



Varanasi to Kathmandu: Temples, Trails & Himalayan Hikes

9 days, Varanasi to Kathmandu

Trip code AHVN

What's included

- Your G for Good Moment: Barauli Community Immersion, Royal Chitwan National Park
- Your G for Good Moment: Sharing Seeds Experience, Pokhara
- Your Welcome Moment: Meet Your CEO and Group
- Your Local Living Moment: Barauli Community Guesthouse Stay, Royal Chitwan National Park
- Free time in Varanasi
- Varanasi Orientation Walk
- Evening Ganges Boat Tour
- Morning Ganges Boat Tour
- Maya Devi Temple Buddha's Birthplace Visit
- Chitwan National Park Safari
- Free time in Pokhara
- Pokhara orientation walk
- Sarangkot Sunrise Walk
- Swayambhunath Temple Visit
- Kathmandu Orientation Walk

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 May 12th, 2025 and onwards

Itinerary



Itinerary Notes

Want to experience the sights and sounds of Holi? Make sure you're in India on March 4, 2026 or March 22, 2027 for the nation's most colourful festival.

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

Varanasi

Arrive to your starting hotel by 2:00 pm. Varanasi is the quintessential Indian holy city where millions of Hindus travel for pilgrimage, to worship, to mourn, or to die. Take an orientation walk along the ghats and visit the old city.



Accommodation

Hotel Stay Inn Kaashvi (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.

Orientation Walk

Varanasi

1h-2h

Experience the spiritual energy of Varanasi with a walk through the holy city, filled with temples, shrines and Hindus from all over India and the world. Enjoy views of the sacred River Ganges.

Enjoy a sunrise boat tour along the sacred Ganges before free time to explore this holy city. Walk the narrow alleys, visit some of the hundreds of temples and shrines, or wander the Old City. Opt to visit the site of the Buddha's first sermon or sit on the banks of the Ganges watching life unfold around you. In the evening, embark on a Ganges boat trip at sunset to witness a candlelit flower ceremony.

Pre-book the Varanasi Heritage Walk and enjoy a guided tour that focuses more on the local life in Varanasi and its philosophical and cultural values. Witness pilgrims singing and gain a deeper understanding of the importance of Varanasi in Hinduism, Buddhism and Jainism.

Pre-book the Guided Visit of Sarnath and learn about the life of the Buddha. Discover the archeological ruins of the monastery. Explore the museum at Sarnath and the sacred Maha Bodhi Tree. Visit temples constructed by the buddhist people of Sri Lanka, Thailand and Japan and stop to admire the Buddha statue during the three hours of guided exploration.



Accommodation

Hotel Stay Inn Kaashvi (or similar)

Hotel



Today's Activities

Free Time

Varanasi

Spend time exploring the hidden alleys, temples, and shrines found throughout this holy city -- it's the oldest continually inhabited city in the world. Take time to experience the culture and history or discover the shops and stalls in the Old City.

Evening Ganges Boat Tour

Varanasi

2h-3h

Enjoy a boat ride on the sacred Ganges River, where Hindu pilgrims from all over the world come to wash away their sins and cremate their loved ones. Participate in a candle and flower ceremony while on the water.

Morning Ganges Boat Tour

Varanasi

1h

Catch the sunrise from a boat cruising the sacred Ganges River, where Hindu pilgrims from all over the world come to wash away their sins and cremate their loved ones. Witness locals participating in dawn rituals of bathing and burning at the river.



Optional Activities - Day 2

Heritage and Spiritual Walk in Old Benaras

Varanasi

Set off an engaging walking tour of Old Varanasi City. Wander through puzzling alleys, vibrant bazaars, explore temples, and gain a deeper understanding of Varanasi's history, culture, and spirituality.

The Varanasi Heritage Walk begins from the Godaulia intersection and our first visit is to the Mata Kali Temple, one of the highest revered places of worship in the city. It was built by the Maharaja of Varanasi in 1885 and features carved pillars that capture visitors' attention. Then we will visit the Ganesh temple before heading to the Tedhi Neem Gali for a walk through the colorful market dotted with many different shops. Afterward, we will go towards the Kashi Vishwanath corridor and witness Varanasi's principal cremation site – the Manikarnika Ghat. The sacred fire here has been alive for the last 3000 years.

Next, we'll walk past the Alam Gir mosque, visit the shrine of a Hindu Yogi and mystic Guru Shri Tailang Swami, the Mangla Gauri Temple, and the Sankatha Mata Temple. Towards the end of the walk, we will try the famous white butter toast with tea at Laxmi Chai shop or Dwarika Lassi.

During the walk our guide will focus more on the local life in Varanasi and its philosophical and cultural values. Witness pilgrims singing or chanting and gain an understanding of the importance of Varanasi in Hinduism, Buddhism and Jainism.

Guided Tour of Sarnath

Varanasi

A day of exploration begins with a tuk-tuk ride from Varanasi towards Sarnath, where your local guide awaits. One of the holiest Buddhist sites in the world, Sarnath is the birth place of Buddhism where Lord Buddha preached his first sermon. For nearly 1700 years the site remained a centre for great learning, a place of pilgrimage, and a Vihara (Monastery) for monks and scholars. Guided by a local expert, discover the archeological ruins of the monastery, the ancient Dhamek stupa. Explore the museum at Sarnath and the sacred Maha Bodhi Tree. Visit temples constructed by the buddhist people of Sri Lanka, Thailand and Japan. Stop to admire the Buddha statue located at the Thai Buddha vihara. Some eighty feet tall, it is considered to be the tallest standing Buddha statue at Sarnath. After three hours of guided exploration, your guide will bring you back to your awaiting tuk-tuks bound for your hotel.

Cross the border into Nepal and step back in time as you experience Buddha's birthplace - Lumbini, a UNESCO World Heritage Site and pilgrimage centre. Visit the Maya Devi Temple, where the Queen gave birth to Siddhartha Gautama.

Today is a long travel day, so get comfortable, sit back and relax, and enjoy the changing landscape. Get ready to learn about the history and culture of Nepal.

It is possible for most nationalities to get a Nepalese visa at the border for \$30 USD. Nepal is 15 minutes ahead of India, time wise.



Accommodation

Bhairahawa Garden Resort (or similar)

Hotel



Today's Activities

Private Vehicle

Varanasi - Sunauli

6h

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

Border Crossing (Nepal)

Sunauli - Bhairāhawā

30m

Have your passports and documentation ready to cross the border.

Maya Devi Temple Buddha's Birthplace Visit

Lumbini

1h

Visit Maya Devi Temple, Buddha's Birthplace Visit. Explore the numerous monasteries in this World Heritage Site.

Private Vehicle

Bhairāhawā - Lumbini

1h

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

Day 4

Lumbini/Royal Chitwan National Park

Travel through a belt of marshy grasslands, savannas, and forests at the base of the Himalayas. The region is home to rhinos, elephants, Bengal tigers, bears, and leopards. Enjoy an overnight homestay with the indigenous Tharu community and discover their culture through dance and song. Opt to go on a cycling excursion through the area.



Accommodation

Barauli Community Homestay (or similar)

Hotel



Today's Activities

Private Vehicle

Lumbini - Royal Chitwan National Park

4h-5h

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

ACTIVITY

Experience traditional Chitwan life by opting to participate in a cultural dinner and dance held by our Barauli hosts.

ACTIVITY

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



Optional Activities - Day 4

Cycling

Royal Chitwan National Park

950NPR

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.

Day 5

Royal Chitwan National Park

Explore the diverse ecosystems of the UNESCO Chitwan National Park on a 4x4 safari before a walk through the village and rice paddies. Settle in for another night of dance, songs, and Nepalese food with your Tharu community hosts.



Meals included

Dinner



Accommodation

Barauli Community Homestay (or similar)

Hotel



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.

Free Time

Royal Chitwan National Park

Spend the afternoon free for more adventure!

ACTIVITY

Experience traditional Chitwan life by opting to participate in a cultural dinner and dance held by our Barauli hosts.

Day 6

Royal Chitwan National Park/Pokhara

Travel toward the beautiful scenery of the Annapurna Range to Pokhara. On arrival, take in the pristine lakes and stunning panoramic views of Himalayan peaks. Opt to relax in a café, hire a boat and float around the lake, or shop for Nepali and Tibetan souvenirs in the endless stalls and shops.



Accommodation

Pokhara Crown Plaza (or similar)

Hotel



Today's Activities

Private Vehicle

Royal Chitwan National Park – Pokhara

8h

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

Free Time

Pokhara

Enjoy some free time.

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 7

Pokhara

Visit nearby Sarangkot for a sunrise walk with breathtaking views of the Annapurnas. Enjoy breakfast at Sharing Seeds and learn how organic arabica coffee and beekeeping helps uplift the community. Afterwards, taste the delicious dishes made during a traditional lunch. Explore Pokhara during free time in the afternoon.

The walk back from Sarangkot through farms and forest is wonderful and takes between 2-2.5 hours.



Meals included

Breakfast



Accommodation

Pokhara Crown Plaza (or similar)

Hotel



Today's Activities

Sarangkot Sunrise Walk

Sarangkot - Pokhara

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.

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.

Free Time

Pokhara

Enjoy some free time.



Optional Activities - Day 7

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.

Gorkha Museum Visit

Sarangkot

200NPR

30m-1h

Learn about the renowned Gurkha soldiers, famous for their bravery.

Day 8

Pokhara/Kathmandu

Drive to Kathmandu, visiting the iconic Swayambhunath (Monkey Temple) en route. Arrive to the capital in the afternoon and get your bearings on an orientation walk. In your free time, choose between highlights in Kathmandu including world-famous Durbar Square, the King's Palace, the burning ghats at Pashupatinath, and the Boudhanath Stupa.

Swayambhunath is the most ancient and enigmatic of all the holy shrines in Kathmandu valley. Its lofty white dome and glittering golden spire are visible for many miles. To reach Swayambhunath climb 365 steps that lead up the hill. The area surrounding the stupa is filled with temples, painted images of deities, and numerous other religious objects.

Please note if you opted for the flight from Pokhara to Kathmandu, you will still have the option to visit the Swayambhunath Buddhist temple once in Kathmandu.



Accommodation

Hotel Traditional Comfort (or similar)

Hotel



Today's Activities

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.

Kathmandu Orientation Walk

Kathmandu

1h

Get a taste of this lively capital city, which is fascinating at every turn.

Private Vehicle

Pokhara - Kathmandu

8h-9h

200km

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



Optional Activities - Day 8

Flight: Pokhara to Kathmandu

Pokhara - Kathmandu

Want more time in Kathmandu? Skip the long drive and hop on a quick flight from Pokhara to Kathmandu.

Note: this is an upgrade to a flight from the included drive

Day 9

Kathmandu

Depart at any time.

If you wish to partake in the Everest Flight optional activity on the final day of tour, please do not book any outgoing flights from Kathmandu earlier than 14:00.



Optional Activities - Day 9

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!

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What are the main highlights of this trip?

Cruise the Ganges at sunrise in India's spiritual capital, Varanasi, Spot wildlife on safari in Chitwan National Park, Visit the Maya Devi Temple, birthplace of the Buddha, Hike the Himalayan foothills for breathtaking Annapurna views"

Itinerary Notes

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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 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.

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.

Are there Itinerary notes?

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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?

1 breakfast, 1 dinner

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. Vegetarians will be able to find a huge range of different foods - India is vegetarian heaven. 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?

Train, private vehicle, Riverboat, 4x4, walking.

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.

Please Note: Only 1 piece of luggage that weighs up to 15kgs will be permitted on our internal flights in India. For any extra weight the airline may charge an additional fee at the time of check-in.

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 (6 nts), 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 in India. These can vary in terms of service, efficiency and cleanliness. In many instances they might not be like what you are used to back home. Power cuts can and are a regular occurrence in many places, especially throughout North and Central India. Although a number of hotels have generators there may be times when these won't work. It is also recommended when you are in your room to lock the door, as staff will sometime enter without reason.

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.

IMPORTANT: Please exercise caution and avoid taxi touts who falsely claim that your arrival transfer vehicle has broken down and that they are sent by G Adventures to arrange your transport. Many travellers have fallen victim to this scam and were charged inflated prices.

Please arrive at your starting hotel by 2pm.

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

If you are arriving late, 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 trip 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. 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.

You will be greeted by a trained driver holding a G Adventures sign, waiting outside the Arrival Gate at Exit A1. In case, you are unable to locate your pre-booked transfer or have any questions regarding your arrival, please feel free to contact our Varanasi airport representative at +91 80811 29980.

If your call is specifically concerning Airport Transfer complications please call our local G Adventures Transfer providers directly at:

Varanasi Airport Representative - (Primary Contact)

From outside of India: +91 80811 29980

From within India: 80811 29980

Shivaji Singh - (Secondary Contact)

From outside of India: +91 99584 46907

From within India: 99584 46907

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 for G Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit under the beds when travelling on sleeper trains. 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?

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.)

Light Hiking:

- Hiking boots
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Walking poles

Warm Weather:

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

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

What 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](#)

All travellers must have a valid Indian visa prior to the start of their tour. Please note that visas for India are the responsibility of the individual traveller.

To obtain a visa for India, you may either apply for an e-Visa using the link below, or alternately visit the Indian embassy or consulate nearest you to apply for a physical visa on your passport.

India 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: <https://indianvisaonline.gov.in/visa/tvoa.html>

As there are many fake websites, please only use the link above to apply for your e-Visa and for any additional information.

VISA INFORMATION:

Please use the start hotel of your tour as a reference for your visa application. Contact us or your travel agent if you need further information.

For visa purposes, your Emergency Local Contact details are below:

G Adventures South Asia Manager

Mr Sorab Jassawalla (Delhi, India)

>From outside of India: +91 88 5180 6614

>From within Delhi: 88 5180 6614

>From within India, but outside Delhi: 088 5180 6614

As of February 2026, all non-Indian nationals entering India by air, land or sea must complete the e-Arrival Card online before arrival. Register within 3 days of arrival.

For more information and to complete the e-Arrival Card, we kindly request the you visit the [Indian Immigration](#) page.

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.

Where can I read detailed notes about this trip?

In India and Nepal English is widely spoken and transportation and infrastructure is good, but please remember that this is India- expect the unexpected! If you are able to bring with you a lot of patience, a great sense of humour and a willingness to try and interact with the local people, your travel experience will be greatly enhanced

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

As of May 2023 the exchange rate for INDIA was 1 USD = 85.41 INR (Indian Rupees) and NEPAL was 1 USD = 136.52 1NPR (Nepalese Rupees). There are many ATM machines that accept both Visa and Mastercard but these are limited to major cities. We also recommend the use of cash in USD currency. 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?

International Departure tax is 1695 Nepalese Rupees or 1300NPR if travelling to SAARC Countries (India, Bangladesh, Pakistan, Sri Lanka)

Should I be tipping on my trip?

It is customary in India and 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?

Varanasi

- Heritage and Spiritual Walk in Old Benaras
- Guided Tour of Sarnath

Royal Chitwan National Park

- Cycling (950NPR per person)

Sarangkot

- World Peace Pagoda Excursion (1000-1500NPR per group)
- Gorkha Museum Visit (200NPR per person)

Pokhara

- Flight: Pokhara to Kathmandu

Mount Everest

- Everest Flight

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 and hand sanitizers / antibacterial wipes 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 group 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 small rural communities or visiting temples or mosques or other holy sites as this may restrict your entry.

India is very conservative and you should dress accordingly. As a general guideline shoulders and knees should be covered at all times. The wearing of shorts is not allowed as it will restrict your entry into buildings of a religious nature and family homes. A light water and windproof jacket is useful and a hat essential.

NB: WE STRESS THAT IT CAN BE VERY COLD IN THE HILLS DURING THE MONTHS FROM DECEMBER TO FEBRUARY.

NB: During our trip there will be many opportunities for you to meet and "talk" with locals. One way to start any conversation is with pictures. We recommend that you bring some photos/postcards of your family, home, city or country where you live, animals peculiar to your country etc.

How can I share feedback about my trip experience?

After your travels, we want to hear from you! Your feedback information is so important to us that you'll receive a special discount code for free online prints and we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Please visit <http://www.gadventures.com/evaluations>

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?

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 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.