

Nepal Exposed

Country(ies): Nepal

Tour type: Small Group

Transport: A/C car, jeep or minibus

Group size: Min: 2 | Max: 12

Days: 11 Days

Start location: Kathmandu, Nepal

End location: Kathmandu, Nepal

Departs On: Saturday

Meals: Breakfasts - 11, Lunches - 1, Dinners - 2

Highlights:

Streets & temples of Kathmandu, mountain views from Nagarkot, ancient Bhaktapur, Chitwan wildlife safaris, lakeside town of Pokhara, hilltop town of Bandipur, Pasupatinath temple

Places Visited: Kathmandu, Chitwan NP, Bandipur, Pokhara, Kurintar, Nagarkot & Bhaktapur



Itinerary

Day 1: Arrive in Kathmandu, transfer to hotel

We greet you on your arrival in Kathmandu airport today and transfer you to your hotel in the Thamel tourist district of the city. Our rep will help you settle in and familiarise you with the local area.

OVERNIGHT: Kathmandu hotel

MEALS: None

EXTRAS: Single room supplement (NPSGNE) || Extra day in Kathmandu - pre-tour

Day 2: Thamel Rickshaw Ride. Walk around Durbar Square, visit Swayambunath Stupa

Our Nepal tour starts with an exciting Rickshaw ride through the backstreets of Thamel, to Durbar Square. We'll pass through small back streets full of numerous tiny shops, workshops, temples, and stupas to Durbar Square with its array of wooden and stone carved temples and palaces, where we'll have plenty of time to walk around and explore. After lunch at a rooftop restaurant overlooking the square, we drive to the important Swayambunath Stupa which sits on a hilltop overlooking the city, visible from miles around. Also known locally as the 'monkey temple', we'll see these nimble inhabitants scampering in and around the trees and temple.

OVERNIGHT: Kathmandu hotel

MEALS: Breakfast

EXTRAS: None

Day 3: Drive to Chitwan National Park, rafting option

This morning we drive out of the Kathmandu Valley and drive to Chitwan National Park in the lowland Terai region of Nepal that borders India (approx. 7-8 hours).

This will be our first taste of rural areas on this Nepal tour package, and we'll see terraced farmland, forested hills, and rushing rivers. An option is available today to spend a few hours white water rafting on the Trisuli river (requires advance booking). Those choosing this option will rejoin the group in Chitwan this evening). On arrival in Chitwan, we check into our lodge and then take an early evening village walk to see how the local Tharu people live and work.

OVERNIGHT: Chitwan hotel

MEALS: Breakfast, Dinner

EXTRAS: Trisuli white water rafting

Day 4: Chitwan National Park wildlife safaris. Evening Tharu Dance performance

We spend the whole day today exploring Chitwan National Park in search of the endangered Asian one-horned rhino, which Chitwan is famous for protecting. If you're very lucky you may also see a leopard, wild elephant or sloth bear, or even an elusive Bengal tiger, while the rhino, deer, monkeys, sloth bears, wild boar and numerous different birdlife are common sightings. Activities included are a jungle walk, river canoe trip and jeep safari.

This evening you'll experience the vibrant culture of the Tharu people with an unforgettable dance performance. As the sun sets over the jungle, be mesmerized by the rhythmic beats and graceful movements of traditional Tharu dancers, adorned in colorful attire. This captivating performance offers a unique glimpse into the rich heritage and

artistic traditions of the Tharu community, creating a truly immersive cultural experience.

OVERNIGHT: Chitwan hotel

MEALS: Breakfast, Dinner, Lunch

EXTRAS: None

Day 5: Chitwan to the hilltop village of Bandipur. Bandipur walking tour

Early this morning you can take a walk outside the park dedicated mainly to bird watching. After breakfast we then leave Chitwan and the Terai and drive to the ancient hilltop Newari trading village of Bandipur. The centre of Bandipur has been restored, and is vehicle free, with some lovely old buildings. We'll have a short guided walking tour around the centre of Bandipur before you have free time this afternoon to relax, or take a walk or hike through the surrounding fields, villages and hills. Walks include a 2-hour downhill hike through fields and forest to Siddha Cave, one of the largest in Asia and full of impressive rock formations (bring a torch). You can hike back uphill to Bandipur from here or walk down to the highway for our vehicle to pick you up. A shorter walk from the town centre can take you uphill for around 30min to the Thani Mai Temple, which is well worth it for its views at sunset if the weather is clear. In fact the whole of Bandipur affords good mountain views.

OVERNIGHT: Bandipur guesthouse

MEALS: Breakfast

EXTRAS: None

Day 6: Morning drive to Pokhara. Pokhara Tour, Boat ride of Lake Phewa and Momo making class

We leave Bandipur early this morning and drive on to the lakeside town of Pokhara, which sits at the base of the Annapurna range of mountains and is the main access point for trekking and rafting in the area. We have an action packed afternoon ahead which will include visits to Devi Falls, the Tibetan Refugee Camp and the hilltop Peace Pagoda, which offers amazing views over Pokhara.

After visiting the Peace Pagoda, we'll begin a short hike downhill to the shores of Lake Phewa, from where we'll take a boat across the lake, back to the centre of Pokhara. On our final stop of the day, we'll learn how to make momos, the traditional steamed dumplings, popular throughout Nepal and Tibet.

OVERNIGHT: Pokhara hotel

MEALS: Breakfast

EXTRAS: None

Day 7: Pokhara, free day (optional day hike to Sarangkot and Naudanda)

Your day is free in Pokhara today. There's plenty to do, with beautiful walks into the countryside around the lake available from less than an hour to a full day.

One popular hike is to Sarangkot and Naudanda. The hiking trail from Pokhara, past the viewpoint of Sarangkot Hill and on to Naudanda is an exciting full day's walk, with plenty of stops along the way, and provides a great experience of rural life of Nepal in the foothills of the mighty Annapurna range. As well as passing through terraced farmland and walking through forest and riverside trails, you'll enjoy superb mountain views including the peaks of Annapurna, Machhapuchchhre and Dhaulagiri, with the Phewa Lake below. The hike to Naudanda is accompanied by an experienced trekking guide and includes around 6-7 hours of walking with approx. 690m of altitude gained through the day.

Other options include hiring bicycles, or taking a rowing boat out on Phewa Lake. The setting beneath the spectacular Annapurna mountain range ensures any time spent in and around Pokhara is a pleasure.

OVERNIGHT: Pokhara hotel

MEALS: Breakfast

EXTRAS: Day hike to Sarangkot and Naudanda

Day 8: Pokhara to Kurintar. Optional rafting or temple visit by cable car

This morning we travel from Pokhara to Kurintar, a scenic drive passing through the foothills of the Himalayas, taking you along winding roads with stunning views of lush green valleys, terraced fields, and cascading waterfalls. Along the way, you'll pass through charming villages and towns, offering a glimpse into the local way of life.

The town of Kurintar is located on the banks of the Trisuli River, where rafting options are available. You'll have some free time this afternoon where you can choose to relax at your accommodation, join one of our rafting options or perhaps hop onboard the cable car to visit the mountain top Manakamana Temple.

OVERNIGHT: Kurintar hotel

MEALS: Breakfast

EXTRAS: Kurintar - White water rafting || Kurintar - Manakamana Temple by Cable Car

Day 9: Kurintar to Nagarkot in the Kathmandu Valley

We leave Kurintar this morning and drive back towards Kathmandu. An upgrade to an internal flight is available on request. Contact us and we can make this change to your Nepal tour package.

We skirt the city and head into the hills surrounding the valley and spend the night in the village of Nagarkot, The village is perched on a ridge and is known for having some of the best views in the Kathmandu Valley.

OVERNIGHT: Nagarkot hotel

MEALS: Breakfast

EXTRAS: None

Day 10: Sunrise Mountain Views. Bhaktapur ancient centre with Pottery Class, Pasupatinath & Boudhanath

This morning we hope for spectacular sunrise views from Nagarkot before driving down to one of the other ancient cities in the Kathmandu valley, Bhaktapur. The centre of Bhaktapur has been designated a World Heritage Site, and hosts the best preserved ancient buildings and temples in the Kathmandu valley, with some great examples of traditional wooden architecture to be seen. Our tour here will really give you a taste for how life has been led in the valley for centuries, and you'll see several traditional crafts still taking place, including a whole square dedicated to pottery - You'll even have the chance to partake in an included pottery class.

After a break for lunch we head back into Kathmandu to visit two of the city's most important, and contrasting religious pilgrimage sites - Pasupatinath temple (Hindu) and Boudhanath stupa (Buddhist). The evening is free for you to explore Kathmandu and Thamel one last time and enjoy a farewell meal together.

OVERNIGHT: Kathmandu hotel

MEALS: Breakfast

EXTRAS: None

Day 11: Kathmandu, free time, transfer to airport

Our Nepal holiday package comes to an end. Here you'll have some free time in Kathmandu today until we transfer you to the airport for departure. Extensions to the tour are available to add more trekking, white water rafting or to

visit Bardia National Park (the best place in Nepal to see tigers). First thing this morning there is also the option to take a spectacular mountain viewing flight up to see Mt. Everest (requires an evening international flight departure).

OVERNIGHT: N/A

MEALS: Breakfast

EXTRAS: Everest Mountain Flight || Bardia National Park Extension || Panauti Community Homestay Extension - 1 Night post-tour || Extra day in Kathmandu - post-tour

Included

- All accommodation as per itinerary comfortable hotels and lodges
- All meals as indicated in the itinerary
- 24/7 airport transfer service
- All transport in private vehicles
- Specialist city guides and wildlife safari guides
- Local tour escort
- All national park entry and activity fees
- All entrance fees to sites visited
- Added Experiences: Kathamandu Rickshaw Ride, Tharu Dance Performance, Pokhara Boat Ride, Momo making class & Pottery class

Excluded

- International flights (available on request)
- Nepal visa (available on arrival for most nationalities)
- Travel insurance (compulsory, available on request)
- Meals not indicated in the itinerary
- Drinks, snacks and other personal expenses (e.g. Laundry)
- Tips for tour leader, guides and driver
- Any other items not mentioned above

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.

Everest Mountain Flight

Min numbers: 1

This short but spectacular flight takes you from Kathmandu up towards and around Everest and the surrounding high peaks and Tibetan plateau. The planes have good sized clear windows, and window seats are guaranteed. The flight takes around 1 hour and we aim to book one of the first flights of the morning when the views tend to be better and the flights are less liable to delays or cancellations. Transfers to and from your hotel are included. If the flight does not run due to poor weather, we will aim to reschedule it for later in your tour. If that is not possible then you will be refunded.

Price: Starting from - \$320

Bardia National Park Extension

Min numbers: 1

Day 1 You are picked up from your hotel in Kathmandu and transferred to the airport for a domestic flight to Nepalganj. Aim to sit on the right side of the plane for great mountain views of Langtang and the Annapurnas. On arrival in Nepalganj, you are met and transferred by jeep through the lowland Terai region of Nepal, passing several small villages before you reach the park. We'll stop at a bridge over a river as we enter the park which has sandbanks popular with resting gharial and mugger crocodiles. We leave the main road through the park and drive through more tiny Tharu villages to the park entrance and our lodge accommodation for the next few days, Bardia Eco Lodge. The journey takes around 2 1/2 hours. Bardia Eco Lodge is located directly on the banks of a tributary of the Karnali river, with the park on the far bank. Monkeys, deer, peacocks, eagles and other wildlife are common sightings from the lodge. You'll also see the park elephants passing in front of the lodge in the morning and evening as they head to and from their stables. After checking in, take a guided walk from the lodge through neighbouring fields, villages and farmland to see and learn more about rural Tharu life. Meals - Dinner Days 2 & 3 These two days are available for a range of activities in and around the park (see list below). Activities are payable locally. If you wish to take a jeep safari or take a rafting trip please advise us in advance so we can confirm availability for you. In the evenings enjoy a relaxing beer or soft drink on the lodge balcony overlooking the river and the park. Meals - Breakfast, lunch & dinner Day 4 You have a final morning available for a last activity in the park today before we leave the lodge and head back to Nepalganj for your flight back to Kathmandu. On arrival you are met and transferred back to your hotel in the city. Meals - Breakfast Includes: Return flights between Kathmandu and Nepalganj Airport/hotel transfers in Kathmandu Nepalganj-Bardia transfers 3 nights accom All meals Excludes: National Park entry fees and activities Drinks and snacks Tips Park activities: The following activities are available from the lodge. Please advise us in advance if you would like to do a jeep or rafting trip so that we can confirm availability. Half day jungle walk with guide = US\$30 p/p Full day jungle walk with guide = US\$50 p/p Half day jeep safari with guide = US\$80 p/p (min 2) Full day jeep safari with guide = US\$100 p/p (min 2) Full day easy rafting (no fast rapids) & jungle walks = US\$90 p/p (min 2) The main package price is based on 2 people travelling and sharing a twin or double room at the lodge. A supplement will apply for solo travellers or if you are travelling with other people but require a single room.

Price: Starting from - \$870

Trisuli white water rafting

Min numbers: 1

This option provides an exciting day of white water rafting on the Trisuli river and takes place on the day featuring your travel from Kathmandu to Chitwan National Park. You'll start with some initial skills training and practice manoeuvring the boat as a team with your rafting guides. Then it is on to some exciting rapids as you head further downstream - around 4 hours rafting in total. The section of the Trisuli we will take is a pool drop river with some great rapids with long flat sections inbetween. The larger rapids are grade III-IV for most of the year, but more extreme (IV+) during the monsoon months of June to September). No previous experience is necessary, but during the monsoon season we'll choose a section of river appropriate to your experience and the current river conditions. All rafting equipment is included (life jackets, helmets, paddles, wetsuits (winter months) camera barrels & dry bags, first aid kit, safety kayaker). Lunch is included on the banks of the river, and after finishing the rafting you'll be transferred on to Chitwan (approx. 1 hour) to rejoin the rest of the group.

Price: Starting from - \$85

Kurintar - White water rafting

Min numbers: 1

This option provides an exciting day of white water rafting on the Trisuli river and takes place on the day you spend in Kurintar. You'll start with some initial skills training and practice manoeuvring the boat as a team with your rafting guides. Then it is on to some exciting rapids as you head further downstream - around 4 hours rafting in total. The section of the Trisuli we will take is a pool drop river with some great rapids with long flat sections inbetween. The larger rapids are grade III-IV for most of the year, but more extreme (IV+) during the monsoon months of June to September). No previous experience is necessary, but during the monsoon season we'll choose a section of river appropriate to your experience and the current river conditions. All rafting equipment is included (life jackets, helmets, paddles, wetsuits (winter months) camera barrels & dry bags, first aid kit, safety kayaker).

Price: Starting from - \$85

Panauti Community Homestay Extension - 1 Night post-tour

Min numbers: 1

Immerse yourself deeper into the rich tapestry of Nepalese life with a one-night post-tour extension to the heartwarming Panauti Community Homestay. Embark on an insightful village tour, where you'll witness the rhythms of daily life, interact with friendly locals, and gain a profound understanding of their customs and traditions. Delve into the culinary heart of the community as you participate in a hands-on cooking experience, learning to prepare authentic Nepalese dishes using fresh, local ingredients.

Price: Starting from - \$80

Extra day in Kathmandu - 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.

Price: Starting from - \$65

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.

Price: Starting from - \$65

Kurintar - Manakamana Temple by Cable Car

Min numbers: 1

The journey to Manakamana Temple begins in Kurintar, where a cable car glides smoothly over lush green hills. As you ascend, the breathtaking views of the Trishuli River and surrounding valleys unfold below. The cable car ride itself is an adventure, offering a unique perspective of the landscape. Upon reaching the hilltop, the sacred Manakamana Temple awaits, its vibrant colors and intricate architecture standing out against the clear blue sky. The atmosphere is filled with devotion and serenity, as pilgrims offer prayers and seek blessings from the goddess Bhagwati. The visit to Manakamana Temple is not just a pilgrimage, but a memorable experience that combines natural beauty, cultural immersion, and spiritual fulfillment.

Price: Starting from - \$65

Day hike to Sarangkot and Naudanda

Min numbers: 1

The hiking trail from Pokhara, past the viewpoint of Sarangkot Hill and on to Naudanda is an exciting full day's walk, with plenty of stops along the way, and provides a great experience of rural life of Nepal in the foothills of the mighty Annapurna range. As well as passing through terraced farmland and walking through forest and riverside trails, you'll enjoy superb mountains views including the peaks of Annapurna, Machhapuchchhre and Dhaulagiri, with the Phewa Lake below. The hike to Naudanda is accompanied by an experienced trekking guide and includes around 6-7 hours of walking with approx. 690m of altitude gained through the day.

Price: Starting from - \$65

Single room supplement

Min numbers: 1

This tour is based on twin-share accommodation, with single bookers paired up with another traveller of the same sex in the group. If the final group make-up means that no room share is available, you do not need to pay this supplement. However, if you would like to guarantee yourself a single room throughout the tour, then please add this option to your booking. Note: Single supplement prices may vary seasonally.

Price: Starting from - \$640

1. Accommodation

1. Hotels in Kathmandu, Pokhara, Bandipur, Nagarkot

We use comfortable tourist class hotels in Kathmandu and Pokhara (approx. 3 star). The hotels in Bandipur and Nagarkot are at a slightly lower level but make up for it with some great mountain views.

2. Safari lodges in Chitwan National Park

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.

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

2. Transfers

The tour includes a 24-hour airport meet & assist service in Kathmandu airport, your arrival and departure airport-hotel transfers and all other transfers.

3. Transport

Private vehicles are used for all sightseeing tours and most of the journeys throughout the tour. A variety of transport including jeeps & canoes is used when you visit Chitwan.

4. 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 Nepal tours start and finish at Kathmandu airport (KTM).

On tours that combine Nepal with Tibet, and/or Bhutan, the connecting flight(s) are generally not included in the price of your tour and will need to be purchased separately. Full details will be provided at the time of booking. If we arrange the flights then e-tickets will be sent to you in advance but will also be available in Kathmandu before you travel to the airport for the flight.

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.

5. Internal Flights

Please note that all Nepalese airlines operating domestic routes in the country are currently on the European Commission's list of airlines banned in the EU. This includes those running Everest viewing flights and flights to Lukla for the start of the Everest Base Camp trek.

Along with these Everest flights we may offer some other domestic flights on some of our tours, either as part of the itinerary or as an upgrade in place of a land transfer. Where this is the case we are careful to select airlines that have a good current reputation in Nepal.

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6. 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 this Nepal group departures to have a maximum of 12 travellers. Average group sizes are around 8 people, lower during the low season (December-February, June-September).

Fully trained English-speaking Nepalese trekking, rafting and safari guides are provided in Nepal 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. A tour leader (often your trekking guide) will accompany you throughout the trip.

We support and follow international guidelines for the employment of any trekking porters we use, including those of the IPPG (International Porter Protection Group)

At Encounters Travel we only use local Nepali guides and reps. We feel this gives you the best experience of the country and the sites you are seeing.

7. Rafting

It is a popular myth that white-water rafting is only for the young and super fit.

For all our rafting tours, you must be a competent swimmer and be unafraid of the water and to this end we are unable to accept bookings from non-swimmers. So, whether you are male or female, young or old, if you are prepared to honestly assess your physical abilities and accept the challenge then rafting is right for you.

You need to bring swimming gear, some trainers or sandals you don't mind getting wet, and a towel. We will provide wetsuits, and all the rafting equipment.

All the Nepalese rafting guides we use are fully trained and experienced on the river, and we carry a first aid kit and use safety kayakers. For the rafting option on this particular tour on the Trisuli River, there are Class II, III and IV rapids (Grades run from I to V), and you only need to be relatively fit. You don't need any previous rafting experience, and the start of your time on the river will be spent learning the skills and teamwork required. We consider the Trisuli river ideal for beginner rafters.

Class II: mild rapids, suitable for children and anyone seeking an enjoyable experience

Class III: larger rapids, requiring a little more skill but with little real danger

Class IV: powerful rapids, needing more advanced techniques

8. Entrance Fees

All your entry fees and permits are included (to cover entry into the trekking conservation areas, and sites on the city tour).

In Chitwan, all National Park activity costs are included, to cover one of each of the following: Jungle Walk, Village Walk, River canoe trip, Elephant Ride or Jeep Safari.

9. 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: Diphtheria, 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: Diphtheria, 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 vaccination 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.

10. 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.

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 single entry visa are currently:

- up to 15 days - US\$ 25
- 16 to 30 days - US\$ 40
- 31 to 90 days - US\$ 100

An additional \$20 fee is charged to convert these into a multiple entry visa which will be needed for any tours returning to Nepal after visiting Bhutan or Tibet.

The visa is obtained in the immigration area at the point where your passport is stamped. Forms to fill in are available in this 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 will also need to fill in an arrivals card. Once your paperwork is completed, head to the immigration desk and hand over your forms, 2 passport photos, your visa fee 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.

Passport Photos: You will need two passport photos for your Nepal visa if you are obtaining it on arrival. If you are doing any trekking, rafting or visiting a National Park (i.e. on many of our tours), you should bring extras, as some of the permits we may need to get require these. Please bring at least 4 passport photos with you - they will always come in useful later if you don't need them all.

11. 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.

12. 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.

13. Money

The local currency in Nepal is the Nepalese Rupee (NRs). There are a banks and several ATMs in Kathmandu where you can use a debit/credit card to withdraw cash (Visa, Mastercard), but these are not generally available out of Kathmandu or Pokhara. There are numerous money change shops in the main towns. Travellers cheques can be changed in some banks in Kathmandu and Pokhara, but not elsewhere.

You should ensure you have all the Nepalese rupees you think you will need before you leave for any trekking or visiting any more remote areas (including Bardia National Park). Try to obtain as many small denomination notes as possible, as higher value notes can be very hard to change in remote areas. You can pay with US Dollars cash in some places but should not rely on this.

14. 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, Texas (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.

15. Dates & Prices

We run regular small-group departures on this tour throughout the year. All departures are guaranteed to run with a minimum of 2 travellers. Departure dates and prices are listed on our website and in our brochures. Please check the website for the most up-to-date prices and any special offers available.

Note: We do include some departure dates during the main monsoon season (late June to mid-September). During this period not all activities may be available in Chitwan, and you should travel prepared for muddy trails and rain if adding any trekking. Despite the probability of some heavy rain showers, visiting Nepal during the monsoon season can be a very pleasurable and different experience to the rest of the year, with everything looking very lush and far fewer tourists around, particularly on the trekking routes.

16. 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.

17. 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). [More information...](#)

You may arrange your own insurance, or you can take advantage of a comprehensive policy that we can arrange for you through Endsleigh Insurance which has been designed to be suitable for our tours. The policy is available to travellers of all nationalities and you do not need to live in the UK to take out the policy. For full details of cover provided, prices and to apply for one of our policies, please complete [travel insurance application form](#).

Note: Any country that borders the Mediterranean is considered as 'Europe' for the purposes of travel insurance (including Turkey, Israel, Egypt and Morocco). If you are doing a tour that visits one country in 'Europe' and one that is 'Worldwide' (for example, an Egypt and Jordan tour), then you need a 'Worldwide' policy. When completing the form you should enter your travel dates including any extra days involved in overnight flights or connecting travel

between your home and the tour. Our policies are not able to cover any extra time or activities other than your tour and options booked with us and your travel to & from home.

Note - to comply with insurance sales regulations, our travel insurance policies are only available to customers booking directly with us. If you have booked through a travel agent you will need to arrange your own insurance.

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. Details about our own policies cover levels are given [on our website](#).

18. 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.

19. 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).

20. 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

www.twitter.com/encounterstravl (yes, without the 'e')

21. 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.

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. 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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Note: Please [download an up-to-date copy](#) of these tour notes shortly before you travel as itineraries and information does change from time to time.
