

Himalayan Kingdoms



12 DAYS / SMALL GROUP OR PRIVATE TOUR / CLASSIC JOURNEY /

Sandwiched between time in the Kathmandu Valley in Nepal, this tour features 8 days in Bhutan for a fairly comprehensive tour at a relaxed pace. Highlights include the Paro Dzong and National Museum, a wide range of sites in and around the capital Thimphu, and a beautiful drive across the Dochu La Pass into the Punakha Valley to see the sites there. You also enjoy a spectacular walk up to Taktshang (Tiger's Nest) monastery.

FLIGHT BOOKINGS AVAILABLE

See page 5 for details

Several small-group departures run during the ideal travelling seasons. Call or check the website for dates and prices. Private and tailor-made options are also available on request.

Please refer to page 3 or website for details.

TOUR HIGHLIGHTS INCLUDE:

Kathmandu valley sightseeing, Traditional Bhutan life & architecture ,Taktshang (Tiger's Nest)



FLIGHTS INCLUDED:* ✗	LOCAL PAYMENT: ✗	ENTRANCE FEES: ✓	AIRPORT TRANSFERS: ✓
--------------------------------	----------------------------	----------------------------	--------------------------------

TOUR FACTS

Tour Code:	CUBHBK
Group Size & Age:	Min - 3 Max - 12 / Min age - 12 (group deps only)
Travel Idea:	Classic Journey
Activity Level:	Easy
Max. Altitude:	3,050m (Dochu La Pass)
Comfort Rating:	Standard
Accommodation:	11 nights in hotels
Transport:	Private AC car/SUV/minibus
Meals:	11 Breakfasts (B), 7 Lunches (L) and 7 Dinners (D)

YOUR 12 DAY TOUR ITINERARY

- Day 1:** Arrive in Kathmandu. Transfer from airport to hotel.
- Day 2:** Kathmandu - Sightseeing tour.
- Day 3:** Fly to Bhutan. Tour to Paro Dzong and Ta Dzong.
- Day 4:** Drive across the Dochu La Pass to the Punakha Valley.
- Day 5:** Punakha Valley tour including riverside walk.
- Day 6:** Wangduephodrang Dzong. Drive to Thimphu. Afternoon selection of tours.
- Day 7:** Thimphu - Full day of tours including the weekend market
- Day 8:** Morning in Thimphu. Afternoon drive to Paro.
- Day 9:** Morning walk up to Taktshang (Tiger's Nest). Afternoon visit Drugkyel Dzong and other sites
- Day 10:** Fly to Nepal. Tour of Bhaktapur. Overnight in Nagarkot.
- Day 11:** Sunrise mountain views from Nagarkot. Return to Kathmandu via Pasupatinath and Boudhanath.
- Day 12:** Kathmandu - Free time. Transfer to airport for flight.

To book visit: www.nepal-uncovered.com, email: tours@nepal-uncovered.com or call us on: +44 (0) 845 130 48 49 Please quote Tour Code: CUBHBK when booking

* LAND ONLY PRICE (SEE WEBSITE FOR FULL PRICE LIST), FLIGHT QUOTES AVAILABLE ON REQUEST. / LAST AMENDED 07/01/2013 /

Himalyan Kingdoms continued...



12 DAYS / SMALL GROUP OR PRIVATE TOUR / CLASSIC JOURNEY /

DETAILED ITINERARY

DAY 1 / ARRIVE IN KATHMANDU

We greet you at the airport and transfer you to your hotel in the centre of Kathmandu, where our Nepal Uncovered rep welcomes you, helps you settle in, introduces you to your local surroundings, and explains the agenda for the rest of your tour.

Overnight at hotel in Kathmandu.

DAY 2 / KATHMANDU - FULL DAY CITY TOUR

We start after breakfast this morning with a fascinating and fun walking tour through the busy narrow streets of Kathmandu where you'll see a huge variety of tiny shops and workshops, numerous small street temples and stupas, and start to get a feel for life in this busy and exotic city. After arriving in Durbar Square, your guide will explain the history behind the splendid array of Hindu Temples and the old Royal Palace.

After lunch, we climb up the many steps leading to the immense Swayambhunath Stupa which sits upon a hill overlooking Kathmandu and gives a spectacular view over the city. In the evening you have an opportunity to check out the numerous bars and restaurants, and soak up the unique atmosphere that makes Kathmandu a magnet for travellers from all over the world.

Overnight at hotel in Kathmandu (B).

DAY 2 EXTRA OPTIONS

Everest Mountain Flight

DAY 3 / FLY TO BHUTAN

We pick you up from the hotel this morning and transfer to the airport. After checking in and showing your visa approval form and flight e-ticket which we will have provided, you fly with Druk Air, Bhutan's national airline and the only one flying into the country. During the flight, try and sit on the left hand side of the plane for

spectacular mountain views, including Everest and Kanchenjunga. While en route, complete immigration and custom form formalities for later declaration and keep your customs form safe as you will need to produce it again on departure. On arrival at Paro airport you will know that you've arrived somewhere special as the airport buildings have the same traditional architecture you'll see throughout the country. You'll receive a warm welcome by our local representative and be driven to your hotel.

After an introductory lunch, we visit Ta Dzong, originally the Watch Tower for the Rinpung Dzong in Paro. Now the 'National Museum of the Kingdom', it boasts a wide range of antique thangka paintings, textiles, weapons, armour, household objects and historic artifacts. Next, walk to the nearby Rinpung Dzong or the 'fortress of the heap of jewels'. Bhutan's Dzongs are impressive and beautiful buildings and host the seat of the district administration and the residence of the monastic school.

Overnight at hotel in Paro (B L D).

DAY 4 / PARO - DRIVE TO THE PUNAKHA VALLEY

Keen birdwatchers may wish to enjoy a pre-breakfast tour this morning and drive up to the Che Le La Pass for sunrise to look for the beautiful Blood Grouse and colourful Himalayan Monal, as well as other birds.

After breakfast, we drive to the Punakha Valley (77km, approx 3 hours). On the way, and after a winding climb through mixed forests, you'll stop at the Dochu La Pass (3,050 metres) for tea/coffee and in clear weather enjoy spectacular views of the Eastern Himalayan range.

After descending past the new Botanical Gardens, the road winds through beautiful forests and gradually opens out into the Punakha valley where we take a short walk through fields to Chimi Lhakhang, built by Lama Drukpa Kuenley or 'The Divine Madman'. The temple is renowned for blessing barren women with fertility.

Overnight at hotel in Punakha / Wangduephodrang (B L D).

DAY 5 / PUNAKHA VALLEY WALK & SIGHTSEEING

After breakfast, you drive through the valley to the north of Punakha for a morning walk to Khamsum Yuelley Namgyel Chorten. This Chorten stands majestically on a strategic ridge above the Punakha valley and was visualised out of the Buddhist treasure teachings by Thragthung Dudjom Lingpa. It is a sacred religious edifice which will help to ward off negative forces, promote peace, stability and harmony, and is the only one of its kind in the world. The Chorten is also an esoteric embodiment of positive forces prevailing over all negative influences in the three forms of existence. According to Lamas, the Chorten is a quintessence of Buddhism and in various ways it will promote the health, and happiness of the king and people thereby controlling all evils. A pleasant walk down through fields full of chili, bean and wheat crops takes us to the riverbank from where you walk downstream along the river through fields and forests towards Punakha.

After lunch you visit the spectacular Punakha Dzong, which lies between two rivers known as Phochu and Mochu. Symbolizing masculine and the feminine co-existence, their currents are of different colours and they unite at this spot.

Overnight at hotel in Punakha / Wangduephodrang (B L D).

DAY 6 / DRIVE TO THIMPHU

This morning, you visit Wangduephodrang Dzong, whose unrestored state is a distinct change from the Dzongs in Paro and Punakha. It really gives a feel for how these buildings with their joint monastic and administrative functions have run things in Bhutan over the centuries. A walk through Wangdi's slightly ramshackle old streets follows before you drive up the valley, passing the site planned for a new rebuild of the whole town centre on the far side of the river. Further interesting short hikes are also available in the valley, or you can have lunch and then head

To book visit: www.nepal-uncovered.com, email: tours@nepal-uncovered.com, or call us on: +44 (0) 845 130 48 49

Please quote Tour Code: CUBHBK when booking

* LAND ONLY PRICE (SEE WEBSITE FOR FULL PRICE LIST), FLIGHT QUOTES AVAILABLE ON REQUEST.

Himalyan Kingdoms continued...



12 DAYS / SMALL GROUP OR PRIVATE TOUR / CLASSIC JOURNEY /

straight back to Thimphu.

Overnight at hotel in Thimphu (B L D).

DAY 7 / THIMPHU TOURS

The whole day is free for sightseeing in and around Thimphu with your driver and guide. You have a choice of various places to visit and you can discuss which are of most interest to you with your guide and arrange your day accordingly.

Options include:

- the national Takin Reserve where you can see several of these strange looking animals on an easy stroll through open pine forest, and enjoy great views over the Thimphu valley.
 - the Memorial Chorten, a stupa conceptualised by the Third King to ward off negative influences. It was later built in his memory by the present King and Queen Mother.
 - the School of Arts & Crafts where you can see young students at work honing traditional skills.
 - the Folk Heritage Museum, for an insight into the medieval lifestyles of the Bhutanese people.
 - the National Library of Bhutan, featuring the largest book in the world, and displays of traditional Tibetan style books written on long strips of handmade paper.
 - the National Institute of Traditional Medicine, which has a small museum and a clinic where many people are still treated with traditional herbal and other medicines.
 - a traditional hand-made paper factory with a shop selling attractive and interesting souvenirs.
 - the Textile Museum which has displays of local weaving and normally some weavers at work.
 - Trashichhodzong, the beautiful medieval fortress/monastery which houses most of the Government's office and King's Throne room. It is also the summer residence of Je Khenpo, the Chief Abbot.
 - several short half-day hikes are also available around the valley
- Lunch will be included during the day, and if there is an archery

tournament taking place, a stop at the national stadium is well worthwhile. Displays of traditional folk dancing also run every day for those who are interested.

The other main highlight in Thimphu is its vast weekend market with its hundreds of different stalls selling a huge range of fresh vegetables, spices, and of course, chillies. There is also a handicrafts and clothing market here, and overall this is a great place to pick up some souvenirs as a memory of your time in Bhutan. The market runs from Friday afternoon until Sunday lunchtime and we aim to always time our tours or to adjust the itinerary to ensure that you are in Thimphu during this time.

Overnight at hotel in Thimphu (B L D).

DAY 08 / DRIVE TO PARO

You have time this morning to do more sightseeing in and around Paro, or to do a short walk into the surrounding hills.

During the afternoon, we make the short drive of around two hours back to Paro.

Overnight at hotel in Paro (B L D).

DAY 9 / PARO. TAKTSHANG WALK AND VALLEY TOURS

After an early breakfast, you drive to the foot of the Taktshang cliff just outside Paro, before walking uphill for 2-3 hours to reach this monastery, giddily perched on a sheer 800m rock face. Taktshang is probably Bhutan's most famous site and means 'Tiger's Nest', as legend has it that Guru Padmasambhava flew to this spot on the back of a tigress in the eighth century. He meditated here making this temple a sacred pilgrimage destination for Buddhists.

You'll break for lunch at the Taktshang Cafeteria about two thirds of the way up. The return trip to the monastery takes 4-5 hours and riding ponies can be arranged for most of the uphill route if you wish.

In the afternoon, you have a short sightseeing tour to Drukgyel

Dzong, the fort of the victorious Drukpas. Although gutted by a fire, this fort is renowned as the stand from which several Tibetan invasions were repulsed. To the north, the dome of sacred Mt. Chomolhari, or the "mountain of the goddess" can be seen. You will also visit one of the oldest landmarks in Bhutan. The 7th century Kyichu Lhakhang was one of the 108 temples built in the Himalayas by the Tibetan King, Songtsen Gampo. It is revered as one of the most holy shrines in Bhutan and embodies the arrival of Buddhism here.

In the evening you can have a final stroll through the streets of Paro, or enjoy a relaxing traditional hot stone bath to ease any tired limbs.

DAY 10 / FLY TO NEPAL. BHAKTAPUR & NAGARKOT

After an early breakfast, we transfer you to the airport where you depart with Druk Air to fly back to Kathmandu. On arrival, we meet you and transfer to the ancient centre of Bhaktapur. Formely a capital of the Kathmandu Valley, the pedestrianised centre of Bhaktapur is full of squares and temples with some stunning wooden architecture. You have a tour here, as well as time to explore the narrow winding streets which bustle with life. In the afternoon we leave Bhaktapur and make a short drive uphill to the village of Nagarkot, which sits on a ridge at the north-eastern edge of the Kathmandu Valley. Accepted as probably the best of the valley's mountain views, from the village lodges and hotels you can see all the way from Kanchenjunga in the east, past the tiny (from here!) peak of Mt. Everest, to Dhaulgiri in the west. A couple of kilometres walk from the village there is a lookout tower, which affords an even more spectacular full 360° panorama. Stunning clear views are all but guaranteed between mid-October and March, with more chance of cloud and haze before and after this period. You can check the weather and the hotel will wake you if the morning is clear so that you can see the sun rise

To book visit: www.nepal-uncovered.com, email: tours@nepal-uncovered.com, or call us on: +44 (0) 845 130 48 49

Please quote Tour Code: CUBHBK when booking

* LAND ONLY PRICE (SEE WEBSITE FOR FULL PRICE LIST), FLIGHT QUOTES AVAILABLE ON REQUEST.

Himalyan Kingdoms continued...



12 DAYS / SMALL GROUP OR PRIVATE TOUR / CLASSIC JOURNEY /

over the distant Himalayas.

Overnight at hotel in Nagarkot (B).

DAY 11 / NAGARKOT, VILLAGE WALK, TEMPLES & STUPAS

After waking early to enjoy the sunrise views, you have breakfast before enjoying an easy downhill rural walk of a couple of hours. You start by walking through pine forest and the Tilkot Forest Reserve, before following a ridge which brings you down through tiny Chhetri villages with wonderful views to either side, to the beautiful Changu Narayan Temple. From this temple at the end of the ridge, you can either drive back to Kathmandu or carry on walking and descend to the valley floor and the Manohara River. The walk today can be made as long or short as you would like it.

Before returning to the hotel in Kathmandu, you have a tour of two of Nepal's most important pilgrimage sites. First we visit Pashupatinath, the most important Hindu temple in Nepal. Although non-Hindus are not allowed inside the temple itself, you can see into the temple complex from the holy riverbanks where there are bathing and cremation ghats. We also visit the huge Buddhist stupa at Boudhnath which is a complete contrast in style and atmosphere. From here we drive you back to your hotel in the centre of Kathmandu for your last night in Nepal.

Overnight at hotel in Kathmandu (B).

DAY 12 / TOUR ENDS

Your tour ends after breakfast and your time is free for some final sightseeing and shopping before we transfer you to the airport for your flight home.

(B).

SMALL GROUP, PRIVATE AND TAILOR-MADE TOURS

SMALL GROUP DEPARTURES:

We run several small group departures on this tour throughout the ideal travel seasons and to co-incide with important Bhutanese festivals. Departure dates are given on our website, and on request.

PRIVATE DEPARTURES:

You can also choose to do the tour privately, following the itinerary above, but on any other date throughout the year. We add a small supplement for these departures. Please contact us first to check availability.

TAILOR-MADE TOURS:

Finally, this tour can also be used as a base for a private tailor-made itinerary, to be run on any dates. You can make adjustments as per your own requirements (for example, adding extra days, slightly shortening the tour, adding some rafting etc.).

ADDITIONAL INFORMATION

OPTIONS:

Booking and paying for options:

Options may be booked by selecting them on our online reservation form, and can also be added after you have made your booking, or while you are in Nepal, subject to availability at the time.

Credit Cards (add 3%), traveller's cheques or cash are accepted in Kathmandu for these payments. A receipt will be provided.

Single room supplement

If you would like to guarantee yourself a single room throughout

the tour, then we need to add a single supplement charge.

If you are a single traveller joining a group tour, then if you are happy to, you may share a twin room with another single traveller on the tour of the same sex. If there are no other single travellers available for you to pair up with at the time of your booking, then we will need to add the single supplement to your tour price, but will refund this or deduct it from your balance payment if we are able to pair you up later on.

Note: *Couples will always be given a private double room, and triple/family rooms are available on request.*

Book in advance. Pay in advance.

Extra days

These are available on request in Kathmandu before and after the tour starts and finishes. If you'd like to add extra days into the time elsewhere, then please request a tailor-made tour. Prices depend on your party make-up and include a night in the hotel, breakfast, all taxes and transfers. Single room supplements apply.

Book in advance. Pay in advance.

Accommodation upgrades - Price: on request

If you are booking this tour privately (i.e. not joining one of our group departures), then we are happy to arrange to upgrade the accommodation in Kathmandu and Bhutan if required. Upgrades can include the following hotels (subject to availability):

Kathmandu:

• *Yak & Yeti hotel or Dwarikas hotel.*

Paro:

• *Uma Paro, Amankora Paro*

Punakha Valley:

• *Amankora Punakha*

To book visit: www.nepal-uncovered.com, email: tours@nepal-uncovered.com, or call us on: +44 (0) 845 130 48 49

Please quote Tour Code: CUBHBK when booking

* LAND ONLY PRICE (SEE WEBSITE FOR FULL PRICE LIST), FLIGHT QUOTES AVAILABLE ON REQUEST.

Himalyan Kingdoms continued...



12 DAYS / SMALL GROUP OR PRIVATE TOUR / CLASSIC JOURNEY /

Thimphu:

• Taj Tashi, Amankora Thimphu, Namgay Heritage Hotel

Please contact us for rates if required.

Book in advance. Pay in advance.

Everest mountain flight option

This flight leaves from Kathmandu early in the morning, and lasts for around an hour, taking you up towards Everest and the surrounding high peaks. You can even get glimpses of the high Tibetan plateau. The planes have good-sized clear windows, and window seats are guaranteed. We normally run this option on Day 2, and you would rejoin the group in Durbar Square.

Full day valley tour to Kirtipur, Chobar, Pharping and Dashinkali

This tour follows the road south west out of the city to the famous Kali shrine of Dashinkali where animal sacrifices are regularly carried out and open to view. En-route you can explore the neglected but interesting hilltop town of Kirtipur, see the impressive Chobar Gorge (with its less beautiful factories) and pass several temples, monasteries and forested areas. Just before Dashinkali is the lively town of Pharping which has an interesting Tibetan area full of stupas, temples and gilded gompas. An extra night in Kathmandu is needed to include this tour.

Book & Pay in advance or in Kathmandu.

Bhote Kosi rafting option

Min 2 people (adds 2 days to the tour)

For those wishing to enjoy some exhilarating white water rafting, this short option takes you to one of Nepal's wildest white water rivers, and one of the best two-day rafting trips in the world. This Grade 4 river (Class –IV to IV+ rapids) is just 3 hours from Kathmandu and makes an excellent adrenaline filled extension to your tour

(other easier rivers are available on request).

The minimum age for this option is 16, and you need to be relatively fit and a confident swimmer, and be prepared for continuous, technical, and demanding rapids.

You will be joining a group operated by one of Nepal's premier rafting operators - please contact us to check availability.

Book in advance. Pay in advance.

Chitwan National Park extension

This option adds a 3 day/3 night wildlife safari in the Royal Chitwan National Park to your tour. Staying in one of the lodges in Sauraha, just outside the park (eg Rhino Lodge), we include a jeep safari, jungle walk, river-canoe trip, elephant ride, tour and a cultural programme in one of Asia's most famous national parks. All park activities and entrance fees are included.

Book & Pay in advance.

INCLUDED IN THE PRICE OF THE TOUR:

- Meals as indicated on the itinerary
- All accommodation
- Sightseeing tours as indicated on the itinerary
- All entrance fees to sites mentioned in the itinerary
- All transport & transfers (including flights where stated)
- Bhutan visa & tourism development fee (TDF)
- Flights in and out of Paro with Druk Air

NOT INCLUDED IN THE PRICE OF THE TOUR:

- International airfares
- Nepal visa costs (US\$25 obtained on arrival in Kathmandu airport)
- Meals not indicated on the itinerary
- Drinks, snacks, tips, and other personal expenses
- Travel insurance
- Any other items not mentioned above

ACCOMMODATION:

1. Hotels in Kathmandu

We use a 3 or 4-star tourist class hotel in Kathmandu, which is clean, secure and offers most amenities including a swimming pool. When available, we aim to use the Shanker Hotel, a place full of character, which was formally a royal palace. Other hotels used may have a location closer to the centre of the Thamel district but be of a slightly lower level.

2. Hotels in Bhutan

The lodgings used on our Bhutan tours and covered by the standard nightly fee are comfortable hotels at the 3 star level. All are inspected regularly and have en suite bathrooms. Some very special 4 and 5 star hotels are also available for an extra supplement - please contact us for a supplement.

TRANSPORT & TRANSFERS:

We use saloon cars, air conditioned 4 wheel drive SUVs, larger people carriers and minibuses for all the main transfers and journeys on this tour. Vehicles in Bhutan are of a better standard than in Nepal. All of your airport arrival and departure airport transfers are included (24-hour service).

INTERNATIONAL FLIGHTS:

In order to keep our tours flexible, and to make them accessible to as many people as possible, we do not include your international flights in the set tour itinerary or price.

However, we do hold an ATOL (UK flight sales license) and are happy to book your flights for you. If you let us know your ideal dates and departure airport, then we will be happy to provide you with some flight options that we can arrange for you. You can then choose whether

To book visit: www.nepal-uncovered.com, email: tours@nepal-uncovered.com, or call us on: +44 (0) 845 130 48 49

Please quote Tour Code: CUBHBK when booking

* LAND ONLY PRICE (SEE WEBSITE FOR FULL PRICE LIST), FLIGHT QUOTES AVAILABLE ON REQUEST.

Himalyan Kingdoms continued...



12 DAYS / SMALL GROUP OR PRIVATE TOUR / CLASSIC JOURNEY /

to book the flights through us, or make your own arrangements. Either way, your airport arrival & departure transfers are included.

TOUR GUIDES & ENTRANCE FEES:

We provide a local Nepalese tour escort to accompany you throughout your time in Nepal, together with specialist city guides for the sightseeing tours in Kathmandu and Bhaktapur. In Bhutan a professional local guide accompanies you throughout.

Entry fees during the sightseeing tours in Kathmandu and Bhutan are included.

To help support the local people and economy, and because we know it works best, our policy at Nepal Uncovered is to use only local guides and tour leaders on this tour. Please check our website for further details.

MEALS:

Kathmandu & Nagarkot:

Breakfasts only are provided in the hotel. Kathmandu has a wealth of restaurants serving excellent food from all over the world, so you will never be short of ideas or places to eat within a short walk of the hotel.

Bhutan:

All meals are included (breakfast, lunch & dinner), covering a wide range of options, normally buffet style with both local and western dishes available.

WHEN TO GO:

Monsoon season:

June to mid-September

While we can run this tour during the monsoon, we don't generally recommend it as the weather can be very hot & wet, and landslides

can cause delays to the itinerary.

Autumn season:

Mid-September to November

This is a popular time to visit as the weather is good and the visibility for mountain panoramas, trekking and photography is at it's best.

Winter season:

December to February

The winter months are also a good time to visit with some snow on higher ground. The weather is warm and mainly sunny but the nights do get very cold and so warm clothing is recommended for any winter visits.

Spring season:

March to May:

The weather tends to be overcast and visibility may be reduced due to the dustier condition but travel this period is ideal for birdwatching and botanists will appreciate the amazing diversity of Bhutan's flora.

TIPPING:

While an accepted part of the culture and customs in Nepal, and to a lesser extent in Bhutan, tipping is always optional, and any amounts paid should reflect excellent service.

It is normal and accepted for people to tip differently, and you should not feel under any pressure to tip any particular amount.

We are often asked for advice on common amounts however, and suggest that up to approx. 5% of the tour price would be a suitable budget for this tour.

COUNTRY GUIDE:

For an in-depth overview of Nepal and Bhutan, including up-to-date regional security advice and information, please checkout the country guide pages on our website.

DATES & PRICES:

We run several small-group departures during the ideal travelling seasons and to fit in with some of Bhutan's major festivals. These departure dates and prices are listed on our website and on a separate dates & prices sheet available on request. We can also run the set tour itinerary privately for you on other dates, or customise it to make a tailor-made tour to fit your personal requirements.

HEALTH:

Recommended vaccinations and other health protection measures vary according to the country you are visiting, and where you are travelling from. You must obtain professional advice from your medical practitioner or a travel clinic on current vaccinations needed for your destination (1st Contact travel clinic gives free advice tel. 0800 0393073).

In general, most recommendations for Nepal and Bhutan include: Tetanus, Typhoid, Hepatitis A, Polio, Meningitis, Rabies and Malaria prophylactics.

VISAS:

Many nationals can obtain their Nepalese visa in Kathmandu airport upon arrival (including UK, European & US citizens). The cost is US\$25 (UK Pounds also accepted) and the visa is obtained in the immigration area at the point where your passport is stamped (i.e. you don't need to join an extra queue).

We will arrange your Bhutan visa for you and send you a print-out of the visa

To book visit: www.nepal-uncovered.com, email: tours@nepal-uncovered.com, or call us on: +44 (0) 845 130 48 49

Please quote Tour Code: CUBHBK when booking

* LAND ONLY PRICE (SEE WEBSITE FOR FULL PRICE LIST), FLIGHT QUOTES AVAILABLE ON REQUEST.

Himalyan Kingdoms continued...



12 DAYS / SMALL GROUP OR PRIVATE TOUR / CLASSIC JOURNEY /

approval letter before you travel.

For further information, please check out the visa pages on our website, or contact us directly.

RESPONSIBLE TOURISM:

We take responsible travel seriously, and as well as taking this into consideration when we design our itineraries, and select the people and agents we work with, we also donate £2 for every person travelling on of our Nepalese tours. This is split between two projects:

- Shree Nalang primary school, which is situated 80km NW of Kathmandu and caters for 5-11 year old children. Our donations are helping with renovations and building of new classrooms.
- Bardia eco lodge. We are helping to build a carbon neutral wildlife lodge with the aim of providing an environmentally sympathetic and sustainable destination for tourists, which will also benefit the local community.

If you would like to visit or support either of these projects while you are in Nepal, please let your guide or our Kathmandu representative know. Full details of our responsible travel policy are given on our website.

PRE-DEPARTURE INFORMATION:

After booking, we will provide you with detailed information to help you prepare for the tour. This will include helpful advice on money, health, insurance, tipping, climate, clothing etc.

Further information is also available in the County & Travel guides on our website.

FACEBOOK / TWITTER / UNCOVER THE WORLD BLOG:

Uncover the World recently joined the Facebook community; it would be great if you joined us and shared some of your travel photos and stories. It's also a great way to stay in touch with your fellow travellers, share photos, and also keep updated with special

offers and news about new tours and destinations from us - click on www.facebook.com/UncoverTheWorld and 'Like' us.

You can also follow us on Twitter - www.twitter.com/utworld

If you'd like to post a blog about your trip you can also visit our blog page - <http://www.uncovertheworld.com/blog/>



We have been so well looked after on all stages of this holiday. The lodges in the National Parks were very relaxing, despite having busy activity programmes, and all the staff were friendly, helpful + well informed.



SUSAN DYKES

We are fully bonded for your complete financial protection.



'Nepal Uncovered' is a trading name of Uncover the World Ltd.

www.uncovertheworld.com

To book visit: www.nepal-uncovered.com, email: tours@nepal-uncovered.com, or call us on: +44 (0) 845 130 48 49

Please quote Tour Code: CUBHBK when booking

* LAND ONLY PRICE (SEE WEBSITE FOR FULL PRICE LIST), FLIGHT QUOTES AVAILABLE ON REQUEST.