

# Mohare Danda Community Trek & Nepal Wildlife Delight | 16 Days



This 16 day holiday with 6 days of community trek is newly discovered hiking route in Annapurna region to promote sustainable eco-tourism of Nepal and support local community projects that plays a vital role in the overall upliftment of lifestyle of locals. This trek is also popularly known as Eco Community Lodge trek. It is the best choice for those enthusiasts' travelers who have a short time to explore myriads of cultural and natural beauties of Nepal. This trek provides the closest and breathtaking view of Annapurna and Dhaulagiri Himalaya ranges from Mohare hill station at an elevation of 3,300 m from sea level. Moreover, you can also see glorious sunrise and sunset views over the glittering mountains.

A trip to beautiful off the beaten site of Annapurna region bounded by hills, mountains, rivers, and forests of Rhododendron, Oaks, Bamboo and Pine is truly an incredible experience. If lucky one gets to see rare species of birds, such as Himalayan Monal, Blood Pheasants and the very rare mammal Red Panda.

In order to make your experience even richer we take you to one of the finest national parks in Asia – Chitwan National Park where we get to see one-horned Rhino and maybe even a Tiger! Finally immerse yourself in local life and culture and discover Pokhara valley and surrounding hills with breathtaking mountain ranges while enjoying Himalayan spa at Bagnas Lake Resort.

## Trip Highlights

- Kathmandu Valley: Witness the spiritual mysteries of age-old cities of Katmandu Valley, exploring UNESCO Heritage sites like Kathmandu Durbar Square, Swayambhunath, Bodhnath Buddhist Stupa and Pashupatinath, a sacred Hindu temple complex on the banks of the holy Bagmati river.
- Bhaktapur: Durbar Square (UNESCO Heritage site), visiting local families to watch famous and delicious Ju Ju Dhau (yoghurt) being made and try making pottery
- Patan: Patan Durbar Square (UNESCO Heritage site)
- Chitwan National Park: (UNESCO Heritage site) spot wildlife and maybe even the elusive Bengal tiger
- Pokhara: World Peace Pagoda, Tibetan refugee camp and local school, daily prayers at Matapani Monastery, boating on Lake Phewa & Lake Begnas and five overnight retreats at Begnaslake Resort & Villas
- Introduce Eco-lodge community base trek in Annapurna region
- Stunning and closer views of Dhaulagiri & Annapurna Himalayan range from Mohare Danda

## Detailed Itinerary

### Day 1: Arrive in Kathmandu

Welcome to Nepal! Upon arrival in Kathmandu a *travel-to-nature Asia* guide/representative will be at the airport to greet and take us to our hotel. Please look out for your name-card once you exit out of arrival area.

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If you're not feeling jet-lagged, take some time to explore Kathmandu's medieval backstreets, discover temples dating back to the 16th century, make your way down to Thamel, the main tourist hub in Kathmandu and a great place to dine. There are myriads of options to choose from like New Orleans Café, Rum Doodle, Bear Garden etc just to name a few. Enjoy your evening and get some rest as the adventure begins tomorrow!

Accommodation: Hotel Yak & Yeti



## Day 2: The Magical Kathmandu Valley

### Kathmandu Durbar Square – Swayambhunath - Patan

Your local tour guide will meet you at the hotel and introduce you to the cities of Kathmandu Valley. You begin your morning visiting Kathmandu's main sites, including Durbar Square, Teleju Temple and the House of the Living Goddess. Durbar Square (UNESCO Heritage site), one of the old capitals of the Kathmandu valley, is a synthesis of Hindu and Buddhist temples, stupas and statues, and is often the site of festivals, marriages and other ceremonies. Kathmandu's Durbar (palace) the heart of the capital was where the city's kings were once crowned and legitimized, and from where they ruled. Next, you climb the many steps to Swayambhunath (UNESCO Heritage site) known by the name 'the monkey temple' with its commanding views of Kathmandu (at 1420 m), its whitewashed stupas and its unique synthesis of

Buddhism and Hinduism. From here you can see the mighty Himalaya rising above the valley. Journey to nearby Patan (UNESCO Heritage site), the city of arts and architecture founded in AD 250 and known for its fine works in bronze, silver and copper. Many of these treasures can be seen in the new Patan Museum. Time permits also visit the Tibetan Refugee Camp to watch a demonstration in carpet weaving.

Accommodation: Hotel Yak & Yeti

Meals: Breakfast

## Day 3: The Spiritual Mysteries of the Himalayas

### Pashupatinath - Boudhanath – Bhaktapur

Weather permitting, start our day with an optional scenic mountain flight over the Himalaya to view Mt. Everest and many eastern ranges of Himalayas. Or begin your morning, visiting Hindu Pashupatinath (UNESCO Heritage site) and its sacred temple complex on the banks of the holy Bagmati river. Here, monkeys run up and down the steps of the burning ghats, and trident-bearing siddhus draped in burnt-orange and saffron sit serenely meditating - when they're not posing for photos-for rupees.

Next, the striking Buddha eyes of Boudhanath Stupa (UNESCO Heritage site) watch over a lively and colorful Tibetan community and attract pilgrims from all over the Himalayan Buddhist realm. In the midst of traditional gompas, and hung with long strings of multi-colored prayer flags, Boudhanath attracts Sherpas, Tibetans and tourists alike for daily circumambulations (koras) of the stupa. For lunch we will drive to Bhaktapur city. Bhaktapur (UNESCO Heritage site) is a home of medieval art and architecture and it is like a living museum. As we walk along its cobblestone streets, notice the many ornately carved windows for which the town is famous. Over dinner we go over gear for trek & wildlife Safari and get to know your trekking guide.

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Accommodation: Hotel Yak & Yeti  
Meal: Breakfast

## Day 4: Fly Kathmandu - Bharatpur | Chitwan National Park (350 m)

After our leisurely breakfast, fly from Kathmandu domestic airport to Bharatpur in Chitwan (20 mins). Upon arrival at the airport we will be received by Tiger Tops Tharu Lodge representative and drive to the lodge at the edge of the Chitwan national Park arriving in time for lunch.

Arriving at the gate to Tiger Tops Tharu Lodge, we will be met by Tiger Tops staff with a welcome drink in the dining hall. Continue to the garden where the lunch will be waiting for you. After the lunch we will have a chance to settle in to your rooms and explore the lodge grounds - our large swimming pool beckons temptingly and it is easy to while away a sunny afternoon swimming and reading with a cool drink in hand. After tea and biscuits in the main area, we suggest you take a stroll to the Narayani river with our resident elephants and one of our naturalists and watch the family of elephants bathe and frolic while you enjoy your sundowners. Return to the lodge for hot showers and cold drinks before dinner.

**Chitwan National Park** comprises 932 square kilometers of Sal and riverine jungle, a magnificent environment which contains a greater variety of wildlife than any other area of Nepal. Over 500 species of birds have been recorded here, as well as many mammals, reptiles and numerous insects. Mammals are likely to include the endangered Indian Rhinoceros, Wild Boar, Sambar, Muntjac, Spotted and Hog Deer, Rhesus and Hanuman Monkeys, whilst reptiles we may encounter include Marsh Muggler Crocodile and the fish-eating Gharial. Leopards, Sloth Bears, and Gaur (wild bison) are all fairly common and occasionally seen by the lucky ones! Chitwan has the largest population of Tigers in Nepal and although never easy to locate, we do have a chance of coming

across one of these magnificent cats, especially in the evening when they are at their most active.

Accommodation: Tiger Tops Tharu Lodge  
Meals: Breakfast, Lunch, Dinner



## Day 5: In Chitwan

### River and Jeep Safari

Breakfast is served al fresco beneath the shady mango trees - yoghurt, eggs and bacon to get the day off to a perfect start. After breakfast, prepare for a river safari in the Narayani river. The outing commences with a nature walk or bullock cart ride through the riverine forest, followed by a scenic float down the river. Cruising on the wide expanse of the river, pockets of rapids propel the boats along as gentle waves lap at the sides. Sitting inside a hand-carved boat, keep your eyes peeled for a variety of birdlife and wildlife. Top of the list is the endangered fish-eating Gharial crocodile and its more sinister relative, the Marsh-Mugger.

A Nepali-style lunch will be served back at the Lodge, after which we might want to head to the hammock with your book for relaxation. Later in the afternoon, when the weather is cooler and the animals become active, meet with our naturalist for a jeep safari in the national park to get a taste of the jungle. Do not hesitate to ask questions. Our naturalists are extremely knowledgeable on the animals and the history of Chitwan National Park.

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During the safari you will encounter wildlife such as different species deer, birds, monkeys, and the endangered one - horned rhinoceros and hopefully the elusive Royal Bengal Tiger.

Accommodation: Tiger Tops Tharu Lodge  
Meals: Breakfast, Lunch, Dinner

### Day 6: Drive Chitwan National Park – Pokhara (900 m | 5 hrs approx.)

Today we travel on to scenic Pokhara (approx 5 hour drive). Pokhara is the gateway to the magnificent Annapurna Range, which boasts five mountains over 7,200 m and has one of the Himalayas most distinctive mountains Machhapuchare with its unique 'fishtail' peak. The local people believe Machhapuchare is sacred to the god Shiva and therefore is off limits to climbing. Arriving in the afternoon, there's time to relax and perhaps take a stroll around the lakeside market.

Accommodation: Fish Tail Lodge  
Meal: Breakfast

### Day 7: In Pokhara

#### Boating on Lake Phewa

Early this morning you drive (approx. 45 minutes) to World Peace Pagoda with a packed breakfast. The World Peace Pagoda is a massive Buddhist stupa, situated on the top of a hill on the southern shore of Phewa Lake. Besides being an impressive sight in itself, the shrine is a great vantage point which offers the spectacular views of the Annapurna range, Phewa Lake and Pokhara city. We then take a scenic two hour walk back to Pokhara via Raniban forest crossing the suspension bridge and enjoying wonderful views of the lake and mountains en route. We reach Lake Phewa and enjoy a boat ride.

This afternoon we visit a Tibetan refugee camp and a local school before heading to Matepani monastery to watch the monks daily prayer.

Accommodation: Fish Tail Lodge  
Meal: Breakfast

### Day 8: Drive to Galeshwor and trek to Bans Kharka (1,525 m | 3 hrs)

After breakfast, we take three and half hours drive to Galeshwor along the bank of Kali Gandai river and in between break for lunch. From Galeshwor our hike begins for Bans Kharka. It is about 3 hours ascend, crossing suspension bridge over world deepest gorge "Kali Gandaki river" through green forest and pasture land. Before heading to Bans Kharka we visit Galeshwor temple.

Galeshwor is a holy and sacred place revered by Hindus and Buddhists alike. There are Shivalinga, temples, shrines, altars, public shelters (dharmashala) etc, at this place. Every year during Nov-Dec pilgrims pay visit to this temple to celebrate Baikuntha Mela (fair) during the festival of Bala Chataurdashi.

Accommodation: Community lodge  
Meals: Breakfast, Lunch, Dinner

### Day 9: Trek to Naangi (2300 m | 7 hrs)

Day starts with hot breakfast and extends our trek to Nangi. It is about 6-7 hours walk from Bans Kharka which goes along beautiful villages with stunning views of mountains and impressive landscapes. We also visit organic farms, school and Magar settlement on this day.

If traveling anytime mid-November to mid-March we will be amazed to witness stunning views of orange orchards littered along the trails.

Accommodation: Eco-Community Lodge  
Meals: Breakfast, Lunch, Dinner



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### Day 10: Trek to Mohare Danda (3,300 m | 7 hrs)

Today's trail goes through beautiful forests of Oak and Rhododendrons with magnificent views of mountains such as Mt. Fishtail, south Annapurna, Dhaulagiri, Tukche and many more. In the evening, we will observe glorious sunset view from Mohare hill station and then overnight at the eco community management lodge.

Accommodation: Community lodge  
Meals: Breakfast, Lunch, Dinner

### Day 11: Trek to Deaurali (3200 m | 5 hrs)

We wake up early in the morning for sunrise view and crystal clear mountain views upfront. Fishtail, Dhaulagiri I, Dhaulagiri II, Tukche, South Annapurna, Nilgiri and others, then followed with our leisurely after breakfast. Our trail today leads gradually up and down to Deaurali pass. It is about 5 hours walk to reach Deaurali passing Ghorepani .

Accommodation: Local lodge/Guest-House  
Meals: Breakfast, Lunch, Dinner

### Day 12: Trek to Ghandruk village (2012 m | 5 hrs)

As the descent across the rhododendron forest, cultivated lands and a suspension bridge over Khumnu Khola, we arrive at the scenic & beautiful

village of Ghandruk. Situated at an altitude of 2012 meters above sea level, Ghandruk is itself a viewpoint of Mt Annapurna, Mt Machhapuchhre and Himalchuli. Annapurna Ghandruk trekking is popular among those trekkers who love soft and short trekking. Several hotels and teahouses at the village give us a warm welcome with sincere Nepalese hospitality while catering to the requirements of all trekkers' who hit the trail through this village!

Accommodation: Local lodge/Guesthouse  
Meals: Breakfast, Lunch, Dinner

### Day 13: Trek to Nayapul and drive to Pokhara (900 m | 2 hrs drive)

Today is the last day of our trek. Your trail descend to Nayapul about 4 hours walk following the trail paved by stones; we walk through some beautiful villages and rice field terrace.

After crossing Modi khola, you reach Birethanti. And then half an hour walk from Birethanti you arrive at Nayapul to catch your vehicle and drive to Pokhara.

Accommodation: Begnas Lake Resort  
Meals: Breakfast, Dinner

### Day 14: Experience & Enjoy Himalayan Spa & Wellness

We hotel "Begnas Lake Resort " is located 12 km east of bustling Pokhara town lies this wondrous paradise. Surrounded by pristine nature, just the ideal setting for our long-deserved escape to another world! We will enjoy pure, unadulterated nature. In this healing and life-nourishing environment, we can experience the Himalayan Nature Spa that offers a wide range of classical Ayurvedic activities such as Yoga, meditation, as well as soothing and rejuvenating massage conducted by an experienced team of Ayurveda experts. Swimming in the Begnas lake is something refreshing and great fun.

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Alternatively, there are several interesting village trails crisscrossing the Begnas area offering possibilities of day hikes for us from 2-6 hours depending on one's interest.

Accommodation: Begnas Lake Resort  
Meals: Breakfast, Dinner

**Note:** All above mentioned activities at the resort are optional and can be booked with us in advance.

### Day 15: Fly Pokhara – Kathmandu

We'll head to the airport after breakfast and take short flight from Pokhara to Kathmandu. During the 25 minute flight you're treated to stunning views of the Himalaya, taking in the Annapurna, Ganesh, Mt. Nilgiri, and Manaslu. Seeing these enormous mountains from the air is an experience you will not quickly forget.

Our local representative meet us at the airport and transfer us to hotel. We spend your final day enjoying Kathmandu: shopping, eating, wandering the streets – whatever takes your fancy. Thamel has plenty of entertainment for tourists.

Accommodation: Hotel Yak & Yeti  
Meals: Breakfast, Dinner

### Day 16: Depart Kathmandu

Transfer to airport for your homeward-bound flight.  
Meal: Breakfast

#### Includes

- Airport (pick up/drop off) transfers by private A/C vehicle
- Twin room sharing accommodation at all hotel/lodge/resort as mentioned
- Community Lodges/Homestay accommodation during trek in twin-share but occasionally in dormitory-style rooms during the trek on twin sharing

- Daily breakfast throughout the trip and other meals as mentioned in the itinerary
- Guided tour in Kathmandu by private tourist vehicle
- Porter to carry your luggage during the trek (we assign one porter for every two guests)
- Food, accommodation, salary, insurance, equipment and medicine for all staff
- Annapurna Conservation Entry Permits and TIMS (Trekking Information Management System) permit for trekking.
- Jeep Safari/Boating and all Jungle, Wildlife Activities in Chitwan
- Airfare for Kathmandu- Bharatpur and Pokhara - Kathmandu flight
- All land transportation for sightseeing and excursions in private A/C vehicle
- Sightseeing/Monument entrance fees in Kathmandu.
- All applicable government taxes

#### Excludes

- International flights
- Visa fee
- Travel insurance
- Meals not mentioned in the itinerary
- Personal clothing & equipment
- Tips for tour leader/guide, driver, hotel staff and porters
- Items of personal nature such as alcoholic beverages, soft drinks, laundry, showers and other unforeseen expenses
- Any item/service not mentioned under "included"

#### Accommodation

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### Hotel Yak & Yeti

Hotel Yak & Yeti is a luxury 5-star hotel in the heart of Kathmandu offering sophisticated comfort and elegance in grounds steeped in history. Located at fashionable Durbar Marg, Yak & Yeti is just minutes from Kathmandu's best shops and restaurants and central to all of the city's sights. The whole hotel is a sumptuous array of beautiful artifacts, art and traditionally crafted fixtures.

### Tiger Tops Tharu Lodge, Chitwan

Nestled beside lush forest and overlooking idyllic Terai landscapes, Tharu Lodge is the perfect place to unwind. Inspired by the longhouse style of Tharu architecture and built from local materials, the Lodge offers a unique and comfortable insight into Nepalese village life and culture. For the adventurous guests we have safari tents which allows for an authentic experience of the jungle sounds at night.

### Fish Tail Lodge, Pokhara

Fish Tail Lodge enjoys a unique location situated on a peninsula across Fewa Lake. Shuttle-floats or boats transport you across to the resort. With the lake on one side and a forest hill on the other, the views are spectacular. The panorama of Annapurna range and Mount "Machhapuchre" (Fish Tail), and their reflection on the lake soothe your soul and refresh your spirit.

### Community Lodge/Guesthouse

Lodges/guesthouses in the trekking routes of Nepal range from simple buildings made out of stone, mud, and wood, to modern-looking concrete ones depending upon their geographic locations. Bedrooms generally have two single beds (and a table) or several beds in case of a dormitory. Usually, the kitchen and dining are combined into one common room (area).



### Begnas Lake Resort, Pokhara

Our resort was created from our love of pure nature and of delicious wholesome food. Our unique location guarantees that we are at a safe distance from the daily bustle. We are buffered by a tropical jungle on three sides and the beautiful lake on the fourth. So although, only 11kms from Pokhara City, it really feels like an otherworldly paradise!

### Internal/Domestic Flight/s

Please note that sometimes due to bad weather conditions (usually in winter and in rainy season) at Kathmandu, Pokhara and Bharatpur airports there might be some delay and very occasionally flights may even cannot operate at all. In such cases, we might have to make an alternative arrangement to go by road.

### Group/Individual

On this trip you will be traveling privately with your family & friends. Our representative/Tour Manager in Kathmandu who will look after your transfers to and from the airport and will be around to answer other questions you may have about your trip.

### Accommodation - Hotel & Lodge

In the beginning of this tour, you spend first couple

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of nights in a luxurious 5\* hotel in Kathmandu before heading to Chitwan where you will be staying at Tiger Tops Tharu Lodge. Once your jungle safari trip is over you head to Pokhara where you will be spending a night in a unique Fish Tail Lodge. On your next phase of journey (trekking) accommodation would be in mostly in community lodges. After finishing trekking and before heading back to Kathmandu you will have two nights to relax in Pokhara at Begnas Lake Resort where you can indulge in Ayurvedic massage, yoga, meditation and other activities (optional).

### Extra Accommodation

If you require any additional accommodation in Kathmandu either before or after the trip, we can book this for you (subject to availability), please enquire with our Sales Consultant/Tour Manager.

### Single Accommodation

Unless you specifically request a single room, we offer double room accommodation throughout the trip.

### Food & Transport | Eating & Drinking

Only breakfast is included in Kathmandu and Pokhara, and all meals (Breakfast/Lunch/Dinner) are included in Chitwan and during trekking.

### Drinking Water

Staying hydrated is important when undertaking any physical activity but particularly so at altitude where it is generally recommended to drink at least 3-4 litres per person per day. We strongly encourage you not to buy bottled water on trek as this contributes to the growing problem of plastic pollution in Nepal's trekking areas. We recommend that you bring a reusable bottle with a wide opening and use a SteriPEN to treat it with. A SteriPEN is a handheld UV water purifier – small, lightweight and battery powered so easy to pack for a trek. In Nepal's trekking regions most of the bottled water isn't strictly 'mineral water' anyway

but is UV treated, so it's exactly the same technology. It's quick to use, far more effective than purification tablets, and the water is ready immediately.

SteriPENs are widely stocked on Amazon, outdoor shops and other online retailers; look for the latest models but avoid USB charging ones. Better still, a SteriPEN will pay for itself over the course of the trek and you won't leave behind a single plastic bottle – you will end up spending the same or even less than you would on bottled water, plus you can keep it for future trips. If you prefer not to invest in a SteriPEN, your kitchen crew provide you boiled water which should not require treating. This is also perfect for a bedtime refill as it can double up as a hot water bottle.

### Transportation

For airport and sightseeing transfers, we use a private car/vehicle. Flights to Pokhara and from Bharatpur to Kathmandu will be usually in ATR plane.

### Weather

The main trekking season in Nepal is from mid-September to end-May. We do not operate treks in Nepal outside of these months as it is the rainy season. During the trekking season conditions at most altitudes are generally comfortable for walking and rain or snow are occasional occurrences. Daytime temperatures will vary from 15°C to 35°C in the Kathmandu Valley to around 10°C at 3,600m and progressively lower the higher you go. Within the trekking season there are three further distinct seasons in the weather, each offering different advantages for trekking.

Post Monsoon/autumn: Mid-September to November. This is the most popular trekking season in Nepal. Day temperatures in Kathmandu are generally above 20°C. On trek

temperatures will be lower although skies are usually clear and days should be sunny and mild



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with clear mountain views. However, at higher altitudes, the days can be cold and windy. Nights will be colder with temperatures dropping as low as to minus 10°C or lower in late November at the higher altitudes.

Winter: December to end February. Despite the colder conditions, this is an ideal time to trek in Nepal. Skies are usually very clear, especially in December and the mountain views are at their best. Nights will be very cold with temperatures down to minus 20°C but days are often pleasant and sunny. In Kathmandu, maximum daytime temperatures are 19°C.

Pre-monsoon/spring: March to May. Both day and night temperatures will be warmer in general but haze will often build up in the afternoons. It is very hot in the lowlands and temperatures rise to 30°C in Kathmandu. Flowers bloom in this season and this is one of the reasons people chose to trek in spring.

## WHAT TO TAKE

### Essential Equipment

1. On trekking we assign one porter for every two guests and a porter carries about 30 kg (kitbags/duffel), therefore please respectfully limit your kitbag/duffel to 15 kg maximum. Any baggage/items not needed on trek can be left in storage at the hotel in Kathmandu free of charge.
2. 4 season sleeping bag (5 season for December, January and February departures)
3. 3/4 season jacket (4 season for winter departures)
4. 1-2 x 1 liter water bottles (ideally with a wide opening).
5. Waterproof synthetic or leather walking boots (worn in)
6. Waterproof jacket and trousers Gaiters

- Trainers for the evening
7. Warm hat Scarf/Buff (which can be pulled over your nose and mouth to protect against fine mountain dust)
8. Warm gloves
9. Several pairs of walking socks
10. Tracksuit or thermals for the evening
11. Warm mid-layer (fleece)
12. Light - mid weight trousers (warmer for winter)
13. Shorts or skirt for women
14. Sunhat, sunglasses, sunscreen and lip salve with sun protection
15. Daypack
16. Towel
17. Head-torch (headlamp)
18. Plastic bags (bin liners) to line daypack and for packing clothing in the kitbag
19. Toilet paper
20. Small personal first aid kit
21. Plug adaptor

We believe in reducing our negative environmental impacts wherever possible, this goes for when you need to spend a penny in the great outdoors! If no facilities are available there may come a time when you need to go to the loo behind a tree/bush/rock. To avoid leaving toilet paper behind we recommend taking biodegradable dog poo/sandwich bags with you. Once you have done your business you can pop the used toilet roll in here and take it off the mountain or trail at the end of the day and dispose of it when there are appropriate facilities available.

### Optional Equipment

1. Water treatment: SteriPEN / water purification tablets
2. Trekking pole(s)
3. Hand washing gel
4. Biodegradable soap/shampoo
5. Sleeping bag liner

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## 6. Solar charger/spare batteries/power bank

There are many equipment shops in Kathmandu where you can buy much of the above clothing/equipment. The quality does vary and cannot be guaranteed so you should choose carefully.

### Internal Flights Weight Limit

There is a weight restriction of 25 kg checked baggage plus 5 kg hand carry/luggage on Bharatpur and Pokhara flights. You can check in 1-2 kg over the weight limit as long as you are happy to pay an excess luggage charge (approx. €2 per kg).

## PRACTICAL INFORMATION

### Passport

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information below is primarily for European passport holders, and other nationalities should check with their travel agent or the relevant embassies. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

### Visa

Most nationalities require a visa for Nepal, which can be obtained in advance or on arrival. If you wish to apply visa before departure, please visit this link: <https://nepaliport.immigration.gov.np/> The current cost of a visa on arrival is US\$30 for 15 days, US\$50 for 30 days and \$125 for 90 days. All are multiple entry. The visa on arrival fee can be paid in cash in US Dollars or Euros. Application forms are available in the immigration hall (or for electronic passports, there are visa registration

machines which, after inserting your passport, automatically fill out a form for you. If you use the machine you will not need a passport photo). You must first join the queue to pay the visa fee and then go to the relevant immigration desk to obtain your 15, 30 or 90-day visa stamp. If you use the paper form to obtain a visa on arrival then you will also need one passport photo (a photo is not required if you use the electronic registration machines but we recommend you bring one with you anyway just in case, for any reason, the machines cannot read your passport). There might be long queues for visas on arrival.

**Please note:** Visa regulations can change without notice, therefore please check the current regulations or contact us.

### Vaccination

There are no mandatory vaccination requirements. Recommended vaccinations are: Polio, Tetanus, Diphtheria, Typhoid, Hepatitis A. There is low to no risk of malaria throughout Nepal and antimalarial tablets are not usually advised although may be considered for certain higher risk groups; you may wish to consult your GP/doctor or travel health clinic for further advice. The risk is highest in the low lying southern 'terai' districts bordering India.

A yellow fever certificate is only required if traveling from a country with a risk of yellow fever transmission or for travelers having transited for more than 12 hours through a country with risk of transmission.

Dengue fever is a known risk in Nepal. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available for Dengue, and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites.

Most of our trips to Nepal go to high altitudes where there is a risk of being affected by Acute Mountain Sickness. Our itineraries are designed to enable everyone to acclimatize to these altitudes,

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but you should be aware that it is still possible for you to be affected. Please refer to the information below on Altitude Warning for further advice on AMS.

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

The above information can change at short notice; as we are not qualified to answer all your questions about travel health we strongly recommend you contact your Medical Professional or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information.

### Local Time

Nepal's Time zone:  
Asia/Kathmandu +04:45 (CET +04:45)

### Electricity

Nepal's Electricity:  
230V, 50Hz. Electric 'load shedding' (temporary power-cuts) might occur occasionally. On teahouse treks the majority of lodges now have electricity and charging facilities in the communal areas for batteries, for a fee (around Rs150- 350 per hour). Battery life can be affected by cold - lithium batteries are best.

### Money

Nepal's Currency:  
The national currency of Nepal is the Nepalese Rupee (NPR), with an exchange rate at the time of publication of approximately 140 to the Euro and 130 to the US\$. It is illegal to import or export rupees, but foreign currency is not limited, provided it is declared on arrival. Keep your change receipts, as you will need them if you want to change rupees back into hard currency at Kathmandu airport.

### ATM Availability

There are ATM machines in Kathmandu only. You can exchange cash in Pokhara as well. Please do not rely wholly on ATM machines as many are broken or have run out of money and all have a per day withdrawal limit of approximately €150-175 or US\$ 175-190.

We recommend you bring most of your money for the trek in cash and change it at the airport on arrival. Credit cards are accepted in many of the larger shops and restaurants in Kathmandu.

### Extra Expenses & Spending Money

It is illegal to import or export rupees, but foreign currency is not limited, provided it is declared on arrival. We recommend taking your personal spending money in cash (dollars or euros can all be changed easily). Cash can be changed easily at the airport on arrival in Kathmandu or at money changers in the Thamel area of Kathmandu. Please note that travellers cheques can NOT be exchanged in Nepal.

Please allow Rs1000-2000 (€7-14) per day for extra drinks, showers and charging on trek, and for meals not included in Kathmandu. This amount is given as a rough guideline only. If you plan to take a SteriPEN to treat non-boiled water on trek you will spend less than this, whilst if you buy imported snacks and drinks you may spend a few euro extra each day. There are teahouses selling drinks and snacks along the entire length of the trekking route.

### Tipping

Tipping is of course entirely at your discretion, but it is part of the culture in Nepal. Tipping can be an awkward affair especially when you are not familiar with the country. Your leader will help with tipping and will provide a list of suggested tips. This will include tips for drivers, hotel porters and other hotel staff, local sightseeing guides, and if trekking will include staff such as guide, assistants and porters.

## Trip Notes

# Mohare Danda Community Trek & Nepal Wildlife Delight | 16 Days

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Based on the above distributions, you should allow approximately Rs10000 - Rs15000 (€71-106) in total for all tips for the tour duration. Please try to give all tips in local currency.

### Important Information

On all guided trips although our leaders/guides are well trained to deal with different capabilities, if they have any concerns about someone's ability to safely partake in an activity, or their impact on other people's enjoyment, we authorize them to take necessary action which, in some circumstances, may involve asking someone to miss that activity.