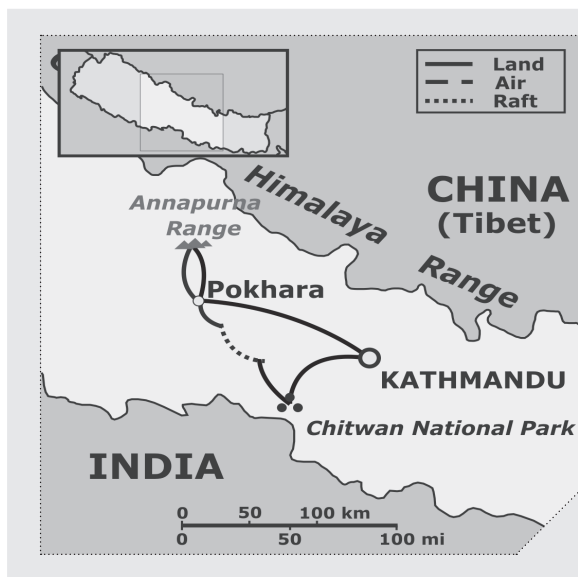


Nepal Explorer

15 DAYS / SMALL GROUP OR PRIVATE TOUR / CULTURAL ADVENTURE /



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 exciting white-water rafting on the Trisuli 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.

TOUR HIGHLIGHTS INCLUDE:

Kathmandu sightseeing, wildlife safaris, Himalayan trekking, white-water rafting.

FLIGHTS INCLUDED:* ✗	LOCAL PAYMENT: ✗	ENTRANCE FEES: ✓	AIRPORT TRANSFERS: ✓
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FLIGHT BOOKINGS AVAILABLE

See below for details

TOUR FACTS

Tour Code:	MANPNE
Group Size & Age:	Min. - 2 Max. - 12 / Min. age - 12
Travel Idea:	Cultural Adventure
Activity Level:	Moderate (Trekking grade: Fair; Rafting grade: I-II)
Comfort Rating:	Basic
Accommodation:	7 nights in hotels, 1 night camping, 4 nights in trekking lodges, 2 nights in safari lodges
Transport:	Private and local bus/minibus, jeep and raft
Meals:	14 Breakfasts (B), 7 Lunches (L) and 7 Dinners (D)

YOUR 15 DAY TOUR ITINERARY

Day 1:	Arrive in Kathmandu. Transfer from airport to hotel.
Day 2:	Walking tour to Durbar Square. Drive to Nagarkot via Boudhanath stupa & Pasupatinath temple.
Day 3:	Walk through Tilkot Forest Reserve to Changu Narayan temple. Afternoon tour of Bhaktapur's ancient centre.
Day 4:	Start rafting on the Trisuli River. Overnight rafting camp.
Day 5:	Full day rafting. To Chitwan national park and village walk.
Day 6:	Chitwan national park - Full range of safari activities.
Day 7:	Morning bird watching walk. Tourist bus to Pokhara.
Day 8:	Visit Peace Pagoda, Monastery and Tibetan Refugee Camp.
Day 9-11:	Trekking via Ghandruk & Tadapani to Ghorepani.
Day 12:	Sunrise on Poon Hill. Trek down to Tirkhedunga.
Day 13:	Finish trek and transfer to Pokhara. Free time.
Day 14:	Drive to Kathmandu - Free time.
Day 15:	Kathmandu - Free time. Transfer to airport for flight.

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Nepal Explorer continued...



15 DAYS / SMALL GROUP OR PRIVATE TOUR / CULTURAL ADVENTURE /

DETAILED ITINERARY

Note: This tour runs together with our Nepal Uncovered tour. They follow identical itineraries except that the Nepal Uncovered tour misses the trek and returns to Kathmandu via Bandipur and Gorkha.

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, introduces you to your local surroundings, and explains the agenda for the rest of your tour.

Overnight at hotel in Kathmandu.

DAY 2 / KATHMANDU, TOUR. DRIVE TO NAGARKOT

The first part of the morning will be dedicated to a pre-tour briefing and introduction to your guide. You'll then start a fascinating and fun walking tour through the busy narrow streets of Kathmandu where you'll see a huge variety of tiny shops and workshops, numerous small street temples and stupas, and start to get a feel for life in this busy and exotic city. After arriving in Durbar Square, your guide will explain the history behind the splendid array of Hindu Temples and the old Royal Palace.

After lunch we drive to visit the huge Buddhist stupa at Boudhanath and the contrasting Hindu temple and cremation ghats at Pasupatinath. Both of these are pilgrimage sites and are very important places to visit in their respective religions. Later in the afternoon we leave Kathmandu and head up into the hills on the edge of the Kathmandu valley to the ridge top village of Nagarkot where we spend the evening.

There is an option this morning to enjoy a spectacular mountain viewing flight up to Everest (depending on your flight time, people choosing this option will rejoin the group in Durbar Square).

Overnight at hotel in Nagarkot (B).

DAY 2 EXTRA OPTIONS Everest Mountain Flight

DAY 3/ BHAKTAPUR, TILKOT & CHANGU NARAYAN TOUR

We rise early this morning to enjoy the spectacular mountain views at sunrise. Your hotel faces East and enjoys great views, but you can also walk to a viewing tower outside the village if you wish. After breakfast, we enjoy an easy, mainly downhill walk through the Tilkot Forest Reserve to the faded and crumbling beauty of the Changu Narayan Temple (approx. 2 1/2 hours easy walking). You'll have great views over the Kathmandu valley to either side of the ridge you're descending, and after leaving the forest pass through tiny Chhetri villages and learn about the local farming techniques on the steep terraced hillsides.

Our afternoon is spent touring the ancient centre of Bhaktapur with its many squares and temples, and stunning old wooden architecture. We'll also explore the narrow winding lanes which bustle with life and have remained relatively unchanged for centuries.

Overnight at hotel in Kathmandu (B).

DAY 4 / RAFTING THE TRISULI RIVER

We leave Kathmandu today and drive to our put in point on the Trisuli River (approx. 3.5 hours). The Trisuli is an excellent river for a short rafting trip with rapids from Grade II to IV that are ideal for beginners but still exciting enough to pose a challenge. The countryside is also beautiful and we'll find a nice spot on the banks of the river to make our overnight camp. 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. Rapids come and go, with peaceful water and swimming opportunities in-between.

Overnight camping by the river (B L D).

DAY 5 / RAFTING THE TRISULI RIVER. TO CHITWAN

We are back on the river this morning for more exciting rapids to test your newly acquired skills and teamwork. We reach our take-out point in the early afternoon and unpack, deflate the rafts and lay everything out to dry in the sun. We then have a fun short drive on a local bus (which we may share with chickens and goats as well as local people) to Chitwan National Park (approx. 1 hour). We will be met by jeeps from our lodge and taken along the final village roads to arrive at our lodge in the village of Sauraha on the outskirts of the park.

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, we will take you on a walk around the local village to get a feel for the area and learn about traditional life in the lowland Terai region of Nepal.

Overnight at lodge in Chitwan (B L D).

DAY 6 / CHITWAN NATIONAL PARK

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

After the canoe ride you will explore and learn about the forests in a jungle walk where you should see spotted deer and antelope, monkeys and hopefully spot some rhino. In the afternoon you can choose either an elephant safari or jeep safari further into the park (jeep safaris don't operate all the time). Experienced local guides point out the various species, their habitats and behaviour, on all of your

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Nepal Explorer continued...



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journeys into the park.

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

DAY 7 / BIRD WATCHING, DRIVE TO POKHARA

This morning we have a walk concentrating mainly on bird watching before setting off for Pokhara. If you did a jeep safari yesterday afternoon, you can choose to do an elephant safari into the park this morning instead (supplement payable locally). After arriving in Pokhara we check in to our hotel and the rest of the day is free to relax and explore this picturesque lakeside town. Set in a broad fertile valley, Pokhara is the gateway to most of Nepal's rafting and trekking destinations. The town itself is dominated by stunning views of the Annapurna range, particularly of the sacred Machhapuchhare. The Lakeside area (around Phewa Lake) is enchanting and busy with travellers in the evenings, and has many good restaurants to enjoy.

Overnight at hotel in Pokhara (B).

DAY 8 / POKHARA, TOUR

Our tour this morning takes in visits to the World Peace Pagoda, Daryalling Monastery and the Tibetan refugee camp on the edge of town. We may also stop at the Devi Falls and Cave on the way back into town. The remainder of the day is free for you to relax before starting your trek tomorrow.

Overnight at hotel in Pokhara (B).

DAY 9 / POKHARA TO GHANDRUK

Trekking time - 5 to 6 hrs

Our trek starts with a drive through low hills and valleys to Nayapul via the large village of Lumle (approx. 1-2 hours) where 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). Our accommodation on the trek is in fairly simple trekking lodges.

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

Overnight at lodge in Gandruk (B L D).

DAY 10 / 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 11 / 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 Bantanhi (2,650m) where you can rest in the shelter of a high rock face. You climb up from Bantanhi 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 12 / GHOREPANI TO TIRKHEDEUNGA, (POON HILL SUNRISE)

Trekking time - 5 to 6 hrs

An early start allows you to make the optional (but 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 Tirkhedunga. After breakfast at the lodge, we walk down through oak and rhododendron forests via Nangethanti, Banthanti and a steep stepped descent from Ulleri to Tirkhedunga.

Overnight at lodge in Tirkhedunga (B L D).

DAY 13 / TIRKHEDEUNGA TO POKHARA. FREE TIME

Trekking time - 2 hrs

We have a final short walk today from Tirkhedunga back to the road where we transfer back to Pokhara for a relaxing afternoon, perhaps taking a rowing boat out on the lake before gathering for a welcome restaurant meal in the evening.

Overnight at hotel in Pokhara (B).

DAY 14 / DRIVE TO KATHMANDU

Today you leave early for the drive back to Kathmandu. The 7-hour journey (an internal flight can be arranged if preferred) gives you one final chance to take in the beautiful scenery which makes Nepal

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Nepal Explorer continued...



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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 15 / 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 most of the year but avoiding the monsoon season. 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 extra rafting etc.).

ADDITIONAL INFORMATION

OPTIONS:

Booking and paying for options:

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

Single room supplement

If you want to guarantee yourself a single room throughout the tour, then we need to add a single supplement charge.

If you are a single traveller joining the tour, 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 normally available on request.*

Extra days

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.

Prices will depend on the make up of your party, and will include a night in the hotel, breakfast, all taxes and your airport transfer. Single room supplements apply.

Accommodation upgrades - Price: on request

If you are booking this tour privately (i.e. not joining one of our group departures), then we are happy to arrange to upgrade the accommodation in Kathmandu, Pokhara and/or Chitwan National Park if required.

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

Kathmandu:

• *Yak & Yeti hotel or Dwarikas hotel.*

Pokhara:

• *Fishtail Lodge, Shangri La or Fulbari hotel.*

Chitwan:

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

Please contact us for rates if required.

Pokhara to Kathmandu flight

This option provides an internal flight from Pokhara back to Kathmandu, instead of driving overland (approx. 7 hours on the public tourist coach used). 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.

Everest mountain flight option

This flight leaves from Kathmandu early in the morning, and lasts for around an hour, taking you up towards Everest and the surrounding high peaks. You can even get glimpses of the high Tibetan plateau.

The planes have good-sized clear windows, and window seats are guaranteed.

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Bhote Kosi rafting option - 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.

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
- 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 star).

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 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. Warm showers are available for a small fee at

most lodges, though these may be bucket showers higher up.

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.

For further details on the hotels and accommodation used on this tour, please check out the information on our website.

Upgrades to higher level hotels are available on request on private departures - see the Options section above or contact us for details and prices.

TRANSPORT & TRANSFERS:

We use public tourist buses for the journey from Kathmandu to the rafting put-in point, from Chitwan to Pokhara, and Pokhara to Kathmandu. A fun local bus is used for the short journey from the rafting take-out point to Chitwan. 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

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Nepal Explorer continued...



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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: Jungle Walk, Village Walk, River canoe trip, Elephant Ride or Jeep Safari.

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. A tour leader (often your trekking guide) will accompany you throughout the trip.

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 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 Trisuli River, there are Class II, III and IV 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 Trisuli river ideal for beginner rafters, families, and teenagers (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

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

NOTE: If you would like to miss out on the white-water rafting section of this tour, we can arrange for you to transfer straight to Chitwan National Park for an extra day of safaris there instead of doing the rafting. A small supplement would apply - please contact us for details.

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

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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 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 great, with faster and higher, but colder water 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 can be a very rewarding time to do this tour as the trekking routes are quiet and you may get some snow on the ground making for spectacularly beautiful scenery. The cooler weather isn't as ideal for the rafting however, and if the weather is very poor we may miss this out and spend an extra night in Chitwan.

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 up to approx. 5% of the tour price would be a suitable budget for this tour. More information will be provided in your pre-departure information.

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

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Nepal Explorer continued...



15 DAYS / SMALL GROUP OR PRIVATE TOUR / CULTURAL ADVENTURE /

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.



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

BART RUTTEN



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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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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