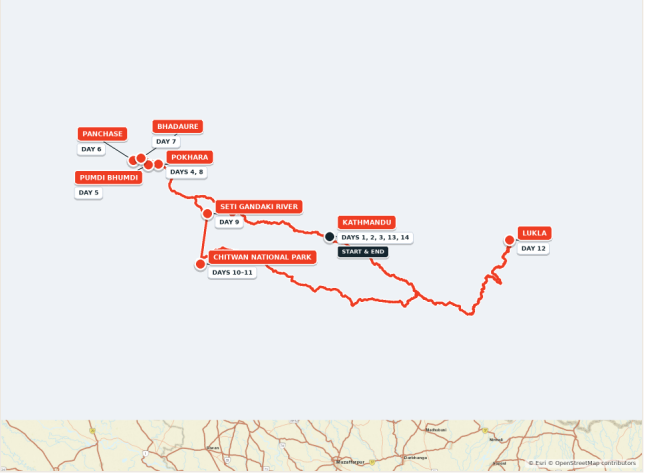
Nepal Family Adventure

COUNTRY(IES)	Nepal
TOUR TYPE	Family
TRANSPORT	A/C minibus, 4x4 jeep, internal flight
GROUP SIZE	Min: 3 | Max: 16
DURATION	14 days
STARTS	Kathmandu, Nepal
ENDS	Kathmandu, Nepal
MEALS	Breakfasts - 13, Lunches - 7, Dinners - 7

TOUR ROUTE MAP **14 Days**



ROUTE: **Kathmandu** (Start) → **Pokhara** → **Pumdi Bhumdi** → **Panchase** → **Bhadaure** → **Pokhara** → **Seti Gandaki River** → **Chitwan National Park** → **Lukla** → **Kathmandu** (End)

HIGHLIGHTS

Kathmandu sightseeing, Annapurna foothills lodge trek, sunrise from Panchase Hill, Bandipur hill village & school visit, Child friendly white-water rafting, safari activities in Chitwan National Park

Itinerary

DAY 1 Arrive in Kathmandu, transfer to hotel

Land at Kathmandu Airport and travel to your city hotel before heading out for a guided walk around Thamel. The orientation is designed to help you understand the local area and become familiar with useful streets and services while also experiencing the district's distinctive atmosphere. The combination of airport transfer and walking tour provides a structured but relaxed introduction after international travel.

ACTIVITIES

- **Arrive at Kathmandu Airport**
  Arrive at Kathmandu Airport where our representative greets you and assists with formalities. Begin your journey in Nepal's vibrant capital city.
- **Drive from Kathmandu Airport to Kathmandu City Hotel**
  Transfer from Kathmandu Airport to your hotel in the Thamel district. Settle in and get your first feel for the

bustling streets of Kathmandu.

- **Thamel Orientation Walk in Kathmandu**
  In the evening your rep leads a short orientation walk around the Thamel area, pointing out key landmarks and practical spots. It's a gentle introduction to the neighbourhood so you can feel more confident exploring later in the tour.

OVERNIGHT	MEALS	EXTRAS
Kathmandu hotel	None	Extra day in Kathmandu - pre-tour, Single room supplement (NPFANA)

DAY 2 Thamel Rickshaw Ride and Durbar Square. See the Living Goddess & visit Swayambunath Stupa

This Nepal tour starts with an exciting rickshaw ride through the backstreets of Thamel to Durbar Square, passing through small back streets full of numerous tiny shops, workshops, temples and stupas. Kathmandu Durbar Square, with its array of wooden and stone carved temples and palaces reflecting the legacy of the Malla kings, allows plenty of time to walk around and explore, and there is time here to visit the Living Goddess, Kumari. In Nepal, a young pre-pubescent girl is chosen from the Newar community to embody the goddess Taleju, a manifestation of the Hindu goddess Durga, and she is believed to be the living incarnation of the divine feminine and is worshipped by both Hindus and Buddhists. After an included lunch at Rum Doodles restaurant, drive to the important Swayambunath Stupa, which sits on a hilltop overlooking the city and is visible from miles around. Also known locally as the “monkey temple”, it is home to nimble inhabitants that can be seen scampering in and around the trees and temple. This holdings blends urban heritage with the spiritual landmarks that define Kathmandu’s cultural landscape.

ACTIVITIES

- **Thamel Rickshaw Ride in Kathmandu**
  Take a rickshaw ride through the backstreets of Thamel and nearby neighbourhoods. Pass tiny shops, stupas and workshops as you experience everyday city life up close.
- **Explore Kathmandu Durbar Square**
  Explore Kathmandu Durbar Square with its intricately carved temples and royal palaces. Learn about Newari architecture and the history of the ancient kingdom.
- **Drive from Kathmandu to Swayambunath Stupa**
  Travel from central Kathmandu up towards the hilltop of Swayambunath. Enjoy changing views of the city as you climb towards this important Buddhist site.
- **Explore Swayambunath Stupa in Monkey Temple**
  Visit Swayambunath Stupa on a hill overlooking Kathmandu. Spin prayer wheels and enjoy sweeping views while watching the resident monkeys.

OVERNIGHT	MEALS
Kathmandu hotel	Breakfast,Lunch

DAY 3 Fly to Pokhara. Enjoy a boat ride on Lake Phewa and learn how to make Momos

Travel from Kathmandu to Pokhara by domestic flight and settle into the lakeside city after arrival. Spend time on Lake Phewa during a boat trip before taking part in a momo-making session focused on preparing the popular Nepali dumplings. The activities provide two different introductions to Pokhara, one through its natural setting and the other through everyday food culture, without requiring extensive city sightseeing.

ACTIVITIES

- **Travel from Flight Kathmandu to Pokhara**
  Take a short scenic flight from Kathmandu to Pokhara, with sweeping views of the Himalayan ranges on clear days. Land in this laid-back lakeside city at the foot of the Annapurnas.
- **Boat Ride on Lake Phewa, Pokhara**
  Take a wooden boat across Lake Phewa. Glide over calm waters with reflections of mountains and lakeside temples.
- **Momo Making Class in Pokhara**
  Learn to prepare traditional Nepali momos in a hands-on cooking class. Shape, steam and taste your creations with guidance from local cooks.

OVERNIGHT	MEALS
Pokhara hotel	Breakfast

DAY 4 Begin the Panchase Trek to Bhundi (3-4 hours)

Drive from Pokhara to the dam head and begin the walk towards Bhumdi through rural terrain and forested paths. The trek moves steadily away from the city and into farming landscapes shaped by village life, with increasingly broad views as the trail climbs. Reaching Bhumdi brings you into a smaller hill community and marks the start of a slower, more intimate trekking experience outside the main urban areas.

ACTIVITIES

- **Drive from Pokhara to Dam Head**
  Transfer by vehicle from Pokhara to Dam Head, the starting point of your Panchase trek. Enjoy the changing scenery as you leave the city behind.
- **Trek from Dam Head to Bhumdi**
  Start your Panchase trek with a scenic uphill walk through terraced fields and forests. Arrive at Bhumdi, a peaceful village with wide mountain views.

OVERNIGHT	MEALS
Trekking Lodge/Home Stay	Breakfast,Lunch,Dinner

DAY 5 Trek from Bhundi to Panchase Bhanjjang (4-5 hours)

Leave Bhumdi on foot and climb towards Panchase Bhanjyang through forested ridges and farming communities. As the trail gains height, the scenery becomes more expansive and mountain views may appear across the horizon. Reaching Panchase Bhanjyang completes another stage of the trek and places you deeper within the quieter foothills west of Pokhara.

ACTIVITIES

- **Trek from Bhumdi to Panchase Bhanjyang**
  Hike through villages, fields and rhododendron forests on your ascent toward Panchase Bhanjyang. Reach the ridge-top settlement with panoramic Himalayan scenery.

OVERNIGHT	MEALS
Trekking Lodge/Home Stay	Breakfast,Lunch,Dinner

DAY 6 Optional hike up Panchase Hill, trek to Bhadaure (3-4 hours)

Begin with the climb to Panchase Hill before starting the descent towards Bhadaure. The summit offers wide mountain and valley views in favourable weather, while the later trail passes through forests, terraced slopes and hillside villages. As the walk loses elevation, the environment becomes more settled and cultivated, creating a varied trekking day that combines a major viewpoint with rural scenery.

ACTIVITIES

- **Hike the Panchase Hill**
  Climb to the summit of Panchase Hill for expansive views of the Annapurna and Dhaulagiri ranges. The elevated vantage point offers a memorable Himalayan panorama.
- **Trek from Panchase Bhanjyang to Bhadaure**
  Descend through forests, terraced fields and small Gurung and Brahmin villages as you trek to Bhadaure. Enjoy a mix of cultural encounters and mountain scenery along the route.

OVERNIGHT	MEALS
Trekking Lodge/Home Stay	Breakfast,Lunch,Dinner

DAY 7 Trek to Naudanda (3 hours) and drive back to Pokhara

Finish the Panchase trek with the walk from Bhadaure to Naudanda before transferring by road to Pokhara. The walking section continues through rural hill country and provides one last look at the valley landscapes before the return to an urban base. Once in Pokhara, the remainder of the time is free, offering a relaxed opportunity to recover from the trek or spend time around the lakeside.

ACTIVITIES

- **Trek from Bhadaure to Naudanda**
  Walk downhill along stone paths and village trails toward Naudanda, with views of farmland and hillside communities. The path ends where vehicles meet the group.
- **Drive from Naudanda to Pokhara**
  Transfer by vehicle from Naudanda back to Pokhara after completing your trek. Enjoy a restful return to the lakeside city.
- **Free Time in Pokhara**
  Relax in Pokhara with free time by the lake. Enjoy the cafés, shops and peaceful lakeside setting.

OVERNIGHT	MEALS
Pokhara hotel	Breakfast

DAY 8 Family friendly white-water rafting on the Lower Seti and camping by the riverside

Leave Pokhara for the Lower Seti River and join the scheduled rafting activity through the surrounding countryside. Once the day's time on the water is complete, continue to the riverside camping area and settle in for the night. The combination of rafting and camping keeps the focus on the natural environment and provides a more immersive experience than returning immediately to an urban base.

ACTIVITIES

- **Drive from Pokhara to Lower Seti River**
  Leave Pokhara by road and drive through rural Nepal towards the banks of the Lower Seti River. Watch village life, fields and hills roll past your window as you approach the rafting base.
- **White Water Rafting in Lower Seti River**
  Spend the day rafting gentle family-friendly rapids on the Lower Seti River with an experienced river team. Enjoy calm stretches, fun waves and a relaxed riverside camp with a campfire evening under the stars.
- **Riverside Camping in Lower Seti River**
  Camp along the riverbank with equipment provided for a comfortable overnight stay. Relax by the campfire and enjoy the peaceful sounds of the river and surrounding nature.

OVERNIGHT	MEALS
Rafting camp	Breakfast,Lunch,Dinner

DAY 9 Drive to Chitwan National Park, begin safari activities and explore the local Tharu village

Drive from the Lower Seti River to Chitwan and begin exploring the national park using both walking trails and a jeep safari. Wildlife sightings depend on natural conditions, but the different activities allow you to experience

several habitats. A visit to a Tharu community afterwards introduces local customs, homes and daily life, adding cultural context to your time in Nepal’s Terai.

ACTIVITIES

- **Drive from Lower Seti River to Chitwan National Park**
  Depart the Lower Seti River and drive south into the Terai lowlands towards Chitwan National Park. Notice the landscape change from river valleys to lush subtropical jungle.
- **Jungle Walk in Chitwan National Park**
  Explore Chitwan National Park on a guided jungle walk. Look for rhinos, deer, monkeys and diverse birdlife in the forest and grasslands.
- **Jeep Safari in Chitwan National Park**
  Travel deeper into Chitwan on a jeep safari. Explore varied habitats with opportunities to see wildlife such as rhinos, boar and possibly big cats.
- **Village Walk in Tharu Community, Chitwan**
  Take an early evening walk through a traditional Tharu village near Chitwan. Learn about the customs and daily life of the indigenous community.

OVERNIGHT	MEALS
Chitwan hotel	Breakfast,Lunch,Dinner

DAY 10 Chitwan National Park safari activities

Explore Chitwan by walking trail, canoe and jeep, allowing you to experience both intimate forest surroundings and wider sections of the national park. The canoe provides a quiet perspective from the water, while the jeep safari covers more ground across grasslands and woodland. Wildlife encounters remain unpredictable, but the variety of activities increases the range of habitats visited during the day.

ACTIVITIES

- **Jungle Walk in Chitwan National Park**
  Explore Chitwan National Park on a guided jungle walk. Look for rhinos, deer, monkeys and diverse birdlife in the forest and grasslands.
- **Canoe Safari in Chitwan National Park**
  Glide along a jungle river in a traditional canoe while watching crocodiles and water birds. Enjoy the peaceful atmosphere of the lowland waterways.
- **Jeep Safari in Chitwan National Park**
  Travel deeper into Chitwan on a jeep safari. Explore varied habitats with opportunities to see wildlife such as rhinos, boar and possibly big cats.

OVERNIGHT	MEALS
Chitwan hotel	Breakfast,Lunch,Dinner

DAY 11

Chitwan to the hilltop village of Bandipur. Bandipur walking tour

Join a bird-watching walk around Chitwan before driving uphill to Bandipur, where cooler conditions and historic streets replace the lowland environment. Spend time in the old town and then relax or explore independently. A separate walk to Siddha Cave is possible from Bandipur and takes around two hours downhill through rural terrain, so anyone planning to visit should bring a torch.

ACTIVITIES

- **Bird Watching Walk in Chitwan Area**
  Enjoy an early morning bird-watching walk on the fringes of Chitwan. Spot some of the many resident and migratory species that make this region a favourite with bird lovers.
- **Drive from Chitwan to Bandipur**
  Leave Chitwan and drive into the hills towards Bandipur. The scenery changes from flat lowlands to forested ridges and distant mountain views.
- **Bandipur Activity in Old Town**
  Take a guided Activity through Bandipur's restored Newari town centre. Wander its traffic-free streets lined with temples and traditional houses.
- **Free Time in Bandipur**
  Relax in Bandipur or take short independent walks into surrounding villages and hills. Enjoy the peaceful hilltop atmosphere and scenic views.

OVERNIGHT	MEALS
Bandipur hotel	Breakfast,Dinner

DAY 12

Return to Kathmandu, free afternoon

Fly from Lukla to Kathmandu after completing the trekking section and return to the urban surroundings of the capital. Mountain views depend on weather conditions, but the flight provides a rapid transition from the Khumbu to the valley. Once back in Kathmandu, the rest of the day is free, allowing you to recover, revisit familiar areas or make independent plans after time spent on the trail.

ACTIVITIES

- **Fly from Lukla to Kathmandu**
  Fly back to Kathmandu and return to city life after days in the mountains. Enjoy a relaxed afternoon with optional city exploration.
- **Free Time in Kathmandu**
  Enjoy free time in Kathmandu to relax at your hotel, browse the lively lanes and shops of Thamel, or explore the surrounding area independently at your own pace.

OVERNIGHT	MEALS
Kathmandu hotel	Breakfast

DAY 13 Bhaktapur ancient centre with Pottery Class, Pasupatinath & Boudhanath

Visit Bhaktapur and spend time among its historic streets and architecture before joining a practical pottery activity. Later, travel back towards Kathmandu for visits to Pashupatinath and Boudhanath, where Hindu and Buddhist traditions remain active parts of daily life. Free time after the organised sightseeing allows you to rest or explore independently, making the day varied without adding activities beyond those already scheduled.

ACTIVITIES

- **Drive from Kathmandu to Bhaktapur**
  Travel by road from Kathmandu to the ancient city of Bhaktapur in the Kathmandu Valley. Leave the busy centre behind and head towards this well-preserved historic town.
- **Bhaktapur Activity in Ancient City**
  Explore Bhaktapur's ancient centre on a guided Activity. Visit temples, courtyards and traditional Newari homes.
- **Pottery Class in Bhaktapur Pottery Square**
  Take part in a pottery class using traditional wheels and techniques. Learn from skilled artisans in Bhaktapur's famous Pottery Square.
- **Drive from Bhaktapur to Kathmandu**
  Return by road from Bhaktapur to Kathmandu in the afternoon. Arrive back in the city ready to visit its key religious sites.
- **Explore Pashupatinath Temple in Kathmandu**
  Visit Pashupatinath, Nepal's most important Hindu temple. Observe ceremonies along the Bagmati River and learn about its spiritual significance.
- **Explore Boudhanath Stupa in Kathmandu**
  Explore the massive Boudhanath Stupa, a major centre of Tibetan Buddhism. Walk around the stupa with pilgrims and monks.
- **Free Time in Kathmandu**
  Enjoy free time in Kathmandu to relax at your hotel, browse the lively lanes and shops of Thamel, or explore the surrounding area independently at your own pace.

OVERNIGHT	MEALS	EXTRAS
Kathmandu hotel	Breakfast	Everest Mountain Flight

DAY 14

Kathmandu, tour ends, airport transfer

Spend some free time in Kathmandu before travelling from your hotel to the airport for departure. No formal sightseeing is included during the final period, leaving you able to use the available hours according to your own interests. At the appropriate time, make the airport transfer and complete the supported portion of your Nepal trip as you prepare for your outward flight.

ACTIVITIES

- **Drive from Kathmandu City Hotel to Kathmandu Airport**
  Transfer from your Kathmandu hotel to the airport. Say goodbye to Nepal as you head for your departure flight.
- **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	Everest Mountain Flight, Bardia National Park Extension, Extra day in Kathmandu - post-tour

INCLUDED

- All accommodation as stated in the itinerary
- Private car, minivan or minibus subject to group size
- All transfers, including 24-hour airport arrival & departure transfer service
- Internal flight from Kathmandu to Pokhara
- Services of a local escort throughout the tour
- Specialist city guides and wildlife safari guides in Kathmandu and Chitwan
- Trekking guide
- Trekking porters (provided with clothing, footwear and accommodation as per IPPG recommendations)
- Annapurna Conservation Area entry fees
- Trekking permit
- White Water Rafting
- All national park entry and activity fees
- Meals as indicated in the itinerary
- All entrance fees to sites visited in the itinerary

EXCLUDED

- International flights (available on request)
- Visa fees (available on arrival for most nationalities)
- Travel insurance (compulsory, get a quote here)
- Meals not indicated in the itinerary
- Drinks, snacks and other personal expenses (e.g. laundry)
- Tips for tour leader, guides and porters
- Any other items not mentioned above

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.

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.

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.

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.

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.

Child discount (6-9)

Min numbers: 1

This discount option may be added for all children aged between 6-9 years at the date of travel. Please contact us for more information on individual rooming arrangements and pricing for your family.

Important Notes

1 Accommodation

1. **Hotels in Kathmandu, Pokhara, Bandipur**

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

2. **Trekking with lodges**

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

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

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

3. **Safari lodges in Chitwan National Park**

   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 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.

3 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.

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 this Nepal Family group departures to have a maximum of 16 travellers. Average group sizes are 8-12, lower during the low season (December-February, June-September).

Fully trained English-speaking Nepalese trekking, rafting and safari guides are provided on this tour and many of our travellers consider them a highlight of their tour. We also provide a fully trained English-speaking guide for any sightseeing tours. 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.

5 Trekking

The trekking times given above are approximate, and will vary depending on your fitness, and also importantly, on the speed you want to walk. We will normally set off early in the morning, and have plenty of breaks during the day, before finishing trekking in mid-late afternoon. Some days will be longer than others, and your guide will let you know when there is a long day ahead.

All meals during your trek are included in the price of your tour. Drinks and snacks are not included however a good selection of choices are available at all of the trekking lodges we use.

We have graded this trek as: **EASY TO FAIR:**

“A trek, where the terrain can vary considerably. Most days will be quite easy walking, but on others the going will be a little harder. You must have confidence in your ability to be able to complete a day’s walk even when the route becomes tough.”

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6 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 Lower Seti River, there are Class II and III 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 Lower Seti river ideal for beginner rafters and those travelling with children.

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*

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7 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.

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8 Dates & Prices

We run regular small-group departures on this tour during the main school holidays. All departures are guaranteed to run with a minimum of 3 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 during the trek. 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.

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9 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.

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10 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.

11 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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12 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.

13 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.

14 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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15 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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16 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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17 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.

travel aware
gov.uk/travelaware

18 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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19 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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20 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).

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21 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.

22 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.

23 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.

24 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.

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25 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.
