to raise their social status and income while also providing an opportunity to share their culture and customs with travellers. By sending our groups to a homestay, G Adventures is increasing income

for the community and assisting with small business opportunities in hospitality. Although simple, rooms are clean, comfortable and typical of the households in which you are staying.

Day 4

Panauti

Enjoy a bicycle tour of the countryside with the G-Adventures Supported program Panauti Bike Station and ride through three indigenous towns: Panauti, Sunthan and Khopasi. Explore small temples, peddle through an orange farm, learn how silk is produced from silk worms and try a cup of Nepali masala tea. Head back to our homestay for lunch then take a free afternoon to explore the town on your own before another home-cooked dinner with your hosts.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Panauti Community Homestay (or similar)

Hotel



Today's Activities

Free Time

Panauti

Take some time to walk around the Village and explore on your own.

ACTIVITY

20km

Enjoy a bicycle tour of the countryside and three indigenous towns: Panauti, Sunthan and Khopasi. Starting in Panauti old town we explore around the old market, Indreshwor temple and Tri-beni ghat. Continue through orange farms to Sunthan, where we take a break and explore the Village. Peddle on to Khopasi, another small newari town where we enjoy a cup of Nepali masala tea. Riding back towards Panauti we visit a silk farm where we learn about the process of making silk and silk worms. Head back to our homestay in Panauti.

Day 5

Panauti/Bandipur

Enjoy stunning views as we drive along the Trishuli River passing ancient stone villages backed by steep rice terraces and the mountains beyond. Arrive in beautiful Bandipur village an ancient trading stop which has been able to maintain its distinct culture. Take an orientation walk around town exploring a bit of history, architecture, and local tradition.



Meals included

Breakfast



Accommodation

Matina Chenn (or similar)

Hotel



Today's Activities

Private Vehicle

Panauti - Bandipur

5h-8h

178km

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

Bandipur Orientation Walk

Bandipur

Take a walk with your CEO around the small town of Bandipur. Sitting at an altitude of 1030m, Bandipur is home to the Magar and Newar communities, and is known for its culture and tradition.

Day 6

Bandipur

Enjoy a hike along local trails with stunning panoramic views of the entire Annapurna Ranges. Along the way we pass through small communities, the old fort of Purano Kot, and visit temples. Continue to Ramkot Village inhabited by the Magar Tribe, a very remote and simple Nepalese community originating from the ancient Mongols. Take a walk through the town before returning by vehicle to Bandipur.



Meals included

Lunch



Accommodation

Matina Chenn (or similar)

Hotel



Today's Activities

Ramkot Village Hike

Bandipur - Ramkot

4h-5h

7km

Follow village trails and catch a glimpse of typical rural-life, traditional homes and interesting temples. The trek gives a stunning panoramic view of the entire Annapurna Ranges. Highlights include the old fort of Purano Kot, and a Temple where local people come to pray to the god Mahadav for rain during times of drought. Continue to Ramkot a beautiful village nestled amongst the hills inhabited by the Magar Tribe, a very remote and simple Nepalese community originating from the ancient Mongols. We'll take a walk around viewing the traditional round houses, untouched by modern development.

Private Vehicle

Ramkot - Bandipur

4h

146km

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

Day 7

Bandipur/Pokhara

Drive towards the mystical Himalayan mountains, and our next stop, Pokhara. Get your bearings in town on an orientation walk around Lake Phewa and be sure to capture a panoramic group photo with the stunning Annapurna range backdrop.



Accommodation

Batika Classic Hotel (or similar)

Hotel



Today's Activities

Private Vehicle

Bandipur - Pokhara

3h

77km

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

Free Time

Pokhara

Jump in a boat or hit the markets, either way there are lots of bars and restaurants to visit along the way.

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.



Optional Activities - Day 7

Lake Phewa Boat Ride

Pokhara

385NPR

Hop on a boat to cruise the lake and get a new perspective of the dramatic scenery.

Day 8

Pokhara

Get to know Pokhara more in-depth by freely exploring this exciting city. Opt to visit Mt Sarangkot for a spectacular Himalayan sunrise, visit the stunning World Peace Pagoda or explore Lake Phewa by boat, then wander the markets for some last minute shopping. Later, get ready for your big night out at a lakeside bar with your new friends and cheers to all the life-changing adventures you've just shared.



Accommodation

Batika Classic Hotel (or similar)

Hotel



Today's Activities

ACTIVITY

Follow your CEO to best lakeside bar with a mountainous view and cheers to all the life-changing adventures you've just experienced.

Free Time

Pokhara

There's so much to do in Pokhara, the day is yours—have fun.



Optional Activities - Day 8

World Peace Pagoda Excursion

Sarangkot

1000-1500NPR

2h-3h

4km

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

Lake Phewa Boat Ride

Pokhara

385NPR

Hop on a boat to cruise the lake and get a new perspective of the dramatic scenery.

Sarangkot Sunrise Walk

Sarangkot - Pokhara

60NPR

2h-3h

Experience a spectacular sunrise view of the surrounding the Annapurna Himalayas. Enjoy the 2.5 hour walk back down through lush farms and forests.

Day 9

Pokhara/Kathmandu

Travel the last leg of this trip through the stunning green valleys, terraced hills and sweeping mountain views back to Kathmandu. Enjoy the remainder of the day exploring the city which is fascinating at every turn, simply wander around and see where chance, fate, or the city may lead you.



Accommodation

Fuji Hotel (or similar)

Hotel



Today's Activities

Private Vehicle

Pokhara – Kathmandu

8h-9h

200km

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

Day 10

Kathmandu

Depart at any time.



Today's Activities

Departure Day

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

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What are the main highlights of this trip?

Take in Kathmandu Durbar Square, Connect with local people at the Panauti Community Homestay, Hike alongside lakes and mountains, Dive into Kathmandu's urban cultural vibes

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

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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

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 this trip notes.

2. 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 20, Avg 16.

What meals are included in this trip?

2 breakfasts, 3 lunches, 2 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 group 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. For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Private vehicle, hiking, walking.

What transportation will we take on this trip?

We use a private vehicle for this tour through Nepal. It's important to note that roads in general in remote areas of the country are often narrow, winding and poorly maintained so be prepared for bumpy rides. That said, the stunning views more than make up for a bit of discomfort.

Is there an extra cost for travelling solo?

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hotels (7 nts), community homestay (2 nts).

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?

A variety of styles of hotels/guest houses are used on this trip. In many instances they might not be like what you are used to back home as service and efficiency can vary. In some areas we stay in simple local guest houses in stunning locations - rooms are small and simple and there may only be shared toilet facilities and showers. A sleep sheet/bag is recommended as whilst there is plenty of bedding and (in most cases) it does get washed, it can be dusty and cold especially in winter/Spring.

Accommodation will be varied throughout your adventure. Some nights on this tour will be multi-share. This may involve 4-6 group members sharing a room. The majority of accommodation will have shared bathroom facilities.

Where we use multi-share hostels, rooming requests of any kind cannot be taken. For private accommodation please see our Classic Travel Style.

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.

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

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

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, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your CEO, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Who 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. 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 information should I be aware of as the itinerary draws to a close?

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.

Are there any additional packing suggestions I should consider?

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as 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. Suitcases are not recommended—most travellers carry a backpack or rolling bag 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. If your trip involves overnights in homestays, villages or camping then you usually have the opportunity to rent sleeping bags if need be instead of bringing them with you.

What should be on my packing list?

ANNA:

- Antibacterial wipes/gel
- 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
- Feminine hygiene products (These can be hard to find locally)
- 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
- Flight info (Printouts of e-tickets may be required at the border)
- Gloves
- Hat
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Insect repellent
- Insurance info (With photocopies)
- Jacket
- Long pants/jeans
- Moisturizer/lip balm
- Moneybelt
- Passport (With photocopies)
- Passport photos (Necessary for visas. 3 should be sufficient)
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Pocketknife
- Reusable water bottle
- Shirts/t-shirts
- Shorts
- Sleeping bag and liner (Seasonally appropriate)
- Sleeping bag and liner, 4 season
- Small travel towel
- Snacks
- Sport/hiking sandals
- Sturdy walking shoes
- Sunblock
- Sunglasses
- Sun hat/bandana
- Swimwear
- Toiletries (Preferably biodegradable)
- Visas or vaccination certificates (With photocopies)
- Vouchers and pre-departure information
- Warm clothing
- Warm layers
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain gear

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 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 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!

Do I need to pay a departure tax?

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

Should I be tipping on my trip?

It is customary in Nepal to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group.

Recommendations for tipping drivers and local guides would range from \$4-5 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

Also 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 \$8-10 USD per person, per day can be used.

What activities are optional on this trip?

Bhaktapur

- Bhaktapur Excursion (500NPR per person)

Mount Everest

- Everest Flight

Kathmandu

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

Pokhara

- Lake Phewa Boat Ride (385NPR per person)

Sarangkot

- World Peace Pagoda Excursion (1000-1500NPR per group)
- Sarangkot Sunrise Walk (60NPR per person)

Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our CEOs are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

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 CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your 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 or 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 judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

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

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

What are the trip specific safety considerations?

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

What 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 prostitutes 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 use prostitutes.

Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How should I dress to respect local customs during the tour?

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting 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.

How old must I be to join 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 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.