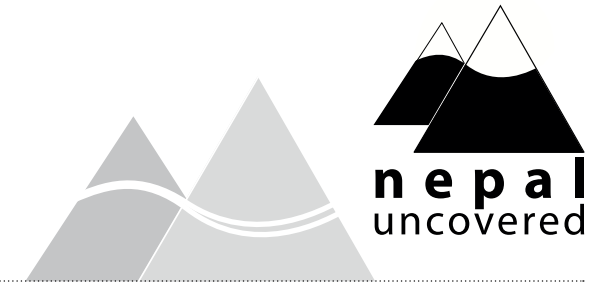
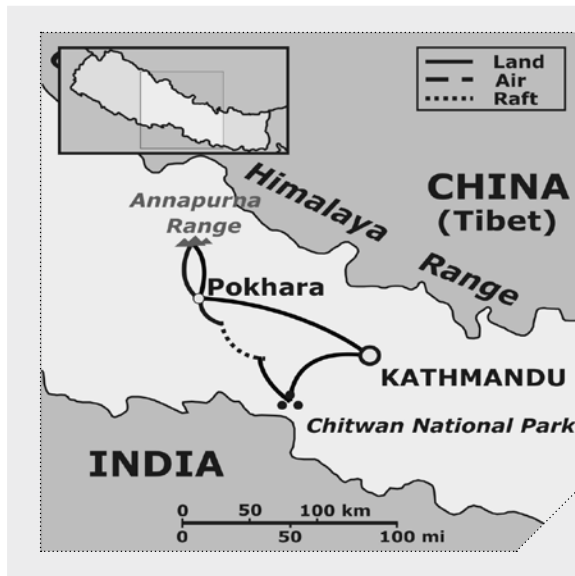


Nepal Explorer from only £795pp*

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



This tour gives you a taste of all that Nepal has to offer, with time spent exploring the ancient city of Kathmandu, a short trek in the foothills of the majestic Annapurna mountain range, some easy white-water rafting on the Seti river, and a range of wildlife safaris in Chitwan National Park. Taken together, you enjoy a comprehensive introduction to the history & culture, natural beauty, and adventure that Nepal has to offer.



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 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 & Class:	MANPNE / Standard
Group Size & Age:	Min. - 2 Max. - 12 / Min. age - 12
Activity - Multi:	Sightseeing, trekking, Chitwan safari, Seti rafting
Activity Level:	Medium to high
Trekking Grade:	Fair
Accommodation:	6 nights in hotels, 1 night camping, 4 nights in trekking lodges, 3 nights in safari lodges
Transport:	Bus/minibus/jeep and raft
Meals:	14 Breakfasts (B), 9 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. Start rafting on the River Seti.
Day 10:	Full day rafting. 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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Please quote Tour Code: MANPNE when booking

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Nepal Explorer continued...

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



DETAILED ITINERARY

Note: This tour runs together with our Nepal Uncovered tour. They follow identical itineraries except that the Nepal Explorer visits the hill-town of Bandipur instead of doing the white-water rafting.

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/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 Gandruck (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 Gandruck the next morning.

Overnight at lodge in Gandruck (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. 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

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Nepal Explorer continued...

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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 / RAFTING THE SETI RIVER

After a late start this morning, you make the short drive to our put in point on the Seti River (approx. 2 hours). The Seti is one of Nepal's most beautiful, and its warmest rafting river, and has exciting, though not too large, rapids (grade II-III) which are suitable for

families and those of all ages (over 12).

After getting changed, you begin on the rafts slowly, as your guides teach you all you need to know, and you practice paddling techniques, ready for the harder rapids to come, and soon enough the more testing white water looms ahead. Rapids come and go, with peaceful water in-between, as you pass through parts of Nepal that are virtually unknown to most tourists. You have time to relax on beautiful white sandy beaches and see fascinating temples and picturesque villages as you head downstream. At night you tie up on a beach and, after a hearty meal, chat about the days adventures or plan the new challenges to come.

Overnight camping by the river (B L D).

DAY 10 / RAFTING THE SETI RIVER

Back on the river we save the biggest and best till last, and it comes in the shape of exciting rapids that are sure to test your newly acquired skills and teamwork. Eventually you reach your take out point near the confluence with the Trisuli river, unpack, deflate the rafts and lay everything out to dry in the sun. You then make the short drive to the Royal Chitwan National Park (approx. 1 hour). 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 L 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 can be arranged if

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Nepal Explorer continued...

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preferred) 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 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 14 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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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 Kathmandu.

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 13. 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 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 take the rafting to a higher level, 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 rafting & safari guides
- All rafting & camping equipment (inc. sleeping bag) while rafting
- 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

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).

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

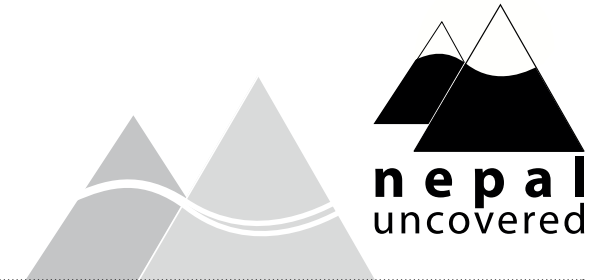
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sprung up and many offer quite good facilities and amenities. However, in some areas the lodges can be run on a very simple basis where toilets and washing facilities are outside the building. We can't promise that you will always have full amenities 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. Camping whilst rafting

On the river we camp, usually on sandy beaches beside the water, and provide all the necessary camping equipment, including two-person tents, sleeping bags, mats, and toilet tents.

4. 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 Chitwan Jungle 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 when 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 and rafting 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.

WHITE-WATER RAFTING:

Is rafting right for you ?

It is a popular myth that white-water rafting is only for the young and super

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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. 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 Seti 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 consider the Seti river ideal for beginner rafters, families, and children (min-age 12).

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 (see Bhote Khosi rafting option above)

For more information on rafting with us in Nepal, please check the Rafting 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.

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 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.

Camp food:

When on the water all meals are included, and consist of camp cooked breakfasts and dinners, and picnic style lunches. They are always of a high standard and, as rafting is hungry work, they are also very substantial. All meals are hygienically prepared and cooked by you and your guides. As this is often considered a highlight of the rafting trip, we ensure that the food is varied, tasty and correct for those hard worked muscles.

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 this tour during the monsoon, as the rafting isn't possible, 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 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

We do not generally run this tour during the winter months as the river water is very cold for the rafting section. We can still run the tour for a minimum of 4 people however.

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.

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

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

Nepal Explorer continued...

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

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 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>

“

Every detail from briefings to putting in our dinner orders when trekking was always taken care of efficiently and with a smile.

BART RUTTEN - MARCH 2008

”

We are fully bonded for your complete financial protection.



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