



Solo-ish Nepal

12 days, Kathmandu to Kathmandu

Trip code ANKB

What's included

- Your G for Good Moment: Sharing Seeds Experience, Pokhara
- Your Welcome Moment: Meet Your CEO and Group

- Dinner Party: Dinner Party, Kathmandu
- We Day: Boudhanath Stupa, Pashupatinath Temple & Lunch with a Local Family, Kathmandu
- G Day: Bhaktapur Adventure, Bhaktapur
- Complimentary Arrival Transfer
- Momo making
- Boudhanath Stupa
- Pashupatinath Temple
- Lunch with a Local Family
- Bhaktapur sightseeing tour
- Cycling along Narayani River
- Tharu Community Cultural Dance Show
- Royal Chitwan National Park Safari
- Henna painting
- Gorkha Palace and Museum
- Gorakhkali Temple Hike
- Free time in Gorkha
- World Peace Pagoda
- Free time in Pokhara
- Sunrise at Sarangkot
- Sharing Seeds Experience

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 15th, 2024 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

Dinner Party: Kathmandu

Welcome to Nepal! Arrive to Kathmandu and meet your arrival transfer at the airport and join your Welcome Meeting at the hotel before you're off to your Dinner Party. While getting to know your new solo-ish travel mates, cook local Nepali dumplings, called momos, working alongside your host families. Enjoy the feast of momos, broths and chutneys for a perfect first night in Nepal!

Please arrive no later than 12:00 pm to ensure you arrive with enough time to join your Welcome Meeting and Dinner Party.



Meals included

Dinner



Accommodation

Hotel Traditional Stay (or similar)

Hotel



Today's Activities

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.

ACTIVITY

Food is a universal language, and there's no better way to get to know a new friend, or a new community, than by breaking bread together and digging in to a delicious meal. Do both tonight as we cook alongside our host family and our fellow solo-ish travellers to make home cooked Nepalis momos, savory broths and sweet chutneys. Then sit together for a delicious meal side by side.

Day 2

We Day: Kathmandu

Today is all about getting to know your fellow solo-ish travellers, your CEO and Kathmandu better! Together, visit the famous Boudhnath Stupa and other important monasteries in the area. Visit the Pashupati Temple, dedicated to Lord Shiva. Lunch will take place at a local family's home, where we will cook and connect while learning about daily life in Nepal. Finish the day with some sightseeing in Old Durbur Square and the Golden Temple.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Hotel Traditional Stay (or similar)

Hotel



Today's Activities

ACTIVITY

With your incredible CEO at the helm, get to know the local community and your Solo-ish travel mates on a day packed full of interesting and engaging adventures. Visit the famous Boudhanath Stupa, one of the largest spherical stupas in the world. Visit the Pashupatinath Temple, an important Hindu pilgrimage site. Then visit a local family and spend some time cooking a home cooked meal along side them as you learn about life in Kathmandu and Nepal. After lunch, walk around beautiful Durbar Square.



Optional Activities - Day 2

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!

Day 3

G Day: Bhaktapur

Today's epic adventure brings us to the historic city of Bhaktapur. We'll tour famous parts of this city like Durabar, Pottery Square and Datatreya Square. This town is full of ancient architecture, beautiful local crafts and delicious food. In the afternoon, join your crew as we head to Thimi for a special surprise before returning to Bhaktapur for the evening.



Meals included

Breakfast | Lunch



Accommodation

Hotel Central Bhaktapur (or similar)

Hotel



Today's Activities

ACTIVITY

With your Solo-ish travel mates and CEO, explore some of the worlds coolest activities alongside new friends. It's not just an epic day of fun, its chock full of incredible experiences and a surprise G element along the way to take your day to 11. Drive to the historic city of Bhaktapur and take a sightseeing tour of this UNESCO World Heritage Site.

Day 4

Bhaktapur to Pharping

Stretch those legs this morning on the Champa Devi Hike. This incredible route gains an elevation of around 600 meters and at the top, you are greeted by views over the mountain range and of Kathmandu city. In the afternoon, tour the Dhakshinkali Temple and Asura Cave before returning to the hotel. Dig into a delicious outdoor Nepalese barbecue this evening.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Champadevi Hillside Resort (or similar)

Resort



Today's Activities

Private Vehicle

Bhaktapur - Pharping

1h30m-2h

35km

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

Champa Devi Hike

Bhaktapur

3h30m

Hike through the forest up to the top of Champa Devi. On a clear day, you can see the surrounding mountain and the city of Kathmandu. Enjoy a picnic lunch at the top before hiking back down.

Dakshinkali Temple Visit

Pharping

Visit the mysterious Dakshinkali Temple outside the village of Pharping. It is one of the main temples in Nepal dedicated to Kali, the Hindu goddess of destruction. Kali is an imposing figure, portrayed as scowling and emaciated, with a protruding tongue and red eyes, and is decked in a necklace of skulls. This temple is very popular with pilgrims, and animal sacrifices to Kali are popular here.

Pharping Cave and Temples Visit

Pharping

Embrace the religious pluralism of Nepal with an afternoon visit to the buddhist Asura Cave and Vajrayogini Temple and the Shesh Narayan Hindu Temple.

Day 5

Pharping to Royal Chitwan National Park

This morning we head to Royal Chitwan National Park, home to Nepal's greatest safaris. In the afternoon, cycle along the Narayani River and enjoy a near perfect sunset followed by some tea and cookies. In the evening, we'll sit together and watch an amazing Tharu Cultural Dance performance followed by a delicious dinner.



Meals included

Breakfast | Dinner



Accommodation

Tharu Community Lodge (or similar)

Lodge



Today's Activities

Cycling

Royal Chitwan National Park

1h-2h

Explore the village and its surroundings with a guided bike ride. Enjoy sunset on the banks of the Narayani river over a cup of tea.

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.

Private Vehicle

Pharping - Royal Chitwan National Park

6h-7h

200km

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

Day 6

Royal Chitwan National Park Safari

This morning, take a 4x4 jeep safari through the national park and search for the elusive tiger. In the afternoon, join your CEO to visit the local community and try your hand-literally-at getting some henna applied.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Tharu Community Lodge (or similar)

Lodge



Today's Activities

Chitwan 4x4 Safari

Royal Chitwan National Park

3h-4h

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

Chitwan's Women's Group

Royal Chitwan National Park

Be welcomed into the community by the local women. Learn about their traditional Tharu wear and ornaments and have your hands painted with henna.

Day 7

Royal Chitwan National Park to Gorkha

Drive to Gorkha together and enjoy the scenic ride along the way. After arrival, explore Gorkha town with your solo-ish travel buds and visit the Gorkha Palace and Museum.



Meals included

Breakfast



Accommodation

Gorkha Garden Hotel (or similar)

Hotel



Today's Activities

Private Vehicle

Royal Chitwan National Park – Gorkhā

4h

110km

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

Gorkha Palace and Museum

Gorkhā

Visit the historic 16th century Gorkha Palace and learn about the history of Nepal's unification, cultural heritage and various ethnic groups at the Gorkha Museum.

Day 8

Gorkha

Hike together up to the Gorakhkali Temple. This slightly challenging uphill hike is extremely rewarding, particularly upon arrival to the temple with beautiful views of the surrounding mountain peaks as a backdrop. For those looking for a more leisurely adventure, a car can take you near the Gorakhkali Temple for an easier 20 minute walk. Then hike down to see the Ram Shah Chautaro statue and finishing at Sati Pipal, before driving back to the hotel. Enjoy a free evening in Gorkha.



Meals included

Breakfast



Accommodation

Gorkha Garden Hotel (or similar)

Hotel



Today's Activities

Gorakhkali Temple Hike

Gorkhā

Climb to the top of the hill to reach the beautiful Gorakhkali Temple. This temple offers incredible views of the surrounding mountains like Mt Manaslu, Mt Gorkha Himal, Mt Himalchuli, and Mt Ganesh Himal. This hike take about 2 hours to climb and its mostly uphill stairs, but the climb makes the top that much more enjoyable.

Free Time

Gorkhā

Enjoy a free afternoon to explore Gorkha.

Day 9

Gorkha to Pokhara

Another day, another epic destination in Nepal alongside your fellow solo-ish travel mates. Today we drive to the lakeside town of Pokhara. After arrival, visit the famous peace pagoda before enjoying an evening at leisure.



Meals included

Breakfast



Accommodation

Majheri Resort and Spa (or similar)

Hotel



Today's Activities

Private Vehicle

Gorkhā - Pokhara

4h

110km

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

World Peace Pagoda

Pokhara

Visit the World Peace Pagoda, which was constructed by Buddhist monks. Enjoy the unique structure and the beautiful view around it.

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.

Day 10

Me Day: Pokhara

Spend the day in Pokhara town exactly how you wish on your Me Day adventure! Opt to explore this beautiful place on your own, strengthening those solo traveller skills. Or opt to join your CEO and other travel mates for a scavenger hunt that takes you through the town, connecting with Nepal, locals in Pokhara and with the other solo-ish travellers participating.



Accommodation

Majheri Resort and Spa (or similar)

Hotel



Today's Activities

Pokhara Me Day

Pokhara

Traveling solo alongside your new Solo-ish travel mates means there's always something fun to do and new friends to explore with. But the joy of travel can also be about taking time to yourself to recharge, refresh and reflect on the journey. Today, choose to join your CEO for an incredible activity, or take the time to yourself to enjoy your own company in one of the most incredible places on our planet.

Day 11

Pokhara to Kathmandu

Wake before the sun is up and drive near the top of Sarangkot. Walk to the top and enjoy an incredible sunrise view. Then head to the nearby village for breakfast with a local initiative supporting women in this picturesque rural village. After time to explore the village, fly to Kathmandu and enjoy one final group dinner together, reflecting on the amazing trip together.



Meals included

Breakfast | Dinner



Accommodation

Hotel Traditional Comfort (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

Sharing Seeds is a women led enterprise in Sarnagkot - Tallathar village, which supports local farmers to produce organic arabica coffee and beekeeping, and offers opportunities to the women of Pandeli Village to produce recyclable, hemp handicrafts. Sharing Seeds has ensured that this community gains new skills and employment opportunities while retaining their culture and addressing the problem of rural urban migration.

Enjoy a local breakfast in the fields of the picturesque village of Tallathar, led by women from this rural community, and take a walk through the village to learn more about the coffee grown in the region.

Plane

Pokhara - Kathmandu

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

You arrived a solo traveller and are leaving with many new friends. Say goodbye to your fellow Solo-ish travellers and depart at any time.



Meals included

Breakfast

What's included

- Your G for Good Moment: Sharing Seeds Experience, Pokhara
- Your Welcome Moment: Meet Your CEO and Group
- Dinner Party: Dinner Party, Kathmandu
- We Day: Boudhanath Stupa, Pashupatinath Temple & Lunch with a Local Family, Kathmandu
- G Day: Bhaktapur Adventure, Bhaktapur
- Complimentary Arrival Transfer
- Momo making
- Boudhanath Stupa
- Pashupatinath Temple
- Lunch with a Local Family
- Bhaktapur sightseeing tour
- Cycling along Narayani River
- Tharu Community Cultural Dance Show
- Royal Chitwan National Park Safari
- Henna painting
- Gorkha Palace and Museum
- Gorakhkali Temple Hike
- Free time in Gorkha
- World Peace Pagoda
- Free time in Pokhara
- Sunrise at Sarangkot
- Sharing Seeds Experience

What are the main highlights of this trip?

Explore Bhaktapur and Kathmandu on guided tours, Hop into a 4x4 excursion in Chitwan National Park, Hike in Gorkha, Explore Pokhara with a visit to the Peace Pagoda

What are the main highlights of this trip?

Explore Bhaktapur and Kathmandu on guided tours, Hop into a 4x4 excursion in Chitwan National Park, Hike in Gorkha, Explore Pokhara with a visit to the Peace Pagoda

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

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 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 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, avg 12

What meals are included in this trip?

10 breakfasts, 4 lunches, 6 dinners

What are the meals like on this trip?

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

What are the modes of transportation on my trip?

Private vehicle, walking, safari vehicle.

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 (11 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 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.

Arrive to your start hotel no later than 2pm in order to head to your cooking class.

During your Welcome Meeting, 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 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?

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.

What should be on my packing list?

Cold Weather:

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

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.)

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!

Should I be tipping on my trip?

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.

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.

What activities are optional on this trip?

Mount Everest

- Everest Flight

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 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.

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.