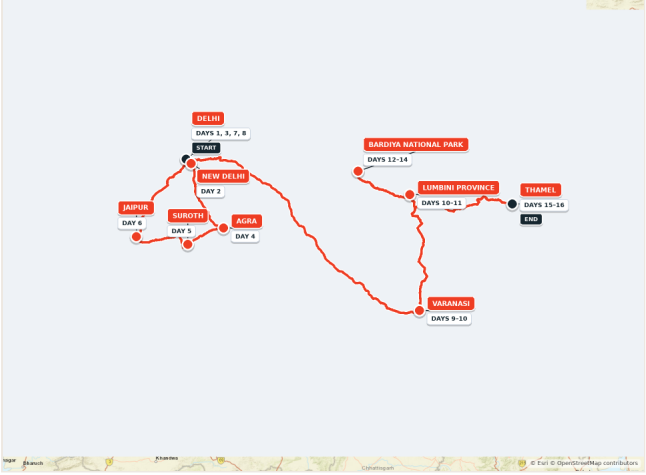
ENCOUNTERS TRAVEL

Your passport to adventure

Delhi to Kathmandu

COUNTRY(IES)	India , Nepal
TOUR TYPE	Small Group
TRANSPORT	A/C minivan/minibus, train, jeep, internal flight
GROUP SIZE	Min: 2 | Max: 12
DURATION	16 days
STARTS	Delhi, India
ENDS	Kathmandu, India
MEALS	Breakfasts - 15, Lunches - 4, Dinners - 4

TOUR ROUTE MAP **16 Days**



ROUTE: **Delhi** (Start) → **New Delhi** → **Delhi Division** → **Agra** → **Suroth** → **Jaipur** → **Delhi** → **Varanasi** → **Lumbini Province** → **Bardiya National Park** → **Thamel** (End)

HIGHLIGHTS

Old and New Delhi, Taj Mahal, Agra, local village in Suroth Mahal, Pink city of Jaipur, hill top fort, Abhaneri step well, River Ganges at Varanasi, Buddhist site at Sarnath, Streets & temples of Kathmandu, Buddhist Lumbini and Bardia NP.

Itinerary

DAY 1 Arrival in Delhi - hotel transfers included

Land at Delhi Airport and travel directly to your hotel in the city. The emphasis is on a smooth arrival and getting settled after the flight, rather than organised sightseeing. Once you reach the hotel, you can rest and adjust to the capital before continuing with the next planned activities or onward travel arrangements.

ACTIVITIES

- **Arrive at Delhi Airport**
  Arrive in Delhi and complete formalities at the airport. Meet your local representative who welcomes you to India's bustling capital.
- **Drive from Delhi Airport to Delhi City Hotel**
  Transfer from Delhi Airport to your city hotel. Settle in and prepare for the start of your tour.

OVERNIGHT	MEALS	EXTRAS
Hotel in Delhi	None	Single room supplement (INSGDK)

DAY 2 Exploring Delhi, Rickshaw Ride & Street Food Tasting

Explore Delhi on a sightseeing and food-focused tour that combines historic and contemporary areas with local culinary traditions. Time among markets and food stalls introduces the tastes and aromas associated with the capital's street culture, while the wider city tour provides context for Delhi's architecture, history and changing neighbourhoods. The result is a broad introduction to both its landmarks and daily life.

ACTIVITIES

- **Delhi City Sightseeing and Street Food Tour**
  Explore New and Old Delhi, starting at India Gate, a 42-metre war memorial commemorating Indian soldiers who died in the First World War and related campaigns. Drive past the President's Palace, the Parliament of India, Humayun's Tomb and Bangla Sahib Gurudwara, then join locals on the metro from Connaught Place to Old Delhi before exploring Chandni Chowk, Chawri Bazar, street food, a rickshaw ride and Jama Masjid.

OVERNIGHT	MEALS
Delhi hotel	Breakfast

DAY 3 Head to Agra. Sheroes Hangout, Mughal Heritage Walk. First glimpse of the Taj Mahal

Leave Delhi and travel by road to Agra, one of the great centres of Mughal history. On arrival, visit Sheroes Café and learn more about the social initiative behind the venue, which supports survivors through work and community. Continue with a Mughal heritage walk through lesser-known streets and historic areas, revealing another side of Agra beyond its famous monuments and providing local context to the imperial city.

ACTIVITIES

- **Drive from Delhi to Agra**
  Leave Delhi and drive through rural Uttar Pradesh toward Agra. Pass small towns and fields on the road to the city of the Taj Mahal.
- **Agra Sheroes Café and Mughal Heritage Walk**
  Visit Sheroes Hangout Café, set up by the Chhanv Foundation and run by survivors of acid attacks, for an included lunch and a chance to learn about the work it does. Later enjoy a Mughal Heritage Walk through Kachhpura village and farmland, designed by a local NGO that supports the community through employment and new infrastructure, ending with sunset views of the Taj Mahal from Mehtab Bagh.

OVERNIGHT	MEALS	EXTRAS
Agra hotel	Breakfast,Lunch	Cook with a Hindu family in Agra

DAY 4 Taj Mahal sunrise. Drive to Suroth Mahal, enjoy a Village Walking tour

See the Taj Mahal in the early morning, then drive from Agra to Suroth Mahal and exchange the busy city for the quieter surroundings of rural Rajasthan. Spend time taking part in local village activities and learning about everyday customs before returning to the heritage property for a cooking demonstration and dinner featuring regional flavours and hospitality.

ACTIVITIES

- **Sunrise Visit to Taj Mahal in Agra**
  Visit the Taj Mahal at sunrise when the crowds are smaller and the light is soft. Hear the story of Shah Jahan and Mumtaz Mahal while admiring the intricate marble work.
- **Drive from Agra to Suroth Mahal (Rajasthan)**
  Drive from Agra into rural Rajasthan and the small town of Suroth. Leave the main tourist trail behind as you head towards a heritage palace hotel.
- **Suroth Village Activity in Local Life**
  Take a guided walk through Suroth's lanes and local markets. Meet residents, see small shops and visit a local temple or barber shop to understand everyday village life.
- **Suroth Mahal Cooking Demonstration and Dinner**
  Enjoy a cooking demonstration at Suroth Mahal and see how regional dishes are prepared. Share a relaxed dinner in the heritage setting of the former palace.

OVERNIGHT	MEALS
Suroth Mahal heritage hotel	Breakfast,Dinner

DAY 5 To Jaipur via the Abhaneri step well. Optional Bollywood Movie or Cooking Demo

Travel from Suroth towards Jaipur and pause at Abhaneri for a visit to Chand Baori. The stepwell provides a focused look at traditional engineering and architectural design before the road continues towards Rajasthan’s capital. Once in Jaipur, the remaining time is free with no further organised activities, allowing you to settle in and make your own plans after the overland transfer.

ACTIVITIES

- **Drive from Suroth to Jaipur via Abhaneri**
  Leave Suroth and travel toward Jaipur through rural Rajasthan. Stop en route to explore a famous stepwell at Abhaneri.
- **Explore Abhaneri Stepwell in Chand Baori**
  Visit Chand Baori, one of India's largest and deepest stepwells. Admire the geometric pattern of its steps and the scale of this ancient water structure.

- **Free Time in Jaipur**
  Arrive in Jaipur and enjoy free time to explore on your own. Relax at your heritage hotel or wander nearby streets and markets.

OVERNIGHT	MEALS	EXTRAS
Jaipur heritage hotel	Breakfast	Jaipur Bollywood Movie - Raj Mandir Cinema, Hot air balloon in Jaipur, Jaipur Cooking demo and dinner with local family

DAY 6 Amber Fort & Jaipur City. Block printing workshop

Begin at Amber Fort before continuing into Jaipur for a city tour covering the historic centre and important landmarks. The sightseeing provides context to the royal history and planned development of the Pink City. A later block-printing activity introduces the tools and techniques behind a traditional Rajasthani textile craft, adding a hands-on element after the fort and city-based sightseeing.

ACTIVITIES

- **Jaipur Amber Fort and City Tour with Block Printing**
  Tour Amber Fort and admire its hilltop setting, courtyards and palace rooms overlooking the Aravalli hills. Continue through Jaipur to see Jantar Mantar, the City Palace and traditional markets, including a block printing demonstration and gemstone workshop.

OVERNIGHT	MEALS	EXTRAS
Jaipur heritage hotel	Breakfast	Hot air balloon in Jaipur

DAY 7 Return to Delhi (optional multimedia show at the Akshardam Temple)

Travel by road from Jaipur to Delhi and complete the return journey from Rajasthan to the capital. The drive is the main activity of the day, with no formal sightseeing scheduled along the way. Once in Delhi, the remaining time is free, giving you the flexibility to relax, make independent plans or organise yourself for the final portion of the trip without further structured activities.

ACTIVITIES

- **Drive from Jaipur to Delhi**
  Leave Jaipur and drive back to Delhi. The journey crosses the plains of northern India between Rajasthan and the capital.
- **Free Time in Delhi**
  Enjoy some free time in Delhi to rest after your journey. Meet your representative for a briefing about the days ahead.

OVERNIGHT	MEALS
Delhi hotel	Breakfast

DAY 8 Morning train to Varanasi, evening Aarti ceremony by the Ganges

Leave Delhi by train and travel across the northern plains to Varanasi. Once in the city, attend the evening Ganges aarti and observe the religious ceremony performed beside the river. Priests, lamps and chanting create a highly atmospheric introduction to Varanasi’s devotional life and provide cultural context to the ghats that will feature prominently during later exploration of this historic centre of Hindu pilgrimage.

ACTIVITIES

- **Train from Delhi to Varanasi**
  Board the Vande Bharat train for the journey across northern India to Varanasi.
- **Explore Aarti Ceremony in Ganges River**
  Attend the atmospheric evening Aarti ceremony along the sacred river.

OVERNIGHT	MEALS
Varanasi hotel	Breakfast

DAY 9 Sunrise on the Ganges, Varanasi Exploration and visit to Sarnath

See Varanasi at first light during a boat ride on the Ganges, when worshippers, pilgrims and everyday activity begin along the riverbanks. Afterwards, continue through the old city and explore narrow streets, temples and neighbourhoods shaped by long-standing religious traditions. Later, travel to Sarnath, where the Buddha delivered his first sermon, adding a major Buddhist site to a day strongly connected with Varanasi’s spiritual heritage.

ACTIVITIES

- **Sunrise Boat Ride on the Ganges on Varanasi**
  Enjoy sunrise on the Ganges as daily rituals unfold on the riverbanks, passing the burning ghats where funeral pyres line the water's edge - Varanasi is considered an extremely auspicious place to die, and many come here to spend their final days. While on the river you have the opportunity to offer Pind Daan in memory of any deceased loved ones.
- **Varanasi Old City and Sarnath Sightseeing**
  Walk through Varanasi's old lanes, temples and markets to experience the dense, historic city centre. Later visit Sarnath, where the Buddha gave his first sermon, exploring its ruins, stupa and museum.

OVERNIGHT	MEALS
Varanasi hotel	Breakfast

DAY 10 — Cross the border into Nepal. Head to Lumbini, birthplace of the Buddha

Travel by road from Varanasi via Gorakhpur towards the border with Nepal, crossing a large section of northern Uttar Pradesh along the way. The day is primarily devoted to transport rather than sightseeing, with rural settlements and farmland visible throughout the drive. Reaching the frontier brings you close to the Himalayan foothills and prepares you for the next stage of travel across the border.

ACTIVITIES

- **Drive Varanasi → Lumbini via Gorakhpur and India–Nepal Border**
  Travel by road from Varanasi towards the India–Nepal border, passing through towns such as Gorakhpur and rural countryside. After crossing formalities at the border, continue on towards Nepal.

Arrival in Lumbini and Quiet Reflection

Settle into Lumbini and use the free time to relax or discover the area at your own pace. The unstructured schedule suits the reflective character of this sacred destination, allowing you to recover from travel and become familiar with the surroundings before taking part in any later visits or cultural activities.

ACTIVITIES

- **Free Time in Lumbini**
  Arrive in Lumbini, the Buddha's birthplace, and settle into your hotel. Use your free time to relax or take an initial walk around the peaceful town.

OVERNIGHT	MEALS
Lumbini hotel	Breakfast

DAY 11 — Learn about the Buddha on a tour of Lumbini. Travel to Bardia National Park

Delve deeper into the spiritual heart of Lumbini, with the morning dedicated to exploring some of its most iconic landmarks, including the sacred Maya Devi Temple, the ancient Ashoka Pillar and the revered Banyan Tree. Each of these sites holds a special significance in the story of the Buddha’s birth and enlightenment, offering a glimpse into the rich history and spiritual traditions of this sacred place. Later in the day, set out on a scenic drive westward through the Nepali countryside, heading towards the renowned Bardia National Park. This sprawling wilderness is home to a remarkable diversity of wildlife, including the majestic one-horned rhinoceros, the powerful Asian elephant and the elusive Bengal tiger. Upon arrival at the Bardia Eco-Lodge, you’ll have time to settle into your comfortable accommodation and soak in the tranquil atmosphere of the surrounding jungle. The evening offers a chance to relax and recharge before tomorrow’s exploration of the national park. This holdings connects spiritual heritage with onward travel into Nepal’s lowland wilderness.

ACTIVITIES

- **Guided Tour of Lumbini Sacred Sites**
  Explore key sites in Lumbini including the Maya Devi Temple, Ashoka Pillar and sacred gardens. Learn more about the Buddha's life and the development of this important pilgrimage centre.
- **Drive from Lumbini to Bardia National Park**
  Leave Lumbini and drive west through the Terai region towards Bardia National Park. Arrive at your eco-lodge on the park's edge and settle into the jungle surroundings.

OVERNIGHT	MEALS
Bardia Eco-Lodge	Breakfast,Lunch,Dinner

DAY 12 — Cameras at the ready! Begin exploring Bardia National Park

Spend the available time at leisure near Bardia National Park and make the most of the quiet lowland setting. There are no scheduled safari activities during this period, leaving you free to relax, observe the surroundings or explore locally at your own pace. The quieter environment offers a useful pause before or after the more active wildlife experiences elsewhere in the Bardia area.

ACTIVITIES

- **Explore Bardia National Park**
  Spend the day at Bardia National Park with time to relax at the lodge or arrange local activities. You can discuss optional safaris or walks with lodge staff depending on your interests.

OVERNIGHT	MEALS
Bardia Eco-Lodge	Breakfast,Lunch,Dinner

DAY 13 — Bardia National Park, further park activities

Spend the available time at leisure near Bardia National Park and make the most of the quiet lowland setting. There are no scheduled safari activities during this period, leaving you free to relax, observe the surroundings or explore locally at your own pace. The quieter environment offers a useful pause before or after the more active wildlife experiences elsewhere in the Bardia area.

ACTIVITIES

- **Explore Bardia National Park**
  Spend the day at Bardia National Park with time to relax at the lodge or arrange local activities. You can discuss optional safaris or walks with lodge staff depending on your interests.

OVERNIGHT	MEALS
Bardia Eco-Lodge	Breakfast,Lunch,Dinner

DAY 14

Fly to Kathmandu from Nepalgani

Drive from Bardia to Nepalgunj Airport and board the domestic flight to Kathmandu. The combination of road and air travel provides an efficient return from western Nepal after time in the national park. Once in the capital, transfer to your hotel and complete the day’s journey, with no additional sightseeing included during this transport-focused return.

ACTIVITIES

- **Drive from Bardia National Park to Nepalgunj Airport**
  Depart Bardia by road and drive to Nepalgunj Airport through rural Terai landscapes. Say goodbye to the jungle as you prepare to fly to Kathmandu.
- **Fly from Nepalgunj to Kathmandu**
  Take a domestic flight from Nepalgunj to Kathmandu with views of plains and distant hills. Enjoy the short but scenic hop into Nepal's capital.
- **Drive from Kathmandu Airport to Kathmandu Hotel**
  Meet your local representative on arrival in Kathmandu and transfer to your hotel in Thamel. Check in and get your first feel for the city's busy streets and markets.

OVERNIGHT	MEALS
Kathmandu hotel	Breakfast

DAY 15

Thamel Rickshaw Ride. Walk around Durbar Square, visit Swayambunath Stupa

Take a rickshaw through parts of Kathmandu and experience the city’s streets from close range before continuing with a more conventional sightseeing tour. The ride provides an immediate view of markets, traffic and local neighbourhoods, while the later city exploration adds historical and cultural context. The combination gives you both an intimate look at daily movement through the capital and a wider understanding of its important urban areas.

ACTIVITIES

- **Kathmandu Rickshaw Ride and City Tour**
  Ride a rickshaw through the backstreets of Thamel to Durbar Square, passing small shops, temples and stupas. Explore the historic square on foot before driving up to Swayambunath Stupa for hilltop views and a visit to the ‘monkey temple'.

OVERNIGHT	MEALS
Kathmandu hotel	Breakfast

DAY 16

Kathmandu, free time, transfer to airport

Spend your final hours in Kathmandu at leisure before travelling from the hotel to the airport. No organised sightseeing is included in the standard departure period, although additional Nepal extensions may be arranged separately for those who want more time in the country. Possible options include rafting, further trekking, Kathmandu Valley activities and visits to Chitwan or Bardia, while the included service ends with the airport transfer.

ACTIVITIES

- **Drive from Kathmandu Hotel to Kathmandu Airport**
  Transfer from your hotel to Kathmandu Airport for your onward flight. Your tour ends with assistance at the terminal for check-in and departure.
- **Depart from Kathmandu Airport**
  Check in for your international flight at Kathmandu Airport. Complete departure procedures before your onward journey.

OVERNIGHT	MEALS	EXTRAS
N/A	Breakfast	Bardia National Park Extension, Everest Mountain Flight, Extra day in Kathmandu - post-tour

INCLUDED

- All accommodation in mid-range hotels and heritage properties
- All transport and transfers in AC vehicles
- 24-hour airport arrival and departure transfer service
- Morning trains Delhi-Varanasi - AC Chair Car
- Nepalganj to Kathmandu flight
- Sightseeing tours and activities as per the itinerary
- Delhi Tour, Rickshaw Ride & Street Food Sampling in Delhi
- Agra Sheroes Cafe, Mughal Heritage Walk and Taj Mahal visit
- Suroth Mahal Village tour & cooking demonstration
- Jaipur Amber Fort, City Tour & craft workshop
- Varanasi Aarti Ceremony, Sunrise Boat Ride, Visits to Ghats, Temples and Sarnath
- Lumbini Sightseeing
- Bardia National Park stay (activities are payable locally)
- Kathmandu Rickshaw Ride and City Tour
- Services of a local tour leader and specialist local guides
- Entrance Fees whilst in Nepal
- Meals as indicated in the itinerary

EXCLUDED

- International flights (available on request)
- Visa fees for India and Nepal
- Travel insurance (compulsory, get a quote here)
- Meals not indicated in the itinerary
- Drinks, snacks and other personal expenses (e.g. laundry)
- Tips for drivers and guides
- Bardia Safari Activities (bookable and payable locally)
- Entrance fees whilst in India (budget USD 180, payable in Delhi)
- Any other items not mentioned above

Notes

Restoration of the Taj Mahal

The Taj Mahal, one of India's most iconic structures, is getting a much need facelift. The almost-four-century-old Taj Mahal is finally showing signs of ageing. Air pollution is unfortunately turning its ivory-white complexion - yellow. Adding to the colouration problems, the Yamuna River, with which the Taj Mahal shares a river bank, is contaminated and the insects that breed in its waters are leaving patches of green residue on its marble. In order to restore the Taj Mahal's glistening white marble, mud-pack therapy is being used. If you're worried that it might affect your India tour, this handy Taj restoration guide will tell you everything you need to know.

Tour Options

Our tours are designed to include all that you need to enjoy a really special time in the destination you're visiting. However, we do also offer some extra options to complement the tour and add some additional sightseeing or activities, or some extra time at either end of the tour.

All accommodation based options (e.g. Single supplements, extra nights, cruise upgrades) should be booked and paid for in advance so that we can make the appropriate arrangements. Other options may either be booked and paid for in advance or while you are on the tour, though we recommend booking in advance to ensure there are no issues with availability.

Many options are priced the same throughout the year, but some may incur single or high season supplements , full details are given on the tour reservation form or on request.

Extra day in Delhi - pre-tour

Min numbers: 1

This option adds an extra day to the start of your tour, staying in the same hotel as the main tour itself (subject to availability). Your airport arrival transfer is still included. Prices shown are per person and based on two people sharing.

Note: Single room and peak season supplements apply.

Extra day in Kathmandu - post-tour

Min numbers: 1

This option adds an extra day to the end of your tour, staying in the same hotel as the main tour itself (subject to availability). Your airport departure transfer is still included. Prices shown are per person and based on two people sharing.

Note: Single room and peak season supplements apply.

Hot air balloon in Jaipur

Min numbers: 1

Capture the spectaculars views of Rajasthan's forts with an early morning hot air balloon ride over Jaipur for a different perspective of this vibrant capital. Float high above the pink painted rooftops and enjoy a bird's eye view of Jaipur.

This option runs from 1st of September to 10th of May each ear, subject to weather conditions.

Important Notes

1 Accommodation

We use good quality hotels rated at the Indian 3-star and 4-star level on this tour as well as some heritage properties. These heritage hotels are often converted from former palaces or merchant houses and are full of historical character, though they may feel a little dated. They are often a highlight of your stay. In Nepal we stay in a basic but comfortable eco-lodge in Bardia National Park. Cottages are rustic and built in traditional local village style and with re-usable materials. The hotels in Lumbini and Kathmandu at the better end of the local 3-star level. The specific hotels listed on our website are our preferred hotels for our small-group tours. However, these may be changed from time to time based on current availability and other logistics. In this event alternative hotels of a similar standard will be used. If you would like to guarantee any particular hotels for your trip, please contact us to request a tailor-made tour.

Accommodation is based on twin or double en-suite rooms with air conditioning. All couples will receive a private double room. See the Transport notes for details on the sleeper train accommodation.

Please check the Single Room Supplement option for details on room sharing options and charges for solo travellers on this tour.

2 Transport

Our trips feature a mix of different transport options. We want you to feel like you're really experiencing the country you're travelling through, but at the same time finish journeys refreshed enough to enjoy the next stage of the tour. Due to the somewhat chaotic nature of Indian and Nepalese roads, we only use private vehicles for all road journeys on this tour.

The vehicles used in Nepal will travel from Bardia National Park to meet you at the India/Nepal and are often open backed jeeps or similar. Larger groups will use several of these vehicles or a minibus. A domestic flight takes you from Nepalganj airport to Kathmandu (aim to sit on the left side of the plane for great views of the Himalayas along the way).

The tour also features a journey on India's famous railway network. The journeys from Delhi to Varanasi (and return) takes around 8 hours and we book AC chair seats. You will be shown to your seat in the departure station and met on the platform on arrival. Delays of up to an hour are quite common, especially during the winter season if the weather is foggy. Tickets are issued 120 days before departure. If you book within that time we cannot guarantee that you will be seated with other travellers, though the train stewards are normally very helpful and will arrange seat swaps with other people on the train, who are normally very accommodating.

Due to the huge distances some trains cover, Indian trains are subject to delays and on these overnight journeys of around 12 hours a delay of an hour is not unusual. Delays can be longer in the winter months if the weather is foggy.

Tickets are issued 120 days in advance and are subject to full cancellation fees after you have arrived in India (US$10 up until that point). If you book within 120 days of departure we cannot guarantee that you will be allocated a berth next to other people in the group, though the carriage stewards are generally very helpful in arranging to swap you with another traveller.

3 Transfers

The tour price includes a 24-hour airport meet & assist service in New Delhi airport, your arrival and departure airport-hotel transfers and all other transfers involved in the tour. In Nepal you'll be helped to check in for your flight in Nepalganj and met on arrival in Kathmandu.

4 Group Size/Tour Leaders/Guides

We are committed to being a small group operator, as we feel this gives everyone in the group the best chance to get to know their fellow travellers and to hear and make the most of their guide. There's no point in us providing great guides if you've got to peer over 30-40 shoulders to see them! So, we won't ever put you in a 50-seater coach with 49 other people and just one guide. Instead, we set our India small-group departures to have a maximum of 12 travellers. The minimum group size is 2.

In India we provide a fully trained, local English-speaking tour leader/driver to accompany our groups. On this tour they will accompany you throughout the whole loop from Delhi/Agra/Jaipur/Delhi with a separate escort in Varanasi. On groups of 5 or more, a guide will accompany you for the duration of the tour, for groups of 2 to 4, you will have a driver and local guides in each city.

One of our Nepalese team from Bardia National Park will meet you on arrival at the India/Nepal border and accompany you throughout your time in Lumbini and Bardia. A specialist local guide will be used for the tour in Lumbini and the lodge guide will take you on your safaris into the park. A Kathmandu city guide will escort you on the included tours.

At Encounters Travel we have a policy of aiming to use only local Indian and Nepalese guides and reps. We feel this gives you the best experience of the countries and the sites you are seeing.

5 Entrance Fees

The tour price does not include entrance fees to the Indian tourist sites mentioned in the itinerary. This allows for fluctuations in the prices set by the local authorities, which do change from time to time.
All entry fees, national park fees and park activity fees are included in Nepal.

You should currently allow approx. US$105 per person to cover the entrance fees in India (this includes one visit to the Taj Mahal). You will also need to cover the cost of entrance to any other extra sites that you may wish to visit that are not listed in the main tour itinerary. Your guide will offer to collect the entrance fee cost from everyone at the start of the tour and pay on your behalf, or you can arrange them yourself as you go along.

6 Money

Rupee (INR; symbol Rs) = 100 paise. Notes are in denominations of Rs 2,000, 1000, 500, 200, 50, 20, 10 and 1 Coins are in denominations of Rs 10, 5, 2 and 1, and 50 paise (Rs 0.5). Note: The import and export of local currency is prohibited. Sometimes smaller vendors will not take bills larger than Rs 500. It is best to carry a range of rupee notes if you are shopping at bazaars and local markets.

Note: You must present your passport whenever you change currency or travellers cheques. Commission for foreign exchange is becoming increasingly rare; if it is charged, the fee is nominal.

Credit cards: In major cities, the full cadre of banks cards are generally accepted including debit cards, American Express, Diners Club, MasterCard and Visa. However, in smaller towns and villages, choice is generally narrowed to cash or MasterCard and Visa.

ATM: 24 hour ATM machines can be found in all the major cities and most large towns. Visa, MasterCard, Cirrus, Maestro and Plus are amongst the most commonly accepted cards.

Travellers cheques: These are gradually getting less accepted but may still be changed at larger banks and some larger hotels. The most widely accepted currencies include US Dollars and Pounds Sterling. Some banks may refuse to change certain brands of traveller's cheques whilst others may exchange quite happily.

7 Dates & Prices

We run small-group departures on this tour from mid-September through to early June, avoiding the monsoon months of July and August. All departures are guaranteed to run with a minimum of 2 travellers. Departure dates and prices are listed on our website (please check the website for up-to-date prices and special offers).

Private and tailor-made tours are available on any dates and may be adjusted to fit your personal requirements, available time and budget.

8 Booking & Payment

If you would like to book a place on this tour, please complete the online reservation form on our website (via the Dates & Prices tab on the tour page). You may make a deposit or full payment online, or just hold a reservation if you prefer (full payments are due 8 weeks before departure). We will then contact you with more details about how to complete your booking. Payments may be made by debit or credit card (subject to a card processing fee), or by making a bank transfer, or posting us a cheque/bank draft. Full details will be provided in your booking confirmation email. Please contact us if you would like any more information or have any questions before making a booking.

9 Financial Security

We are a UK registered company and are committed to providing our customers with financial protection to provide peace of mind and to allow you to book with confidence.
We have therefore partnered with Trust My Travel Ltd., which provides financial protection services to over 2000 partners around the world. Funds paid to us by our customers are protected via an Insurance policy held by Trust My Travel. Each traveller and the description of services sold is declared against Trust My Travel’s insurance policy directly against our financial failure. In the event of our insolvency, you will be refunded for any unfulfilled products and/or repatriation to the UK (where applicable). Please see our website or booking conditions for more information.

10 Responsible Tourism

It is impossible not to have an impact on the local environment, cultures and eco-systems when you travel. However, it is very possible to try and ensure that these impacts are as limited, or positive as possible. We are committed to ensuring that we try to leave our host countries in a better state than we found them and encourage and assist our travellers to help us with this.

The following are a few simple tips that require very little effort on your part but which will help ensure that any effect you have on the locations you visit is positive rather than negative.

- Don't prejudge: Things in different countries will almost certainly be different. That doesn't make them worse or inferior, just different.
- Communicate: Don't expect locals to speak your language. Take the trouble to learn a few words or phrases of the local language. Don't worry about sounding silly. Most locals are patient and accommodating and appreciate you making the effort to communicate in their language.
- Conserve energy: Be careful not to waste valuable resources. Use local resources sparingly. Switch off lights, air-conditioning and fans when you leave the hotel room and don't waste water. Remove superfluous packaging. Many countries have far less efficient waste disposal systems than ours. Remove packaging from newly acquired items before leaving home.
- Don't litter: No matter how untidy or dirty the country you're travelling in may look to you, avoid littering, as there is no need to add to the environment's stress. Many of the countries we visit have a tough challenge dealing with rubbish and waste. Please consider taking home as much plastic waste as you can (e.g. water bottles).
- Choose environmentally friendly products: By using environmentally friendly (bio degradable) sun creams, shampoos and detergents you can help reduce pollution.
- Respect local customs and traditions: As you are a guest in these countries, you should also comply with the local customs. If you are friendly and well mannered, the locals will reciprocate and it will only enhance your experience. It's important to follow dress and behaviour guidelines especially when visiting religious or sacred sites (your tour leader will advise you how best to do this).
- If a client commits an illegal act the client may be excluded from the tour and Encounters Travel shall cease to have responsibility to/for them. No refund will be given for any unused services.

All porters are employed and equipped following guidelines set by the International Porter Protection Group (IPPG).

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11 Follow Us Online

You can stay in touch with us online by following us on Facebook and Twitter. We post updates on relevant travel news in our destination countries, special offers and discounts and other interesting travel related news and information.

www.facebook.com/encounterstravel

https://x.com/encounterstravl (yes, without the 'e')

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12 Travel Insurance

Travel insurance is compulsory on all of our tours and needs to cover personal accident & liability, medical expenses and repatriation, travel delay & abandonment. We also strongly recommend that you take out cover against cancellation and lost/stolen baggage. Personal medical insurance does not normally provide sufficient cover and is generally not suitable for travel on our tours. You will not be able to join your tour if you have not provided us with details of your insurance or if you arrive without cover in place (no refunds will be due in this event).

Considering travel insurance for your trip? World Nomads Travel Insurance offers coverage for more than 150 adventure activities as well as emergency medical, lost luggage, trip cancellation and more.

If your tour includes car hire, or if you plan to arrange a hot air balloon flight locally or do some scuba diving during your tour, you should check the small print in your policy to make sure these are covered (these are covered in our policy). Please also check the maximum altitude that you will be reaching and that full cover including emergency evacuation is provided up to this altitude.

If you are taking expensive camera gear or other electronic equipment with you then please check the coverage and the fine print of your policy to ensure that you have sufficient cover.

IMPORTANT: We must have your travel insurance details (policy number and type of insurance) before you depart or you may not be allowed to join the tour. If you haven't told us already, please let us know the details when you can. You should take a paper copy of your insurance policy with you as you may be asked to show this at the start of the tour.

Covid-19

Before purchasing any travel insurance, please check the coverage provided for situations related to Covid-19, and for the rules about government travel advice. Your normal policy may not be suitable.

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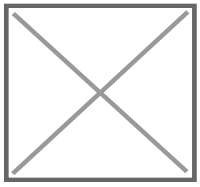
13 Before you travel

It is important when considering and preparing to travel anywhere in the world that you have a good understanding of the country you are visiting, its laws and customs, and the possible risks and situations that may occur. This includes specific risks related to your itinerary (eg. does it involve water & can you swim, are you fit enough for the activities included), as well as more general risks such as terrorism and natural disasters.

General details and links to more information about health risks, visa requirements, money, and travel insurance are given in these tour notes. We recommend that you re-read all these before your departure as well as the small print of your travel insurance policy so you know exactly what is covered and what is not.

You should take copies of your important travel documents with you and ideally also store them online securely as a backup. Make sure that you have given us your emergency contact details and told that person where and when you are travelling. Ensure you take enough money with you and that you have access to emergency funds.

Finally, you should read through and stay updated with the current official government travel advice for your destination. We are registered partners with the UK Foreign Office's 'Travel Aware' campaign which provides further useful and invaluable information.



14 Reduce Plastic Waste with Water-to-Go Filter bottles

Traveling responsibly means minimizing plastic waste, but staying hydrated on the go is essential. At Encounters Travel we are committed to reducing single-use plastics, which is why we've partnered with Water-to-Go. Their portable filtration system removes over 99.9% of contaminants from any non-saltwater source, turning even questionable water sources into safe drinking water.

Given that tap water is un-safe to drink in many of the countries in which we operate, we recommend purchasing a Water-to-Go bottle prior to departure. This will help you avoid the use of single use plastic bottles and keep you hydrated on the go.

Save big! Get a huge 25% off your Water-to-Go bottle and other Water-to-Go products (such as filters, lids, and carriers). Use code **ENCOUNTERS25** at checkout (valid in the UK, USA and Canada).

How Water-to-Go Technology works:

- Their reusable, BPA free water bottles contain their own unique 3-in-1 filtration technology effectively providing clean safe drinking water from any non-salt water source around the world.
- Three different (1 traditional and 2 nano) technologies are combined in one filter cartridge to remove up to 99.9999% of microbiological contaminants in water.

The three technologies used in a Water-to-Go filter are:

- Mechanical filtration – A tiny pore size, so small contaminants can’t fit through.
- Electrical – A positive charge reduces the pore size even further and attracts contaminants like a magnet, trapping them inside the filter.
- Activated Carbon – Unlike most carbon based filters, instead of using adhesives to glue the carbon particles together, (which vastly reduces the carbon’s efficiency) it is contained within the membrane, helping to reduce contaminants whilst eliminating bad tastes and odours. Try filtering water from your tap at home and taste the difference!

Water-to-Go filter bottles deliver safe, healthy water worldwide

- Water-to-Go filters remove bacteria, viruses, waterborne disease, protozoa, heavy metals such as lead as well as harmful chemicals.
- Their filters remove Chlorine and Fluoride from tap water.
- The filter will eliminate harmful contaminants from the water but allow beneficial minerals such as sodium and magnesium to pass through leaving you with the healthiest water possible.
- Water-to-Go filters have been independently tested against internationally recognised standards by industry specialists including The London School of Hygiene & Tropical Medicine (UK), BCS Laboratories (USA), Bangalore Test House (India) and IMI (China).

Use Water-to-Go products and you'll be healthier, wealthier and helping to make the world a better place!

- Depending on filter size, each Water-to-Go filter is able to replace 260 or 400 single-use plastic water bottles!
- They ensure you have access to safe water anywhere in the world without ever having to buy environmentally damaging bottled water.
- Their water bottles deliver safe, clean drinking water at just 5p per litre.
- The filter membrane is biodegradable and the shrouds are recyclable.
- The water bottles are used and approved by everyone from backpackers to commuters, gym users to expecting mums. Perfect for everyday, outdoor and travel.

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15 Private & Tailor-made Tours

While our group departures offer a fantastic way to explore with like-minded travellers, we understand that some guests prefer a more exclusive experience. Most of our group tours can be booked on a private basis, allowing you to enjoy the same expert-led routes with your own dedicated party. The primary advantage of choosing a private arrangement is the flexibility it provides; we can easily customise the itinerary to include your preferred style of accommodation or adjust the pace to suit your needs. Private tours can be run on the same start days as our group tours, or on other dates. However, some activities within our trips are restricted to particular days of the week - we will advise you on anything like this that we need to work around. Pricing will be based on the number of travellers in your party, and any customisations you may like to make.

For those seeking something truly unique, our specialist sales team is available to collaborate with you on a completely tailor-made tour, designed from the ground up to match your specific interests, accommodation level and requirements.

To request a quotation for a private or tailor-made tour, please contact us.

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16 International Flights

We want to give you as much flexibility as possible when it comes to booking your holiday with us. So, to take account of people with varying travel plans, we don't include your international flights in the main tour price. We are however very happy to suggest flights to go with the tour. Please contact us with your preferred dates and departure airport and we'll give you a selection of airlines, times and fares to choose from.

Your airport arrival & departure transfers are included on the first and last days of the tour. Most of our Indian tours start and finish at Delhi airport (DEL).

We do also sometimes advertise flight inclusive packages from selected airports. Where these are shown on our website, prices are correct at the time of quoting, but are subject to continued availability of the fare used. Prices will be reconfirmed at the time of booking, and we will also provide the flight times and airline details before tickets are issued.

Flight inclusive prices are based on the cheapest Economy ticket class available which is generally non-refundable and non-changeable unless the flight is cancelled for reasons such as Covid-19, in which case the airlines are more

flexible. More flexible ticket options, as well as Premium Economy and Business Class tickets are available on request for an additional supplement. Any changes made to flight inclusive bookings will be subject to the airline rules on your ticket.

Flight CO2 Emissions:

Traveling by air is an amazing way to explore the world, but flights also contribute to carbon dioxide (CO2) emissions that impact the environment. By considering the airline's CO2 emissions when you choose your flight, you can help minimize your travel footprint.

When selecting your international flights and airline, we do therefore recommend that you try and also take into account the flight CO2 emissions. Some airlines and flight search websites (eg. Google Flights, Skyscanner) do publish this information, so you can compare between your flight options and make an informed decision. Thankfully, many airlines are working towards sustainability efforts, and choosing a greener option allows you to contribute to positive change while still enjoying your incredible adventure.

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17 Tipping - India

Haggling is a traditional necessity, so its wise not to pay too much regard to initial prices. Instead fix an items value in your mind then negotiate towards it unhurriedly and don't be afraid to simply walk away if the price isn't right. Once you have offered a price though, you should be prepared to pay it as you may cause offence if you then back out.

While an accepted part of the culture and customs in India, tipping is always optional, and the amounts paid should reflect excellent service. We are often asked for advice on common amounts, and for assistance with tipping. Some suggested guidelines are given below.

Restaurants and taxis: Local markets and basic restaurants - leave the loose change. More up-market restaurants we suggest 5% to 10% of your bill.

Local guides: Throughout your trip you may at times have a local guide in addition to your tour guide. We suggest USD 5-10 per person per day for local guides.

Drivers: You may have a range of private drivers on your trip. Some may be with you for a short journey while others may be with you for several days. We would suggest a higher tip for those more involved with the group, for example if you don't have an extra accompanying guide. However USD 3-6 per person per day is generally appropriate.

Tour Guides: To answer your next question. . . as a guideline for tour guides who accompany you on the entire tour, we suggest you allow around USD 5-10 per person per day, but ultimately, as with all the tipping descrbed above, its up to your satisfaction with their service and your personal budget. You should not feel pressured to tip any particular amount.

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18 Passports and Visas - India

Your passport expiry date must be at least 6 months after your time in India finishes. Do not bring a full or almost expired passport. You must also have a machine-readable passport or you may be denied entry. If you have an old-

style manually issued passport you will need to replace this with a new machine-readable passport before you travel.

Most nationalities (including UK, USA, European, Australian, Canadian) will need to arrange their Indian tourist visa in advance. A new online e-visa system is available which makes the process more straightforward than before. You can make your application online at indiavisaonline.

Visa requirements for India can and do change regularly and we suggest that you arrange your Indian visa early and re-check your specific visa requirements prior to travel for any changes.

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19 Health and Vaccinations

You should ensure you are fully insured for medical emergencies including emergency evacuation and repatriation.

Recommended vaccinations and other health protection measures vary according to the country you are visiting and where you are travelling from. We recommend you contact your GP/medical practitioner or a travel clinic for current information on vaccinations needed for your destination. You should ensure that you are up to date with vaccines and boosters recommended for your normal life at home, including for example, vaccines required for occupational risk of exposure, lifestyle risks and underlying medical conditions. In addition, additional courses or boosters normally recommended for the countries in this region are:

Nepal: Additional vaccinations: Diptheria, Hepatitis A, Tetanus, Typhoid. Malaria map. Yellow Fever certificate: Required if arriving from or having transitted through an infected area.
Bhutan: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. Malaria map. Yellow Fever certificate: Required if arriving from or having transitted through an infected area.
India: Additional vaccinations: Diptheria, Hepatitis A, Tetanus, Typhoid. Malaria map. Yellow Fever certificate: Yellow fever rules for India are quite complicated and lengthy. Please read the WHO guidance.
Tibet: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. Malaria map. Yellow Fever certificate: Required if arriving from or having transitted through an infected area.

Malaria: Vaccinations are not available against Malaria, which is a disease transmitted by mosquitoes that can be very serious and sometimes fatal. You should avoid mosquito bites by covering up bare skin with clothing such as long sleeves and long trousers and applying insect repellents to exposed skin. When necessary, sleep under a mosquito net. Mosquitoes are most active during and after sunset. You should consult with your GP/medical practitioner/travel clinic about the most appropriate malaria prophylactic medication to take for the regions you are visiting. In general the lowland regions Bhutan are considered malarial zones, while higher altitudes including central Bhutan including Paro, Thimphu, Punakha and Bumthang are not. Nepal is considered mainly low risk with prophylactics not normally required.

Yellow Fever: This disease is spread by infected mosquitoes that bite during the day. A Yellow Fever Certificate of vacinnation may be required as a condition of entry depending on which country you are arriving from, or that you have travelled or transitted through recently (including connecting flights with stopovers of over 12 hours). You can view this US CDC information about where the virus is present and follow the links to further information detailing which countries need you to have a Yellow Fever vaccination as part of their entry requirements. Please ensure you have this certificate with you and to hand if necessary. Please inform us of any pre-existing conditions such as diabetes or asthma and any prescription medicine you may be taking. We also need to know about any food

allergies or physical disabilities that you may have.

20 Voltage

In Nepal, India and Sri Lanka, sockets are mainly two round pronged and 230 volts (Type C,D,M). In Bhutan a range of different sockets can be found, including two and three round pronged and three flat pronged (Type D,F,G).

Universal adaptors are available in most airport shops if you don't have one already. Standard UK-European adapters will work fine, though sometimes they may feel a little loose in the sockets. All hotel rooms have electrical sockets where you can re-charge cameras, phones etc. Hair dryers are sometimes available on request from the hotel reception if not in your room already but cannot be guaranteed.
If you have US appliances (110 volts) you will need a voltage converter as well as a plug adapter.

21 Time

The time in India and Sri Lanka is GMT plus 5 1/2 hours.

The time in Nepal is GMT plus 5 3/4 hours.

The time in Bhutan is GMT plus 6 hours.

The time in Tibet is GMT plus 8 hours.

Daylight saving adjustments are not applied.

22 Tipping - Nepal

While an accepted part of the culture and customs in Nepal, tipping is always optional, and any amounts paid should reflect excellent service. Tipping in Tibet and Bhutan is less prevalent though it is still normal practice to tip your guide and driver at the end of the tour.

We support and follow international guidelines for the employment of any trekking porters we use, including those of the IPPG (International Porter Protection Group). We therefore pay all our porters a higher than average wage, but an additional tip is still normal practice at the end of your trek.

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 you consider around US$ 5-10 per person per day for guides, US$ 3-7 p/p/day for assistant guides or tour leaders, and US$ 2-5 p/p/day for porters and drivers.

Haggling or bargaining is also prevalent throughout Nepal and Tibet, particularly in Kathmandu, and is still done in markets in Bhutan though to a lesser extent in other shops. More often than not the start price is at least double the actual price the vendor will be happy to accept. Do not take offence, but be prepared to bargain if you want to, consider your budget (and what you'd be happy to pay for things at home), pay fairly and enjoy this as part of the experience. Note: if you do offer a price, then you are expected to purchase – do not start bargaining unless you really want to buy.

While you are out in rural/hill areas, we recommend that you should stick to published price lists and pay fair prices for local food, accommodation and services, as this aids local economies (bear in mind that when you are trekking,

nearly everything you eat or buy will have been carried there by porters or donkeys).

23 Passports and Visas - Nepal

Passports should be valid for at least six months after your departure from the country. Please do not bring an almost full or almost expired passport. Visa arrangements are the responsibility of the traveller, and requirements are subject to change by the local authorities. Full details of current visa on arrival procedures are given on the Nepal immigration department website.

Many nationals can obtain their Nepalese visa in Kathmandu airport upon arrival (including UK, EU, US, CA, AU, NZ, SA citizens). The costs for a multi entry visa are currently:

- up to 15 days - US$ 30
- 16 to 30 days - US$ 50
- 31 to 90 days - US$ 125

The visa is obtained in the immigration area at the point where your passport is stamped. Forms to fill in are available at kiosks in the immigration hall and may also be given out on your flight (if so, do fill them in before you land as it will reduce your queuing time). You may also need to fill in an arrivals card. Once your paperwork is completed, head to the payment/bank desks to pay and get a receipt, and then to the immigration desk and hand over your forms, your payment receipt and passport. The visa fees are set in US Dollars, but you can also pay in other currencies, but don't rely on getting given change.

To reduce queuing time you can also complete most of this process online in advance. First fill in the Visa on arrival form on the government website, and take a photo or print out your completed application form. You can only do this within 15 days of arrival, or you will need to repeat the process. You can then either pay online or pay on arrival at the airport. When you get to the airport, show your printed/photographed form, and the payment receipt if you have paid, and your visa will be issued and stamped into your passport.

Passport Photos: If you are doing any trekking, rafting or visiting a National Park you may be asked for passport photos, as some of the permits we may need to get require these. So please bring at least 2 standard passport photos with you just in case - they will always come in useful later if you don't need them.

24 What to take

Luggage: Whatever you're doing in Nepal, Tibet or Bhutan, you'll find that large rigid wheeled suitcases are cumbersome - you may be able to wheel them inside the airport and your hotel, but due to the condition of roads and pavements that's often about it. As many of our tours involve a degree of adventurous activity, we strongly advise you to bring a more practical bag for these i.e. a rucksack or holdall. These are easier for both your porters, and yourself to carry around. Suitcases are OK for our cultural tours in Nepal, Tibet and Bhutan though, but please aim to bring small or medium sized ones rather than very large. If you are trekking or rafting, or doing a lot of travel throughout the country, then as little as possible is the basic message. A rucksack or holdall (50-70 liter approx.) for your main luggage, and a daypack for you to use during the day should be plenty. While rafting we only take essential kit on board the rafts, and your main luggage will travel by bus to the take-out point. While trekking your porters (Nepal) or ponies (Bhutan) will carry your main luggage, leaving you with just a daypack with

things you'll need during the day. You can also leave some luggage locked safely in the pre-trek hotel if you wish. We recommend that couples plan to leave one main bag behind, and pool their remaining luggage in their other bag for the porter to carry.

Luggage limits: Most international airlines allow 20-23kg per person of hold luggage. Domestic flights often have smaller allowances around 15kg. As airline rules vary we recommend that you take no more than 20kg of luggage if your tour just includes international flights, and no more than 15kg if there are any domestic flights included in your itinerary. Please ask us for details if you are unsure. Any excess baggage fees will be your responsibility to cover. Most airlines allow between 5kg and 10kg for hand luggage so we suggest that you take no more than 5kg unless you have confirmed that your airline(s) will allow more than this.

If you are trekking with us, we ask that you keep the weight of your main bag that the porter will carry to a maximum of 12.5kg. This then allows the porter to carry up to 2 bags, and a maximum of 25kg (the International Porter Protection group's advised limit for Nepal is 30kg, which then leaves a little more weight for their own kit).
This weight allowance includes your sleeping bag if you are hiring it from us and not carrying it with you to Nepal
If you are doing an Everest trek and flying from Kathmandu to Lukla, then flight luggage limits are 10kg for your main bag and 5kg for hand luggage - total 15kg. You can re-arrange that after you arrive in Lukla. Please keep to these limits as while you can pay for extra weight, it may be held back until the next flight which may then be delayed or cancelled.
Treks in Bhutan follow the same weight limits for your ponies.
You may leave other luggage securely locked in your hotel during the trek. If you are travelling as a couple then we suggest you leave one main bag in Kathmandu and share the other main bag that the porter will then carry.

Clothing & Climate: Nepal and Bhutan have a climate that ranges widely depending on when you visit, and where you are visiting.
- Autumn - late Sep-Nov: The weather is good and very warm, with lots of sunshine, getting quite hot during the day in lowland regions. It will still be cold at night at higher altitudes if you are trekking. Shorts & T-shirts are fine while you are walking, but you should still bring warmer clothes for the evenings. There is a good chance of rain in September and early October, so bring a waterproof.
- Winter - Dec-Feb: It will be pleasant in lowland regions with very little rain, but will be cooler at night. Long trousers and shirts are advised during the day, and you will need warm clothes in the evenings. If you are trekking, then it will be cold during the day, and extremely cold at night, particularly at higher altitudes. Several warm layers are recommended so you can regulate your comfort as you walk, including a waterproof, even if only to protect from cold winds. We include thick down jackets in our optional trekking packs for comfort in the evenings at higher altitudes.
- Spring - Mar-May: The weather is very pleasant during the spring, and again shorts & t-shirts are fine while you are walking. There is a higher chance of rain as the season progresses, so a thin waterproof is recommended in case. It gets very hot and humid in the lowlands from May onwards.
- Monsoon - Jun-mid Sep: It will be hot and sticky during these months, with lots of rain, so come prepared accordingly if you are visiting during these months - gaiters are highly recommended if you are trekking to keep out leeches.

A huge variety of cheap trekking gear is available in Kathmandu (fleeces, waterproofs etc.) and buying some here can save you carrying it with you, and support the local economy. However, you should definitely bring your own

walking boots.

Modesty rates highly in Nepal and Bhutan especially for women, so please ensure all clothes are loose fitting and not too revealing. You'll find the Bhutanese dress fairly smartly or in national dress, so you will stand out even more if you look scruffy.

Whilst rafting:

On the raft: Shorts, Tevas (sandals) or trainers, baseball style cap to keep the sun off your face, sunglasses with a strap to keep them on your head, swimwear, sarong for women, sun-cream, lip balm, water bottle, several t-shirts. Note: All footwear on a raft should be rubber soled, and of the type that will not come off easily.
Off the raft: Long trousers, warm sleeping bag (provided, but you may want to bring a sheet sleeping bag as well), petzel type head torch, warm jacket/fleece, dry shoes, boots, warm socks, towel, warm long sleeved shirt, toiletries.
Cameras: You can take cameras on the raft, and we endeavour to keep that sort of kit dry in waterproof bags. But there is always an element of risk of getting the camera wet.
What you shouldn't take on the raft: All the rest of your kit and you're your valuables. We will make arrangements for their transport to your take-out point.

Whilst trekking:

Suggested Clothing and equipment: Strong hiking boots or walking shoes that you have broken in; Good sized rucksack or holdall; 3 to 4-season sleeping bag (only if you want to use your own rather than the one provided in our optional trekking pack); silk or cotton sleeping bag liner; lightweight waterproof and windproof jacket; (waterproof gaiters, waterproof over trousers - these are only necessary on some treks in some seasons - contact us for further info if required); 3 or 4 t-shirts; small day pack; several pairs of light socks; 2 pairs of heavier woollen socks; underwear including thermals; warm hat and gloves; swimwear; pair of lightweight trousers; pair of shorts; 1 fleece or warm jumper and 1 sweatshirt. Also, sunglasses, torch and batteries, toiletries (include a lighter to burn toilet paper), bring biodegradable shampoo & soap, towel, blister kit, money belt and any personal medication you might require. Remember, Lots of layers are the key to staying warm and comfortable. Also, keeping your feet comfortable and healthy makes a huge difference to how you enjoy your trek. So, bring waterproof boots/walking shoes and plenty of pairs of socks so you can change them regularly.
Day Packs and Main luggage: You will want a sturdy and comfortable daypack to carry your day-to-day items with you while you are walking (clothes you may change in and out of regularly, drinks, snacks, camera). You will also need a sturdy holdall or backpack for your main luggage. Your porters or ponies will carry this for you, so suitcases are not appropriate. They may leave earlier than you, and may not walk with you throughout the entire day, so bear in mind that you won't have access to this luggage all the time - you need to ensure you are carrying everything you require during the days walk in your daypack. You can leave luggage behind in storage at your hotel so you don't need to take everything with you on the trek.

Whilst in the game parks:

You should bring long trousers and long-sleeved shirts for jungle walks and travel within the park. Please ensure these are of drab colours to avoid drawing attention. Sunglasses and sun-hats are advisable for hot and bright days. Mosquito repellent is highly recommended. Binoculars are extremely useful at any of Nepal's National Parks, and are not generally available for hire locally. Don't forget fast film for those jungle shots and moving

animals/birds. A good cleaning kit is essential as these items are unavailable once at the park. It is also better to take quality film, either from home or Kathmandu into the parks, and to ensure you have a spare fully charged battery and memory card.

All tours: We recommend that you bring a sun hat, sunscreen, sunglasses, a basic first aid kit, toiletries, money belt, small torch, camera & charger.