

River of Gold

12 DAYS / PRIVATE GROUP TOUR / RAFTING TRIP /

Rising high in the Himalayas, near Shisha Pangma in Tibet, the Sun Kosi is one of the top ten white water rivers in the World. Winding its way through the beautiful Mahabharat Range, this immensely powerful and turbulent river will provide the ultimate challenge to any brave enough to try. So, if you are brave enough to give it a go, this rafting trip will definitely test your nerve and endurance to the limit.

FLIGHT BOOKINGS AVAILABLE

See page 4 for details

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.

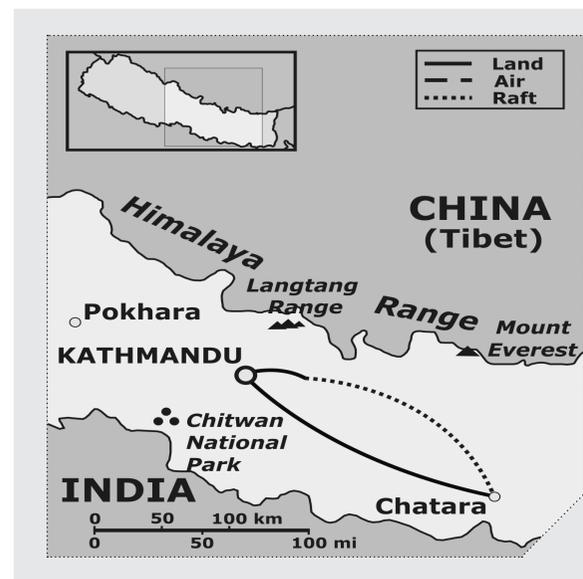
FLIGHTS INCLUDED:*	LOCAL PAYMENT:	ENTRANCE FEES:	AIRPORT TRANSFERS:
X	X	✓	✓

TOUR FACTS

Tour Code:	RANPRG
Group Size & Age:	Min. - 4 Max. - 12 / Min. age - 16
Travel Idea:	Rafting Trip
Activity Level:	Hard (Rafting grade: IV to V)
Comfort Rating:	Basic
Accommodation:	3 nights in hotel, 7 nights camping, 1 overnight bus
Transport:	Minibus and raft
Meals:	11 Breakfasts (B), 8 Lunches (L) and 8 Dinners (D)

YOUR 12 DAY TOUR ITINERARY

Day 1:	Arrive in Kathmandu. Transfer from airport to hotel.
Day 2:	Kathmandu - Sightseeing tour.
Day 3:	Drive to put in on Sun Kosi River. Afternoon skills session.
Day 4:	Rafting on the Sun Kosi.
Day 5:	Rafting on the Sun Kosi.
Day 6:	Rafting on the Sun Kosi.
Day 7:	Rafting on the Sun Kosi.
Day 8:	Rafting on the Sun Kosi.
Day 9:	Rafting on the Sun Kosi.
Day 10:	Rafting ends. Overnight bus to Kathmandu.
Day 11:	Kathmandu - Free day.
Day 12:	Kathmandu - Free time. Transfer to airport for flight.



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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-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 / DRIVE TO PUT-IN POINT, RAFTING

After an early breakfast you leave by bus and drive the 2½ hours that take you to your put-in point at Dolalghat, east of Kathmandu. From here, if the day is clear, there are fabulous views of the majestic Himalayas. You pack up the rafts and take to the river, where you spend the first few hours getting a feel for the raft and learning some of the techniques necessary for the coming challenges. Your guides teach you how to work as a team and you soon discover that rafting white water rapids is much more than just paddling.

Overnight at camp by river (B L D).

DAY 4-9 / RAFTING THE SUN KOSI

Over the next 6 days we take you on a roller coaster ride along some of the most exhilarating and challenging white water you will find anywhere in the world. After a few introductory rapids on which to hone your newly acquired skills you soon reach the big ones. The first really big grade IV rapids go under such names as Meat Grinder, High Anxiety and Harkapur II and test you to the fullest. Your teamwork and instant response to the guides shouted instructions are the only thing that will save you from an untimely swim. Between the moments of madness and heart pumping action there is time to relax, whether to admire the gorgeous, unspoilt scenery that surrounds you on your way down stream, or to work up the courage for the next adrenaline rush. Also along the route you will take time out, on the many inviting sandy white beaches, to relax in the sun and play games. At the end of each day you pull up, usually on a beautiful, white sandy beach and there cook your filling meal, recount the days adventures, look forward to the ones to come, and maybe have a little party in the evening. Inevitably, though, you always return to the water for new adventures and fresh challenges, none more so than the infamous Jungle Corridor. A section of rapids cutting through a jungle filled rock canyon, the Jungle Corridor provides a heart stopping, white-knuckle ride that you will never forget.

Overnight at camps by river (6xB 6XL 6xD).

DAY 10 / RAFTING, DRIVE TO KATHMANDU

Today is your last day on the river and it starts with a bang. The aptly named "Big Dipper" awaits, and could provide a nasty surprise to the unwary or overconfident. Once safely past the last rapids it is a gentle paddle to your take out point at Chatara, where you deflate the rafts, and clean and pack up the gear before your drive, overnight, back to Kathmandu. As you have been on the river now for the last 8 days and covered in excess of 270 km your drive back is considerably longer and you arrive back in Kathmandu early in the

morning.

Overnight at hotel in Kathmandu (B).

DAY 11 / 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 Bhoite Khosi river, or visit Chitwan National Park for some wildlife safaris.

Overnight at hotel in Kathmandu (B).

DAY 11 EXTRA OPTIONS

Patan & Bhaktapur tour option

See pages 3-4 for details

DAY 12 / TOUR ENDS

Your tour ends after breakfast and, if required, we transfer you to the airport for your flight home.

(B).

DAY 12 EXTRA OPTIONS

Everest mountain flight option

Bhoite Kosi rafting option

Chitwan safari option

See pages 3-4 for details

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SMALL GROUP, PRIVATE AND TAILOR-MADE TOURS

PRIVATE GROUP DEPARTURES:

We currently only run this tour as a private tour option, not with scheduled group departures. We can run the trip for your party (min 4 people) starting on any date throughout the available seasons. Dates & prices are given on our website.

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.

To comply with ATOL regulations, any options including internal flights are to be booked in advance, but purchased from, and paid for to, our agent in Kathmandu.

Credit Cards (add 3%), traveller's cheques or cash are accepted in Kathmandu for these payments at the start of the tour. A receipt will be provided.

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.

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 larger than normal clear windows, and window seats are guaranteed.

We will book your flight in advance, but payment for this option is to be made in Kathmandu. All transfers are included.

Book & Pay in advance or in Kathmandu.

Bhote Kosi rafting option - Price: £90 p/p Min 2 people (adds 3 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.

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.

Chitwan safari extension option - Price: £175 p/p

We offer an extension to the end of the tour to take a 4-day, 3-night wildlife safari to the Royal Chitwan National Park. You'll enjoy jungle walks, canoe trips, elephant rides and cultural shows in this wonderfully idyllic setting. All park activities and entrance fees are included. Single room and single traveller supplements apply.

Your itinerary would run as follows:

Day 12 / Drive to Chitwan

This morning, we drive from Kathmandu to the Royal Chitwan National Park (approx. 6 hours). You will be at the park for three nights and during this time you have an exciting itinerary with two full days 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 safari lodge in Chitwan (B D).

Day 13-14 / Chitwan National Park

Over the next two days you will enjoy a number of exciting activities in and around the park, including:

- An elephant back ride into the park in search of the rare, Indian one horned rhino.
- A canoe ride down the Rapti River to observe the many bird species native to Nepal. You should also see many of

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the 160 species of migratory birds, which visit Chitwan seasonally. You may also see Gharial crocodiles sunning themselves on the riverbanks.

- A half-day jungle walk where you should see spotted deer and antelope and hopefully spot some more rhino.
- 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 an evening cultural program for you to attend, and, perhaps, participate in.

Overnight at safari lodge in Chitwan (2xB 2xL 2xD).

Day 15 / Drive to Kathmandu

Today you leave early for the drive back to Kathmandu. The 7-hour drive (a flight upgrade 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.

Overnight at hotel in Kathmandu (B).

Day 16 / Tour ends

Your tour ends after breakfast and, if required, we transfer you to the airport for your flight home.

(B).

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 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
- Sheet sleeping bag (we recommend you bring one)
- 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 3 to 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 (extension option)

At Chitwan National Park, we use safari lodges with comfortable clean rooms and en-suite bathrooms. We use lodges located

inside the park boundaries, which improves the wildlife viewing opportunities (normally the Island Jungle Resort or similar).

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 for details and prices.

TRANSPORT & TRANSFERS:

We use private cars or minibuses for your airport transfers, the sightseeing tour in Kathmandu, and to the rafting start points. A variety of transport including jeeps, elephants & canoes is used in Chitwan.

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.

On the Chitwan Extension option, all National Park activity costs are included, to cover one of each of the following: Elephant Ride, Jeep Safari, Jungle Walk, Village

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Walk, River canoe trip.

Whilst on the river we provide local guides who are trained to a very high standard, including emergency medical training. They will know the river and its various rapids and currents well.

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 (extension option):

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

High Season on the Sun Kosi River is October to December, when the monsoon has just finished and the river is running at its fastest and most exciting.

Winter season:

December to February

During the winter months the water gets a little too cold for comfort, so we don't often run the tour at this time.

Good rafting:

March to June:

The rafting is good in this season, though not quite as intense as just after the monsoon.

Monsoon season:

June to mid-September

We do not run this tour during the monsoon, as the volume of water in the river and the bad weather makes the rafting & camping too difficult.

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. £30-40 p/p would be a suitable budget for this tour.

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COUNTRY GUIDE:

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

DATES & PRICES:

We can run this tour privately for your party on any dates during the main rafting seasons. Prices based on the different seasons are given on our website, and on request.

If you would like to join other people to form a larger group, please let us know and we will check with the rafting operators for dates that you could join.

We can also customise the tour itinerary to make a tailor-made tour to fit your personal requirements.

HEALTH:

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

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

VISAS:

Many nationals can obtain their Nepalese visa in Kathmandu airport upon arrival (including UK, European & US citizens). The cost is US\$25 (UK Pounds also accepted) and the visa is obtained in the immigration area at the point where your passport is stamped (i.e. you don't need to join an extra queue).

For further information, please check out the visa pages on our website, or contact us directly.

RESPONSIBLE TOURISM:

We take responsible travel seriously, and as well as taking this into consideration when we design our itineraries, and select the people and agents we work with, we also donate £2 for every person travelling on one of our Nepalese tours. This is split between two projects:

- Shree Nalang primary school, which is situated 80km NW of Kathmandu and caters for 5-11 year old children. Our donations are helping with renovations and building of new classrooms.
- Bardia eco lodge. We are helping to build a carbon neutral wildlife lodge 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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