

Instant Everest from only £690pp*

12 DAYS / SMALL GROUP OR PRIVATE TOUR / ECONOMY TOUR /



With eight of the world's ten highest peaks, Nepal is blessed with spectacular mountain vistas. Trekking in the Everest region is rewarding, not only for its proximity to the world's highest mountain (8,848m) but also for its friendly Sherpa people, picturesque villages, great variety of cultures and traditions, festivals and monasteries. This tour gives you a chance to get right up into the Everest region and enjoy great views of the mountain, without going all the way to Base Camp.

FLIGHT BOOKINGS AVAILABLE
See page 5 for details

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 3 or website for details.

TOUR HIGHLIGHTS INCLUDE:
Kathmandu sightseeing, Trekking in the Everest region, stunning mountain views.

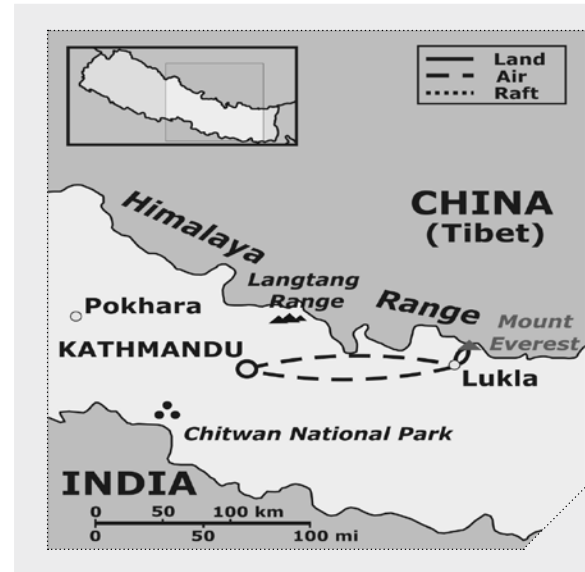
FLIGHTS INCLUDED:* ✗	LOCAL PAYMENT: ✓	ENTRANCE FEES: ✓	AIRPORT TRANSFERS: ✓
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TOUR FACTS

Tour Code & Class:	TRNPIE / Economy
Group Size & Age:	Min. - 2 Max. - 12 / Min. age - 12
Activity - Trekking:	Sightseeing, trekking up to Thengboche
Trek Grade:	Moderate
Accommodation:	4 nights in hotels, 7 nights in lodges
Transport:	Bus/minibus/Jeep and aeroplane
Meals:	11 Breakfasts (B), 7 Lunches (L) and 7 Dinners (D)

YOUR 12 DAY TOUR ITINERARY

Day 1:	Arrive in Kathmandu. Transfer from airport to hotel.
Day 2:	Kathmandu - Sightseeing tour.
Day 3:	Kathmandu to Lukla (flight). Trek to Phakding.
Day 4:	Phakding to Namche Bazaar.
Day 5:	Acclimatisation day in Namche Bazaar.
Day 6:	Namche Bazaar to Khumjung.
Day 7:	Khumjung to Thengboche.
Day 8:	Thengboche to Monjo.
Day 9:	Monjo to Lukla.
Day 10:	Lukla to Kathmandu (flight).
Day 11:	Kathmandu - Free day.
Day 12:	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: TRNPIE when booking**

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

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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 / KATHMANDU FLIGHT TO LUKLA, THEN ONTO PHAKDING

Trekking time - 2½ hrs

Today you set off early for Kathmandu airport, and take the short, but spectacular flight to Lukla airport (2800m). You begin your trek with a short day's walking. You start by descending into a forested valley and then the trail climbs to Dungde (2630m), before descending to Ghat (2530m), with glimpses of spectacular peaks. You then follow the Dudh Kosi (Kosi = river) to Phakding (2652m)

where you will stay overnight. With luck you'll see your first yaks of the trip about now.

Overnight at lodge in Phakding (B L D).

DAY 4 / PHAKDING TO NAMCHE BAZAAR

Trekking time - 5 hrs

Leaving Phakding, you follow the Dudh Khosi northwards through Benkar, Chumowa and Jorsale to a fork in the river. You follow the left fork (of the Kyajo Khola) ascending up to Namche Bazaar (3,446m), the administrative centre for Khumbu. The town has a long history as a trading centre, though trade has diminished considerably from its heyday of exchanging salt for grain.

Overnight at lodge in Namche Bazaar (B L D).

DAY 5 / ACCLIMATISATION DAY IN NAMCHE BAZAAR

You spend today day acclimatising, which gives you the opportunity to explore the town and get a feel for the Sherpa culture, which is prevalent here in Khumbu. You also have the chance to take a walk to the scenic valley of Thame, with its precariously built monastery. You can also visit the Sagarmatha 'National Parks Visitor Centre', with a splendid display of Sherpa culture. The views from around Namche Bazaar can be very good, and (subject to weather) you get your first good sightings of Kwangde, Everest, Nuptse, Lotse and Ama Dablam, and others! There are also several interesting and scenic day walks you can do if you wish.

Overnight at lodge in Namche Bazaar (B L D).

DAY 6 / NAMCHE BAZAAR TO KHUMJUNG

Trekking time - 2½ hrs

From Namche Bazaar you follow a small trail high above the Dudh Kosi River, and are rewarded with incredible mountain views. On a small ridge across the valley, the monastery of Thengboche can be

seen. You descend to Khumjung, a beautiful small village where it is possible to sample the local Sherpa hospitality.

Overnight at lodge in Khumjung (B L D).

DAY 7 / KHUMJUNG TO THENGBOCHE

Trekking time - 2½ hrs

Today you descend to the village of Shanasa and then Trashinga, where the trail drops steeply to cross the Dudh Kosi at Phukitenga (3,250m). You initially climb steeply before the trail levels out to a more gradual ascent to Thengboche. Thengboche is set in a beautiful meadow; high on a ridge surrounded by towering Himalayan peaks and is famous for the Thengboche Monastery. This is the furthest up towards Everest Base Camp that we go, and you get great views of the mountain from here before we leave.

Overnight at lodge in Thengboche (B L D).

DAY 8 / THENGBOCHE TO MONJO

Trekking time - 6½ hrs

You leave Thengboche on a trail through forests of juniper, rhododendron and fir to Phunkitenga, and then continue on to cross the Dudh Kosi. At Shanasa you make your way back to Namche Bazaar, following a steep path via Jorsale and Monjo.

Overnight at lodge in Monjo (B L D).

DAY 9 / MONJO TO LUKLA

Trekking time - 5 hrs

This morning you continue your descent along the Dudh Kosi, before making a final ascent to reach the Lukla plateau. On arrival in Lukla you'll have time to relax and celebrate the completion of your trek.

Overnight at lodge in Lukla (B L D).

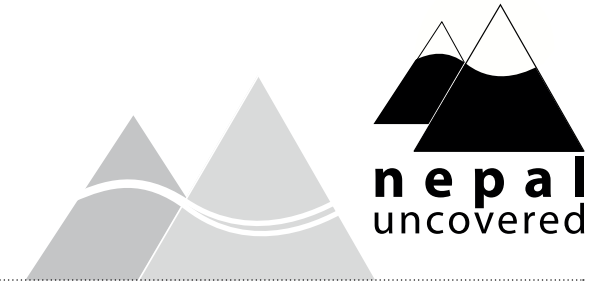
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DAY 10 / LUKLA TO KATHMANDU (FLIGHT)

With the trekking finished now you collect up all your kit and fly back to Kathmandu. The spectacular 40-minute flight takes you back to Kathmandu where you can spend the remainder of the day relaxing.

Overnight at hotel in Kathmandu (B).

DAY 11 / FREE DAY IN KATHMANDU

Today is a free day to spend relaxing and recovering from your exertions. We also leave it free in case there have been any delays on your trek, or to the flight back from Lukla.

You may want to spend more time exploring Kathmandu and its surroundings; there are plenty of things to see and do. Perhaps some last minute shopping for presents will fill your last day in Kathmandu.

We offer several options today, including a mountain flight up to view Everest, a tour to the nearby ancient areas of Patan and Bhaktapur, or an extension to the tour to visit Chitwan National Park, or to try some exciting rafting on the Bhote Khosi river.

Overnight at hotel in Kathmandu (B).

DAY 11 EXTRA OPTIONS

Patan & Bhaktapur tour option

Everest mountain flight option

Bhote Kosi rafting option

Chitwan safari 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).

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, 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: £85 p/p

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

If you are a single traveller joining one of our Standard level group tours, then if you are happy to, you may share a twin room with

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

Note: We cannot guarantee single rooms in the trekking lodges.

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

Book in advance. Pay in advance.

Extra days - Price: £25-£40 p/p/night

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

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

Book in advance. Pay in advance.

Accommodation upgrades - Price: on request

If you are booking this tour privately (i.e. not joining one of our group departures), then we are happy to arrange to upgrade the accommodation in Kathmandu 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.

Chitwan:

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

Please contact us for rates if required.

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

Book & Pay in advance or in Kathmandu.

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

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

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

technical, and demanding rapids.

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

Book in advance. Pay in advance.

Chitwan safari extension option - Price: £175-£195 p/p

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 11 / 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 12-13 / 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 14 / 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 15 / Tour ends

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

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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
- Trekking pack (sleeping bag, trekking poles, down jacket)
- All transport & transfers
- Internal Flights- Everest 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

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. 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.

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 (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. An internal flight is used for the journeys between Kathmandu and Lukla. 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 the trek, 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

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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. 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

Trekking is possible in the Everest region during the monsoon season. However, visibility may not be great, with a good chance of rain, or snow higher up, and the trails can be slippery. Wear gaiters to protect from leeches lower down!

Winter season:

December to mid-February

You can trek in the Everest region during the winter season. However, it will be particularly cold at night at higher altitudes and there is a risk of snow preventing you completing the trek all the way up to base camp.

Good trekking:

Mid-September to end of November, mid-February to May:

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. 5-10% 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 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,

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Hepatitis A, Polio, Meningitis, Rabies and Malaria prophylactics.

VISAS:

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

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

RESPONSIBLE TOURISM:

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

- Shree Nalang primary school, which is situated 80km NW of Kathmandu and caters for 5-11 year old children. Our donations are helping with renovations and building of new classrooms.
- Bardia eco lodge. We are helping to build a carbon neutral wildlife lodge with the aim of providing an environmentally sympathetic and sustainable destination for tourists, which will also benefit the local community.

If you would like to visit or support either of these projects while you are in Nepal, please let your guide or our Kathmandu representative know. Full details of our responsible travel policy are given on our website.

PRE-DEPARTURE INFORMATION:

After booking, we will provide you with detailed information to help you prepare for the tour. This will include helpful advice on money, health, insurance, tipping, climate, clothing etc.

Further information is also available in the County & Travel guides on our website.

YOUR SPACE @ UNCOVER THE WORLD:

We have launched a community space for use by past, present and future travellers with us. Here you can make contact with fellow travellers in your group before you travel, or share photos and stay in contact with them after you return home. You can also ask questions of our staff and read updates on itineraries and destination news etc. For further details, please check...

<http://yourspace.uncovertheworld.travel>

We are fully bonded for your complete financial protection.



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