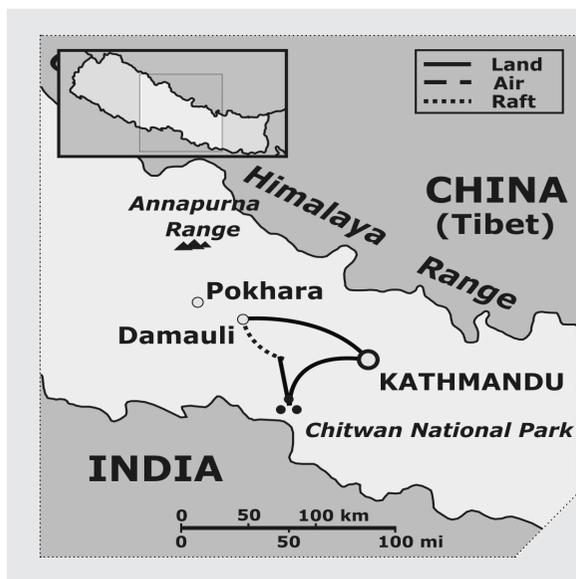


Rivers & Rhinos



10 DAYS / SMALL GROUP OR PRIVATE TOUR / RAFTING TRIP /

Snaking your way through the centre of Nepal and passing through some beautiful scenery, rafting on the Seti River provides a true wilderness adventure. Surrounded by forests & jungle, teeming with a multitude of colourful wildlife, the progressively more exciting rapids make a perfect introduction to white water rafting. Combined with safaris in the famous Chitwan National Park, and a tour of Kathmandu itself, this tour lets Nepal show off many of the highlights it has to offer.



Several small-group departures run during the ideal rafting seasons. Call or check the website for dates and prices. Private and tailor-made options are also available on request.

Please refer to page 3 or website for details.

TOUR HIGHLIGHTS INCLUDE:

Kathmandu sightseeing, white-water rafting, wildlife safaris in Chitwan National Park

FLIGHT BOOKINGS AVAILABLE
See page 4 for details

FLIGHTS INCLUDED:* ✗	LOCAL PAYMENT: ✗	ENTRANCE FEES: ✓	AIRPORT TRANSFERS: ✓
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TOUR FACTS	
Tour Code:	MANPRR
Group Size & Age:	Min. - 2 Max. - 12 / Min. age - 12
Travel Idea:	Rafting Trip
Activity Level:	Moderate (Rafting grade: II to III)
Comfort Rating:	Basic
Accommodation:	4 nights in hotel, 2 nights camping, 3 night in safari lodges
Transport:	Bus/minibus/jeep and raft
Meals:	9 Breakfasts (B), 5 Lunches (L) and 5 Dinners (D)

YOUR 10 DAY TOUR ITINERARY

Day 1:	Arrive in Kathmandu. Transfer from airport to hotel.
Day 2:	Kathmandu - Sightseeing tour.
Day 3:	Travel by road to Damauli, start rafting.
Day 4:	Rafting on the River Seti.
Day 5:	Rafting on the River Seti. Drive to Chitwan National Park.
Day 6:	Chitwan - Safari activities.
Day 7:	Chitwan - Safari activities.
Day 8:	Chitwan. Drive to Kathmandu.
Day 9:	Kathmandu - Free day.
Day 10:	Kathmandu - Free time. Transfer to airport for flight.

"Would you like to try one of our exciting trekking tours? ...then check out our Instant Everest tour"

**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: MANPRR when booking**

Rivers & Rhinos continued...



10 DAYS / SMALL GROUP OR PRIVATE TOUR / RAFTING TRIP /

DETAILED ITINERARY

DAY 1 / ARRIVE IN KATHMANDU

We greet you at the airport and transfer you to your hotel in the centre of Kathmandu, where our Nepal Uncovered rep welcomes you, helps you settle in, and explains the agenda for the rest of your tour.

Overnight at hotel in Kathmandu.

DAY 2 / KATHMANDU, TOUR

The first part of the morning will be dedicated to a pre-tour briefing and introduction to your local tour leader. After this we arrange for you to taken on a guided tour of the fascinating, sprawling city of Kathmandu. We take you to visit Durbar Square with its splendid array of Hindu Temples and the old Royal Palace. Next, we climb up the many steps leading to the immense Swayambhunath Stupa, which sits upon a hill overlooking Kathmandu and gives a spectacular view out over the city. You will also have plenty time to check out the numerous little gift shops that line the maze-like streets. In the evening you have an opportunity to tryout the numerous, restaurants and bars, and soak up the unique nightlife that makes Kathmandu a magnet for travellers from all over the world.

Overnight at hotel in Kathmandu (B).

DAY 3 / DRIVE TO DAMAULI, RAFTING

You set out early this morning and after climbing out of the Kathmandu Valley you make your way down to the Trisuli River. The view to your right is an amazing panorama of snow-capped mountains stretching away into the distance. After a couple of hours drive (approx. 5 hours in total from Kathmandu), you arrive at Damauli, your put-in point on the Seti River, where you inflate the rafts and pack the supplies and equipment needed for the next few days before taking to the river. The rest of the afternoon is taken

up with a few basic lessons in rafting techniques from your highly experienced guides.

Overnight camp by river (B L D).

DAY 4 / RAFTING ON THE SETI

The Seti River is the perfect river for the beginner with the rapids increasing in difficulty as you go along. By the end of the day your skill at controlling the raft and responding quickly to the shouted instructions of the guide is noticeably better and your confidence is high. You camp at night on a soft white sandy beach, enjoy a hearty meal and tell stories of your days adventures around the campfire.

Overnight at camp by river (B L D).

DAY 5 / RAFTING, DRIVE TO CHITWAN

After a big breakfast you return to the river for the last leg down to your take out point at either Gaighat or Jugedi. Here you unpack the rafts and lay the equipment out to dry before loading up the minibus and carrying on to Chitwan National Park, just an hour's drive away. You 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 6-7 / 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 Chiwan (2xB 2xL 2xD).

DAY 8 / DRIVE TO KATHMANDU

Today you leave early for the drive back to Kathmandu. The 6-7 hour public tourist coach journey (an internal flight or private transport can be arranged if required) gives you one final chance to take in the beautiful scenery, which makes Nepal such a popular country to visit. You should arrive in Kathmandu by late in the afternoon and are transferred to your hotel to enjoy the rest of the evening as you wish.

Overnight at hotel in Kathmandu (B).

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Rivers & Rhinos continued...



10 DAYS / SMALL GROUP OR PRIVATE TOUR / RAFTING TRIP /

DAY 8 EXTRA OPTIONS

Chitwan to Kathmandu flight option

See pages 3-4 for details

DAY 9 / 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 Bhothe Khosi river, or visit Chitwan National Park for some wildlife safaris.

Overnight at hotel in Kathmandu (B).

DAY 9 EXTRA OPTIONS

Patan & Bhaktapur tour option

Everest mountain flight option

Bhothe Kosi rafting option

See pages 3-4 for details

DAY 10 / 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: £90 p/p

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

If you are a single traveller joining one of our Standard level group

tours, then if you are happy to, you may share a twin room with another single traveller on the tour of the same sex. If there are no other single travellers available for you to pair up with at the time of your booking, then we will need to add the single supplement to your tour price, but will refund this or deduct it from your balance payment if we are able to pair you up later on.

Note: Couples will always be given a private double room, and triple/family rooms are available on request.

Book in advance. Pay in advance.

Extra days - Price: £25-£40 p/p/night

These are available on request in Kathmandu before and after the tour starts and finishes. If you'd like to add extra days into the time elsewhere, then please request a tailor-made tour.

The price includes a night in the hotel, breakfast, all taxes and transfers. Single room supplements apply.

Book in advance. Pay in advance.

Accommodation upgrades - Price: on request

If you are booking this tour privately (i.e. not joining one of our group departures), then we are happy to arrange to upgrade the accommodation in Kathmandu or Chitwan National Park if required. Upgrades would normally be to the following hotels (subject to availability):

Kathmandu:

• Yak & Yeti hotel or Dwarikas hotel.

Chitwan:

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

Please contact us for rates if required.

Book in advance. Pay in advance.

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Rivers & Rhinos continued...



10 DAYS / SMALL GROUP OR PRIVATE TOUR / RAFTING TRIP /

Chitwan to Katmandu flight - £55 p/p

This option provides an internal flight from Chitwan to Kathmandu in the morning on Day 10, instead of travelling overland in your private car/minibus (approx. 6 hours). All transfers are included.

Flights are subject to availability and flight times may vary. Prices may also vary unless you add the cost of the flights to your deposit payment so that we can book them straight away.

Book in advance. Pay in advance or in Kathmandu.

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.

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.

Bhote Kosi rafting option - Price: £90 p/p Min 2 people (adds 2 days to the tour)

For those wishing to enjoy some exhilarating white water rafting, this short option takes you to one of Nepal's wildest white water rivers, and one of the best two-day rafting trips in the world. This Grade 4 river (Class -IV to IV+ rapids) is just 3 hours from Kathmandu and makes an excellent adrenaline filled extension to your tour (other easier rivers are available on request).

The minimum age for this option is 16, and you need to be relatively fit and a confident swimmer, and be prepared for continuous, technical, and demanding rapids.

You will be joining a group operated by one of Nepal's premier rafting operators - please contact us to check availability.

Book in advance. Pay in advance.

INCLUDED IN THE PRICE OF THE TOUR:

- Meals as indicated on the itinerary
- All accommodation
- Sightseeing tours as indicated on the itinerary
- All entrance fees in Kathmandu
- Registered rafting guides & porters
- All entrance and activity fees at Chitwan National Park
- All rafting & camping equipment (inc. sleeping bag)
- All transport & transfers (including flights where stated)

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

We use a comfortable 4-star tourist class hotel in Kathmandu. This is usually the Shanker Hotel, formally a royal palace and full of character, and within walking distance of Thamel.

2. 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.

3. Safari lodges in Chitwan national park

At Chitwan National Park, we use safari lodges with comfortable clean rooms and en-suite bathrooms. We normally use lodges in and around the village of Sauraha on the edge of the park, which increases the number of activities you can do while at the park (normally Riverview or Rhino Lodge).

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

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

TRANSPORT & TRANSFERS:

We use private cars or minibuses for all the main transfers & journeys on this tour. A variety of transport including jeeps, elephants & canoes is used if you visit Chitwan.

Upgrades to internal flights are available on request.

Both your airport arrival and departure airport transfers are included (24-hour service).

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Rivers & Rhinos continued...



10 DAYS / SMALL GROUP OR PRIVATE TOUR / RAFTING TRIP /

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 National Park, 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 rafting & national park 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.

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.

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 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 has 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.

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:

Best rafting:

Mid-September to November

This is peak season in Nepal and is a great time to do this tour, with fine weather and high water in the rivers, though the water is colder 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 privately for a minimum of 4 people however.

Best viewing:

March to May:

This is an ideal time to do this tour, as the weather is good and the water is warmer for the rafting. The elephant grass is

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Rivers & Rhinos continued...



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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. .

Monsoon season:

June to mid-September

We do not run this tour during the monsoon season, as the rafting isn't possible, exploring the National Parks is hard work, and there is a high risk of landslides causing long delays to the overland journeys.

TIPPING:

While an accepted part of the culture and customs in Nepal, tipping is always optional, and any amounts paid should reflect excellent service.

It is normal and accepted for people to tip differently, and you should not feel under any pressure to tip any particular amount.

We are often asked for advice on common amounts however, and suggest that approx. 5-10% of the tour price would be a suitable budget for this tour.

COUNTRY GUIDE:

For an in-depth overview of Nepal, including up-to-date regional security advice and information, please checkout the country guide pages on our website.

DATES & PRICES:

We run several small-group departures during the ideal travelling seasons. These departure dates and prices are listed on our website and on a separate dates & prices sheet available on request. We can also run the set tour itinerary privately for you on other dates, or customise it to make a tailor-made tour to fit your personal requirements.

HEALTH:

Recommended vaccinations and other health protection measures vary according to the country you are visiting, and where you are travelling from. You must obtain professional advice from your medical practitioner or a travel clinic on current vaccinations needed for your destination (1st Contact travel clinic gives free advice tel. 0800 0393073).

In general, most recommendations for Nepal include: Tetanus, Typhoid, Hepatitis A, Polio, Meningitis, Rabies and Malaria prophylactics.

VISAS:

Many nationals can obtain their Nepalese visa in Kathmandu airport upon arrival (including UK, European & US citizens). The cost is US\$25 (UK Pounds also accepted) and the visa is obtained in the immigration area 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.

FACEBOOK / TWITTER / UNCOVER THE WORLD BLOG:

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 blog page - <http://www.uncovertheworld.com/blog/>

We are fully bonded for your complete financial protection.



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