

Temples, Dzongs & Taj

Country(ies): India , Nepal & Bhutan

Tour type: Small Group

Transport: A/C minibus/people-carrier

Group size: Min: 2 | Max: 12

Days: 15 Days

Start location: Kathmandu, Nepal

End location: Delhi, India

Departs On: Various days

Meals: Breakfasts - 14, Lunches - 7, Dinners - 7

Highlights:

Kathmandu's temples & stupas, Paro Dzong & National Museum, Thimphu market, Dochu La Pass, Punakha Dzong, Phobjika Valley, Taktshang monastery, Local food & culture, Himalayan scenery, easy hikes, Delhi, Agra & Taj Mahal

Places Visited: Kathmandu, Bhaktapur, Paro, Punakha, Phobjika Valley, Gangtey, Thimphu, Delhi, Taj Mahal, Agra Fort



Itinerary

Day 1: Arrive in Kathmandu, transfer to your hotel

You arrive in Kathmandu today where we meet you at the airport and transfer you to your hotel. Our rep will help you settle in and give you an introduction to the surrounding area. The rest of the day is free to relax after your flight, and perhaps head to one of the many cafes and bars in the touristic district of Thamel near your hotel.

OVERNIGHT: Kathmandu hotel

MEALS: None

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

Day 2: Visits to ancient Bhaktapur, Pashupatinath & Boudhanath

This morning we'll firstly head to Bhaktapur; formerly a capital of the Kathmandu Valley, the pedestrianised centre of Bhaktapur is a World Heritage Centre and is full of squares and temples with some stunning wooden architecture. You have a guided tour here, as well as time to explore the narrow winding streets which bustle with life.

Next we'll tour the important Hindu and Buddhist pilgrimage sites of Pashupatinath temple and Boudhanath stupa. These are both very important to their respective religions, but have a completely contrasting atmosphere and ambience which is fascinating to see.

OVERNIGHT: Kathmandu hotel

MEALS: Breakfast

EXTRAS: None

Day 3: Kathmandu tour to Durbar Square & Swayambunath

This morning we start with a walking tour from the tourist centre of Thamel, through Kathmandu's busy winding streets passing numerous tiny shops, workshops and street corner temples to Durbar Square with its splendid array of Hindu temples and the old Royal Palace. We'll then drive up to the 'monkey temple' of Swayambhunath Stupa and see great views over the city and surrounding valley.

An option is available early this morning to take a spectacular flight up to view Everest. If the weather is clear you will also be able to see Everest and many other Himalayan peaks on your flight to Bhutan, but from much further away.

OVERNIGHT: Kathmandu hotel

MEALS: Breakfast

EXTRAS: Everest Mountain Flight

Day 4: Fly to Bhutan. Kuzuzangpo La! and welcome to Bhutan. Afternoon sightseeing to Ta Dzong, Paro Dzong and learn the art of incense making

We pick you up from the hotel this morning and transfer to the airport for the spectacular flight over the Himalaya to Bhutan (try and sit on the left side of the plane for the best views). While en route, complete immigration and custom form formalities for later declaration and keep your custom forms safe, as you will need to produce them again on departure. (Note - the Kathmandu-Paro-Kathmandu flights are not included in the tour price but may be purchased separately or added as an extra option. Please see the Options section and Tour Notes for more details).

After settling in, your adventure begins with a journey back in time to the Ta Dzong, a captivating 17th-century watchtower perched on a hilltop overlooking the Paro valley. Now home to the National Museum of Bhutan, this unique circular building invites you to explore a treasure trove of ancient artifacts, exquisite thangkhas (religious scroll paintings), and intricate bronze statues. Unravel the mysteries of Bhutan's rich history and cultural heritage within these ancient walls.

Next, we'll walk to Paro Dzong, a majestic fortress-monastery that rises dramatically from the valley floor. This architectural masterpiece, a symbol of Bhutan's harmonious blend of spiritual and secular authority, has witnessed centuries of history unfold within its courtyards. Wander through its labyrinthine corridors, discover hidden temples, and learn how these imposing dzongs have shaped the destiny of Bhutan.

But the cultural immersion doesn't stop there! Venture into the heart of Bhutanese tradition with a visit to the Nado Poizokhang Incense Factory. Inhale the intoxicating aromas of juniper, sandalwood, and other sacred herbs as you witness the ancient art of incense making. Observe skilled artisans meticulously blending ingredients and hand-rolling incense sticks, an integral part of Bhutanese life and Buddhist rituals.

You'll spend your first night in Bhutan at a hotel in Paro.

OVERNIGHT: Paro hotel

MEALS: Breakfast, Dinner

EXTRAS: Kathmandu-Paro-Kathmandu flights

Day 5: Journey over the scenic Dochu La Pass, visit the fertility-blessing Chimi Lhakhang Temple.

Today, buckle up for an exhilarating adventure as we ascend the legendary Dochu La Pass, a winding mountain road that climbs through a tapestry of emerald forests to an elevation of 3,050 meters (10,007 feet). Feast your eyes on breathtaking vistas of snow-capped Himalayan peaks and verdant valleys that unfold with every twist and turn.

As you reach the summit, be mesmerized by the 108 chortens (stupas) that adorn the pass, a poignant memorial to Bhutanese soldiers who lost their lives in a 2003 battle against insurgents. The serenity of this sacred site, combined with the panoramic views, creates an unforgettable experience.

Descending into the fertile Punakha Valley, we embark on a short but rewarding hike to the Chimi Lhakhang Temple, a pilgrimage site renowned for its association with Lama Drukpa Kuenley, the revered and somewhat eccentric "Divine Madman." Known for his unconventional teaching methods and affinity for wine and women, this 15th-century Buddhist master is believed to bless women with fertility. Embrace the vibrant atmosphere of this sacred site, adorned with colorful phalluses and imbued with a playful spirit.

OVERNIGHT: Punakha hotel

MEALS: Breakfast, Dinner, Lunch

EXTRAS: None

Day 6: Walk to Khamsum Yuelley Namgyel Chorten, visit Punakha Dzong and settle in to your Phobjikha Valley homestay

Lace up your boots and get ready for an invigorating morning walk. Our destination: the magnificent Khamsum Yuelley Namgyel Chorten. But the journey is just as rewarding as the destination itself. We'll follow a scenic trail that winds along the gushing Mo Chhu River, passing through a kaleidoscope of terraced fields bursting with colorful chilies and vegetables. Keep your eyes peeled for playful monkeys swinging through the trees and vibrant birds flitting amongst the blossoms. Reaching the hilltop chorten, you'll be rewarded with breathtaking panoramas of the Punakha Valley – the perfect spot to snap some Instagram-worthy photos!

Next, prepare to be dazzled by the architectural marvel that is Punakha Dzong. This majestic fortress, nestled dramatically at the confluence of the Phochu and Mochu rivers, is like something out of a fairytale. Legend has it that these two rivers, representing the father and mother, symbolize the harmonious balance of masculine and feminine energies. Explore the dzong's labyrinthine corridors, marvel at its intricate artwork and towering walls, and uncover the secrets hidden within its sacred temples.

After lunch, we'll hit the road for a scenic drive to the enchanting Phobjikha Valley. The journey is an adventure in itself, winding through lush landscapes and offering glimpses of traditional villages perched on hillsides. As we approach Gangtey, get ready to trade your boots for a taste of authentic Bhutanese life. A warm welcome awaits you at your traditional village homestay, where you'll be immersed in the heart of this captivating community. Share stories with your local hosts, savour and learn how to prepare delicious home-cooked meals, and discover the unique customs and traditions that make this valley so special. Get ready for an unforgettable cultural exchange!

OVERNIGHT: Gangtey Village homestay

MEALS: Breakfast, Dinner, Lunch

EXTRAS: None

Day 7: Explore Phobjikha Valley on a nature walk, visit the revered Gangtey Monastery, and experience authentic Bhutanese life with your host family.

Today, immerse yourself in the natural wonders and cultural riches of the Phobjikha Valley. Embark on a leisurely nature walk through this breathtaking landscape, a haven for a remarkable variety of flora and fauna. Keep your eyes peeled for the majestic black-necked cranes, which grace the valley with their presence from October to March after an epic migration over the Himalayas. These elegant birds hold a special place in Bhutanese hearts, and if you're lucky enough to visit in November, you might even witness the vibrant Crane Festival, a celebration of their arrival.

As you wander through the valley, soak in the serenity of the surroundings – rolling hills, pristine streams, and charming farmhouses dotting the landscape. Breathe in the crisp mountain air and listen to the symphony of birdsong. This is a true escape into nature's embrace.

Next, we'll venture to the spiritual heart of the valley, the revered Gangtey Monastery. Perched on a hilltop overlooking the valley, this 17th-century monastery exudes an aura of tranquility and grandeur. Explore its intricate architecture, vibrant murals, and sacred relics, and perhaps even witness the monks engaged in their daily rituals.

But the cultural immersion doesn't end there! Spend some time with your warm and welcoming host family, delving deeper into the rhythms of village life. Learn about their traditional Bhutanese lifestyle, their agricultural practices, and their unique customs. Share stories, laughter, and perhaps even a cup of traditional butter tea. This is your chance to forge genuine connections and gain a deeper understanding of Bhutanese culture at a grassroots level.

OVERNIGHT: Gangtey Village homestay

MEALS: Breakfast, Dinner, Lunch

EXTRAS: None

Day 8: Head to Bhutan's modern Capital Thimphu, via Wangdue Phodrang Dzong

Today, we embark on a captivating journey that takes us back over the majestic Dochu La Pass, where breathtaking mountain vistas and fluttering prayer flags will once again steal your breath away. But before reaching the bustling capital of Thimphu, we'll take a detour back in time with a visit to the Wangdue Phodrang Dzong.

Unlike the meticulously restored dzongs you've encountered so far, Wangdue Phodrang stands in noble ruins, a poignant reminder of a devastating fire that swept through its halls in 2012. Yet, amidst the weathered stone and charred timbers, a powerful sense of history prevails. Explore the remnants of this once-grand fortress, imagining the lives that unfolded within its walls over centuries. This unique glimpse into the past offers a deeper appreciation for the resilience of Bhutanese architecture and the enduring spirit of its people.

As you wander through the dzong's courtyards and crumbling structures, you'll gain a profound sense of how these fortresses have shaped the course of Bhutanese history. Envision the dzongpons (governors) who once ruled from these very halls, the monks who chanted prayers in its temples, and the artisans who adorned its walls with intricate murals. Wangdue Phodrang, even in its weathered state, whispers tales of a bygone era, offering a unique and unforgettable experience.

After soaking in the atmosphere of this ancient dzong, we'll continue our journey to Thimphu, where the vibrant energy of Bhutan's modern capital awaits. Get ready to explore bustling markets, encounter impressive monuments, and delve into the heart of this captivating city.

OVERNIGHT: Thimphu hotel

MEALS: Breakfast, Dinner, Lunch

EXTRAS: None

Day 9: Exploring Thimphu, visit the Memorial Chorten, Folk Heritage Museum, School of Arts & Crafts & Takin Research Centre

Today promises a captivating exploration of Thimphu's cultural treasures. We begin our journey at the Memorial Chorten, a revered monument that embodies Bhutanese spirituality and architectural grandeur.

Next, we delve into the rich tapestry of Bhutanese life at the Folk Heritage Museum, where captivating exhibits showcase traditional lifestyles, artifacts, and customs.

Our journey continues to the School of Arts & Crafts (also known as the National Institute for Zorig Chusum), where we'll witness the meticulous dedication of students mastering the 13 traditional arts and crafts of Bhutan.

Prepare to be enchanted as we immerse ourselves in the world of local artisans. Our guide will lead us to a workshop where we can observe the intricate skills involved in creating exquisite Thangka paintings, vibrant woven textiles, or perhaps the delicate art of basket weaving. The specific craft we encounter will depend on the day's opportunities and the interests of our group, ensuring a unique and personalized experience.

In the afternoon, we'll venture to the Takin research centre, home to Bhutan's unique national animal. Here, we'll learn about the fascinating biology and conservation efforts surrounding this unusual creature.

To offer a different perspective, we'll also visit the Thangthong Dewachen Dupthop Nunnery. Unlike the dzongs we've seen so far, which primarily house monks, this nunnery provides insight into the lives of female practitioners and their role in Bhutanese Buddhism.

To end the day, we'll visit the vibrant weekend market, a bustling hub of local life where you can discover authentic Bhutanese handicrafts and perhaps find a special memento to treasure.

And if the timing is right, we'll make a stop at the national stadium to witness the thrilling spectacle of an archery tournament, a sport deeply ingrained in Bhutanese culture.

OVERNIGHT: Thimphu hotel
MEALS: Breakfast, Dinner, Lunch
EXTRAS: None

Day 10: Hike to Taktsang Monastery (Tiger's Nest). Drukgyel Dzong and Kyichu Lhakhang. Optional Hot Stone bath

Rise early, as today we embark on a pilgrimage to Bhutan's most iconic landmark – the breathtaking Taktsang Monastery, also known as the Tiger's Nest. Prepare your legs and your spirit for an invigorating 2-3 hour hike that winds its way through pine forests and up a steep mountain path. But trust us, every step is worth it! As you ascend, the legendary monastery will slowly reveal itself, perched dramatically on a sheer cliff face 800 meters above the valley floor. This sacred site, steeped in history and legend, attracts pilgrims from all corners of Bhutan and beyond, all drawn to its spiritual aura and unparalleled beauty.

Once you arrive, take a moment to catch your breath and soak in the awe-inspiring views. Explore the intricate temples and shrines that cling to the cliffside, each one adorned with vibrant colors and intricate details. Listen closely, and you might hear the whispers of ancient prayers carried on the mountain breeze.

In the afternoon, we'll journey to the ruins of Drukgyel Dzong, a historic fortress that once protected the valley from invaders. Imagine the battles fought and the victories won within these crumbling walls as you wander through the remnants of this once-mighty stronghold.

Our final stop will be the serene Kyichu Lhakhang, one of Bhutan's oldest and most sacred temples. Dating back to the 7th century, this spiritual haven exudes a sense of tranquility and timeless devotion. Step inside and feel the weight of history as you admire the ancient murals and flickering butter lamps.

As the day draws to a close, why not reward your tired muscles with a truly authentic Bhutanese experience? Immerse yourself in a traditional hot stone bath, where the soothing heat of the stones will melt away any aches and leave you feeling refreshed and rejuvenated. It's the perfect way to end a week of adventure.

For our last evening together, we've arranged a delightful farewell dinner at a nearby farmhouse. You can expect authentic Bhutanese cuisine and a chance to experience the warm hospitality of a local family.

OVERNIGHT: Paro hotel
MEALS: Breakfast, Dinner, Lunch
EXTRAS: None

Day 11: Fly to India, free time to begin exploring Delhi

Your time is free today until we transfer you to the airport in time for your flight to Delhi, India (flight cost not included). Once you arrive in Delhi, you'll be met by one of our local staff, who will transfer you to your hotel. Once you're settled in, we'll run through the tour itinerary for the next few days, brief you on the local area and arrange a time to collect you tomorrow.

OVERNIGHT: Delhi hotel
MEALS: Breakfast
EXTRAS: None

Day 12: Exploring Delhi, Rickshaw Ride & Street Food Tasting

Your day starts with a morning tour of India's capital, New Delhi. Built on the banks of the Yamuna river, New Delhi is a beautiful blend of a historical past and a vibrant present.

We start at India Gate in the centre of New Delhi, a 42-metre high "Arc-de-Triomphe" like archway, a war memorial built to commemorate the 82,000 soldiers who partook in the undivided Indian Army. We'll drive past various government buildings such as the President's Palace and the Parliament of India, before passing Humayun's Tomb - a UNESCO World Heritage Site, and the Bangla Sahab Gurudwara Sikh Temple.

We'll stop at Connaught Place Station and join the locals on the metro to Old Delhi where we'll walk through one of the oldest and busiest markets in Old Delhi, Chandni Chowk, before exploring the narrow streets of Chawri Bazar which specialises in selling brass, copper and paper products. Throughout the afternoon our guide will also introduce you to the wide range of street food snacks and delicacies so you can get your first authentic taste of the delicious and varied Indian cuisine. Our walking tour will also take in a rickshaw ride and the Jama Masjid mosque, one of the largest in India.

OVERNIGHT: Delhi hotel

MEALS: Breakfast

EXTRAS: None

Day 13: Head to Agra. Sheroes Hangout, Mughal Heritage Walk. First glimpse of the Taj Mahal

We head to Agra this morning, home of the famous Taj Mahal. After arriving in Agra we'll make a stop for lunch at the Sheroes Hangout Cafe. The cafe was set up by the Chhanv Foundation and is run by victims of acid attacks. The cafe works to raise awareness of acid attacks in India and to empower those who have sadly been the victims of these heinous crimes. Prior to gaining employment in the cafe, many of the 'Sheroes' led solitary lives, rarely going outside due to shame associated with their scars. At Encounters Travel we're proud to support such an organisation, which has the sole aim of helping these women find acceptance, a supportive community and a means of income. Lunch will be included whilst at the cafe.

Once you've checked in into your hotel, we'll spend the afternoon on a Mughal Heritage Walk through the ancient village of Kachhpura and surrounding farmland on the banks of the Yamuna River across from the Taj Mahal and Red Fort. This walk has been designed by a local NGO and helps support the local community through employment and new infrastructure. During the walk one of the villagers will give a guide to their village life, the layout of their homes, with living, cooking & religious areas, the farming done, and the local cottage industry for leather shoe making which helps Agra export shoes all over the world. You'll also see some lesser known but important Mughal era monuments. Finally today we'll stroll around the park at Mehtab Bagh - originally built by Emperor Babur as the last in a series of 11 parks on the Yamuna River's east bank, before taking in the magnificent sight of the Taj Mahal at sunset.

A special evening option is available today, where you can join a Hindu family for a Vegetarian Thali cooking lesson and meal.

OVERNIGHT: Agra hotel

MEALS: Breakfast, Lunch

EXTRAS: Cook with a Hindu family in Agra

Day 14: Sunrise at the Taj Mahal. Agra Fort visit before returning to Delhi

We start today early for our tour of the Taj Mahal. Truly one of the wonders of the world this elaborate monument to love was built by the Mughal Emperor Shah Jahan and took over twenty-two years to complete. Sunrise is a great time to visit as the light changes gradually with the colours of the Taj changing too. Next we'll head to the UNESCO world heritage site at Agra Fort where we'll have time for a visit before returning to Delhi where we'll spend our final night.

OVERNIGHT: Delhi hotel

MEALS: Breakfast

EXTRAS: None

Day 15: Delhi, free time, optional tours. Airport transfer

Your time is free today with various optional tours available before we transfer you to the airport to catch your flight home. You could also choose to extend your stay in India by going on safari looking for tigers at Ranthambore National Park, or heading south to the beaches at Goa or Kerala. If you would like assistance with a tour extension, please contact us to discuss your plans.

OVERNIGHT: N/A

MEALS: Breakfast

EXTRAS: Extra day in Delhi - post-tour

Included

- All accommodation in comfortable mid-range hotels
- All transport in private AC vehicles with a local driver
- All transfers, including 24-hour airport arrival & departure transfer service
- Services of a local guide throughout your time in Bhutan
- Services of a tour leader in Nepal and specialist city guide for Kathmandu tours
- Services of local guides whilst in India
- Entrance Fees to sites visited in Nepal
- All meals as indicated in the itinerary
- Bhutan visa fee (worth US\$40)
- Bhutan government Sustainable Development Fee (worth US\$100/ night)
- A wealth of local experiences

Excluded

- International Flights in to Kathmandu, departing from Delhi
- Flights between Kathmandu/Paro/Delhi (see Tour Notes)
- Nepal and India Entry Visas
- Bhutan Entrance fees to sites visited (budget approx. US\$70p/p)
- India Entrance fees to sites visited (budget approx. US\$100 p/p)
- Travel Insurance (compulsory, available on request)
- Meals not indicated in the itinerary
- Drinks, snacks, tips and other personal expenses (e.g. laundry)
- Any other items not mentioned above

Notes

Several of our departures on this tour take place during festivals in Bhutan. These festivals, or Tsechus, are a fantastic time to visit the country, with parades and masked dances taking place in and around the Dzongs. On these dates we may adjust the itinerary slightly to make the most of being there during the festival. We also encourage you to book early on these dates as flights in and out of Bhutan can sell out well in advance at these times.

Options

Our tours are designed to include all that you need to enjoy a really special time in the destination you're visiting.

However, we do also offer some extra options to complement the tour and add some additional sightseeing or activities, or some extra time at either end of the tour.

All accommodation based options (e.g. Single supplements, extra nights, cruise upgrades) should be booked and paid for in advance so that we can make the appropriate arrangements.

Other options may either be booked and paid for in advance or while you are on the tour, though we recommend booking in advance to ensure there are no issues with availability.

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

Extra day in 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

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

Hot Stone Bath - Paro

Min numbers: 1

After a long day of trekking to the breathtaking Tiger's Nest Monastery, your legs might be feeling a bit weary. What better way to soothe those tired muscles and embrace the local culture than with a traditional Bhutanese hot stone bath? Imagine sinking into a steaming wooden tub filled with mineral-rich water, heated to perfection by glowing river stones. As you soak, the warmth penetrates deep into your body, easing away any aches and pains. The addition of fragrant herbs like artemisia adds a therapeutic touch, promoting relaxation and rejuvenation. This ancient practice, known as Dotsho, is more than just a bath – it's a holistic experience that connects you to the Bhutanese way of life. It's the perfect way to unwind after a day of adventure

Price: Starting from - \$35

Thangka Painting Workshop

Min numbers: 1

Immerse yourself in the vibrant world of Bhutanese art with a Thangka painting workshop. Under the guidance of a master artist, learn the intricate techniques and symbolism behind these sacred works of art. Create your own unique Thangka, a beautiful and meaningful souvenir to treasure long after your journey through Bhutan. Workshops typically take place in Thimphu, the capital city, but may be held in other picturesque locations throughout your tour, depending on the artist's availability.

Price: Starting from - \$80

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 - \$1090

1. Accommodation

Nepal:

In Kathmandu we use a good quality 3-star hotel, located in the heart of Thamel.

Bhutan:

The accommodation on this tour is at the Bhutanese 3-star level, combined with a comfortable homestay experience in Gangtey. Like all aspects of tourism in Bhutan, hotels used for tourists are strictly regulated and inspected and all must reach a good standard to obtain their license to cater for tourists. So, you should expect good clean rooms, en-suite bathrooms, and some traditional Bhutanese styling in the building's architecture and design.

This tour also features a homestay experience whilst in the village of Gangtey in the Phobjikha Valley. You'll have the opportunity to immerse yourself in the local culture as you live alongside a warm and welcoming Bhutanese family. Learn firsthand about their daily life, customs, and traditions, and even try your hand at the art of Bhutanese cooking! Share delicious meals with your host family, laughing and swapping stories. Depending on the size of your group, you might be spread across a few neighboring homes, giving you an even broader glimpse into Bhutanese community life. You'll have your own private bedroom, but be prepared to share a bathroom – it's all part of the authentic experience! Note: As homestay options in Bhutan remain fairly limited, we may need to occasionally replace the homestay with a nearby 3-star hotel. This will only be the case during periods of low availability.

India:

We use good quality hotels rated at the Indian 3-star level on the India section of this tour.

Please check the Accommodation section on the tour page on our website for the hotels that we currently use most on this tour. These are given as a guide only and may be exchanged some dates for alternative properties of a similar standard. We will advise you of your first hotel in Kathmandu a few weeks before departure when we send out your final confirmation voucher and arrival instructions. We do not normally advise details of all the other hotels used throughout the tour. If you have specific requirements for individual hotels, please request a private/tailor-made tour.

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

2. Transport

Our trips feature a mix of different transport options. We want you to feel like you're really experiencing the country you're travelling through, but at the same time finish journeys refreshed enough to enjoy the next stage of the tour.

We use modern people-carriers or minibuses for this tour, based on the final number of people in the group or in your party.

3. Transfers

Your airport transfers are only included on the first and last day of the set tour itinerary, plus on any additional days if you book your hotel room with us. If you make your own arrangements for additional accommodation at either the beginning or the end of the tour then you will need to arrange your own airport transfers on these days.

As this tour features multiple countries, airport transfers are also included when travelling from Nepal to Bhutan and Bhutan to India.

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 Indian tours start and finish at Delhi airport (DEL).

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

Flight inclusive prices are based on the cheapest Economy ticket class available which is generally non-refundable and non-changeable unless the flight is cancelled for reasons such as Covid-19, in which case the airlines are more flexible. More flexible ticket options, as well as Premium Economy and Business Class tickets are available on request for an additional supplement. Any changes made to flight inclusive bookings will be subject to the airline rules on your ticket.

Flight CO2 Emissions:

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

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

5. Group Size/Tour Leaders/Guides

We are committed to running small groups, 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. It also allows us to be more creative with the itinerary and do things which would not be possible with larger groups. So, we set our maximum group size on this tour to 12 travellers.

Nepal and India:

We provide a fully trained English-speaking guide for any sightseeing tours. A driver will also be provided for your included sightseeing tours.

Bhutan:

Fully trained English-speaking Bhutanese guides are provided to escort you throughout this tour and many of our travellers consider them a highlight of their tour. Some tours (such as bird watching or trekking tours) will have specialist guides chosen based on the itinerary and activities included on the tour.

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

6. Entrance Fees

Nepal:

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

tour).

Bhutan:

From September 2022, new Bhutanese government rules apply to both the pricing charged for tourists to Bhutan, and also to entrance fees. Formerly, entrance fees to Dzongs and other sites were included in the government royalty charged to all tourists. This is no longer the case and the new USD 200 per night Sustainable Development Fee no longer covers entrance to sites visited. Instead, tourists will now need to pay new entrance fees for various sites visited during their tours. An approximate budget to allow for entrance fees visited on your tour is given in the 'Not Included' section of the tour page.

For your convenience, your tour guide will be happy to collect the entrance fees amount in US Dollars or local currency at the start of the tour and purchase the tickets on your behalf as you go along. However, as many of our tours are designed to be somewhat flexible, the budget given may change slightly depending on the sites visited during your trip. A more detailed list is given below.

USD 1 = approx. NU 80 (so NU 1,000 = approx. USD 12.50)

Commonly visited sites:

- Taktshang (Tigers Nest monastery, Paro Valley) - NU 2,000
- Kyichu Lhakhang (Paro Valley) - NU 1,000
- Rinpung Dzong (Paro) - NU 1,000
- Tashichho Dzong (Thimphu) - NU 1,000
- Buddha Dordenma (Thimphu) - NU 1,000
- Thimphu Memorial Chorten (Thimphu) - NU 1,000
- Punakha Dzong (Punakha) - NU 1,000
- Chimmi Lhakhang (Punakha Valley) - NU 1,000

Less visited sites:

- Dobji Dzong (Paro) - NU 1,000
- Jangtsha Duntseg Lhakhang (Paro Valley) - NU 1,000
- Simtokha Dzong (Thimphu) - NU 1,000
- Trongsa Dzong (Trongsa) - NU 1,000
- Jampa Lhakhang (Bumthang) - NU 1,000
- Rinchening Goenpa (Phuntsholing) - NU 1,000
- Palden Tashi Choling Shedra (Phuntsholing) - NU 1,000

Note: Children aged 0-5 are exempt from these entrance fees. Children aged 6-17 will pay 50%.

Note: Entrance fees may be imposed at additional sites over time.

India:

The tour price does not include entrance fees to the tourist sites mentioned in the itinerary. This allows for fluctuations in the prices set by the local authorities, which do change from time to time.

You should currently allow approx. US\$80 per person to cover these entrance fees (this includes one visit to the Taj Mahal). You will also need to cover the cost of entrance to any other extra sites that you may wish to visit that are not listed in the main tour itinerary. Your guide will offer to collect the entrance fee cost from everyone at the start of the tour and pay on your behalf, or you can arrange them yourself as you go along.

7. 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).

8. Tipping - Bhutan

While an accepted part of the tourist industry in Bhutan (i.e. guides, drivers and hotel staff), tipping elsewhere is generally discouraged and unnecessary. Any amounts you do tip should always reflect the level of service provided. 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 can give the following guidelines...

1-2 persons travelling:

US\$8-15 pp per day for your guide & US\$4-7 pp per day for your driver.

3-8 persons travelling:

US\$5-10 pp per day for your guide & US\$3-5 pp per day for your driver.

9-12 persons travelling:

US\$4-8 pp per day for your guide & US\$3-5 pp per day for your driver.

9. Tipping - India

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

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

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

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

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

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

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. 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.

11. Passports and Visas - Bhutan

We will arrange your Bhutan for you in advance of your arrival. You will need to provide us with:

- a scanned colour copy of your passport identity page (with your photo and personal details). This cannot be a photo showing fingers holding the passport. If you don't have a scanner, then place the passport completely flat and open on a white A4 piece of paper and take a photo of the whole piece of paper with the passport in the middle. That should suffice.
- a scanned colour passport photo (digital versions are available from most passport photo machines or shops

- doing passport photos now)
- a copy of your travel insurance policy certificate

Please send these to us as soon as possible after booking or at least 2 months before your arrival. The visa will normally be issued by the Bhutanese authorities around 10 days before your arrival and we will then email it to you. You will need to print the visa out and show it to the Druk Air staff when you check in. No payment is required from you for the visa at this stage or when you arrive in Bhutan - all costs are included in your tour price. .

If you are connecting the tour with Nepal, then Nepal visas are available for most nationalities on arrival in Kathmandu airport for a fee of US\$25 for single entry, with an extra \$20 charged for a multiple entry visa which will be required for most of our Nepal and Bhutan combination tours. This covers up to 15 days in Nepal (from first arrival to last departure). Single entry visas are also available for \$40 (16-30 days) or \$100 (31-90 days), again with an extra \$20 fee to convert these to multiple entry.

If you are connecting the tour with time in India, then you will need to obtain an Indian visa in advance - these are not available on arrival in Indian airports. We recommend you allow a minimum of 4 weeks to apply for this visa.

If you are connecting the tour with time in Thailand, then many nationalities can arrange a free tourist visa on arrival in Bangkok airport.

Please contact us if you have any questions about visa requirements for your travel plans and nationality.

12. Passports and Visas - India

Your passport expiry date must be at least 6 months after your time in India finishes. Do not bring a full or almost expired passport. You must also have a machine-readable passport or you may be denied entry. If you have an old-style manually issued passport you will need to replace this with a new machine-readable passport before you travel.

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

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

13. 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.

14. 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 adaptors 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.

15. 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.

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. 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.

18. 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).

19. 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')

20. 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.

21. 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.

22. 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' campaign](#)

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.

Printed on: Monday 12th of May 2025

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.
