

# EXPEDITIONS



## SIGNATURE: NEPAL'S HIMALAYAN PEAKS, KATHMANDU & CHITWAN

8 days, Kathmandu to Kathmandu

Trip code ANKKNS

## WHAT'S INCLUDED

- Your G for Good Moment: Aarti Temple Ceremony & Local Dinner, Kirtipur
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Kathmandu
- Signature Moment: Everest Summiteer Talk, Kathmandu
- Your Foodie Moment: Tharu Community Cultural Dance Show & Dining Experience, Royal Chitwan National Park
- Signature Moment: Expert Talk, Panauti
- Your Foodie Moment: Newar Community Feast, Panauti
- Arrival transfer
- Sightseeing tour in Swyambhu Stupa
- Sightseeing tour of Boudhanath Stupa
- Kathmandu Lunch and Expert Talk with an Everest Summiteer
- Taragaon Next Museum visit
- Local activities at Tharu Village
- Rapti River Boat Safari
- Bhaktapur Expert Talk
- Breakfast in local community
- Jeep Safari at Chitwan National Park
- Cultural Dance program by the locals
- Tharu dining experience
- Sightseeing tour of Bhaktapur
- Walking around Dhulikhel town
- Hike to Namobuddha Monastery
- Departure transfer
- Tips are included for all activities, meals and portage, except for your Expedition Leader
- All transport between destinations and to/from included activities
- All internal flights
- Engaging Discussions with the National Geographic Expedition Expert Throughout
- Porterage at hotels and when getting on and off of vehicles

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 January 28th, 2026 and onwards

## ITINERARY

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

Day 1

## KATHMANDU

Welcome to Nepal. Your expedition begins in the vibrant heart of Kathmandu, where the scent of incense and the sound of temple bells fill the air. Upon arrival, you are met and transferred to your hotel, a sanctuary of traditional Newari craftsmanship. In the evening, meet your National Geographic Expedition Leader for an introductory briefing, followed by a presentation by your National Geographic Expedition Expert. The evening concludes with a welcome dinner where you'll savour authentic Nepalese flavours that mark the beginning of your cultural immersion.

Please book any arriving flights to land by 3pm.



### Meals included

Dinner



### ACCOMMODATION

The Dwarika's (or similar) Hotel



### TODAY'S ACTIVITIES

Arrival Transfer

Tribhuvan International Airport - Kathmandu

15m-30m

2km

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

#### ACTIVITY

Your opportunity to meet your Expedition Leader and fellow travellers, and learn more about your tour. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Day 2

## KATHMANDU

Choose to embark on an optional scenic flight to witness the Himalayas from above, as the sun illuminates the world's highest peaks. Back on the ground, explore the ancient Swoyambhu Stupa, where prayer flags flutter over the valley from its hilltop perch. Continue to the massive white dome of Boudhanath Stupa, a spiritual focal point for Tibetan Buddhism, where devotees perform kora in a rhythmic display of faith. In the afternoon, join an Everest summiteer for a compelling session to gain unique insights into life on the world's highest peak. After, visit Taragaon Next Museum to learn how they repurpose discarded plastic into art. Then, in historic Kirtipur, master the elegant curves of the ancient Ranjana Lipi script. As the sun dips low, walk to the 16th-century Bagh Bhairab Temple to join a private evening Aarti experience, lighting cotton lamps that cast a golden glow against ancient stone. Conclude the day with a warm, home-hosted dinner with a local family.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

The Dwarika's (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle Kathmandu 15m-30m 7km

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

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.

Private Vehicle Kathmandu 15m-30m 10km

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

Boudhanath Stupa Visit Kathmandu

Enjoy a visit to the Boudhanath Stupa, one of the largest Buddhist stupas in the world. Built in the 5th century, it still attracts many pilgrims, particularly Tibetan Buddhists and local Nepalis, and is a UNESCO World Heritage site. See the compassionate eyes of Buddha gazing from the facade and take in the peaceful atmosphere and observe Buddhist monks at prayer in the monasteries surrounding the stupa. Follow the pilgrims walking clockwise around the stupa, rotating the prayer wheels and chanting "OM MANI PADME HUM" meaning "diamond on a lotus." Continue through the thriving market surrounding the area which is alive with chants, singing bowls, monasteries, shops selling Tibetan wares and cafes serving authentic Tibetan cuisine.

#### ACTIVITY

Join a mountain summiteer to discuss life on the peak and vital waste management efforts.

Ranjana Lipi Workshop **Kirtipur**

Visit the Kirtipur Community and stroll the brick-paved alleys to learn the ancient Newari script from local experts.

#### ACTIVITY

Participate in a butter-lamp ceremony at a 16th-century temple as the sun begins to set followed by a home-hosted local dinner.



### Optional Activities - Day 2

Everest Flight **Mount Everest - Kathmandu** **290None**

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!

The price for this is \$290 USD.

Leave the highlands behind and fly into the lush lowlands of the Terai. Journey into the heart of Chitwan, where the air grows thick with the scent of tropical forest. Meet the indigenous Tharu community to learn about their daily life and traditional wall painting techniques. Later, enjoy a peaceful boat safari on the Rapti River, drifting quietly past gharial crocodiles and diverse birdlife. The afternoon concludes at the river's edge with a scenic sundowner and refreshments, followed by a long table discussion delving into the park's wildlife.



## Meals included

Breakfast | Lunch | Dinner



## ACCOMMODATION

Meghauri Serai, A Taj Safari (or similar) **Hotel**

"The renowned and award winning Meghauri Serai is a luxury safari lodge known for hosting high-profile travelers, including international celebrities and dignitaries set on the edge of Chitwan National Park, where the grasslands of the Terai meet the Rapti River. Operated by Taj Palaces, one of the world's most storied luxury hospitality brands, the lodge combines exceptional safari experiences with the refined service, craftsmanship, and attention to detail for which Taj is renowned.

The architecture and interiors are inspired by the surrounding landscape and local Tharu culture, with natural materials, handcrafted elements, and earthy tones that create a calm, immersive atmosphere. Accommodations range from elegant rooms to secluded private villas, many featuring plunge pools and expansive views of the river or forest, offering privacy and comfort in equal measure.

Guests choose Meghauri Serai for its extraordinary wildlife encounters, including guided jeep safaris, river excursions, and nature walks led by expert naturalists, with opportunities to observe rhinos, crocodiles, deer, and prolific birdlife. Between explorations, guests return to the understated luxury of the lodge – enjoying thoughtfully prepared cuisine, riverside settings, and restorative wellness experiences.

Remote yet indulgent, Meghauri Serai reflects the spirit of Taj Palaces in a rare wilderness setting, offering a seamless blend of adventure, serenity, and world-class hospitality in one of Nepal's most remarkable natural landscapes."



## TODAY'S ACTIVITIES

Private Vehicle **Kathmandu - Tribhuvan International Airport** 15m-19m 2km

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

Plane **Tribhuvan International Airport - Bharatpur Airport** 30m-45m 91km

Leave Kathmandu behind and catch a flight toward the subtropical plains of Bharatpur, where the tall grasses and river-riven wilds of Chitwan National Park await.

Private Vehicle **Bharatpur Airport - Royal Chitwan National Park** 30m-45m 25km

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

Tharu Community Visit **Royal Chitwan National Park**

Visit the traditional village of Tharu, home to the indigenous Tharu people from the Terai belt of Nepal, and take part in traditional activities, including making natural colors, wall painting, and enjoying henna art while learning from the local women within the community.

Chitwan River Safari **Royal Chitwan National Park**

Drift past crocodiles and rhinos before a long table discussion on wildlife at a scenic sundowner.

Wake to the sounds of the jungle and start the morning with a guided village walk, followed by a breakfast hosted within the local community. Venture into the dense forests and open grasslands of Chitwan National Park for an immersive jeep safari. With a local naturalist at your side, scan the undergrowth for the one-horned rhinoceros, wild boar, and vibrant bird species that call this UNESCO World Heritage site home. In the evening, the rhythm of the drum takes over during a traditional cultural dance performance, followed by a unique Tharu-inspired dining experience that celebrates the flavours of the lowlands.

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## Meals included

Breakfast | Lunch | Dinner

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## TODAY'S ACTIVITIES

Village Walk & Community Breakfast

Royal Chitwan National Park

Enjoy a morning walk through nearby villages to meet locals and learn about daily life, followed by breakfast before returning to the resort for free time.

Half-Day Jeep Safari

Royal Chitwan National Park

Enjoy a half-day jeep safari through forested terrain, exploring the region's natural landscapes with guidance from a local wildlife expert and opportunities to spot native wildlife.

### ACTIVITY

Enjoy an evening immersed in Tharu culture, with traditional music and vibrant dance performances like the Bhajayati, Thekara stick dance, peacock dance, and fire dance. Join in, learn the moves, and add your own flair. Then, savor an authentic Tharu village dining experience, featuring local dishes such as sticky rice, spiced duck, freshwater fish, and mustard greens—offering a true taste of regional flavors and culture.

Leave the jungle behind and fly back to the Kathmandu Valley, arriving in the medieval city of Bhaktapur. Step into a world of crimson brick and intricate timber, where the air carries the scent of warming spices and clay. Wind through ancient courtyards and artisan streets, pausing to taste the legendary Juju Dhau – a rich, velvety "king curd" served in traditional terracotta bowls. After exploring the city's soaring pagodas and open squares, continue the drive into the hills to Dhulikhel. Settle into your hotel as the evening light begins to soften over the surrounding ridges, offering a moment of quiet reflection before dinner.



## Meals included

Breakfast | Lunch | Dinner



## ACCOMMODATION

Dusit Thani Himalayan Resort Dhulikhel (or similar) **Hotel**

"is a serene luxury retreat set in the foothills of the Himalayas, offering sweeping mountain views, expansive natural surroundings, and a strong sense of calm just beyond the bustle of Kathmandu. As part of the internationally renowned Dusit Thani hospitality group, the resort blends Thai-inspired gracious service with Nepalese culture and contemporary design.

The resort is distinguished by its spacious layout and connection to nature. Elegant rooms, suites, and villas are thoughtfully positioned to maximize views of the Himalayan range, forested hills, and open skies, creating an atmosphere of space, privacy, and quiet escape. Natural materials, soft palettes, and refined detailing lend the interiors a warm, understated sophistication.

Guests are drawn to Dusit Thani Himalayan for its focus on wellness, tranquility, and rejuvenation. A destination spa, outdoor pools, walking trails, and open-air spaces encourage relaxation and reflection, while dining venues highlight fresh, seasonal ingredients with both regional and international influences. The resort's elevated setting makes it especially appealing for travelers seeking restorative stays, romantic escapes, or a peaceful counterpoint to cultural exploration in the Kathmandu Valley.

With its panoramic setting, holistic approach to well-being, and hallmark Dusit Thani hospitality, the resort offers a refined sanctuary for guests looking to slow down, reconnect with nature, and experience Nepal in a more restorative and luxurious way."



## TODAY'S ACTIVITIES

Private Vehicle **Royal Chitwan National Park – Bharatpur Airport** 45m-1h

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

Plane **Bharatpur Airport – Tribhuvan International Airport** 30m-45m

Leave the humid, emerald wilds of Chitwan Nation Park behind and fly toward the Kathmandu Valley, where the jagged, snow-dusted peaks of the Himalaya rise to meet the horizon.

Private Vehicle **Kathmandu – Bhaktapur** 30m-45m 11km

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

Bhaktapur Excursion **Bhaktapur** 3h-4h

Visit this unique old town known as the City of Devotees. Explore Hindu temples, pagodas, palaces, and monuments, including the beautiful wood-carved palace in Durbar Square. You can pick up clay pots and other souvenirs in the colourful open markets and taste home made yogurt, known as khopa dhau, which Bhaktapur is famous for.

Private Vehicle **Bhaktapur – Dhulikhel** 30m-45m 30km

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

Travel to the medieval Newari town of Panauti, a G Adventures supported project, where time seems to stand still amidst ancient stone and timber. Meet with a local expert for an insightful presentation on the intricate craft of Newari architecture. Observe the delicate precision of traditional wood carving and learn how these heritage structures are being meticulously restored to preserve the town's soul. Following this cultural immersion, gather for a vibrant community feast. Watch as families prepare authentic Newari specialities live, the air filling with the aroma of toasted spices and wood-fired ovens. Share stories over a spread of traditional dishes, celebrating the deep-rooted hospitality and culinary artistry of the Kathmandu Valley's original inhabitants.

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## Meals included

Breakfast | Lunch | Dinner

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## TODAY'S ACTIVITIES

Private Vehicle

Dhulikhel - Panauti

30m-45m

10km

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

### ACTIVITY

Meet with expert practitioner for an in-depth conversation on the restoration of traditional Newari wood carving and architecture. Drawing from decades of hands-on conservation work in Bhaktapur and Panauti, the expert will share how traditional building techniques and historic homes are being preserved for future generations.

### ACTIVITY

Gather for a traditional Newari community feast in Panauti, featuring live cooking of local specialties like bara and chatamari, a full home-style lunch with regional curries and rice, and classic accompaniments including hog plum juice, local Newari wine, and the sweet dessert yomari.

Day 7

## DHULIKHEL/KATHMANDU

Breathe in the crisp mountain air as you walk a forested trail from Dhulikhel toward Namu Buddha. On clear days, the white peaks of the Himalayan range appear to the north. Reach the Namu Buddha Monastery, one of Nepal's most sacred Buddhist pilgrimage sites, where the atmosphere is one of profound peace. Spend time exploring the complex and, if schedules permit, observe the afternoon prayer session to witness the cadence of monastic life. After an included lunch at the monastery, travel back to the capital. Gather with your fellow travellers and for a farewell dinner and wrap-up presentation to celebrate the stories and connections made.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

The Dwarika's (or similar) Hotel



### TODAY'S ACTIVITIES

Namu Buddha Monastery **Simalchaur**

Discover a serene hilltop sanctuary offering insight into centuries-old Buddhist traditions.

Private Vehicle **Dhulikhel - Kathmandu** 1h30m-1h45m 45km

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

Your expedition through the heart of Nepal concludes this morning. Savour a final breakfast at your hotel, reflecting on the transition from the ancient streets of Kathmandu to the wild riverbanks of Chitwan. Take a final moment to absorb the view of the valley before your transfer to the airport.



## Meals included

Breakfast



## TODAY'S ACTIVITIES

Departure Transfer

Kathmandu - Tribhuvan International Airport

15m-30m

2km

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

## What's included

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## What are the main highlights of this trip?

Gain rare access to a private evening Aarti ceremony at Bagh Bhairab Temple, Hear firsthand accounts of life on the world's highest peak during an inspiring session with an Everest summiteer, Glide along the Rapti River in Chitwan National Park, spotting gharial crocodiles and birdlife before a riverside sundowner discussion with a wildlife expert, Step into medieval Bhaktapur to sample the famed Juju Dhau "king curd" while exploring artisan streets and centuries-old temples, Share a vibrant Newari community feast in Panauti, watching traditional dishes prepared live while learning about the preservation of historic architecture.

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

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

## **Is there a travel disclaimer for my itinerary I should review before booking this trip?**

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

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

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

### **1. WEATHER**

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

### **2. FITNESS**

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

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

## **How large will the group be?**

Max 22

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

7 breakfasts, 6 lunches, 7 dinners

## **What are the modes of transportation on my trip?**

Private Vehicle, Walking, Safari Vehicle, Plane, Boat

## **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.

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

Hotel (7 nights)

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

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

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

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

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

## **What 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 Expedition Leader (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If 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: 1 800 394 5416

Calls from UK: 0800 041 8146

Calls from Germany: 0800 181 9454

Calls from Australia: 1 800 204 905

Calls from New Zealand: 0800 424 389

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?

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

# What should be on my packing list?

## Cold Weather:

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

## Conservative Dress:

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

## Documents:

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

**Essentials:**

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

**Health & Safety:**

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

## 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.

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

Please also make sure you have access to at least an additional USD \$250 (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 our National Geographic Signature tours, tipping is included for all included activities and meals, and portage. Tipping is not included for the Expedition Leader. 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 National Geographic Signature Expedition Leader did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline would be \$10-\$15 per person per day.

For meals and activities not included in your itinerary, it is appropriate in Asia to tip 10%. Though not compulsory, tipping is expected. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels and shows an expression of satisfaction.

# What activities are optional on this trip?

## Mount Everest

- Everest Flight (290 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 Expedition Leader will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your Expedition Leader will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good 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 Expedition Leaders to make arrangements on your behalf for water based activities that are not accompanied by guide(s). Swimming, including snorkeling, is always at your own risk. [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 prostitutes is completely contrary to this philosophy. Our Expedition Leader 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 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.

## 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/](http://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?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## Are international flights included in this trip?

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

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

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

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

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

## Dossier Disclaimer

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

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

# Itinerary Disclaimer

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

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