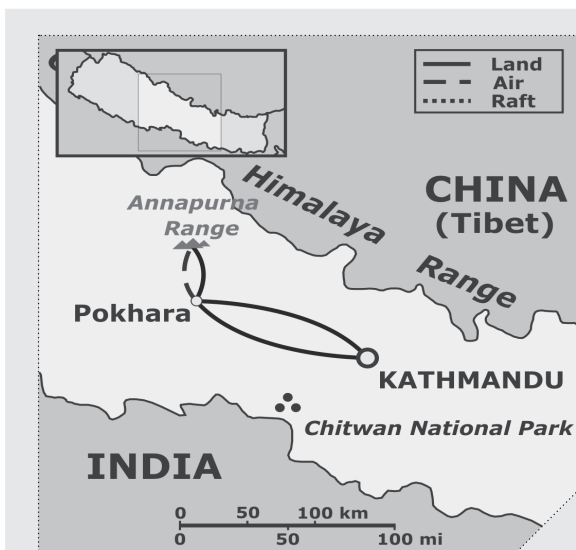


Jomson Trek

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



One of Nepal's classics, this trek follows the sacred Kali Gandaki River to the entrance to the Upper Mustang Valley. Between towering peaks and across numerous bridges, the trail along the Kali Gandaki winds its way up through picturesque villages, where Thakali hospitality is at it's highest. The trek culminates in a visit to the Pilgrimage town of Muktinath, sitting at the edge of the Tibetan Plateau, followed by a spectacular flight back down the valley to 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:	TRNPJT
Group Size & Age:	Min. - 2 Max. - 12 / Min. age - 12
Travel Idea:	Trekking Tour
Activity Level:	Hard (Trekking grade: Moderate)
Max. Altitude:	3,870m (Tengboche)
Comfort Rating:	Basic
Accommodation:	6 nights in hotels, 10 nights in lodges
Transport:	Bus/minibus/jeep and aeroplane
Meals:	16 Breakfasts (B), 9 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:** Commence trek to Pothana.
- Day 5-6:** Pothana to Ghandruk to Tadapani.
- Day 7:** Cross into the Kali Gandaki region and Ghorapani.
- Day 8:** Ghorapani to Tatopani (hot springs).
- Day 9-11:** Tatopani to Kalopani to Marpha.
- Day 12:** Marpha to Kagbeni.
- Day 13:** Jomsom (via Muktinath).
- Day 14:** Fly from Jomsom to Pokhara.
- Day 15:** Pokhara - Free day.
- Day 16:** Travel by road to Kathmandu.
- Day 17:** Kathmandu - Free time. Transfer to airport for flight.

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Jomson Trek continued...



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. This will be followed by 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 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 (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 POTHANA

Trekking time - 3½ hrs

We drive you to Phedi (approx. 2 hours), and you begin a steep climb up the valley to Dhampus before continuing on to Pothana (2,000m) for the evening.

Overnight at lodge in Pothana (B,D)

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

DAY 5 / POTHANA TO GHANDRUK

Trekking time - 6½ hrs

Trekking from Pothana, you get closer to the Modi Khola River as you follow the hillside through Tolka to Landruk. Along the way you have superb mountain views, and behind you can still see Phewa Lake in the distance. From Landruk it's a steep descent followed by a climb up hundreds of stone steps on the other side of the Modi Khola valley, to Ghandruk (1,951m). Ghandruk is one of the main Gurung villages in the area, and the centre of the region used by the British Army to recruit the famous Gurkha soldiers. It is also the Annapurna Conservation Area Project (ACAP) Headquarters and their small museum is worth a visit. There are displays which tell you about the strain which the local population growth as well as our type of tourism puts on the local environment.

There is a lot to be learnt here about how you can help to protect this country landscape and culture by your own actions while you trek.

Overnight at lodge in Ghandruk (B D L).

DAY 6 / GHANDRUK TO TADAPANI GHORAPANI

Trekking time - 4 hrs

Leaving Ghandruk you continue on through Rhododendron forest before cutting away from the Modi Khola Valley to climb 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, 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. The forest on this last climb is dark and wet and mosses hang in long strands from the black branches.

Overnight at lodge in Tadapani (B L D).

DAY 7 / TADAPANI TO GHOREPANI

Trekking time - 4 to 5 hrs

As you continue through dense, dark forest you descend first, before climbing steeply to Banthanti. Here, the wide gorge narrows into a heavily forested slope that climbs steeply, with Machhapuchhare to your right. You then continue through a forested area as you climb to Ghorepani (2,860m).

Overnight at lodge in Ghorepani (B L D).

DAY 8 / GHOREPANI TO TATOPANI, (POON HILL SUNRISE)

Trekking time - 5 to 6 hrs

An early start, allows you to make the mandatory (and well worth while!) hour long trek up Poon Hill to watch the sunrise from the summit (3,210m). The steep ascent offers excellent views of the Annapurnas and Dhaulagiri. At the summit there is an observation platform, with picnic tables around the edge and normally a local selling welcome hot drinks

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Jomson Trek continued...



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

(the mornings can be very chilly here before the sun broaches the horizon). Many people come here to see the unobstructed sunrise, from what is rightly considered one of the best viewpoints in the Himalayas.

After the sun has risen you head back down to Ghorapani for breakfast before you start the long descent to Tatopani. You start off down a long stone staircase before winding through lots of tiny villages (Chitre (2,350m), Phalate (2,270m) and Sikha (1,980m) amongst other). The farming terracing becomes more established the further you descend, though you will still walk through lovely open woods and cross some impressive old landslides. Another set of stone steps carefully laid into the side of the mountain brings you down to the Kali Gandaki River and on to the next section of your trek. You cross the river on a long cable bridge before arriving at Tatopani (1,189m), a prosperous Thakali town. You get a good view from this bridge of the scale of the valley you are about to trek up into. Oranges and Lemons proliferate in Tatopani, as the town seems to have its own microclimate. The name of the town literally means "hot-springs", and indeed the spring fed hot pools here provide welcome relief from the past few days walking. The hardy can alternate time in the hot waters with a dip in the icy river, which rushes past alongside.

Overnight at lodge in Tatopani (B L D).

DAY 9 / TATOPANI TO GHASA

Trekking time - 6 hrs

Continuing up the valley you pass Dana (1,440m) and Rukse, on a fairly easy walk. At Rukse you cross another suspension bridge to Chaharo (1,630m). You also pass through the world's deepest gorge as the river threads between Annapurna 1 and Dhaulagiri mountains. The trail then climbs most of the way through to Ghasa (2,013m). The massive local Lammergeyers can often be seen soaring on the updrafts here. Closer to earth you have to watch out for long trains of donkeys carrying food and supplies up to

the villages and towns further up the valley. Similar convoys bring rubbish and waste packaging back down the valley and the trail can get quite crowded when you all meet.

Overnight at lodge in Ghasa (B D L).

DAY 10 / GHASA TO KALOPANI

Trekking time - 3 hrs

As you travel through Ghasa, you can see the old trail on the opposite side of the river. It's a steep climb up to Lete (2,480m) through forested areas and then to Kalopani (2,530m). The last section between Lete and Kalopani is a long stone-slabbed trail.

Overnight at lodge in Kalopani (B D L).

DAY 11 / KALOPANI TO MARPHA

Trekking time - 5½ hrs

Today you follow an undulating forested path close to the river and then criss-cross the Kali Gandaki before dropping down to the riverbed itself. You travel through Larjung (2,550m) and Khobang (2,640m), and then onto Tukche (2,590m), which sits at the base of Dhaulagiri. Tukche was once an important trading town for the Thakalis, who controlled most of the Tibetan trade that came south through the Thar Kola valley. The wooden carvings and architecture in the town are worth viewing. You can see the Dhaulagiri Ice Flow (a stunning glacier) and huge landslides have all but blocked the trail in places. Continuing on you leave the tree line behind as you ascend into a more arid region. You also have excellent views of the Nilgiri range to your east. Finally you arrive at Marpha (2,667m).

Overnight at lodge in Marpha (B D L).

DAY 12 / MARPHA TO KAGBENI

Trekking time - 4 hrs

From Marpha it's normally fairly easy walking to Jomsom (2,720m).

However, it can get very windy here, and it can be worth covering your face to stop the flying dust from stinging. Past Jomson you drop down to the riverbed and the route winds along the valley to the tiny village of Eklai-Bhatti (2,740m). From here the walk becomes considerably easier. As you approach Kagbeni (2,900m), orchards abound as the valley becomes lush. The town lies at the confluence of two rivers and sits at the entrance to the Upper Mustang Valley. The town itself is a mediaeval looking place and many of the residents are of Tibetan origin.

Overnight at lodge in Kagbeni (B D L).

DAY 13 / KAGBENI TO JOMSOM

Trekking time - 5½ hrs

Today, your first stop is Muktinath, a site of pilgrimage for Hindus. A pebbly trail leads directly up the mountain. You climb hill after hill as you ascend towards Jharkot. As you reach the shoulder of the valley, the views are breathtaking, especially of the 'organ like' pipe formations on the other side. From here you get a glimpse of Jharkot (3,530m), a fortress like town that you will travel through en-route to Muktinath. The final ascent to Muktinath (3,760m) is well worth the effort and above the town is a temple complex, where an eternal flame burns. The burning of natural gas on water causes this, as they exit the ground together. After lunch you retrace your steps back down to the valley and back to Jomsom (2,713m). At the southern end of town is an eco-museum, which is well worth a visit. You can see traditional Nepalese costumes, alternative medicines and even a stuffed snow leopard.

Overnight at lodge in Jomsom (B D L).

DAY 14 / JOMSOM TO POKHARA

Trekking finished, you fly back to Pokhara down the Kali Gandaki valley. This flight used to be only possible by helicopter

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Jomson Trek continued...



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

but now the airstrip has been developed and small planes also fly back and forth. Whichever you take, this is a spectacular flight that you will never forget. The next day is kept free in case weather conditions delay your flight back to Pokhara.

Overnight at hotel in Pokhara (B).

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 enchanting, and dominated by views of the Annapurnas and in particular of Machhapuchhare. 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

DAY 16 / TRAVEL BY ROAD TO KATHMANDU

Today you depart early to return to Kathmandu by road (an internal flight can be arranged if preferred), 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

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

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Jomson Trek continued...



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

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.

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

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Jomson Trek continued...



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

ACCOMMODATION:

1. Hotels in Kathmandu & Pokhara

We use comfortable tourist class hotels in Kathmandu and Pokhara (approx. 3-star).

2. Trekking with lodges

For this lodge-based trek, we will use a variety of Lodges and Teahouses. In recent years many new lodges have sprung up and many offer quite good facilities and amenities. However, in some areas the lodges can be run on a very simple basis where toilets and washing facilities are outside the building. We can't promise that you will always have full amenities all the time, so you should understand this before embarking on this trek.

Staying in lodges gives you more comfort overnight than camping, and also allows you to meet up with and talk with other trekkers and guides at the end of the day. It also allows us to put more back into the local economies than if we were bringing everything with us.

Rooms in lodges are normally based on same sex sharing of twin rooms (though couples will be able to share). Some sheets & blankets are provided but a sleeping bag is still required. We provide include sleeping bag hire in our tour prices, though you may still wish to bring your own inner sleeping bag liner or sleep sheet if you wish. Warm showers are available for a small fee at most lodges, though these may be bucket showers higher up.

3. 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.

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

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 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 check out 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 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

To book visit: www.nepal-uncovered.com, email: tours@nepal-uncovered.com, or call us on: +44 (0) 845 130 48 49

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