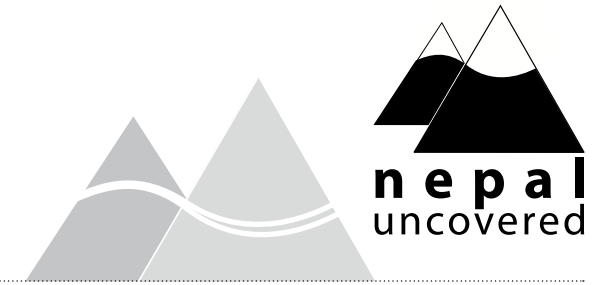
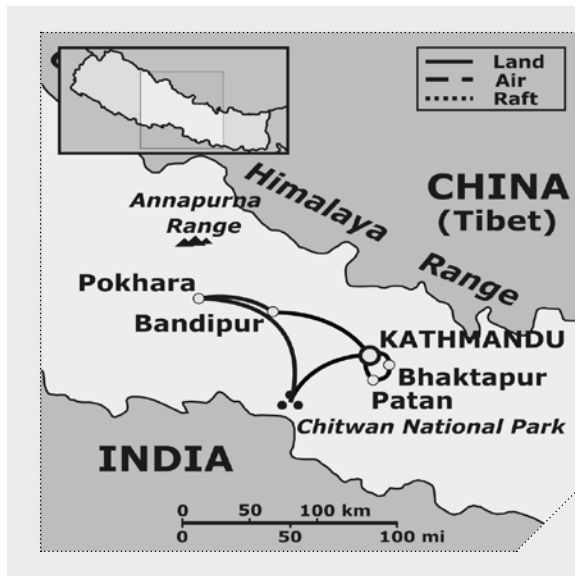


# Nepal Uncovered from only £785pp\*

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



With a tour of ancient Kathmandu and its numerous temples & stupas, a short trek in the Annapurna foothills, elephant & jeep safaris in Chitwan National Park, and visits to several remote hill villages, this combination tour shows you many of the sides of Nepal that make it such an enjoyable place to visit. It's the perfect introduction to a country seeped in history & culture, and blessed with some of the world's most beautiful & inspiring natural scenery.



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 4 or website for details.

### TOUR HIGHLIGHTS INCLUDE:

Kathmandu & rural village sightseeing, wildlife safaris, Himalayan trekking.

<b>FLIGHTS INCLUDED:*</b>	<b>LOCAL PAYMENT:</b>	<b>ENTRANCE FEES:</b>	<b>AIRPORT TRANSFERS:</b>
X	X	✓	✓

**FLIGHT BOOKINGS AVAILABLE**  
See page 6 for details

### TOUR FACTS

<b>Tour Code &amp; Class:</b>	MANPNU / Standard
<b>Group Size &amp; Age:</b>	Min. - 2 Max. - 12 / Min. age - 12
<b>Activity - Multi:</b>	Sightseeing, trekking in the Annapurnas, Chitwan safari
<b>Activity Level:</b>	Medium
<b>Trekking Grade:</b>	Fair
<b>Accommodation:</b>	7 nights in hotels, 4 nights in trekking lodges, 3 nights in safari lodges
<b>Transport:</b>	Bus/minibus/jeep
<b>Meals:</b>	14 Breakfasts (B), 7 Lunches (L) and 8 Dinners (D)

### YOUR 15 DAY TOUR ITINERARY

- Day 1:** Arrive in Kathmandu. Transfer from airport to hotel.
- Day 2:** Kathmandu - Sightseeing tour.
- Day 3:** Travel by road to Pokhara.
- Day 4:** Trek to Ghandruk.
- Day 5:** Trek to Tadapani.
- Day 6:** Trek to Ghorepani.
- Day 7:** Sunrise on Poon Hill. Trek to Tatopani (hot springs).
- Day 8:** Trek to Beni. Overnight in hotel in Pokhara.
- Day 9:** Pokhara. Drive to Bandipur.
- Day 10:** Tour Bandipur. To Chitwan national park.
- Day 11-12:** Chitwan national park - Full range of safari activities.
- Day 13:** Chitwan. Drive to Kathmandu.
- Day 14:** Kathmandu - Free day.
- Day 15:** 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  
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# Nepal Uncovered continued...



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

## DETAILED ITINERARY

**Note:** This tour runs together with our Nepal Explorer tour. They follow identical itineraries except that the Nepal Explorer spends two days rafting instead of visiting Bandipur.

### 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-trek briefing and introduction to your trekking guide. 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 / TRAVEL BY ROAD TO POKHARA

Today you set off early heading west for Pokhara. You will travel by private car/minivan/minibus and once clear of the city's surrounding hills, there is a wonderful vista of snow-capped peaks as you wind your way down into the Trisuli River valley, through the

junction town of Mugling, and on to Pokhara. The journey will also give you your first glimpses of Himalchuli and Manaslu, away to the north.

*Overnight at hotel in Pokhara (B).*

### DAY 3 EXTRA OPTIONS

#### Kathmandu to Pokhara flight option

*See pages 4-5 for details*

### DAY 4 / POKHARA TO GHANDRUK

*Trekking time - 5 to 6 hrs*

We drive you through low hills and valleys to Nayapul via the large village of Lumle (approx. 1-2 hours) and then you start your trek to Birethanti (1,000m), a large and prosperous mountain town. From Birethanti, the trail is fairly flat, following the Modi Khola river, before you start a long ascent from Shauli Bazaar (1,140m) to Gandruk (1,950m).

**Note:** Depending how your party is doing, sometimes we spend our first night in a lodge in Shauli Bazaar, and walk up to Ghandruk the next morning.

*Overnight at lodge in Ghandruk (B L D).*

### DAY 5 / GHANDRUK TO TADAPANI

*Trekking time - 4 hrs*

Ghandruk is one of the largest Gurung settlements in Nepal, and this area is one of the main recruiting areas for Gurkhas joining the British Army. There is an interesting ACAP visitor centre (Annapurna Conservation Area Project) which is well worth a visit.

The walk from Ghandruk to Tadapani passes through several different types of forest, some with trails of mosses hanging down from the tree branches. On arriving in Tadapani, you enjoy spectacular views of Annapurna South, Hiunchuli and Machhapuchhare.

*Overnight at lodge in Tadapani (B L D).*

### DAY 6 / TADAPANI TO GHOREPANI

*Trekking time - 4 to 5 hrs*

The trail from Tadapani crosses several river valleys and winds through rhododendron forests where there are often monkeys to be seen. You leave the wet high mountain forests and get some clearer views before arriving at Bantanthi (2,650m) where you can rest in the shelter of a high rock face. You climb up from Bantanthi through more forest, and then follow a grassy and pine covered ridge with good views, to Ghorepani (2,750m).

*Overnight at lodge in Ghorepani (B L D).*

### DAY 7 / GHOREPANI TO TATOPANI, (POON HILL SUNRISE)

*Trekking time - 5 to 6 hrs*

An early start, allows you to make the mandatory (and well worth while!) hour long trek up Poon Hill to watch the sunrise from the summit (3,210m). The steep ascent offers excellent views of the Annapurnas and Dhaulagiri. At the summit there is an observation platform, with picnic tables around the edge and normally a local selling welcome hot drinks (the mornings can be very chilly here before the sun broaches the horizon). Many people come here to see the unobstructed sunrise, from what is rightly considered one of the best viewpoints in the Himalayas.

After the sun has risen you head back down to Ghorapani for breakfast before you start the long descent to Tatopani. You start off down a long stone staircase before winding through lots of tiny villages (Chitre (2,350m), Phalate (2,270m) and Sikha (1,980m) amongst other). The farming terracing becomes more established the further you descend, though you will still walk through lovely open woods and cross some impressive old landslides.

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# Nepal Uncovered continued...



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

Another set of stone steps carefully laid into the side of the mountain brings you down to the Kali Gandaki River and on to the next section of your trek. You cross the river on a long cable bridge before arriving at Tatopani (1,189m), a prosperous Thakali town. You get a good view from this bridge of the scale of the valley you are about to trek up into. Oranges and Lemons proliferate in Tatopani, as the town seems to have its own microclimate. The name of the town literally means "hot-springs", and indeed the spring fed hot pools here provide welcome relief from the past few days walking. The hardy can alternate time in the hot waters with a dip in the icy river, which rushes past alongside.

*Overnight at lodge in Tatopani (B L D).*

## DAY 8 / TATOPANI TO BENI

*Trekking time - 6½ hrs*

Your final days trekking takes you down the Kali Gandaki river valley from Tatopani to Beni. You re-cross the long cable bridge just after the huge landslide, which blocked the river downstream from Tatopani. During the day you have to be careful as you can pass many long donkey caravans that constantly travel up and down this valley. These donkeys carry all of the supplies for the many villages further up the valley, as well as returning with rubbish and waste. The valley gradually broadens although you pass through some narrow gorges on the way. When the landscape starts to flatten out and the steep mountains to either side recede, you know that you are approaching Beni and the end of your trek. On arrival in Beni, you drive back to Pokhara for a welcome night in a hotel, and the chance to enjoy a big meal in one of Pokhara's many lakeside restaurants.

*Overnight at hotel in Pokhara (B L).*

## DAY 9 / POKHARA TO BANDIPUR

After a late start this morning, so you get a good rest after the trek

you start the drive towards Chitwan National Park.

**Note:** *en-route you may drop off some travellers from our Nepal Explorer tour to start their rafting.*

After a couple of hours drive through rural countryside, you leave the main Kathmandu-Pokhara highway for a 45 minute drive on a narrow winding road up to the beautiful hill-top village of Bandipur, where the rest of the day is free to enjoy the wonderful vistas and quiet charm that envelopes you. Once a prosperous Newari trading town, Bandipur has stone-paved streets, temples and an interesting old bazaar.

*Overnight in hotel in Bandipur (B D).*

## DAY 10 / BANDIPUR TO CHITWAN

Your guide will give you a guided walking tour around Bandipur this morning, before you find somewhere for lunch and make a leisurely short drive in the afternoon, stopping at any points of interest, to the Royal Chitwan National Park (approx. 2 hours). You will be met by jeeps from your lodge and taken along the final village roads to arrive at your 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 lodge in Chitwan (B D).*

## DAY 11-12 / 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 12 EXTRA OPTIONS

**Chitwan to Kathmandu flight option**

*See pages 4-5 for details*

## DAY 13 / DRIVE TO KATHMANDU

Today you leave early for the drive back to Kathmandu. The 7-hour journey (an internal flight or private transport can be arranged if required) gives you one final chance to take in the beautiful scenery, which makes Nepal such a popular country to visit. You should arrive in Kathmandu by late in the afternoon

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# Nepal Uncovered continued...



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

and are transferred to your hotel to enjoy the rest of the evening as you wish.

*Overnight at hotel in Kathmandu (B).*

## DAY 14 / 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, a tour to the nearby ancient centres of Patan and Bhaktapur, or an extension to the tour to try some exciting rafting on the Bhote Khosi river.

*Overnight at hotel in Kathmandu (B).*

## DAY 11 EXTRA OPTIONS

**Patan & Bhaktapur tour option**

**Everest mountain flight option**

**Bhote Kosi rafting 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.).

## 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: £120 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:** We cannot guarantee single rooms in the trekking lodges.

**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.

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# Nepal Uncovered continued...



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## **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 Pokhara flight - £55 p/p**

This option provides an internal flight from Kathmandu to Pokhara, instead of driving overland (approx. 7 hours), normally in the morning on Day 3. 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.*

## **Kathmandu to Chitwan flight option - £55 p/p**

This option provides an internal flight between Kathmandu and Chitwan (or v/v), instead of driving overland (approx. 6-7 hours). 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.*

## **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.*

## **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.*

## **Bhote Kosi rafting option - Price: £90 p/p 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.*

## **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 trekking guides & porters and safari guides
- All transport & transfers (including flights where stated)
- Trekking pack (sleeping bag, trekking poles, down jacket)
- All entrance and activity fees at Chitwan national park
- Annapurna Conservation Area entry fees
- Trekking Permit

## **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**

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 Kantipur Hotel in Pokhara (alternate hotels of a similar standard may be used).

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

### **2. Trekking with lodges**

For this lodge-based trek, we will use a variety of Lodges and Teahouses. In recent years many new lodges have sprung up and many offer quite good facilities and amenities. However, in some areas the lodges can be run on a very simple basis where toilets and washing facilities are outside the building. We can't promise

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# Nepal Uncovered continued...



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that you will always have full amenities all the time, so you should understand this before embarking on this trek.

Staying in lodges gives you more comfort overnight than camping, and also allows you to meet up with and talk with other trekkers and guides at the end of the day. It also allows us to put more back into the local economies than if we were bringing everything with us.

Rooms in lodges are normally based on same sex sharing of twin rooms (though couples will be able to share). Some sheets & blankets are provided but a sleeping bag is still required. We provide include sleeping bag hire in our tour prices, though you may still wish to bring your own inner sleeping bag liner or sleep sheet if you wish.

### 3. 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).

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:

All your entry fees and permits are included (to cover entry into the trekking conservation areas, and sites on the city tour).

In Chitwan, 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.

Fully trained English-speaking Nepalese trekking guides are provided on this tour and many of our travellers consider them a highlight of their tour. We also provide a fully trained English-speaking guide for any sightseeing tours.

We support and follow international guidelines for the employment of any trekking porters we use, including those of the IPPG (International Porter Protection Group)

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.

### TREKKING TIMES:

The trekking times given above are approximate, and will vary depending on your fitness, and also importantly, on the speed you want to walk. We will normally set off early in the morning, and have plenty of breaks during the day, before finishing trekking in mid-late afternoon. Some days will be longer than others, and your guide will let you know when there is a long day ahead.

Acclimatisation days are added into all our itineraries where required, and these cannot be missed out. You can however, slightly adjust the itinerary as you go along if you are struggling on a particular day, or you want to forge ahead. If travelling with a group, you should be prepared to walk at the speed of the slowest member.

We have graded this trek as: **FAIR:**

*"A trek, where the terrain can vary considerably. Some days can be quite easy walking, but on others the going will be considerably harder. You must have confidence in your ability to be able to complete a day's walk even when the route becomes tough."*

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

### MEALS:

#### Hotels:

In general, breakfasts only are provided in the hotels. 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 within a short walk of the hotel. Dinner is included at the lodge in Bandipur.

#### Lodge trek:

All your meals are included on the trek, based on a set number of items from the menu per meal. You may add

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to these if you wish, but a substantial & healthy meal is always provided. Many of the lodges along the route offer an excellent variety of food. In places the menu might be limited but the food is always nourishing and wholesome. To protect the limited resources available in trekking areas, we politely suggest that you either eat the same meals as the guides and lodge staff, or try not to order too many different items from the menu.

#### **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 do not run group departures on this tour during the monsoon, as the trekking is hard work in the hot & rainy weather, the wildlife safaris are hard to do, and there is a high risk of landslides causing delays to the overland journeys.

##### **Peak season:**

*Mid-September to November*

This is the best and most popular time for trekking in Nepal, with good visibility and fine weather. The wildlife viewing is good in Chitwan, though the elephant grass gets longer as the season progresses, reducing the possibility to see some species.

##### **Winter season:**

*December to February*

This is a nice time to do this tour, as the weather is good, and not too hot. While the nights are cold during the trek, the snow on the ground and low number of trekkers makes it a very pleasant time to visit. Migratory birds start arriving in Chitwan from late December

onwards, and viewing here is OK.

#### **Good viewing:**

*February to May:*

This is an ideal time to do this tour, as the weather is good, visibility is good for the trekking, and the elephant grass is cut in Chitwan National park early in this season which gives better wildlife viewing opportunities. It does get hot towards the end of the season, so March & April are ideal months.

#### **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 check out 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 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 one 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

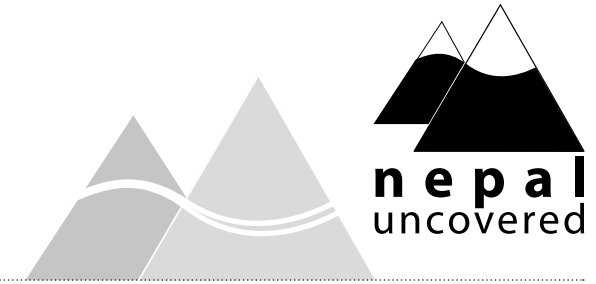
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**Please quote Tour Code: MANPNU when booking**

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

# Nepal Uncovered continued...

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



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>



**This itinerary is excellent for those who want to discover the highlights of Nepal in just 2 weeks.**



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