



Rediscover the
meaning of travel

Tour Notes

Nepal – Highlights of Nepal

Tour Duration – 14 Days



Tour Rating

Fitness ●●●○○ | Off the Beaten Track ●●●○○ | Culture ●●●●○ | History ●●●○○ | Wildlife ●●●●○

Tour Pace

Busy

Tour Highlights

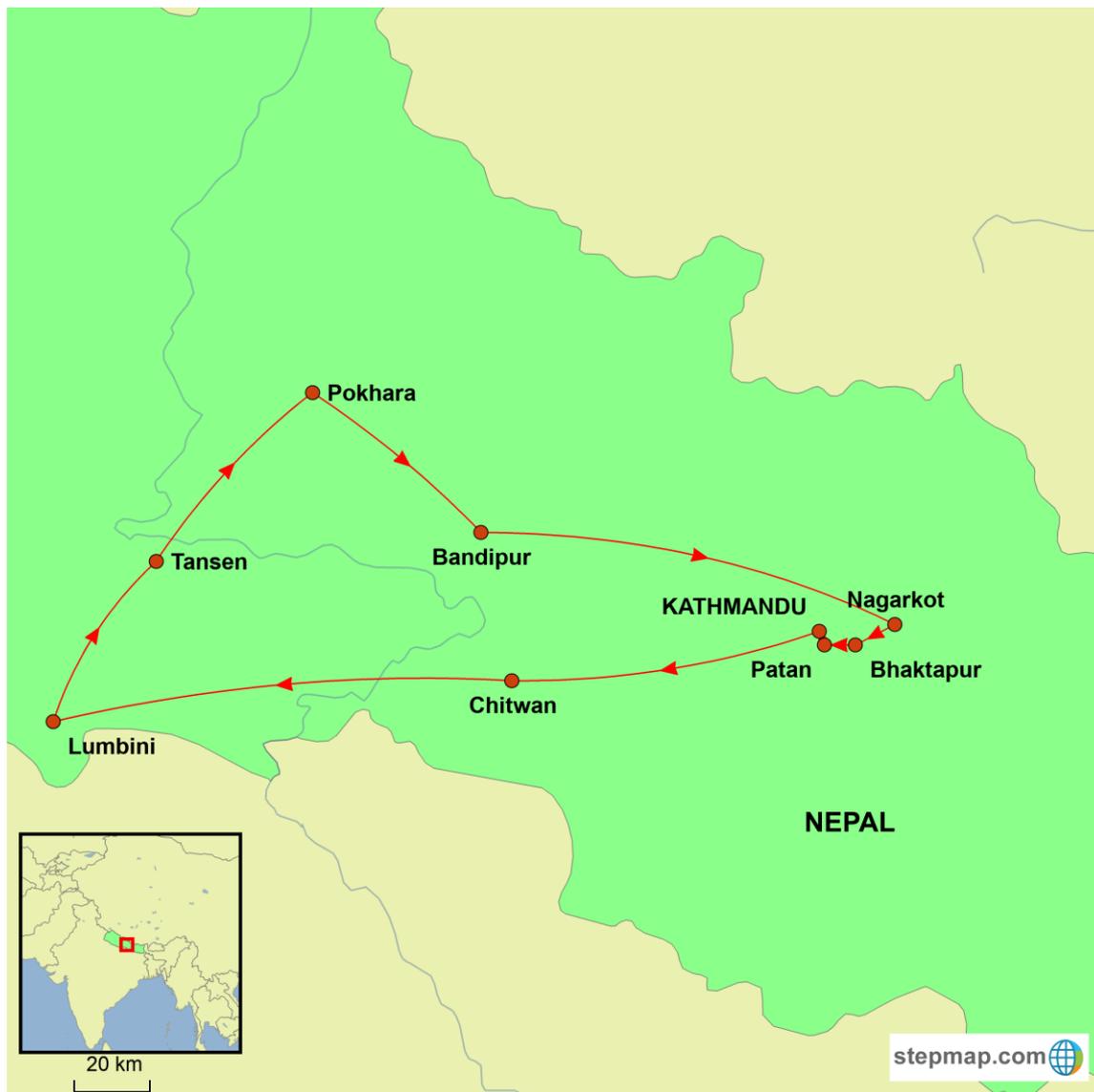
- ✓ Explore the extraordinary UNESCO world heritage monuments of Kathmandu
- ✓ Search for unique flora and fauna in the jungles of Chitwan National Park
- ✓ Soak up the languid atmosphere of beautiful Pokhara – the Lake City
- ✓ Stroll the timeless streets of Bhaktapur
- ✓ Marvel throughout the tour at the majestic snow-clad peaks of the Himalayas





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Tour Map - Nepal – Highlights of Nepal



Tour Essentials

- Accommodation:** Mix of comfortable small hotels
- Included Meals:** Daily breakfast (B), plus lunches (L) and dinners (D), as shown in the itinerary
- Group Size:** Maximum 12
- Start Point:** Kathmandu
- End Point:** Kathmandu
- Transport:** Minibus or similar vehicle
- Countries:** Nepal



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Nepal – Highlights of Nepal

This tour of Nepal combines entry level trekking offering stunning views among Himalayan peaks, wildlife safaris in search of tigers in one of the country's best national parks, and a fascinating cultural exploration of the three ancient cities of the Kathmandu Valley. Since Nepal's 2015 earthquake great efforts have been made to re-start tourism. In some ways the profound economic damage wrought by perception has been worse than earthquake's initial destruction and loss of life. More welcoming than ever, Nepalis are keen to show the best of their country, their culture and genuine hospitality. It's a great time to visit.

Tour Itinerary Notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested and on occasions alternative accommodation, of a similar standard to that named below, will be used.

Tour Guide

Our guides are a key strength, chosen for their knowledge of and passion for the areas in which they work. All of our guides are carefully hand-picked, and are not merely passing through these countries, but are usually locally born. Unlike some companies, it should be noted we do not send a guide or tour leader from Undiscovered Destinations in the UK: we have every confidence in our locally appointed representative who is responsible for operating the tour on our behalf. Where possible you will have the same guide throughout your trip; however at times it may be advantageous to change the guide during your tour for logistical reasons – for example, if you are taking a specific type of trek or other activity.

Itinerary

Day 1 - Arrive Kathmandu

Arrive in Kathmandu and transfer to hotel accommodation. The rest of the day is free to relax. Overnight Hotel Kantipur Temple House or similar.

Day 2 – Kathmandu

Kathmandu has four UNESCO World Heritage Sites and today we tour the city visiting them all. The remarkable Durbar Square encompasses palaces of the ancient kings who ruled over what was the Kathmandu Kingdom. Next, we see the temple of Pashupatinath, one of the most sacred pilgrimage sites for Hindus all over the world, followed by Swayambhunath, also called the Monkey Temple for reasons which will become apparent. Finally, at the immense stupa of Bouddhanath we visit one of the city's holiest Buddhist pilgrimage sites, a focus for 50 Tibetan gompas (monasteries) in its shadow. Overnight Kantipur Temple House or similar. (B)

Day 3 – Kathmandu to Chitwan (*Approximate driving time: four to five hours*)

After breakfast we drive to Chitwan National Park, some 175km from Kathmandu. Descending along a winding road flanking the Trishuli River, we arrive and check-in at accommodation. There's a short briefing regarding activities on offer before we take a walk along the banks of the Rapti or Narayani River to enjoy sunset in the sub-tropical jungles of Chitwan. Dinner is accompanied by a brief cultural program showcasing tribal dances unique to the Chitwan region. Overnight Machan Country Vila or similar. (BLD)

Day 4 - Chitwan National Park

Start early for our first incursion in the park for a jungle safari to witness wildlife in their natural habitat. After breakfast, we visit the elephant stables and even enjoy bathing the elephants. This afternoon drive through the park looking for wildlife followed by a canoe ride down the Rapti/ Narayani River. Whilst canoeing, look out for Gharial and Mugger crocodiles along with fresh water dolphins, otters and varieties of water birds. For



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those that do not wish to canoe there are options for a birding walk or general nature walk. Overnight Machan Country Vila or similar (BLD)

Day 5 – Chitwan to Lumbini (*Approximate driving time: two hours*)

Today we drive to Lumbini, where one of history's greatest and most revered figures, Siddhartha Gautam, better known as Buddha, was born. The holy site of Lumbini is a UNESCO World Heritage Site and holds immense archaeological and religious importance. From early morning to early evening, pilgrims from around the world chant and meditate at the site. We visit the nearby museum, peace pagoda and spend the remains of the day exploring surrounding temples, monuments soaking up the appropriately serene ambience. Overnight Hotel Lumbini or similar. (B)

Day 6 - Lumbini to Tansen (*Approximate driving time: three hours*)

This morning we drive to Tansen, a summer resort in western Nepal popular on account of its position and climate. Tansen offers perhaps the country's most far reaching views towards the Himalayas, from Dhaulagiri in the west to Gaurishanker in the north-east. Later in the afternoon we explore the Old Tansen bazaar and walk around Sreenagar hill for a bird's-eye view of Srinagar Bazaar and the remarkable mountainscape beyond. Overnight Hotel Srinagar or similar. (B)

Day 7 - Drive to Pokhara (*Approximate driving time: five to six hours*)

This morning after breakfast we depart for Pokhara. En route we travel through a landscape of rolling hills, small settlements and terraced farms. On arrival in Pokhara, if conditions are clear, we will be rewarded by magnificent views of the Himalayas including Dhaulagiri (8,167m), Manaslu (8,156m), and Machhapuchhre (6,993m), the five peaks of Annapurna and others. Later, after time to relax, we explore the atmospheric streets of Pokhara and enjoy one of the most beautiful cities of Nepal. Overnight Mount Kailash Resort or similar. (B)

Day 8 - Walk to Sarangkot (*Approximate trekking time: three to four hours*)

Early this morning we depart for Sarangkot, a hill town in the north-west region of Pokhara overlooking the Annapurna and Dhaulagiri ranges to the north and Pokhara and Phewa Lake to the south. The trek starts from the village of Naudanda and ends in Sarangkot and is one of the region's most rewarding day hikes. After the hike we stop at a teahouse in Sarangkot and enjoy amazing views of the sun as it sets against over the Himalayas. Overnight in Sarangkot (B)

Please Note: *The walk to Sarangkot is graded as easy - 200m up and 200m down with no steep climbing.*

Day 9 – Pokhara

After a memorable sunrise in Sarangkot we head back to Pokhara and visit some of the city's landmark sights including Davis Falls and Shiva Cave, taking a boat out onto Phewa Lake, the largest lake in Pokhara to visit Bindyabasini Temple adrift in the lake's centre. Later, we call in at the renowned International Mountain Museum (IMM) where records, documents and chronicles catalogue the past and present development of mountaineering in the Himalayas and across the world. Finally, we visit the Tibetan refugee camp and witness how exiled Tibetans keep themselves busy producing and trading woollen carpets and other handicraft items. Overnight Mount Kailash Resort or similar. (B)

Day 10 - Pokhara – Bandipur (*Approximate driving time: three hours*)

Departing after breakfast, it's scenic drive to Bandipur, an old Newari hilltop town overlooking the magnificent Marshyangdi Valley and offering views to the Himalayas beyond. In the afternoon we take a guide cultural walk around Bandipur town. Here carved stone waterspouts called tindhara have seen local people through the ages come to collect water. At the tudhikhel, a former military parade ground when Bandipur was the district headquarters, the open space has become piazza where people meet to socialise. Overnight at Heritage Hotel Guan Ghar or similar. (B)



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Day 11 – Bandipur to Nagarkot (Approximate driving time: six hours)

After breakfast we drive towards Nagarkot, stopping at points of interest and to stretch our legs. The village of Nagarkot sits at an altitude of 2,195 metres and is the highest point on our journey through Nepal. We enjoy excellent sunset views amid the peak of the Himalayas. Overnight at the Fort Resort or similar (B)

Day 12 – Nagarkot – Patan – Bhaktapur

Early risers will be rewarded by amazing sunrise views over the Himalayas. After breakfast we drive down to Bhaktapur and finally to Patan. The UNESCO World Heritage Site of Bhaktapur speaks of an authentic lifestyle maintained by centuries of isolation from the hustle and bustle of Kathmandu. While in the city square we visit the Nyata-Pola Temple, the Golden Gate, ancient stone waterspouts and the 55 Window Palace, together they create an ambiance of antiquity. Later we drive to Patan, also a UNESCO World Heritage Site, where the Durbar Square is rich in ages-old art and architecture. Overnight Hotel Kantipur Temple House or similar. (B)

Day 13 - Kathmandu

A final full day in Nepal is spent in Kathmandu either relaxing in the hotel's garden or independently exploring the city's markets. In the evening there's a farewell Nepalese dinner and a cultural dance show. Overnight Hotel Kantipur Temple House or similar. (BD)

Day 14 – Kathmandu Departure

Today after breakfast the tour ends with airport transfers leave to meet onward flights. (B)

Please note: For those wishing to see more of the Himalayan region, this tour runs back to back with our Bhutan tour.

Tour Inclusions/Exclusions

Inclusions:

Arrival and departure transfers
Accommodation
Services of English speaking guide/ tour leader
Meals as listed (B – Breakfast, L – Lunch, D – Dinner)
Entrance fees for sites listed as part of the itinerary
Safari activities in Chitwan National Park
Boating in Pokhara

Excluded:

International flights
Travel Insurance
Meals not included in the itinerary
Visa
Drinks
Items of a personal nature
Tips (discretionary)



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Important Information

Foreign Government Travel Warnings

We constantly monitor the advice posted by the British Foreign and Commonwealth Office (FCO). In particular we will always advise clients of any travel warnings. At present there are no warnings against travel to the areas of Nepal that we visit. Please feel free to contact us should you have any specific concerns or would like to know in detail what measures are being taken to ensure visits remain trouble free and without incident.

It should be noted that this information applies to British citizens. Other nationals are asked to check the current position of their respective government.

Accommodation and Meals

Hotel Check-in Times

As a general rule most hotels will allow guests to check-in from 2pm. Please note that the price of your tour does not include guaranteed early check-in. Therefore please advise us if you would like to ensure that your room is available for an earlier arrival. This is particularly relevant on the first day of the tour and for early morning arrivals. One option is to pre-book and pay for an extra night at the beginning of your tour which will guarantee your accommodation is available irrespective of what time you arrive. Please contact us for information and costs.

It should also be noted that on many of our tours we have set-aside Day 1 of the itinerary as an 'arrival day'. For this reason and because tour participants are likely to be arriving at different times, and often from different countries, guided sightseeing or other activities are not included. If you are arriving early or before the start date of the tour and would like to organise some extra arrangements on a private basis please contact us.

Accommodation Rating

On this tour we stay in mid-range comfortable accommodation consisting of small hotels and guesthouses. All accommodation has private bathrooms.

We welcome solo travellers and single rooms will be allocated subject to the applicable tour supplement. Please note that on occasions you may not always be allocated a double or twin room, as some hotels have designated single rooms. These may be smaller in size. However, the supplement payable takes this into consideration.

Food & Drink

The daily meal basis is shown in the tour itinerary; breakfast (B), lunch (L) and dinner (D). Please note that lunch may be a picnic. Drinks are not included and will be payable locally in cash.

Dietary Requirements

If you have any special dietary requirements you must notify us at the time of booking. While we will make every effort to cater for you, we cannot guarantee that this will be possible.

Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.



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Tipping – Guide and Drivers

Tipping is common practise in Nepal. If your local guide has been helpful then you could think about tipping. This amount can obviously be left to you. When tipping a driver, a guide or hotel staff a few dollars will always be gratefully received.

Foreign Exchange

ATM Availability: Most sizeable towns have ATMs and Kathmandu proliferates in these. They only allow you to withdraw local currency, and have a limit of 10,000-15,000 Rupees. The exception is Nabil Bank with a limit of around 35,000. It is advisable to bring all the cash that you may wish to use for spending money beyond Kathmandu to make sure you are not short on cash if ATMs are not working. Other currencies are easily exchanged at the bank.

Credit and Debit Card Acceptance: Cards are generally only accepted in the more expensive shops and restaurants.

Local Currency: Nepalese Rupee.

Recommended Currency for Exchange: Pound Sterling, Euros or US Dollars.

Where to Exchange: Your local guide will advise you.

Bringing other currencies: US dollars are accepted in many places as an alternative to local currency and, in more upmarket tourist businesses and accommodation, are often preferred to Nepalese Rupees. It's therefore advisable to bring along a range of denominations of dollar notes. Euros are also widely accepted; Pounds Sterling are still accepted, but increasingly less so. The Nepalese Rupee is a closed currency, so it is advisable to change all remaining notes back to your own currency during your final day in Kathmandu.

Joining your Tour

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will receive an airport transfer, both on arrival and departure include in the tour price. In order that the transfer can be arranged please ensure that you advise us of your flight information once available. Please advise the date, time and flight number for your arrival/departure. If we have not been advised of this information at least 2 weeks before travel, then you will be required to make your own way to the hotel on Day 1 of your tour.

Travel Insurance

It is a condition of booking with Undiscovered Destinations that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country and be valid for the entire duration of your holiday.

Visa Information

Most nationalities including UK, US, Canadian, Australian, NZ and EU passport holders can get a visa on arrival for Nepal but please check with your nearest embassy for up to date details.

To obtain a visa upon arrival by air in Nepal you must fill in an application form on arrival and provide a passport photograph. There are now visa machines in Kathmandu International Airport which will photograph



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you using a webcam, but taking your own photo as an additional precaution is advisable. A single-entry visa valid for 15, 30 or 90 days costs US\$25, 40 or 100. At Kathmandu's Tribhuvan Airport the fee is payable in any major currency (some land crossings insist on payment in US dollars), Children under 10 require a visa but are not charged a visa fee. A Nepali visa is valid for entry for three to six months from the date of issue.

If you wish to pre-book your visa, this can be done via the Nepali embassy.

Multiple-entry visas are useful available on arrival and are useful if you are planning travel to Tibet, Bhutan or India. You can change your single-entry visa to a multiple-entry visa at Kathmandu's Central Immigration Office for US\$20.

The advice here is intended as a guide and we ask all clients to check up to date visa requirements with their nearest embassy/consulate.

Passports

It is your responsibility to ensure that you are in possession of a full passport, valid for at least six months after the date of return to the UK.

Your passport must be machine readable. It is advised that you have 2 blank pages in your passport for each country that you will visit.

For specific information about the requirements for your destination please check with the country's embassy or consulate. Alternatively UK citizens can visit www.gov.uk/foreign-travel-advice

Vaccinations & Protection

As with travel to most parts of Asia, we strongly recommend that you contact your doctor's surgery or a specialist travel clinic for up-to-date information, advice and the necessary vaccinations. For a visit of less than one month, almost certainly you will be advised to have immunisations against the following: Diphtheria and Tetanus, Hepatitis A, Typhoid, Meningitis. The use of a DEET-containing insect repellent is highly recommended.

Please follow this link for some guidelines - [http://www.fitfortravel.nhs.uk/destinations/asia-\(east\)/nepal.aspx](http://www.fitfortravel.nhs.uk/destinations/asia-(east)/nepal.aspx)

The legal status and regulation of some medicines prescribed or purchased in your home country can be different in other countries. If you're travelling with prescription or over-the-counter medicine, read this guidance from NaTHNaC on [best practice when travelling with medicines](#). For further information on the legal status of a specific medicine, you'll need to contact the embassy, high commission or consulate of the country or territory you're travelling to.

Preparing for your tour

Climate

The climate of much of the Subcontinent - which includes Sri Lanka, India, Bhutan, Nepal & Pakistan - is dominated by heat, monsoons and the Himalayas. Nepal enjoys largely clear conditions between October and March providing the best time to visit. It is best to avoid the monsoon months of June – September. Temperatures vary of course depending on altitude but the Kathmandu Valley is generally warm by day but can be cool at night especially in the winter months; January and February are generally the coldest months in the mountains.



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Clothing

When it comes to clothing it is usually recommended that lighter clothes are worn through the day, and warmer ones at night. Night times and early mornings can be chilly in the winter months so between November and March it is a good idea to take a warm fleece or jacket. The sun is strong year round so a hat is also advised to be worn through the day. Take at least one piece of waterproof clothing for any days that the weather may be wet or windy.

Nepal tends to have a conservative attitude towards dress. Women, and also to a certain extent men, will find that the way they dress will often determine the degree of respect they receive from both men and women.

Equipment

The first thing on your list should be a first aid kit. Whilst there is no undue cause for alarm, travellers are best advised to travel well-prepared: adequately immunized, with sufficient supplies of prescription drugs, along with a medical kit. Suncream/sunblock is a must. Insect repellent, including a bite spray will also be useful to have. Please also bring a torch/flashlight or a head-torch for any unexpected electricity outages or for dimly lit areas.

Footwear

Footwear is a main priority on this tour. Comfortable walking shoes/boots are recommended.

Luggage on tour

Your luggage should not exceed 20kgs (44lbs). One large suitcase/rucksack, and one small hand luggage rucksack is acceptable.

Electric Supply & Plugs

230-240 volts (similar to the UK). Plugs are usually of the European two round pin variety, although some follow the Indian three pin version. As such, a universal travel adaptor with surge protector is advisable, as this covers both eventualities and will additionally protect your electronics from the voltage spikes which are quite regular in Nepal.

Tour Itinerary Versions

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes. These notes were updated on 21st April 2018.