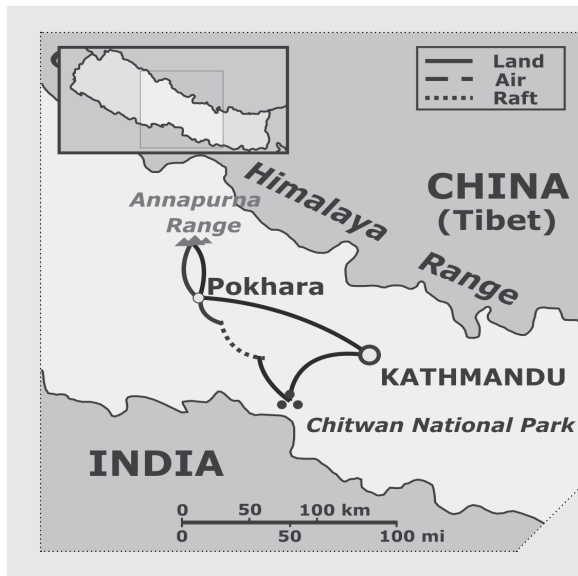


Nepal Family Adventure



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

This tour has been specially designed for families travelling with their children who want a mixed activity & culture holiday that will be fun and interesting for the whole family. The itinerary includes tours of ancient Kathmandu with its numerous temples & stupas, a short camping trek in the Annapurna foothills with great mountain views, some fun & easy white-water rafting, wildlife safaris & elephant bathing in Chitwan National Park, and a visit to the hill-top village of Bandipur.



Several small-group departures run during school holiday periods. Please 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 sightseeing, wildlife safaris, Himalayan trekking, white-water rafting.

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

FLIGHT BOOKINGS AVAILABLE
See page 6 for details

TOUR FACTS	
Tour Code:	FANPNA
Group Size & Age:	Min. - 3 Max. - 16 / Min. age - 6
Travel Idea:	Sightseeing, camping trek, Chitwan safari, rafting
Activity Level:	Moderate (Trekking grade: Fair)
Comfort Rating:	Standard
Accommodation:	8 nights in hotels, 3 nights camping, 2 nights in safari lodges
Transport:	Bus/minibus/jeep, internal flight
Meals:	14 Breakfasts (B), 9 Lunches (L) and 8 Dinners (D)

YOUR 14 DAY TOUR ITINERARY	
Day 1:	Arrive in Kathmandu. Transfer from airport to hotel.
Day 2:	Kathmandu - Half-day tour to Durbar Square & Swayambunath (monkey temple). Free time.
Day 3:	Kathmandu - Half day tour to Boudhnath & Pasupatinath temples. Fly to Pokhara & transfer to lakeside hotel.
Day 4:	Start camping trek to Bhumdi.
Day 5:	Trek to Panchase Bhanjyang.
Day 6:	Mountain views from Panchase Hill. Trek to Bhaduri.
Day 7:	Finish trek in Naudanda. Drive to Pokhara. Free time.
Day 8:	Pokhara - Cycling to Devi Falls & Shiva cave. Free afternoon.
Day 9:	Drive to Bandipur & explore the village. School visit.
Day 10:	Half day rafting. Drive to Chitwan National Park.
Day 11-12:	Safari activities in Chitwan. Drive to Kathmandu.
Day 13:	Kathmandu - Free day (various options available).
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: FANPFA when booking

* LAND ONLY PRICE (SEE WEBSITE FOR FULL PRICE LIST), FLIGHT QUOTES AVAILABLE ON REQUEST. / LAST AMENDED 20/09/2011 /

Nepal Family Adventure continued...



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

DETAILED ITINERARY

INTRODUCTION - TRAVELLING TO NEPAL WITH YOUR FAMILY:

Bringing your children to Nepal can be an adventure for all the family. The mountain scenery is spectacular and the people friendly, and with fun white-water rafting, wildlife-rich national parks, and fascinating temples where you can learn a lot about Hindu & Buddhist religions, most children get a lot out of a holiday here, and are not quickly bored.

We have also chosen some family friendly hotels for the times when you just want to have fun or relax by a pool.

There are obviously some considerations to make if you are travelling anywhere abroad with children, and we have a family information page on our website to give you some useful information on travelling to Nepal in particular.

DAY 1 / ARRIVE IN KATHMANDU

We greet you and your family 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. We have chosen the Shanker hotel as our first choice for this tour – the hotel has a great location within walking distance of Thamel but far enough away to make sure you are in a quiet area. The hotel used to be a royal palace and has bags of character with recently renovated rooms. It is based in lovely private grounds with a large garden and its own pool. Bookings here are subject to availability and alternate hotels of a slightly lower level may be used if required.

This afternoon/evening one of our reps will be around to familiarise you with your surroundings and show you how to get into Thamel and find the numerous restaurants and shops there that make this part of Kathmandu so popular with tourists.

Overnight at hotel in Kathmandu.

DAY 2 / KATHMANDU, TOUR

After breakfast we have a short pre-tour briefing and introduction to your city guide before a half-day tour of the fascinating, sprawling city of Kathmandu. We start by walking from Thamel through the narrow city streets 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 immense Buddhist Swayambhunath Stupa, which sits upon a hill overlooking Kathmandu and gives a spectacular view out over the city. You'll need to keep hold of your belongings as the area is populated by large numbers of friendly and inquisitive monkeys! We then move on to the well known restaurant 'Rum Doodles' for lunch. The afternoon is free to explore the maze-like streets of Thamel & Kathmandu yourselves, or to relax back in the hotel.

Overnight at hotel in Kathmandu (B L).

DAY 3 / TRAVEL BY ROAD TO POKHARA

This morning we take you on another tour of Kathmandu – taking time to explore and learn about the important and interesting religious sites at Pashupatinath (Hindu) and Boudhnath (Buddhist). We will introduce you to the colourful Hindu religion and all the eccentricities that accompany this – you may even see bodies being ceremonially cremated by the river while at Pashupatinath.

The Buddhist monasteries and stop at Boudhnath are much more peaceful and are decorated with multi-coloured Buddhist prayer flags. As your guide takes you clockwise around the stupa, you can spin some of the many prayer wheels, sending millions of prayers out into the ether!

Then after a lunch break, we transfer you to the airport to board your flight (approx. 1 hr) to the idyllic lakeside town of Pokhara (this flight is free seated – try and sit on the right hand side for spectacular mountain views en-route). Upon arrival into Pokhara, we will then transfer you to your hotel and the rest of the day is free. In Pokhara, we use the Bahari hotel (subject to availability) which is

conveniently located close to the lakeside with fantastic mountain views on offer. This hotel also has gardens and a pool.

Overnight at hotel in Pokhara (B).

DAY 4 / POKHARA. START TREK TO BHUMDI

Trekking time - 4 hrs including stops

Before setting off this morning, we introduce you to some of the people who will be accompanying you on the trek – your guide, porters and most importantly, your cook! While on the trek, we include all your meals and your children are more than welcome to help serve up some tasty local food. Fresh water is provided for washing every morning and local porters travel with you to carry your luggage and all the camping equipment which we provide for you on the trek. After a hearty breakfast, we have a short drive through low hills and valleys to Dam Head to start your trek to Bhumdi (1,500m) through rustic terraced foothills. Right at the start we pass the beautiful Peace Pagoda, built by Buddhist monks. The trail over the next few days alternates between lush Rhododendron forests, green terraced valleys and great views of some of Nepal's highest mountains – Manaslu (8,156m) and Dhaulagiri (8,167m).

Overnight camping near Bhumdi (B L D).

DAY 5 / BHUMDI TO PANCHASE BHANJYANG

Trekking time - 5-6 hrs including stops

You set off today on the trail from Bhumdi to Panchase Bhanjyang. The trail heads up to Bhanjyang (2,030m) through more forests which open out on to great views over the Annapurna's once more. From Bhanjyang itself – a small traditional settlement, there are great views of the town of Pokhara and the Phewa Tal lake.

Overnight camping near Panchase Bhangjang (B L D).

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: MANPNE when booking

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Nepal Family Adventure continued...



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

DAY 6 / MOUNTAIN VIEWS FROM PANCHASE HILL. TREK TO BHADURI

Trekking time - 3 hrs (plus 2-3 hours for Panchase Hill)

This morning you have the option of climbing up to the top of Panchase hill (2,500m) for a panoramic view of the Himalayas including the peaks of the Annapurnas such as Dhaulagiri (8,167m) and Manaslu (8,156m). At the summit, there is a very old temple that you can visit – sometimes used as shelter for holy men. After lunch, we then continue on the trail down to Bhaduri where we will spend our last night camping.

Overnight camping near Bhaduri (B L D).

DAY 7 / FINISH TREK AND FREE TIME IN POKHARA

Trekking time - 3 hrs including stops

A relaxed start this morning allows us to make the short and easy walk to the trail end at Naudanda. From there, you will be picked up and transferred to your hotel in Pokhara (approx. 40min). The rest of the day is free to enjoy the town, and rest any young and tired legs!

Overnight at hotel in Pokhara (B).

DAY 8 / POKHARA. CYCLING TRIP & FREE TIME

This morning we enjoy a short & easy cycling trip to visit the Devi Falls and then cross the road to enter the Shiva cave – an important local religious sites with rocks decorated as Gods. The afternoon is free to explore the Lakeside area, do some shopping, relax in the hotel, or perhaps take a rowing boat out on the lake.

Overnight at hotel in Pokhara (B).

DAY 9 / BANDIPUR HILL-TOP VILLAGE

We bid our farewells to Pokhara and the Annapurna region this morning to make the 3 hr drive to Bandipur. 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. Once a prosperous Newari trading town, Bandipur has stone-paved streets, temples and an interesting old bazaar. After lunch and a tour of the town, we walk through the village and some orchards to reach your hotel, perched on the edge of the hillside with great mountain views.

In the afternoon we visit a local Nepalese school where the children have the opportunity to join in a fun & relaxed Nepali/English language class with some local school children. If the group is keen, we will arrange some activities for the children afterwards, such as a football game.

Overnight in hotel at Bandipur (B D).

DAY 10 / RAFTING ON THE TRISULI. TO CHITWAN

After enjoying sunrise views over the mountains, we head off from Bandipur to reach your rafting put-in point on the Trisuli River*. The Trisuli river is one of the easiest rivers to raft in Nepal and is suitable for children aged 6 and over. It certainly isn't all flat though, and there are still some rapids to quicken the pulse! Full training is given before you begin and as you carry on downstream - the emphasis being on team-work with everyone working together to steer the raft through the rapids. We will spend a few hours rafting downstream before enjoying lunch on the riverbank. We then make a leisurely short drive in the afternoon, stopping at any points of interest, to 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.

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 before later enjoying a walk to one of the local Tharu villages. The lodge that we tend to use in Chitwan is the mid-range Rhino Lodge which is more basic than the hotels used elsewhere on the tour but is a fun, comfortable and different place to stay. Some A/C cottages are available.

*Note – If you would prefer to miss the rafting section, we do offer alternate itinerary suggestions such as a visit to the important hillside town of Gorkha or other local villages. We can also arrange a short day-walk, ensuring that you meet up with the rest of the group before travelling on to Chitwan. We may also miss out this rafting section during the monsoon months if the weather is bad.

Overnight at lodge in Chitwan (B L D).

DAY 11 / CHITWAN NATIONAL PARK

This morning you will enter the Park either by foot or in jeeps to explore the habitat. Your experienced local naturalist guide will point out interesting flora and fauna. In the afternoon you will take an 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. Following on from this, your family will have the chance to help bathe the domestic elephants that work in the park - this is a great fun session as you splash and play around with these friendly animals and their mahouts.

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

DAY 12 / CHITWAN. DRIVE TO KATHMANDU

This morning starts with 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. Our time in Chitwan then ends with

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Nepal Family Adventure continued...



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

a visit to the important Elephant breeding centre where you will have the chance to learn and discover more about these fascinating creatures and the role they have played in and around the area.

After lunch, we then start the journey back to Kathmandu by road (approx. 6 hrs). In Kathmandu, you check in to your hotel and your rep will outline the various options available for the next day.

Note: The order of your activities in Chitwan is flexible
Overnight at hotel in Kathmandu (B).

DAY 12 EXTRA OPTIONS

Chitwan to Kathmandu flight option

DAY 13 / FREE DAY IN KATHMANDU

We have left today completely free for you to spend relaxing after the previous week's 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 if you want to do some more organised tours. These include a spectacular mountain flight to view Everest, a visit to the Museum in the former Royal Palace or a tour to the ancient centres of Patan and Bhaktapur. This evening we will arrange a farewell meal for the group in either a traditional Nepalese restaurant or in one of the many appetising western restaurants on offer (meal not included in tour price).

Overnight at hotel in Kathmandu (B).

DAY 14 EXTRA OPTIONS

Patan & Bhaktapur tour option Everest mountain flight option

DAY 14 / TOUR ENDS

Your tour ends after breakfast and your time is free until we transfer you to the airport to say farewell and help you board your flight home. (B).

SMALL GROUP, PRIVATE AND TAILOR-MADE TOURS

SMALL GROUP DEPARTURES:

We have small group departures on this tour scheduled for the main UK school holiday periods. 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.

We add a small supplement for these departures. Please contact us first to check availability.

TAILOR-MADE TOURS:

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, changing the trekking itinerary 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.

Single room supplement

If you have any single travellers in your party, then if you want to guarantee them a single room, then you can add this single

supplement option to cover all the hotels & lodges used in the tour.

Triple rooms or extra beds are available for children to share their parents room if required. Please contact us if you have any questions about room allocations and prices for your family.

Book in advance. Pay in advance.

Extra days - Price: on request - subject to family 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.

Child Discount (6 to 11) - Price: see website

This discount applies for all children aged 6 to 11 (i.e. under 12) at the date of travel.

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

Chitwan:

• Rhino Residency, Temple Tiger Lodge

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Nepal Family Adventure continued...



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

or Tiger Tops Lodge.

Please contact us for rates if required.

Book in advance. Pay in advance.

Chitwan to Kathmandu flight option

This option provides an internal flight from Chitwan to Kathmandu, instead of driving overland (approx. 6-7 hours). All transfers and taxes are included.

Flights are subject to availability and flight times may vary.

Book in advance. Pay in advance.

Patan and Bhaktapur tour

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.

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. Window seats are guaranteed and all transfers are included. If the flight is cancelled due to bad weather, then a full refund will be paid.

Book & Pay in advance or in Kathmandu.

INCLUDED IN THE PRICE OF THE TOUR:

- All accommodation
- Sightseeing tours as indicated on the itinerary
- Meals as indicated on the itinerary
- All entrance fees to sites mentioned in the itinerary
- Registered trekking guides & porters and rafting & safari guides
- All rafting & camping equipment (inc. sleeping bags)
- All transport & transfers (including internal flights where stated)
- 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

ACCOMMODATION:

1. Hotels in Kathmandu, Pokhara, Bandipur

We use comfortable tourist class hotels in Kathmandu and Pokhara. These are usually the Shanker Hotel, formally a royal palace in Kathmandu (4-star), and the Barahi Hotel in Pokhara (3-star). Both of these have gardens and a pool.

The hotel in Bandipur is normally the Bandipur Mountain Lodge (2-star), which has comfortable rooms with great mountain views.

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.

Subject to availability during busy seasons, alternate hotels of

a similar standard may be used. This includes 3-star hotels in Kathmandu instead of the 4-star Shanker. Upgrades to higher level hotels are available on request on private departures - see the Options section above or contact for details and prices.

2. Camping Trek

For the camping trek on this tour, we provide 2 person tents, camping mats and sleeping bags. The trekking crew will dig basic latrines for you to use.

All meals are included on the trek and prepared by your cook & porters, and consist of camp cooked breakfasts and dinners, and picnic style lunches. Meals are simple but tasty, and as walking is hungry work, they are also substantial. All meals are hygienically prepared and cooked by you and your guides.

3. Safari lodges in Chitwan national park

At Chitwan National Park, we use fairly basic safari lodges with simple but comfortable clean rooms with en-suite bathrooms (normally Rhino Lodge or similar).

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

TRANSPORT & TRANSFERS:

We use private air-conditioned minivans or minibuses for all your airport transfers and main transport throughout the tour. A variety of transport including jeeps, elephants & canoes is used in Chitwan.

An internal flight is included from Kathmandu to Pokhara, and you may upgrade the Chitwan to Kathmandu journey to a flight as well if you wish (see Options above)

INTERNATIONAL FLIGHTS:

In order to keep our tours flexible, and

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Nepal Family Adventure continued...



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

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 areas, National Parks and sites on the city tours).

In Chitwan, all National Park activity costs are included. Fully trained English-speaking Nepalese trekking and rafting guides are provided on this tour and one of our local guides will accompany you throughout the whole tour. Many of our travellers consider the local Nepalese guides to be a highlight of their tour. We also provide a fully trained English-speaking specialist city guide for the sightseeing tours in Kathmandu.

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.

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.

WHITE-WATER RAFTING:

Is rafting right for you ?

It is a popular myth that white-water rafting is only for the young and super fit. For all our rafting tours, you must be a competent swimmer and be unafraid of the water and to this end we are unable to accept bookings from non-swimmers on this section.

The itinerary is designed to allow you to miss out the rafting if you wish - you can decide this in advance or while on the tour in Nepal. We may also miss out this rafting section from the tour during the monsoon season if the weather is bad.

So, whether you are male or female, young or old, if you are prepared to honestly assess your physical abilities and accept the challenge then rafting is right for you. You need to bring swimming gear, some trainers or sandals you don't mind getting wet, and a towel. We will provide wetsuits, and all the rafting equipment.

All the Nepalese rafting guides we use are fully trained and experienced on the river, and we carry a first aid kit and use safety kayakers. For this particular tour on the Trisuli River, there are Class II and III rapids (Grades run from I to V), and you only need to be relatively fit. You don't need any previous rafting experience, and

the start of your time on the river will be spent learning the skills and teamwork required. We have chosen the stretch of river we use on the Trisuli carefully, and consider it ideal for beginner rafters, families, and children (min-age 6).

Class II: mild rapids, suitable for children and anyone seeking an enjoyable experience

Class III: larger rapids, requiring a little more skill but with little real danger

Class IV: powerful rapids, needing more advanced techniques

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

WHEN TO GO:

Overall, for families, the ideal times to bring your children to Nepal are the October & February half-terms, and the Christmas & Easter holidays.

We run several small-group departures during these periods, as well as through the summer monsoon months. 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.

Monsoon season:

June to mid-September

We do run this tour during the summer monsoon months, but may miss out the rafting section depending on the weather conditions at the time. Activities in Chitwan National Park may also vary.

Peak season:

Mid-September to November

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Nepal Family Adventure continued...



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This is the best and most popular time for trekking in Nepal, with great visibility and fine weather. The rafting is good, though the water is cooler towards the start of the season. 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 beautiful time to visit Nepal, with slightly fewer tourists on and light snow on the ground at times making for a beautiful trekking experience. The weather is cooler and we may miss the rafting section if people think it is too cold.

Good viewing:

February to May:

This is an ideal time to do this tour, as the weather is good and the water is warmer for the rafting. 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. £50 p/p would be a suitable budget for this tour (less for children).

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.

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 as you are visiting the lowland Terai region, 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.

Our website County & Travel guides also give more information.

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>

We are fully bonded for your complete financial protection.



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Please quote Tour Code: MANPNE when booking

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