

!  
x

Sorry! There are no remaining departures for "Wellness Nepal" (ANKKW), [but here are some similar trips](#).



## **Wellness Nepal**

13 days, Kathmandu to Kathmandu

Trip code ANKKW

### **What's included**

- Your G for Good Moment: Sisterhood of Survivors Project, Kathmandu

- Your G for Good Moment: Barauli Community Immersion, Royal Chitwan National Park
- Your Welcome Moment: Meet Your CEO and Group
- Your Wellness Moment: Yog Nidra Yoga Class, Kathmandu
- Your Wellness Moment: Standing Yog Asanas Yoga Class, Kathmandu
- Your Wellness Moment: Boudha Meditation Program, Kathmandu
- Your Wellness Moment: Sitting Yog Asanas, Kathmandu
- Your Local Living Moment: Azom Monastery Guest House, Pharping
- Your Wellness Moment: Lying Yog Asanas Class, Pharping
- Your Wellness Moment: Azom Monastery Meditation, Pharping
- Your Wellness Moment: Yoga with your CEO - Lumbini, Lumbini
- Your Foodie Moment: Barauli Community Cooking Demonstration and Home Dinner, Royal Chitwan National Park
- Your Local Living Moment: Barauli Community Guesthouse Stay, Royal Chitwan National Park
- Your Wellness Moment: Narayani River cycle and Yoga, Royal Chitwan National Park
- Your Wellness Moment: Yoga Session - Barauli Community, Royal Chitwan National Park
- Your Wellness Moment: Meditation - Rupakot, Pokhara
- Your Wellness Moment: Sunrise Yoga - Pokhara, Pokhara
- Your Wellness Moment: Morning Yoga and Meditation - Pokhara, Pokhara
- Your Wellness Moment: Shirodhara Therapy Session, Pokhara
- Your Wellness Moment: Yoga in Pokhara, Pokhara
- Arrival transfer
- Visit Boudhanath and Swayambhunath Stupas
- Visit Lumbini Garden and Maya Devi Temple
- Chitwan National Park jeep safari
- Rupakot hike
- All transport between destinations and to/from included activities

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

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

**VALIDITY:** Valid for all trips departing June 22nd, 2018 - June 1st, 2020

## Itinerary

---



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

Day 1

## Kathmandu

Arrive any time, arrival transfer included. Enjoy a Yog Nidra yoga class and join the CEO for an organic welcome dinner.

Arrive at the joining point hotel at any time on Day 1, we recommend arriving early afternoon to ensure you can meet the CEO for a welcome meeting and yoga class for a good stretch after your long flight.

Kathmandu is fascinating at every turn and a great place to just wander, seeing where the city may lead you. We recommend arriving a day early to settle in.



### Meals included

Dinner



### Today's Activities

Private Vehicle

Tribhuvan International Airport - Kathmandu

30m-30m

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

#### 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

Yog Nidra is a yogic method, which uses a scientific process to relax our body and mind. Yoga Nidra or Yogic Sleep is a state of consciousness between waking and sleeping, lying the "going - to - sleep" stage, referred to as prajna in Mandukya Upanishad. The practitioner remains in a state of light withdrawal of the 5 senses (pratyahara) with four of his or her senses internalized. This class is perfect to relax body and mind and overcome the stress of jetlag.

Start the day with any early morning Standing Yog Asanas class. After breakfast, explore Kathmandu including Swayambhunath Stupa and the G Adventures supported Sisterhood of Survivors Project where we learn how to make momos (dumplings) and enjoy a local lunch. Continue to Boudhanath Stupa, one of the world's largest Buddhist shrines for a tour, then enjoy a meditation class.

Throughout this trip we will practice yoga in classes and with our CEO. Asanas are performed as relaxation techniques and as physical exercise where they are often referred to as "yoga postures" or "yoga positions". Some asanas are performed just for health purposes, stress relief or physical exercises, in placing the body in positions/poses that promote awareness, relaxation and concentration. Combined with breathing exercises and meditation, practicing this technique in modern, everyday life helps to maintain long term range of motion as we age, and improves longevity. From a metaphysical perspective, the practice brings lightness, calm and a blissful feeling in the body, mind and soul.

If you book the optional Everest Flight, it is early morning, so you will have to forego the yoga class on this day.



## Meals included

Breakfast | Lunch



## Today's Activities

### ACTIVITY

Standing Yog asanas helps in relieving body pain, improving circulation, and muscle development. Its considered helpful in treating diabetes, improving liver function and develops humility. This class we will practice performing Tadasana, Vrikhyasana, katichakrasasna, Trikonasana, Pada-hastasana, Hasta - uthanasana, etc.

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.

## ACTIVITY

Visit this G Adventures-supported grassroots organization that is helping to support rehabilitated survivors of human-trafficking and other at-risk women. SASANE, our project partners, train once vulnerable women to be certified paralegals, so that they are the first point of contact for other women coming out of abuse. Where survivors lack a high school diploma, the minimum requirements to be a paralegal, Planeterra and G Adventures have helped catalyze a hospitality program for these women to be reintegrated into a dignified work environment. The survivors will teach you how to make momos (traditional dumplings) as well as a Nepali lunch. The program helps support SASANE's outreach and education programs across Nepal.

Bodhnath Stupa Visit

Kathmandu

Enjoy a visit to the Bodhnath Stupa, one of the largest Buddhist stupas in the world. Built in the 5th century, this UNESCO World Heritage site still attracts many pilgrims, particularly Tibetan Buddhists and local Nepalis. Take in the peaceful atmosphere and observe Buddhist monks in prayer in the monasteries surrounding the stupa.

## ACTIVITY

Relax with a meditation program at a Studio in Boudha. After the meditation program, we have free time to wander around Boudhanath Stupa, reflect and light candles (optional) along with the visiting Tibetan monks and pilgrims.

Private Vehicle

Kathmandu

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



## 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!

Rise early for a sitting Yog Asanas class, then enjoy some free time to explore Kathmandu. Later, transfer to Pharping and our Monastery guesthouse where we will take an orientation walk around the Monastery and surrounding area.

Upon arrival at the Azom Monastery, you will be taken by the calmness and serenity of the area. This is an active monastery and place of worship, and we ask that you refrain from speaking in loud tones, or making an excess of noise, and be sure to dress in a modest fashion.

Our rooms at Azom Monastery are simple but comfortable with attached bathroom. The main purpose of the monastery guest house is to provide accommodation for the monks visiting the school to learn the Tibetan language. Meals are served from the kitchen of the monastery and are simple and vegetarian only, alongside the resident student and teacher monks. During the first dinner at the monastery, we will have ample opportunity to mingle with the monks. But please remember that monks are not very used in talking and communicating with visitors. Hence it would take some time for us to break the ice.



## Meals included

Breakfast | Dinner



## Today's Activities

### ACTIVITY

Sitting Yog asanas aims to improve health to your internal body organs, increases energy and helps promote a calm and peaceful state of mind. It also improves the flexibility of the spine, back and ribs. Some poses we may be performing include; Simhasana, gomukhasana, Ardha- matiyandrasana, Prighasana, Paschimottasana, Ustrasana, Janu - Srishasana, Parivritta - Janu-sprshasana, Baddha-Konasana, etc.

Private Vehicle

Kathmandu - Pharping

1h-2h

25km

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

### ACTIVITY

Azom monastery is the Nepalese branch of the glorious Azom Lineage, within the Kathog school, which is one of the six main schools of the Nyigma tradition of Tibetan Buddhism. The Monastery aims to provide love, care and education to the over 200 student monks who reside here. They aim to spread

the teachings of the Buddha to all who wish to learn. They aim to preserve the sacred teachings of their lineage, offering spiritual guidance and fostering compassion in the hearts of all sentient beings.

Day 4

## Pharping

Rise early to join the Monks for a prayer ceremony, then take a lying Yog asanas class. Enjoy free time to explore the area, visit the town or other monasteries. This evening, join the Monks during their evening meditations.



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

#### ACTIVITY

Enjoy a Lying Yog Asanas class which will include Rarasana, Dhvajasana (Flag position), Anantasana, Jathara, Parivatanasana, Bhugasana, Shasankasana.

Free Time

Pharping

Enjoy some time to relax or explore around the monastery and surrounding area.

#### ACTIVITY

Take the opportunity to meditate with the local monks at the monastery, talk with their teachers, and learn more about Buddhism.

Day 5

## Pharping/Lumbini

Opt to join the Monks for an early morning prayer session before transferring back to the Kathmandu airport for the flight, then drive to Lumbini, the Lord Buddha's Birthplace. Enjoy a tricycle tour to visit Lumbini gardens, Maya Devi Temple and other monasteries in this stunning UNESCO World Heritage area.



### Meals included

Breakfast | Dinner



### Today's Activities

Private Vehicle

Pharping - Kathmandu

1h-1h30m

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

Plane

Kathmandu - Lumbini

45m-1h

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

Private Vehicle

Bhairāhawā - Lumbini

1h

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

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.

Rise early to practice our yoga poses with the CEO. Remainder of day is free to explore, rent a bike or visit other monasteries in Lumbini garden.

Lumbinī is an important Buddhist pilgrimage site and according to Buddhist tradition (as well as many historians and archaeologists) is the birthplace of Buddha. It is believed that Queen Mayadevi gave birth to Siddhartha Gautama in 563 BC. and then Gautama, (who achieved Enlightenment in Mahabodhi Temple Complex in Bodh Gaya, India around 528 BC), became The Lord Buddha and founded Buddhism.

---



### **Meals included**

Breakfast | Dinner

---



### **Today's Activities**

#### ACTIVITY

Enjoy a group yoga session with our CEO, practicing together the poses we learned in Kathmandu and Pharping.

Free Time

Lumbini

enjoy a day to wander and explore on your own.

## Lumbini/Chitwan National Park

Rise early for a yoga session with the CEO then drive to Barauli Community Homestay – a G Adventures supported program. Enjoy a warm welcome from a group of ladies from the community and have lunch. After take a walk through the village then visit a local home for a cooking demonstration with our Tharu hosts. Visit their farm land to pick vegetables and offer a hand in dinner preparation.

In 2015, Nepal was hit by a 7.8 magnitude earthquake. G Adventures immediately responded to this earthquake and launched a campaign that would raise over \$200,000 CAD for long-term redevelopment of the tourism industry in Nepal. These funds helped rebuild the homes of over 150 porters, local guides, resource poor women in the tourism industry's homes, and the remaining helped purchase seven solar panels and hot water tanks to provide electricity and hot water to the community for the first time. The village has 14 individual cottages that are part of the homestay program, plus a community dining hall. The accommodations are simple but clean and comfortable.

Barauli, home to the Tharu people, is a small indigenous community near the Chitwan National Park in Nepal. The park is a popular tourism attraction that is well known for its wildlife but less known for the cultural value that it has to offer

travellers. Due to its distance from the typical tourism hotspots in the park, the Tharu residents have never been able to access the economic benefits of tourism. Limited opportunities for community members have led to engagement in illegal activities like poaching and deforestation in the park as a means of income diversification. The potential for added community income through the creation of the homestay program provides positive new job opportunities into the region.



### Meals included

Breakfast | Lunch | Dinner

---



### Today's Activities

#### ACTIVITY

Enjoy a group yoga session with our CEO, practicing together the poses we learned in Kathmandu and Pharping.

Private Vehicle

Lumbini - Royal Chitwan National Park

4h-5h

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

Take an orientation walk through Barauli village. Visit local homes and learn more about the Tharu lifestyle, farming techniques, as well as the region's flora and fauna.

#### ACTIVITY

Enjoy a hands on cooking experience in the home of a local Tharu family. We divide into groups of 4 people per home for the cooking demonstration, as well as having a chance to visit their farm land and pick vegetables to help prepare dinner. After, sit down with our Tharu hosts and enjoy a meal together.

#### ACTIVITY

Enjoy the hospitality of the Tharu, an indigenous community from the Terai belt of Nepal who live in eco-friendly homes. Experience their unique culture through dances, songs, and a delicious traditional meal. Stay on the property in private guesthouses that resemble traditional village architecture of the local Tharu people. Enjoy modern conveniences like running water, comfortable beds, and mosquito nets. The 14 cottages are each named after the local woman that manages the property. There are also tended gardens and small patches of farmland in the village compound with animals tethered inside the pastures.

Any meals will be eaten in the communal dining hall and the local women will serve you food that has been sourced completely from the surrounding land and community.

Enjoy a morning cycle down to Narayani River where we practice yoga postures learnt so far with our CEO. After lunch, travel by 4x4 to the Buffer Zone of Chitwan National Park for a jeep safari into the jungle in search of rhinos, deer, crocodiles and birds. Return to the community for dinner and a cultural program including local music and the Tharu stick dance.

This evening the community people will be show casing their cultural program during which they perform various dances including the Tharu Stick Dance. We suggest you to have your dancing shoes on as the locals will be inviting you to participate along with them.



## Meals included

Breakfast | Lunch | Dinner



## Today's Activities

### ACTIVITY

This morning cycle down to Narayani River with our CEO. On the river banks, we will be practicing all the yoga postures learnt so far with our CEO.

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.

### ACTIVITY

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

Opt to join the CEO for morning yoga before driving to Rupakot, a stunning natural heaven just outside Pokhara. Soak in the views across the valley and marvel at the distant Annapurna Himalaya range and this evening enjoy a meditation session.

Our hotel for the next 2 nights is located on a hill near Rupakot, a stunning natural heaven just outside Pokhara. The views across the valley and of the distant Annapurna Himalaya range are outstanding. The very comfortable hotel is surrounded by unspoilt and tranquil village life, wildlife and flora. There is a pool, bar and spa which can be enjoyed as optional activities.



### **Meals included**

Breakfast | Dinner



### **Today's Activities**

#### ACTIVITY

Enjoy a group yoga session with our CEO, practicing together the poses we have learned.

Private Vehicle

Royal Chitwan National Park - Pokhara

8h

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

#### ACTIVITY

Take a deep breath, feel the power of the surrounding natural environment and dig deep into yourself not just for relaxation but also for improved health and wellness.

Rise early to witness sunrise over the Annapurna ranges and practice Surya Namaskar (sun salutation) Yoga. Later, embark on a hike in the hills to meet the local Gurung community and enjoy a picnic lunch. In the evening, relax with another meditation program.

---



## Meals included

Breakfast | Lunch | Dinner

---



## Today's Activities

### ACTIVITY

Rise early to witness sunrise over the Annapurna Himalayan Ranges from our hotel gardens. After, our Yoga Instructor from Pokhara will be teaching us Surya Namaskar (sun salutation) Yoga postures.

Rupakot Hill Hike and picnic

Pokhara

3h-3h30m

Enjoy a hike through the hills near Rupakot where we will have ample of opportunities to meet local people of the Gurung community. Also enjoy a picnic lunch at the hill top, with stunning views of the surrounding valleys.

### ACTIVITY

Take a deep breath, feel the power of the surrounding natural environment and dig deep into yourself not just for relaxation but also for improved health and wellness.

Enjoy a morning yoga and meditation session before heading into Pokhara town for the night. Take an orientation walk with the CEO and have some free time to explore. Later enjoy a Shirodhara therapy session which invokes an immediate calmness of the body, spirit and mind.

Nestled in a tranquil valley at an altitude of 827m (2,713 ft), beautiful Pokhara lies on a once vibrant trade route between India and Tibet. To this day, mule trains can be seen bringing goods to trade from remote regions of the Himalayas. This enchanting city has several beautiful lakes and offers stunning panoramic views of Himalayan peaks. It is popular place to relax and enjoy the beauty of nature.



## Meals included

Breakfast



## Today's Activities

### ACTIVITY

Practice lying, sitting & standing yoga postures with our Yoga instructor followed by Pranayama Meditation.

Free Time

Pokhara

Pokhara has a lot to offer, visit the markets and shops or take a walk down by the lake.

### ACTIVITY

Ayurveda is a 5,000 year old system of natural healing originating from the Vedic culture of India. In Ayurveda practices, the centre of the forehead is considered the Third Eye, and is the focus of spirituality, intuition and healing. The ayurvedic practice of Shirodhara involves a stream of warm oil over your head. You will sense an immediate calmness, and high level of relaxation. The therapy is used in the treatment of headaches, insomnia, and is a perfect stress relife.



## Optional Activities - Day 11

Paragliding

Pokhara

8500INR

30m-1h

Enjoy a view from above of the beautiful city of Pokhara, which is surrounded by the snow-capped Annapurna mountain range.

Day 12

## Pokhara/Kathmandu

Enjoy a morning yoga class before catching a flight back to Kathmandu. Enjoy free time to explore and opt to take a singing bowl therapy session.

If you book the optional paragliding, it is early morning, so you will have to forego the yoga class on this day.



### Meals included

Breakfast



### Today's Activities

ACTIVITY

Enjoy an early morning yoga class, practicing poses we have learned throughout the trip.

Plane

Pokhara - Kathmandu

1h

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

Free Time

Kathmandu

Take some time to explore the city's vibrant markets.



### Optional Activities - Day 12

Singing Bowl Therapy

Kathmandu

Relaxing with healing sound and vibration - Tibetan singing bowl therapy is an ancient practice used to reduce stress, and physical and emotional strain. Singing bowls are often used in meditation and to help you sleep.

Paragliding in Pokhara

Pokhara

8090INR

Clip into a harness and get ready to soar! Check out the views while paragliding above the lake of Pokhara surrounded by breath taking mountains. This is a great activity to cross off your bucket list.

Day 13

## Kathmandu

Depart at any time.

Feel free to depart at any time today, but remember that check out time from the hotel is 12:00pm.



### Meals included

Breakfast



### Today's Activities

Departure Day

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

## What's included

- Your G for Good Moment: Sisterhood of Survivors Project, Kathmandu
- Your G for Good Moment: Barauli Community Immersion, Royal Chitwan National Park
- Your Welcome Moment: Meet Your CEO and Group
- Your Wellness Moment: Yog Nidra Yoga Class, Kathmandu
- Your Wellness Moment: Standing Yog Asanas Yoga Class, Kathmandu
- Your Wellness Moment: Boudha Meditation Program, Kathmandu
- Your Wellness Moment: Sitting Yog Asanas, Kathmandu
- Your Local Living Moment: Azom Monastery Guest House, Pharping
- Your Wellness Moment: Lying Yog Asanas Class, Pharping
- Your Wellness Moment: Azom Monastery Meditation, Pharping

- Your Wellness Moment: Yoga with your CEO - Lumbini, Lumbini
- Your Foodie Moment: Barauli Community Cooking Demonstration and Home Dinner, Royal Chitwan National Park
- Your Local Living Moment: Barauli Community Guesthouse Stay, Royal Chitwan National Park
- Your Wellness Moment: Narayani River cycle and Yoga, Royal Chitwan National Park
- Your Wellness Moment: Yoga Session - Barauli Community, Royal Chitwan National Park
- Your Wellness Moment: Meditation - Rupakot, Pokhara
- Your Wellness Moment: Sunrise Yoga - Pokhara, Pokhara
- Your Wellness Moment: Morning Yoga and Meditation - Pokhara, Pokhara
- Your Wellness Moment: Shirodhara Therapy Session, Pokhara
- Your Wellness Moment: Yoga in Pokhara, Pokhara
- Arrival transfer
- Visit Boudhanath and Swayambhunath Stupas
- Visit Lumbini Garden and Maya Devi Temple
- Chitwan National Park jeep safari
- Rupakot hike
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Balance yourself with yoga throughout, Hike Pokhara's hills with the backdrop of the Himalayas, Enjoy healthy meals prepared locally, Visit the G for Good-supported Sisterhood of Survivors, Meet locals at Barauli Community Homestay, Learn local recipes at cooking demos

## What are the main highlights of this trip?

Balance yourself with yoga throughout, Hike Pokhara's hills with the backdrop of the Himalayas, Enjoy healthy meals prepared locally, Visit the G for Good-supported Sisterhood of Survivors, Meet locals at Barauli Community Homestay, Learn local recipes at cooking demos

## **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 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.

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

### **1. WEATHER**

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

### **2. 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 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 15, avg 12

## What meals are included in this trip?

12 breakfasts, 5 lunches, 9 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 van/bus, plane, bicycle, walking, 4x4.

## Are local flights included in the cost of the trip?

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

## Is there an extra cost for travelling solo?

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

## Where will we stay during the trip?

Hotels (8 nts), monastery guesthouse (2 nts), homestay (2 nts).

## Do any exceptions apply to Rooming or “My Own Room” on my tour?

Night 3 and 4 - Monastery guesthouse

## What is the joining hotel?

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

## What are the joining instructions?

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 with your name on it, and they will be waiting for you outside the luggage hall. There most likely will be many signs, so please check carefully for your name.

Please note that Day 1 is an arrival day and no activities have been planned, so you may arrive at any time. Similarly the last day is a departure day in which no activities are planned.

Your CEO will contact you at the hotel on Day 1 and make sure you are settled comfortably. If you arrive late, they will leave you a message detailing what time and where you should meet the next morning. Your CEO will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip.

## What happens if I experience problems when arriving?

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

## Who should I contact in case of an emergency?

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

### AIRPORT TRANSFER

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

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. 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:

Mr. Rajju Maskey

From outside of Nepal: +977 98 0201 4444

From within Kathmandu: 98 0201 4444

From within Nepal, but outside Kathmandu: 098 0201 4444

### EMERGENCY CONTACT NUMBERS

G Adventures South Asia Manager, Rishab (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

G Adventures Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time): +66-02-3815574

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

## **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.

Standard luggage allowance for internal flights is 15kg (33lb) for checked luggage, and is 7kg (15lb) for carry-on luggage. Any charges for additional luggage or weight is the responsibility of the passenger.

# 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

### Light Hiking:

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

### Warm Weather:

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

## Wellness:

- Flip flops or comfortable shoes (required)
- Small travel towel (required)
- Yoga clothes or comfortable clothing (required)
- Yoga mat (required)
- Face towel
- Journal
- Water Bottle
- Yoga props

## 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](#)

## 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](http://www.xe.com). There are many ATM machines that accept both Visa and Mastercard but these are limited to major cities. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

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

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Do I need to pay a departure tax?

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

## Should I be tipping on my trip?

It is customary in Asia 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 \$1-\$2 USD per person per day depending on the quality and length of the service. For porters during the trekking portion of your trip, the recommended amount is 300-500Rs (4-7USD) per porter per day; 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 \$20-30 USD per person, per week can be used.

## What activities are optional on this trip?

### Mount Everest

- Everest Flight

### Pokhara

- Paragliding (8500INR per person)
- Paragliding in Pokhara (8090INR per person)

### Kathmandu

- Singing Bowl Therapy

## **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 CEO 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 ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

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

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

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

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

Swimming, including snorkeling, is always at your own risk.

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

[www.gadventures.com/travel-resources/safety/](http://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 if it's hot and can be layered when cool. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid short shorts/skirts and singlets/tanktops when visiting temples or mosques or other holy sites.

## How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)\*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

## 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.