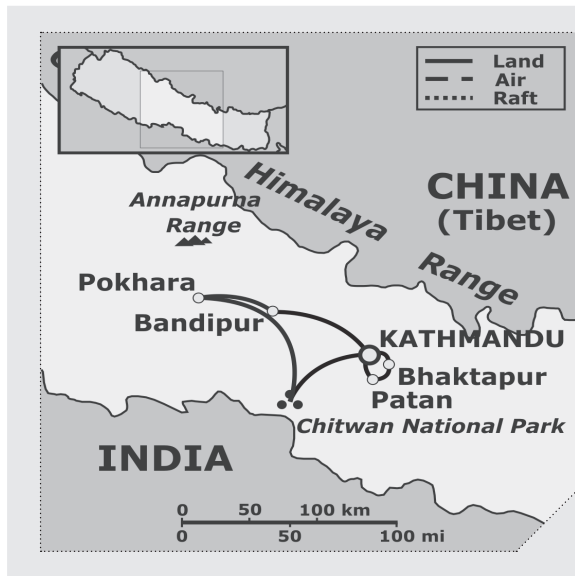


Nepal Discovery

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



Nestled amongst the peaks of the great Himalayan mountains, Nepal is a country blessed with an abundance of natural beauty and colourful history. Staying in comfortable and character-full hotels & lodges, without any strenuous activities, this tour lets you discover ancient city streets and architecture, enjoy stunning mountain views, walk through tiny rural villages, verdant farmland and forests filled with wildlife, and see some of Nepal's most famous and holiest temples and stupas.



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, Chitwan wildlife safaris, village tours & short walks.

FLIGHTS INCLUDED:*	LOCAL PAYMENT:	ENTRANCE FEES:	AIRPORT TRANSFERS:
X	X	✓	✓

FLIGHT BOOKINGS AVAILABLE
See page 5 for details

TOUR FACTS

Tour Code:	CUNPND
Group Size & Age:	Min. - 2 Max. - 12 / Min. age - 8 (group deps. only)
Travel Idea:	Classic Journey
Activity Level:	Mild (Trekking grade: N/A)
Comfort Rating:	Standard
Accommodation:	11 nights in hotels, 2 nights in safari lodges
Transport:	Private bus/minibus/jeep
Meals:	13 Breakfasts (B), 1 Lunch (L) and 4 Dinners (D)

YOUR 14 DAY TOUR ITINERARY

Day 1:	Arrive in Kathmandu. Transfer from airport to hotel.
Day 2:	Kathmandu - Introductory sightseeing tour.
Day 3:	Bhaktapur, Tilkot Forest Reserve & Changu Narayan Temple.
Day 4:	Travel by road to Chitwan national park. Village walk
Day 5:	Chitwan national park - Full range of safari activities.
Day 6:	Morning elephant ride. Travel by road to Lumbini.
Day 7:	Lumbini sightseeing tours. Travel by road to Pokhara.
Day 8-9:	Pokhara - Full day tour followed by a free day
Day 10:	Travel by road to Gorkha and on to Bandipur.
Day 11:	Bandipur village walk. Travel by road to Dhulikhel.
Day 12:	Sunrise mountain views. Free day (various day walks and Kathmandu valley tours available)
Day 13:	Drive back to Kathmandu via Pasupatinath temple & Boudhanath stupa. Evening traditional Nepalese dinner.
Day 14:	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: CUNPND when booking

Nepal Discovery continued...



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, and explains the agenda for the rest of your tour.

Overnight at hotel in Kathmandu.

DAY 2 / KATHMANDU, 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 taken on a guided tour of the city of Kathmandu. We start by walking from the tourist centre of Thamel, through winding streets and past corner temples and stupas, to Durbar Square with its splendid array of Hindu Temples and the old Royal Palace. Next, we climb up the many steps leading to the Swayambhunath Stupa, which sits upon a hill overlooking Kathmandu and gives a spectacular view out over the city. In the evening you have an opportunity to try one of the many restaurants and bars, 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 3 / BHAKTAPUR, TILKOT & CHANGU NARAYAN TOUR

This morning we drive you out to the ancient centre 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 and have remained relatively unchanged for centuries. We then drive up to the beautiful Tilkot Forest Reserve where we start an easy walk downhill through pine forests and tiny Chhetri villages with wonderful views to either side, to the beautiful Changu Narayan Temple (approx. 2 1/2 hours easy walking).

Overnight at hotel in Kathmandu (B).

DAY 3 EXTRA OPTIONS

Everest mountain flight option

DAY 4 / DRIVE TO CHITWAN

Today we take you away from the bustle of the Kathmandu valley and drive across Nepal in a private vehicle to Chitwan National Park (approx. 6 hours). The journey gives you a chance to experience the varied and beautiful landscape of Nepal as we see views of snow-capped mountains and lush green jungles and pass by raging rivers and colourful towns and villages.

We arrive at the lodge, which is located just outside the park boundaries in the late afternoon. You are at Chitwan National Park for two nights and during this time you have an exciting itinerary in and around the park. Once settled into your lodge, you can eat, drink and relax and take in some of the spectacular settings that surround you. You can also do an early evening walk around the local villages and learn about rural Nepali life here.

Overnight at safari lodge in Chitwan (B,D).

DAY 4 EXTRA OPTIONS

Kathmandu to Chitwan flight option

DAY 5 / CHITWAN NATIONAL PARK

We include a full range of safari activities today including a log canoe trip down the Rapti River, where you have the opportunity to observe the many bird species native to Nepal. You should also see many of the 160 species of migratory birds which visit Chitwan seasonally. One highlight while on the river is the chance to watch the spectacular skill of ospreys fishing. You may also see Gharial crocodiles sunning themselves on the riverbanks.

After the canoe ride you will explore and learn about the forests in a jungle walk or jeep safari where you should see spotted deer and antelope, monkeys and hopefully spot some rhino. Experienced local guides point out the various species, their habitats and behaviour, on all of your journeys into the park.

Overnight at safari lodge in Chitwan (B,L,D).

DAY 6 / CHITWAN TO LUMBINI

We include morning you will hopefully enjoy a beautiful sunrise over the river behind the lodge. You will take a morning elephant back ride into the park in search again of the rare, Indian one horned rhino. Travelling on the back of an elephant can be the best way to approach wildlife, especially rhino, as your human smell is obscured by the familiar smell of the elephants themselves. This means that the animals you search for are much more relaxed in your presence giving you better opportunities to study them. After returning from the elephants, we drive to Lumbini (approx. 3 hours), birthplace of Buddha and arguably the most significant historical site in Nepal. On arrival we arrange for you to be taken on a guided tour, visiting The Maya Devi Mandir, Ashoka Pillar, a number of important monasteries and the Sacred Garden where the Buddha was reputedly born.

Overnight at hotel in Lumbini (B).

DAY 7 / DRIVE TO POKHARA

We leave the lowland Terai today and head back into the Himalayan foothills as we drive via the hilltop village of Tansen and on to Pokhara (approx. 6 hours). Set in a broad fertile valley, Pokhara is the gateway to most of Nepal's rafting and trekking destinations. The town itself is dominated by stunning views of the Annapurna range, particularly of the sacred Machhapuchhare. The Lakeside area (around Phewa Lake) is enchanting and busy with travellers in the evenings, and has many good restaurants to enjoy.

Overnight at hotel in Pokhara (B).

DAY 8 / POKHARA, TOUR

Our tour today takes in visits to the World Peace Pagoda, Daryalling Monastery and the Tibetan refugee camp on the

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Nepal Discovery continued...



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edge of town, before visiting Devi Falls and the attached caves on the way back to Pokhara.

Overnight at hotel in Pokhara (B).

DAY 9 / POKHARA, FREE DAY

Your day is free today to relax and enjoy Pokhara. There are many activities on offer, including day walks, cycle tours, boat rides and nearby excursions, all set to the beautiful mountain backdrop of the Annapurnas. If you are feeling energetic, the early morning views from the top of the nearby hill of Sarangkot are well worth the walk.

Overnight at hotel in Pokhara (B).

DAY 10 / DRIVE TO BANDIPUR

This morning you start your drive back towards Kathmandu. On the way you stop to visit the Gorkha Durbar - a hill top fortress, palace and temple complex flamboyant in design and reflective of Gorka's central place in Nepal's history as the ancestral home of the Nepalese royal family. We then travel onto Bandipur, a once prosperous Newari trading town, where the afternoon is free to enjoy an easy walk through the local terraced farmland and rural villages to enjoy the wonderful vistas and quiet charm that envelopes this little-visited, and typical hill village. There is an interesting bazaar around which to wander and excursions into the surrounding countryside are also worthwhile.

Overnight at hotel in Bandipur (B D).

DAY 11 / DRIVE TO DHULIKHEL

After a little more time at Bandipur, we drive you back to the Kathmandu Valley giving you another chance to take in the beautiful scenery that makes Nepal such a popular country to visit. You should arrive in the village of Dhulikhel, which sits on a ridge at the north-eastern edge of the Kathmandu Valley, by mid-afternoon. Stunning clear views are all but guaranteed between November and March and it is well worth the effort to get up early tomorrow

morning to see the sun rise over the distant Himalayas including the tiny (from here!) peak of Everest.

Overnight at hotel in Dhulikhel (B).

DAY 12 / DHULIKHEL, FREE DAY

After an early rise to enjoy the sunrise views, we have breakfast and the day is then free for you to relax in the beautiful garden setting of the hotel, or to enjoy some short or more demanding walks in the surrounding countryside. We can also offer a tour of the nearby historic Newari towns of Kirtipur, Chobar and Pharping if you wish.

Overnight at hotel in Dhulikhel (B).

DAY 12 EXTRA OPTIONS

Kirtipur, Chobar & Pharping day trip

DAY 13 / TRAVEL TO KATHMANDU

After breakfast, we return by private vehicle to Kathmandu. Along the way 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 of Boudhanath before arriving back at our hotel. The afternoon is free for you to explore Kathmandu further, and perhaps do some final souvenir shopping.

In the evening you will enjoy a special traditional Nepalese dinner at the stylish Bhojan Griha restaurant.

Overnight at hotel in Kathmandu (B).

DAY 14 / TOUR ENDS

Your tour ends after breakfast and, if required, we transfer you to the airport for your flight home. (B).

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, or after you have made your booking. Some options that are not accommodation based may also be added while you are in Nepal, subject to availability at the time. Prices are given on our website and on request. Credit Cards (add 3%), traveller's cheques or cash are accepted in Kathmandu for these payments. A receipt will be provided.

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Nepal Discovery continued...



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Single room supplement

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 and would like to share a twin room with another single traveller on the tour of the same sex then we are happy to arrange this. 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: subject to party make-up

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.

The price includes 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, Pokhara and/or Chitwan National Park if required.

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

Kathmandu:

• Yak & Yeti hotel or Dwarikas hotel.

Pokhara:

• Fishtail Lodge, Shangri La or Fulbari hotel.

Chitwan:

• Rhino Residency, Temple Tiger Lodge or Tiger Tops Lodge.

Please contact us for rates if required.

Book in advance. Pay in advance.

Kathmandu to Chitwan flight option/p

This option provides an internal flight from Kathmandu to Chitwan, instead of driving overland (approx. 6 hours), normally in the morning on Day 4. All transfers are included.

Flights are subject to availability and flight times may vary. Prices may also vary unless you add the cost of the flights to your deposit payment so that we can book them straight away.

Book in advance. Pay in advance or in Kathmandu.

Kirtipur, Chobar and Pharping tour

This tour visits the historic town of Kirtipur ('City of Glory') which is situated on a hill top ridge and offers panoramic views over the Kathmandu valley. Here you will chance to wander the narrow unpaved lanes and explore the many temples and buildings characterised by Newari architecture. The tour then continues to the town of Chobar, famous for its dramatic gorge and the temple of Adinath Mandir which is adorned with pots, pans and jugs! Finally we visit the settlement of Pharping - a centre for Tibetan Buddhism with a number of gilded *gompa* to see including the famous Pharping Bajra Yogini.

Book & Pay in advance or in Kathmandu.

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.

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
- Registered city and national park guides
- All transport & transfers (including flights where stated)
- All entrance and activity fees at Chitwan national park

NOT INCLUDED IN THE PRICE OF THE TOUR:

- International airfares
- Visa costs
- 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
- Departure taxes

ACCOMMODATION:

1. Hotels in Kathmandu, Pokhara, Lumbini, Bandipur and Dhulikhel

We use comfortable tourist class hotels in Kathmandu and Pokhara. These are usually the 4-star Shanker Hotel, formally a royal palace in Kathmandu, and the 3-star Barahi in Pokhara.

Hotel options in Lumbini are more limited and will be fairly basic, but comfortable with en-suite bathrooms.

The hotel in Bandipur is normally the Bandipur Mountain Resort, which has

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simple comfortable rooms with great mountain views.

In Dhulikhel we normally use the Dhulikhel Mountain Resort which is a beautiful spacious hotel with thatched cottages, comfortable rooms, and beautifully kept gardens full of flowers. The views are excellent and there are many local walks available from the hotel.

2. Safari lodges in Chitwan national park

At Chitwan National Park, we use safari lodges with comfortable clean rooms and en-suite bathrooms. We normally use lodges in and around the village of Sauraha on the edge of the park, which increases the number of activities you can do while at the park (normally Rhino Lodge).

Note: Any hotels listed above are not guaranteed and alternate accommodation of a similar standard may be used).

For further details on the hotels and accommodation used on this tour, please check out the information on our website. Upgrades to higher level hotels are available on request on private departures - see the Options section above or contact us for details and prices.

TRANSPORT & TRANSFERS:

We use private cars or minibuses for all the main transfers & journeys on this tour. A variety of transport including jeeps, elephants & canoes is used if you visit Chitwan.

Upgrades to internal flights are available on request.

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 tour leader to accompany you from the start to the end of your tour, and we use specially trained local safari guides during your stay at Chitwan National Park. You will also have a registered local guide for the city tours in Kathmandu and Bhaktapur. Many of our travellers consider our guides and reps a highlight of their tour.

Entry permits to Chitwan National Park, along with all entry fees during the tours listed in the itinerary are included.

All National Park activity costs are included, to cover one of each of the following: Elephant Ride, Jeep Safari or Jungle Walk, Village Walk, River canoe trip.

To help support the local people and economy, and because we know it works best for our travellers, 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, Pokhara, Lumbini, Bandipur, Dhulikhel:

Breakfasts only are provided here, except in Bandipur where we also include your evening meal.

Kathmandu and Pokhara in particular have a wealth of restaurants serving excellent food from all over the world, so you will never be short of ideas or places to eat.

We include one special traditional Nepalese dinner in the Bhojan Griha restaurant in Kathmandu at the end of the tour. Lunch stops

will be made at an appropriate time during the day, and you can discuss the various options available with your guide, and he will help make arrangements for you according to your tastes and wishes.

Chitwan national park:

All meals are included in the lodge restaurants (breakfast, lunch & dinner), covering a simple but good range of options, both local and western.

WHEN TO GO:

Monsoon season:

June to mid-September

We can run this tour privately throughout the monsoon season, but don't offer many group departures as the weather can be very hot & rainy, the wildlife parks hard to explore, and there is a risk of landslides causing long delays to the overland journeys.

Peak season:

Mid-September to November

This is a great time to visit, as the weather is fine, and wildlife viewing is good. As the season progresses, the elephant grass grows taller, which makes it harder to spot some wildlife.

Winter season:

December to February

This is a good time to do the tour and visit the National Parks in Nepal. The weather is fine, but not hot, and many migratory birds arrive from December onwards. The elephant grass is long however, which cuts down some viewing opportunities.

Good viewing:

March to May:

This is also a good time to do this tour. The annual cut & burn of the elephant grass in Chitwan National Park is done

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during this season and this allows for much improved wildlife viewing. It does get hot towards the end of the season in May, so March & April are ideal.

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 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, including regional security advice and information, please check our website country guide.

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.

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 COMMUNITY:

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 community page - <http://yourspace.uncovertheworld.travel>



Booking a honeymoon while working and organising a wedding was a challenge, but your staff's research, advice and patience made it hugely successful. Thanks for a great honeymoon to the top of the world.

A. BOLITHO



We are fully bonded for your complete financial protection.



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