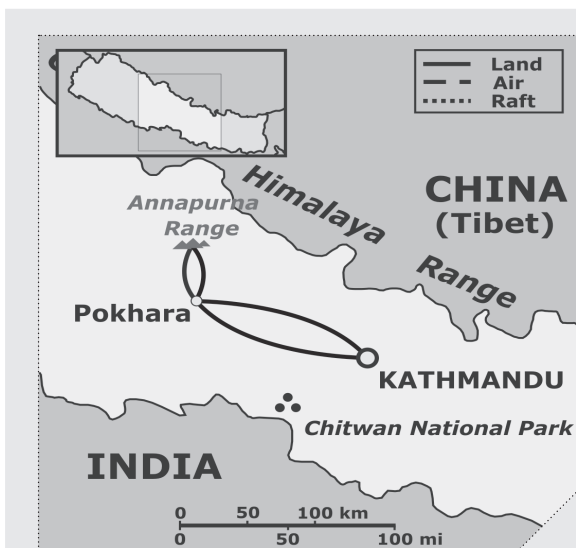


Annapurna Sanctuary



17 DAYS / SMALL GROUP OR PRIVATE TOUR / TREKKING TOUR /

The 'Annapurna Sanctuary' is a hidden bowl in the heart of the Annapurna range, where you are surrounded by a spectacular panorama of towering peaks, ten of which are over 6,000m. We reach the sanctuary after a beautiful and varied trek through the Himalayan foothills, passing through small villages, mixed forests and terraced farmland. En-route we enjoy great mountain views at sunrise from Poon Hill, and finish with some time relaxing in the lakeside town of Pokhara.



Regular small-group departures run throughout the trekking 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, Trekking in the Annapurna region, stunning mountain views.

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

FLIGHT BOOKINGS AVAILABLE
See page 6 for details

TOUR FACTS

Tour Code:	TRNPAS
Group Size & Age:	Min. - 2 Max. - 12 / Min. age - 12
Travel Idea:	Trekking Tour
Activity Level:	Hard (Trekking grade: Moderate)
Max. Altitude:	4,095m (Annapurna Base Camp)
Comfort Rating:	Basic
Accommodation:	6 nights in hotels, 10 nights in lodges
Transport:	Bus/minibus/jeep
Meals:	16 Breakfasts (B), 10 Lunches (L) and 10 Dinners (D)

YOUR 17 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:	Drive from Pokhara and start trek to Tirkhe Dhunga.
Day 5:	Tirkhe Dhunga to Ghorepani.
Day 6:	Ghorepani (sunrise on Poon Hill) to Tadapani.
Day 7-8:	Tadapani to Chhomrong to Himalaya Hotel.
Day 9:	Himalaya Hotel to Machhapuchhare Base Camp.
Day 10:	Machhapuchhare Base camp to Annapurna Base Camp.
Day 11-12:	Annapurna Base Camp to Jhinnudanda via Bamboo.
Day 13-14:	Jhinnudanda to Pothana to Pokhara
Day 15:	Pokhara - Free day.
Day 16:	Travel by road to Kathmandu.
Day 17:	Kathmandu - Free time. Transfer to airport for flight.

To book visit: www.nepal-uncovered.com, email: tours@nepal-uncovered.com or call us on: +44 (0) 845 130 48 49
Please quote Tour Code: TRNPAS when booking

* LAND ONLY PRICE (SEE WEBSITE FOR FULL PRICE LIST), FLIGHT QUOTES AVAILABLE ON REQUEST. / LAST AMENDED 10/11/2009 /

Annapurna Sanctuary continued...



17 DAYS / SMALL GROUP OR PRIVATE TOUR / TREKKING TOUR /

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. We also visit the important Hindu temple of Pasupatinath where you will learn about Hindu traditions and rituals and possibly see some cremations at this holy and auspicious site. Next, we climb up the many steps leading to the immense, and very different, Buddhist Swayambhunath Stupa, which sits upon a hill overlooking Kathmandu and gives a spectacular view out over the city. You will also have some free time to check out the numerous little gift shops that line the maze-like streets.

In the evening your time is free to try out 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 2 EXTRA OPTIONS

Kathmandu to Pokhara flight option

See pages 4-5 for details

DAY 3 / TRAVEL BY ROAD TO POKHARA

Today you set off early heading west for Pokhara. You will travel

by private car/minivan/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 (approx. 7 hours). The journey will also give you your first glimpses of Himalchuli and Manaslu, away to the north.

Overnight at hotel in Pokhara (B).

DAY 4 / POKHARA TO TIRKHE DHUNGA

Trekking time - 2½ hrs

We drive you to Nayapul via the large village of Lumle (approx. 1 ½ hrs) and then you start your trek to Birethanti, a large and prosperous town. Your path follows the main trail to Sudami where you climb steadily up the side of the valley, reaching Hille (1,495m) before pushing on to Tirkhe Dhunga.

Overnight at lodge in Tirkhe Dhunga (B L D).

DAY 5 / TIRKHE DHUNGA TO GHOREPANI

Trekking time - 5 hrs

From Tirkhe Dhunga the trail crosses a stream and then ascends a steep stone staircase to the large Magar village at Ulleri (2,070m). You trek through rhododendron and oak forests and across streams before making a short, final climb to Nangethanti. From Nangethanti you finally trek up to Ghorepani (2,850m).

Overnight at lodge in Ghorepani (B L D).

DAY 6 / GHOREPANI TO POON HILL TO TADAPANI

Trekking time - 4½ hrs

It is no surprise that many people come to Poon Hill to see sunrise and an early start allows you to watch it from the summit. At 3,210m it is considered one of the best viewpoints in the Himalayas. Most of the way up, there are good views of the Annapurnas and

Dhaulagiri, while on top you are surrounded by a whole panorama of mountains. There is an observation platform at the summit with picnic tables around the edge of the hilltop and usually a local selling welcome hot drinks. The snow-capped peaks are the first to be set alight and while you watch, the mists gently dissipate and lines of hills poke their ridges through to welcome the sun. When the sun breasts the hills to the east its warmth suddenly takes the chill out of the air. (Take an extra layer of clothing with you because it can be quite chilly before this).

You next descend to Ghorepani and from here you follow a gently forested ridge for a while. There are views to both sides and the air is often busy with the sound of chattering monkeys. Machhapuchhare is visible to your left, before you descend steep, muddy slopes and a heavily forested narrow gorge. As the gorge widens, you arrive at Banthanti. Continuing on, you descend steeply before climbing through dense, dark forest up to Tadapani (2,700m). Sunrise and sunset offer particularly good photographs of Annapurna South, which towers above the town and Machhapuchhare, which is visible across the valley.

Overnight at lodge in Tadapani (B L D).

DAY 7 / TADAPANI TO CHHOMRONG

Trekking time - 3 hrs

Today you descend through a jungle-like forest (notorious for leeches in the summer) where the tree branches are draped with hanging mosses and the air is mixed with the scent of decay and flowering trees. Eventually you emerge past a woodcutter's saw-station and onto terraced fields on the side of a deep valley. From here, you follow the valley down past cowsheds and small houses, stopping to watch local farmers working on the terraces. At the river you cross a sturdy bridge, before climbing up to the other side of the valley. Here you round the shoulder of the hill and

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Annapurna Sanctuary continued...



17 DAYS / SMALL GROUP OR PRIVATE TOUR / TREKKING TOUR /

join the much larger Modi Khola Valley. It's only a short distance along the valley, which leads you directly up to the Annapurna Sanctuary before we get to Chhomrong (2,300m). The village of Chhomrong is relatively large, and spread out along a steep stone staircase down the side of the valley. Water burbles down cleverly built channels following the hundreds of steps down to the bottom. There is a hydroelectric project at the base of the hill, which now provides most of the village with electricity. It is the last major inhabited village you'll encounter before you return from Base Camp.

Overnight at lodge in Chhomrong (B L D).

DAY 8 / CHHOMRONG TO HIMALAYA HOTEL

Trekking time - 6 hrs

Following a well-worn trail, you rejoin the Modi Khola Valley. You follow the valley through rhododendron forests, gently climbing uphill and pass through high bamboo forests populated with monkeys, and with occasional meadows above. You eventually reach a divide in the trail and bear right down to the lodges of Bamboo near the river, and a welcome break. This stretch of walk provides a good opportunity to pickup a stout bamboo walking stick for the coming climbs to Base Camp (ask your guide what you can take). You leave the river, walking again through wet rhododendron forest and start to climb up to the lodges at Doban before you finish, after some quite steep sections, at the grandly named Himalaya Hotel (2,890m).

Overnight at lodge near Himalaya Hotel (B L D).

DAY 9 / HIMALAYA HOTEL TO MACHHAPUCHHARE BASE CAMP

Trekking time - 3 hrs

Today you leave the tree line behind you, as you progress steeply upwards into open areas. Traversing past Hinku Cave, a huge overhanging rock that can be used as a makeshift shelter in winter

if the weather turns bad, you then cross two regular avalanche flows before you get to Deurali. Then you ascend to the narrow entranceway into the Annapurna Sanctuary. Machhapuchhare is now clearly visible, towering above you and just across the valley. Travelling across a barren rocky area you arrive at the Machhapuchhare Base Camp, which at 3,720m is perfectly positioned at the gateway to this inner Annapurna panorama. From here it's less than two hours to the Annapurna Base Camp (4,095m), and perfect views of some of the worlds highest mountains.

You may struggle to get this far in the winter months, if there is a lot of snow, recent avalanches, or the weather looks like it will turn for the worse. Your guide will have the final say, but walking through these peaceful valleys in the snow, with huge icicles hanging from Hinku Cave and the rocks above, makes up for not getting right to the top.

Overnight at lodge near Machhapuchhare Base Camp (B L D).

DAY 10 / ANNAPURNA BASE CAMP

Trekking time - 2 hrs

Much of this day is spent enjoying the spectacular scenery that surrounds you. Dependent upon where you stayed last night, you can explore various viewpoints from which to view the peaks. The huge south face of Annapurna I (8,090m) provides an impressive backdrop, while the closeness of 10 peaks over 6,000m, including Annapurna South, Annapurna 1, Annapurna 3, Homunculi and Machhapuchhare, is simply awe inspiring. Sunrise is particularly special as the rising sun slowly illuminates the snow-capped peaks. Walking through the Sanctuary, the views are spectacular, as you feel almost completely surrounded by nearby mountains. The silence is crushing and only occasionally broken by the distant roar of avalanches.

Overnight at lodge near Annapurna Base Camp (B L D).

DAY 11-12 / ANNAPURNA BASE CAMP TO JHINNUDANDA

Trekking time - 6 hrs / 5½ hrs

Leaving the towering peaks behind, you descend back down through the tree line and through the rhododendron and bamboo forests. You continue on past Himalaya Hotel to Bamboo Lodge (2,377m). Continuing back along the Modi Khola Valley, you leave the bamboo behind you as you descend through rhododendron jungle towards Chhomrong. From here it's a short walk to Jhinnudanda (1,700m), where you will stay overnight. Just below the town are hot springs, where you may have time for a welcome soak, revitalising hard worked muscles and joints.

Overnight at lodge in Bamboo & Jhinnudanda (2xB 2xL 2xD).

DAY 13-14 / JHINNUDANDA TO POKHARA

Trekking time - 5 hrs / 2 hrs

Today you travel via Landruk (1,620m) and begin a steady ascent through Tolka to Pothana (2,000m). You leave Pothana, and descend first to Dhampus and then to Phedi, where we drive you back to Pokhara. Set in a broad fertile valley, Pokhara is the gateway to most of Nepal's rafting and trekking destinations.

Overnight at lodge in Pothana & hotel in Pokhara (2xB L D).

DAY 15 / POKHARA. FREE DAY

Today is left free for you to enjoy Pokhara (and to allow for any unexpected delays during your trek). The city itself is dominated by views of the Annapurnas and in particular of Machhapuchhare, and the Lakeside area (around Phewa Lake) is delightful and throngs with travellers in the evenings.

Overnight at hotel in Pokhara (B).

DAY 15 EXTRA OPTIONS

Pokhara to Kathmandu flight option

See pages 4-5 for details

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Annapurna Sanctuary continued...



17 DAYS / SMALL GROUP OR PRIVATE TOUR / TREKKING TOUR /

DAY 16 / TRAVEL BY ROAD TO KATHMANDU

Today you depart early to drive back to Kathmandu, arriving around mid-afternoon. The rest of the day and evening is free for you to relax and enjoy, and perhaps do a little more last minute shopping. You can also add an extension to Chitwan National Park today (from Pokhara).

Overnight at hotel in Kathmandu (B).

DAY 16 EXTRA OPTIONS

Chitwan safari option

Pokhara to Kathmandu flight upgrade

See pages 4-5 for details

DAY 17 / 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 another date. 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, 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 one of our trekking group tours, then if you are happy to, you may share a twin or triple 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.*

Book in advance. Pay in advance.

Extra days - Price: on request, subject to party make up

These are available on request in Kathmandu before and after the tour starts and finishes. If you'd like to add extra days into the time elsewhere, then please request a tailor-made tour. The price includes a night in the hotel, breakfast, all taxes and transfers. Single room supplements apply.

Book in advance. Pay in advance.

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.

Book & Pay in advance or in Kathmandu.

Kathmandu/Pokhara or Pokhara/Kathmandu flight option

Instead of driving between Kathmandu and Pokhara (approx. 6-7 hours each way), we offer the option of upgrading to internal flights (30minute flight + transfers). The journey will be shorter and quicker for you, but you'll miss out on seeing more of Nepal.

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.

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.

Book in advance. Pay in advance.

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Annapurna Sanctuary continued...



17 DAYS / SMALL GROUP OR PRIVATE TOUR / TREKKING TOUR /

Chitwan safari extension option

We offer an extension to the end of the tour to take a 3-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 16 / Drive to Chitwan

This morning, we drive from Pokhara to the Royal Chitwan National Park (approx. 5-6 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 17-18 / 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 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 19 / 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 20 / 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
- Entrance fees in Kathmandu
- Registered trekking guides & porters
- All transport & transfers
- Trekking pack (sleeping bag, trekking poles, down jacket)
- Annapurna Conservation Area entry permits
- 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

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Annapurna Sanctuary continued...



17 DAYS / SMALL GROUP OR PRIVATE TOUR / TREKKING TOUR /

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. Safari lodges in Chitwan National Park (for extension option)

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 - please 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).

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).

On the Chitwan Extension, 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 guides are provided throughout 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: **MODERATE:**

"Walking this kind of trek, can be physically demanding. You should

ensure your fitness is appropriate for spending anything up to 8 hours a day walking. Some of those days might involve crossing a pass or a long arduous climb. Trekking experience here is useful, (but not absolutely essential)."

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

MEALS:

Kathmandu:

Breakfasts only are provided in the hotel. 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.

Lodge trek:

All your meals are included on the trek, based on a set number of items from the menu per meal plus one drink. 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.

WHEN TO GO:

Monsoon season:

June to mid-September

We do not generally run this trek during the monsoon months due to the bad weather, poor visibility, and the high chance of landslides or other weather damage to the trails causing long delays while

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Annapurna Sanctuary continued...



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you're on the trek. You can still try the trek at this time, but should allow several extra days.

Winter season:

December to February

We do not generally run this trek during the winter months, as the Thorung La pass regularly becomes impassable due to snow.

Good trekking:

Mid-September to end of November, March to mid-June:

These seasons are the best time for trekking, with good visibility and fine weather. Mid-September, October and November are the most popular, with the busiest trails and lodges, with March-April also good but a little quieter.

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% of the tour price would be a suitable budget.

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 main trekking 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\$40 (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.

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