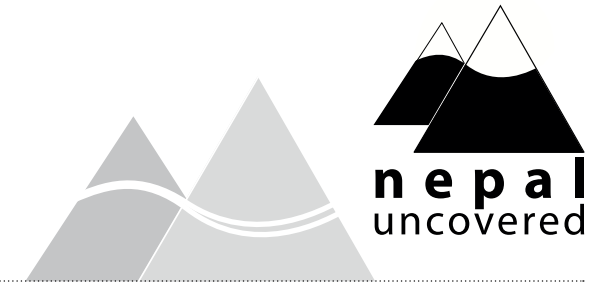
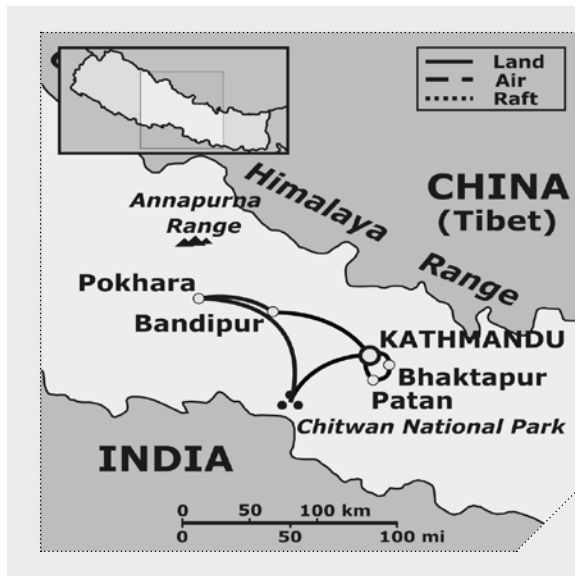


# Nepal Discovery from only £775pp\*

14 DAYS / SMALL GROUP OR PRIVATE TOUR / STANDARD TOUR /



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

<b>Tour Code &amp; Class:</b>	CUNPND / Standard
<b>Group Size &amp; Age:</b>	Min. - 2 Max. - 12 / Min. age - 8
<b>Activity - Cultural:</b>	Sightseeing, Kathmandu valley walk, Chitwan safari
<b>Activity Level:</b>	Low to Medium
<b>Trekking Grade:</b>	Easy
<b>Accommodation:</b>	10 nights in hotels, 3 nights in safari lodges
<b>Transport:</b>	Private bus/minibus/jeep
<b>Meals:</b>	13 Breakfasts (B), 2 Lunches (L) and 4 Dinners (D)

## YOUR 14 DAY TOUR ITINERARY

<b>Day 1:</b>	Arrive in Kathmandu. Transfer from airport to hotel.
<b>Day 2:</b>	Kathmandu - Sightseeing tour.
<b>Day 3:</b>	Tour of Patan & Bhaktapur.
<b>Day 4:</b>	Travel by road to Chitwan national park.
<b>Day 5-6:</b>	Chitwan national park - Full range of safari activities.
<b>Day 7:</b>	Travel by road to Pokhara.
<b>Day 8-9:</b>	Pokhara - Free day (various day-walks available).
<b>Day 10:</b>	Travel by road to Bandipur. Village walk.
<b>Day 11:</b>	Travel by road to Nagarkot.
<b>Day 12:</b>	Sunrise mountain views. Kathmandu valley walk.
<b>Day 13:</b>	Kathmandu - Free day, traditional Nepalese dinner.
<b>Day 14:</b>	Kathmandu - Free time. Transfer to airport for flight.

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 email: [tours@nepal-uncovered.com](mailto:tours@nepal-uncovered.com) or call us on: +44 (0) 845 130 48 49  
 Please quote Tour Code: CUNPND when booking

\* LAND ONLY PRICE (SEE WEBSITE FOR FULL PRICE LIST), FLIGHT QUOTES AVAILABLE ON REQUEST. / LAST AMENDED 10/11/2009 /

# Nepal Discovery continued...

14 DAYS / SMALL GROUP OR PRIVATE TOUR / STANDARD TOUR /



## 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 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 time to check out the numerous little gift shops that line the maze-like streets. In the evening you have an opportunity to tryout the numerous, restaurants and bars, and soak up the unique nightlife that makes Kathmandu a magnet for travellers from all over the world.

*Overnight at hotel in Kathmandu (B).*

### DAY 3 / PATAN & BHAKTAPUR TOUR

This morning we drive you across 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.

*Overnight at hotel in Kathmandu (B).*

### 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 the Royal 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 inside the park boundaries, in the late afternoon. You are at Chitwan National Park for three 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.

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

### DAY 4 EXTRA OPTIONS

**Kathmandu to Chitwan flight option**

**Trisuli rafting option**

*See pages 4-5 for details*

### DAY 5-6 / CHITWAN NATIONAL PARK

This 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 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.

You also take a canoe ride 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 half-day jungle walk where you should see spotted deer and antelope 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.

Another excursion takes you further into the park, this time travelling by jeep. The greater distances you are able to cover with the jeeps allow you to see more different habitats and visit the crocodile-breeding centre, located deep inside the park.

You will also make a tour of a local village where you can gain insights into the daily life of the people of this Terai region. Your lodge will also arrange a cultural program one evening for you to attend, and, perhaps, join in the dancing (not compulsory!).

*Overnight at safari lodge in Chitwan (2xB 2xL 2xD).*

### DAY 7 / DRIVE TO POKHARA

Today we drive you back towards the mountains, to Pokhara (approx. 5 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 8-9 / POKHARA, FREE DAY

We allow two full days free for you to enjoy Pokhara. There are many activities on offer, including day walks, cycle tours, boat rides and nearby excursions, all set to a stunning mountain backdrop.

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**Please quote Tour Code: CUNPND when booking**

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# Nepal Discovery continued...



14 DAYS / SMALL GROUP OR PRIVATE TOUR / STANDARD TOUR /

Suggested visits include the Devi Falls, Mahendra Gufa limestone caves, or a climb to enjoy the views from the top of the nearby hill of Sarangkot.

*Overnight at hotel in Pokhara (2xB).*

## DAY 10 / DRIVE TO BANDIPUR

This morning you start your drive back towards Kathmandu. On the way you stop at 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 NAGARKOT

Today we drive you back to the Kathmandu Valley, which gives you a great chance to take in the beautiful scenery that makes Nepal such a popular country to visit. You should arrive in the village of Nagarkot, which sits on a ridge at the north-eastern edge of the Kathmandu Valley, by mid-afternoon. 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 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.

*Overnight at hotel in Nagarkot (B).*

## DAY 12 / KATHMANDU VALLEY WALK

After an early rise to enjoy the sunrise views, we have breakfast

before walking downhill from Nagarkot, striking off up through some pine forest and then 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 descend to the valley floor and the Manohara River, which you leave to pass the old Gokarna Safari Park to reach Boudhnath with its huge Stupa and strings of colourful, fluttering prayer flags. Another short walk takes you to 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. From here we drive you back to Kathmandu in the early evening.

(Note: We walk for about 5 hours today, at a relaxed pace – this is not a strenuous days walking. You can also stop the walk just before half-way, at the Changu Narayan temple, and travel the rest of the way by car).

*Overnight at hotel in Kathmandu (B).*

## DAY 13 / FREE DAY IN KATHMANDU

Today is a free day to spend relaxing after the previous weeks activities. You may want to spend more time exploring Kathmandu and its surroundings; there are plenty of things to see and do, and great souvenir opportunities

We offer several options today, including a mountain flight up to view Everest..

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

*Overnight at hotel in Kathmandu (B D).*

## DAY 13 EXTRA OPTIONS

### Everest mountain flight option

*See pages 4-5 for details*

## 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.).

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# Nepal Discovery continued...

14 DAYS / SMALL GROUP OR PRIVATE TOUR / STANDARD TOUR /



## 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: £220 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: £25-£40 p/p/night

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 - £55 p/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.*

#### Trisuli rafting option - Price: £95 p/p (3 days)

This option gives you a perfect chance to try out some white water rafting and can be added into the tour starting on Day 3

The Trisuli is one of Nepal's most popular rafting rivers and is ideal for those wishing a fun but not too hectic introduction to this exhilarating pastime. The river has Class II and III rapids, with a few

Class IV rapids for some extra excitement. You must be physically fit and a confident swimmer (min age 14).

You will miss the tour to Patan & Bhaktapur on Day 3, but this can be repeated (no extra cost) on Day 13 when you return to Kathmandu.

Your itinerary would run as follows:

#### Day 3 / Drive to Charndi, rafting

You breakfast early this morning, before heading out on the road for a four-hour drive to our put-in point at Charndi. The short drive gives you a chance to take in the spectacular mountain scenery, which comes into view as you snake your way down to the Trisuli River. Once on the river you spend plenty of time with important safety drills and a gentle introduction to the techniques necessary for the more demanding rapids to come. Before long we reach the first major rapid, Snell's Nose, and from here on in it's a series of exciting rides as you learn why white water rafting is such a popular and exciting pastime.

*Overnight camp by river (B L D).*

#### Day 4 / Rafting on the Trisuli

Your day starts with a wholesome breakfast and then you pick up where you left off yesterday. More exhilarating rapids fill the day and are broken up by moments of quiet water giving you plenty of time to appreciate the fantastic views of the mountain scenery that surrounds this picturesque valley. You spend the night camping on a beautiful white sandy beach, where you enjoy a hearty meal and swap stories of the day's events around the campfire before things get a little livelier.

*Overnight camp by river (B L D).*

#### Day 5 / Rafting, drive to Chitwan

The next day and its back to the river for more exciting rapids in the morning

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# Nepal Discovery continued...



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before you finally reach your take out point at Narayanghat. Here you take time to deflate the rafts and unpack the gear laying it out in the sun to dry. Later you pack the gear onboard the minibus and then head on to the Royal Chitwan National Park, which is only about an hours drive away. You arrive at your lodge in the late afternoon and continue with the tour from here, with a late afternoon activity in the park if there haven't been any delays with the rafting.

*Overnight at safari lodge (B L D).*

For more information on rafting with us in Nepal, please check the Rafting Activity Guide page on our website.

*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 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, Bandipur and Nagarkot

We use comfortable tourist class hotels in Kathmandu and Pokhara (approx. 3-4 star). These are usually the Shanker Hotel, formally a royal palace in Kathmandu, and the Grand Holiday Hotel in Pokhara (alternate hotels of a similar standard may be used).

The hotel in Bandipur is normally the Bandipur Mountain Resort, which has comfortable rooms with great mountain views.

In Nagarkot we use the Country Villa hotel or similar, which is of a medium standard (approx. 2-star) and has great views from the grounds with comfortable rooms but not many extra facilities.

### 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 Riverview or Rhino Lodge).

### 3. Rafting option

For this option, we camp by the river for two nights. All tents and camping equipment is provided.

For further details on the hotels and accommodation used on this tour, please check out the information on our website. Upgrades to Superior 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. Many of our travellers consider our

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# Nepal Discovery continued...

14 DAYS / SMALL GROUP OR PRIVATE TOUR / STANDARD TOUR /



guides and reps a highlight of their tour.

Entry permits to Chitwan National Park, along with all entry fees during the sightseeing tour in Kathmandu are included.

All National Park activity costs are included, to cover one of each of the following: Elephant Ride, Jeep Safari, 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, Bandipur, Nagarkot:

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

Kathmandu and Pokhara 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 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 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 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.

## 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

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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.

## YOUR SPACE @ UNCOVER THE WORLD:

We have launched a community space for use by past, present and future travellers with us. Here you can make contact with fellow travellers in your group before you travel, or share photos and stay in contact with them after you return home. You can also ask questions of our staff and read updates on itineraries and destination news etc. For further details, please check...

<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 - SEPTEMBER 2007



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