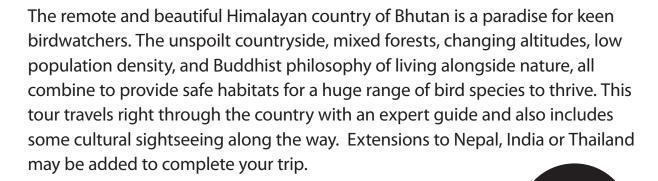
Birds of Bhutan

17 DAYS / SMALL GROUP OR PRIVATE TOUR / SPECIAL INTEREST /





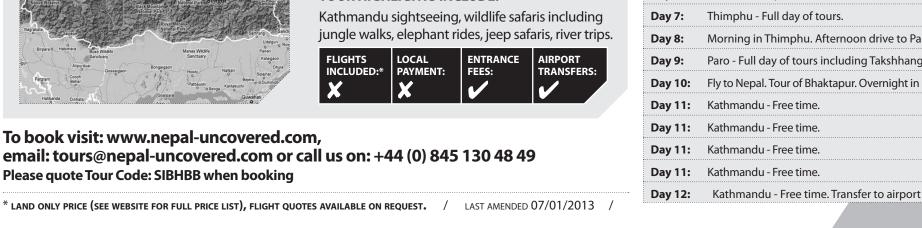
AVAILABLE Several small-group departures run during the See page 5 ideal travelling seasons. for details Call or check the website for dates and prices. Private and tailor-made options are also available on request.

FLIGHT BOOKINGS

Please refer to page 3 or website for details.

TOUR HIGHLIGHTS INCLUDE:

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





TOUR FACTS	
Tour Code:	SIBHBB
Group Size & Age:	Min 3 Max 12 / Min. age - 12
Travel Idea:	Special Interest
Activity Level:	Moderate
Comfort Rating:	Standard
Accommodation:	17 nights in hotels
Transport:	Private AC SUV/minibus
Meals:	17 Breakfasts (B), 7 Lunches (L) and 7 Dinners (D)
YOUR 17 DAY 1	OUR ITINERARY
Day 1: Arrive in	n Kathmandu. Transfer from airport to hotel.
Day 2: Kathma	ndu - Sightseeing tour.
Dav 3: Flv to B	hutan. Tour to Paro Dzong and Ta Dzong.

YOUR 17 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 to Punakha Valley.
Day 5:	Punakha Valley tour.
Day 6:	Drive to Thimphu. Afternoon selection of tours.
Day 7:	Thimphu - Full day of tours.
Day 8:	Morning in Thimphu. Afternoon drive to Paro.
Day 9:	Paro - Full day of tours including Takshhang.
Day 10:	Fly to Nepal. Tour of Bhaktapur. Overnight in Nagarkot.
Day 11:	Kathmandu - Free time.
Day 11:	Kathmandu - Free time.
Day 11:	Kathmandu - Free time.
Day 11:	Kathmandu - Free time.
Day 12:	Kathmandu - Free time. Transfer to airport for flight.

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DETAILED ITINERARY

DAY 1 / ARRIVE IN KATHMANDU

You arrive in Kathmandu today where we meet you at the airport and transfer you to your hotel. The rest of the day is free (depending on your arrival time, we may arrange a short introductory tour today).

Overnight at hotel in Kathmandu.

DAY 2 / KATHMANDU, HALF-DAY TOUR

The first part of the morning will be dedicated to a pre-tour briefing and introduction to your local tour leader. After this we arrange for you to be taken on a guided tour of the fascinating, sprawling city of Kathmandu. We take you to visit Durbar Square with its splendid array of Hindu temples and the old Royal Palace. Next, we climb up the many steps leading to the immense Swayambhunath Stupa, which sits upon a hill overlooking Kathmandu and gives a spectacular view out over the city. You will also have plenty of time to check out the numerous little gift shops that line the mazelike streets. In the evening you have an opportunity to visit the numerous bars and restaurants, and soak up the unique nightlife that makes Kathmandu a magnet for travellers from all over the world. A full-day city tour can be arranged if you prefer. Overnight at hotel in Kathmandu (B).

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 them 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, you 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 thangkha paintings, textiles, weapons, armour, household objects and historic artifacts. Next, walk to the nearby Rinpung Dzong or the 'fortress of the heap of jewels'. Dzongs are impressive 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, you 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 you can 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 / Wanqduephodrang (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 it's 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 / Wanqduephodrang (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. 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 straight back to Thimphu.

Overnight at hotel in Thimphu (B L D).

DAY 7 / THIMPHU

The whole day is free for sightseeing in and around Thimphu with your driver and guide. You have a choice of

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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 will time your tour or 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

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 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 Gembo. 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

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 over the distant Himalayas.

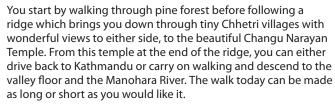
Overnight at hotel in Nagarkot (B).

DAY 11/ KATHMANDU VALLEY

After an early rise to enjoy the sunrise views, you have breakfast before walking downhill from Nagarkot.

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Before returning to the hotel, you have a tour of 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 Boudhnath stupa. From here we drive you back to Kathmandu in the early evening.

Overnight at hotel in Kathmandu (B)

DAY 12/ KATHMANDU

Your tour ends after breakfast and we transfer you to the airport for your flight home.

SMALL GROUP, PRIVATE AND TAILOR-MADE TOURS

SMALL GROUP DEPARTURES:

We have regular small group departures on this tour throughout the available seasons. 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 - Price: £285 p/p

If you want to guarantee yourself a single room throughout the tour, then we need to add a single supplement charge.

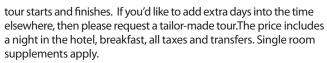
If you are a single traveller joining one of our Standard level group tours, then if you are happy to, you may share a twin room with another single traveller on the tour of the same sex. If there are no other single travellers available for you to pair up with at the time of your booking, then we will 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 - Price: £28-£45 p/p/night

These are available on request in Kathmandu before and after the $\,$



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 if required. Upgrades would normally be to the following hotels (subject to availability):

Kathmandu:

· Yak & Yeti hotel or Dwarikas hotel.

XXX:

• TXXX.

XXX:

• XXX.

Please contact us for rates if required.

Book in advance. Pay in advance.

Everest mountain flight option - Price: £125 p/p

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 you are guaranteed to have a window seat.

Book & Pay in advance or in Kathmandu.

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Patan and Bhaktapur tour - Price: £40 p/p

This tour starts by crossing the Bagmati River to nearby Patan, often referred to as Lalitpur 'city of beauty'. Here you will spend plenty of time exploring Durbar Square, which has a fabulous concentration of Buddhist temples. After lunch we drive you out to the ancient city of Bhaktapur, for a tour of the many squares and temples, seeing stunning wooden architecture as well as exploring the narrow winding lanes which bustle with life. The tour lasts for a full day, and includes private transport and the services of a professional local tour guide. Single person supplements apply.

Book & Pay in advance or in Kathmandu.

Full day valley tour to Kirtipur, Chobar, Pharping and Dashinkali - Price £55 p/p

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 it's less beautiful factories) and pass several temples, monastries 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. Book & Pay in advance or in Kathmandu.

Full day valley tour to Godavari and the Botanical Gardens - Price £45 p/p

This tour leaves Kathmandu past lots of brick kilns and chimneys, and climbs up the rim of the valley to Godavari. The Botanical Gardens here are very pleasant to walk around although not will signed or maintained. The road continues up to the top of Phulchoki Hill (2,762m). This is a good drive for nature lovers

(Phulchoki means 'place of flowers') and especially birdwatchers. There are good views from the top early in morning and you can do some short walks here as well.

Book & Pay in advance or in Kathmandu.

Bhote Kosi rafting option - Price: £115 p/p Min 2 people (adds 2 days to the tour)

For those wishing to enjoy some exhilerating 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 - £200 p/p

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 or in Kathmandu.

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 in 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 please see the policies available on our website
- Any other items not mentioned above

ACCOMMODATION:

1. Hotels in Kathmandu

We use a 4-star tourist class hotel in Kathmandu, which is clean, secure and offers most amenities including a swimming pool. This is usually the Shanker Hotel, a place full of character, which was formally a royal palace.

2. Hotels in Bhutan

The lodgings used on our Bhutan tours and covered by the standard nightly fee are simple but fairly simple hotels around the 2/3 star level. All are inspected reguarly and have en suite bathrooms. Hotels and lodges become slightly more basic the further east you travel into the country. Some very special 4 and 5 star hotels are also available for an extra supplement - plkease contact us for a supplement.

TRANSPORT & TRANSFERS:

We use air conditioned 4 wheel drive SUVs, larger people carriers and minibuses for all the main transfers

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17 DAYS / SMALL GROUP OR PRIVATE TOUR / SPECIAL INTEREST /



and journeys on this tour. Both 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 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 fully trained English-speaking guide to accompany you from the start to the end of your tour, and many of our travellers consider travelling with our guides and reps a highlight of their tour. 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:

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 good range of options, both local and western.

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

This is fine for visits to the Paro and Thimphu region in western Bhutan although the passes leading to central and eastern Bhutan may be closed by snow. The weather is warm and 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 amzing diversity of Bhutan's flora.

TIPPING:

While an accepted part of the culture and customs in Nepal, 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 approx. 5-10% of the tour price would be a suitable budget for this tour.

COUNTRY GUIDE:

For an in-depth overview of Nepal, 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. 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 include: Tetanus, Typhoid, Hepatitis A, Polio, Meningitis, Rabies and Malaria prophylactics.

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17 DAYS / SMALL GROUP OR PRIVATE TOUR / SPECIAL INTEREST /



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).

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 - MARCH 2008

We are fully bonded for your complete financial protection.







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

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