

# Nepal for Family | 14 Days



This holiday is tailored especially to explore the medieval cities and diverse culture of Nepal, the stunning Hindu & Buddhist temples and pagodas in Kathmandu Valley, including Swayambhunath; the town of Patan, known for its fine bronze and silver crafts; Bhaktapur, with its medieval cobblestone streets and go wild in one of Asia's finest game parks and enjoy the wildlife viewing in style and immerse yourself in Nepalese wilderness, local life and culture and discover Pokhara valley with breathtaking mountain ranges and get to know the real Nepal!

At the end of your journey retreat yourself with Himalayan Nature Spa at Begnas Lake Resort & Villas. Surrounded by pristine Nature, with gurgling mountain springs forming natural boundaries on either side, the Begnas Lake Resort spans a whole hillside of unspoiled forestland. To the North and the North-East are the great Himalayan snowy peaks, below which lie terraced paddy fields and the tranquil Begnas Lake, lending a perfect picture frame for the window of every guest room. Surrounding the resort area are chestnut, orange and other fruit bearing trees interspersed by bushes of Coffee, Cardamom and flowering plants. The entire resort breathes of pure, unadulterated Nature. In this healing and life-nourishing environment, enjoy the Himalayan Nature Spa that offers a wide range of classical Ayurvedic treatments as well as soothing and rejuvenating massage conducted by an experienced team of Ayurveda experts.

### Trip Highlights

- Kathmandu & Kathmandu Valley: Rickshaw ride through the city, Kathmandu Durbar Square, Pasupathinath Temple, Swayambhunath Stupa & Bodhnath Buddhist Stupa
- Bhaktapur: Durbar Square, visiting local families to watch Ju Ju Dhau (yoghurt) being made and try making pottery
- Patan: Patan Durbar Square
- Chitwan National Park: Experience Tiger Tops Tharu Lodge & Luxury Tented Camp Exclusive & spot wildlife and maybe 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 three overnight retreats at Begnas Lake Resort & Villas

### 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. Overnight stay in Kathmandu.

Accommodation: Hotel Manaslu

#### Day 2: Kathmandu Valley

Nepal's capital Kathmandu is a fascinating blend of old and new and the largest and most cosmopolitan city in Nepal. This morning we visit the colossal Bodhnath (Boudha), which is one of the world's largest stupas and the most important Buddhist monument outside Tibet. It's a beautiful worship site where the spinning of prayer wheels, prostrating pilgrims and collective chants are just some of the practices that can be witnessed. The Stupa is located in the area of ancient trade route

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to Tibet where Tibetan merchants and offered prayers for many centuries. When refugees entered Nepal from Tibet in the 1950s, many decided to live around Bodhnath. Hence, a complete township has developed around Bodhnath and we'll also visit a monastery where the young monks live and study Tibetan Buddhism.

We travel on to the Newari town of Bhaktapur, which, despite its close proximity to Kathmandu, seems worlds apart. This enchanting old town is peacefully traffic free and has retained its centuries old traditions, crafts and trades. Bhaktapur Durbar Square is home to beautifully carved Malla dynasty palaces and pagodas and the cobblestone streets, temples, shrines and squares are full of character. The Newar communities of Bhaktapur are famous for their pottery making, they not only sell their products within the country but also abroad. The town is also famous for making yogurt traditionally known as "Ju Ju Dhau", which is a local delicacy. We join a family who will help us to make clay pots on a spinning wheel. Time permits, we will also visit a family whose living is dependent on making Ju Ju Dhau.

Our final stop of the day is Patan, an old Newari city in the Kathmandu Valley, Here we'll explore the historic Patan Durbar Square, which is home to more than 50 stunning temples and shrines and although it is smaller than Durbar Square in the centre of Kathmandu it is architecturally more refined and less commercialised. Other highlights of Patan include the Golden Gate, the statue of Yogendra Malla, Krishna Mandir, Sati Temple, Hiranya Varna Mahabiar (the golden temple) and Mahabouddha Temple. Overnight stay in Kathmandu.

Accommodation: Hotel Manaslu  
Meal: Breakfast

### **Day 3: Visit Pashupatinath | Optional Everest flight**

We have today to explore more of Kathmandu. In the early morning there is the opportunity to take a scenic flight to see Mount Everest (It's an Optional programme - this can be booked in advance or on arrival in Kathmandu; ask your Agent regarding costs). Today there will be a half-day sightseeing tour 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 (cremation), and trident-bearing Saddhus draped in burnt-orange and saffron sit serenely meditating - when they're not posing for photos-for-rupees.

Pashupatinath, Nepal's most important Hindu temple. At first glance, Pashupatinath might not look that sacred – the temple is just a few hundred metres from the end of the runway at Tribhuvan Airport, overlooking the Bagmati river. However, in religious terms this is a powerhouse of Hindu spiritual energy, and is closely connected to Shiva in the form of Pashupati, the Lord of Animals. The practice of cremation in Nepal at Pashupatinath dates back to centuries. Arya Ghat, the place where the crematorium lies on the Bagmati river is the largest cremation area in Nepal. The Bagmati is a holy river and, as at Varanasi on the Ganges, Pashupatinath is popular place to be cremated.

The rest of the time is free for individual exploration. Kathmandu also offers the most wonderful and varied opportunities for souvenir shopping: clothes, trinkets, Tibetan and Nepalese handicrafts and superb bookshops. It also has a wide variety of restaurants serving some of the best food from the sub continent and you can also find wonderful pizzas and apple pie if you wish. Overnight stay in Kathmandu.

Accommodation: Hotel Manaslu  
Meal: Breakfast

### **Day 4: Drive Kathmandu - Chitwan National Park (171 km | 5.30 hrs)**

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This morning we leave Kathmandu for Chitwan National Park and drive on Prithivi highway which takes us on a winding path and for a good portion of the journey along the turquoise Trishuli river. Arriving at the gate to Tiger Tops Tharu Lodge, Tiger Tops staff will meet us with a welcome drink in the dining hall. Continue to the garden where the lunch will be waiting for us.

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 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. Overnight in Chitwan NP.

Accommodation: Tiger Tops Tharu Lodge (Luxury Camp)  
Meals: Breakfast, Lunch, Dinner

Special Note: Depending upon the availability & advance booking accommodations at the Lodge are allocated. Alternatively, Luxury Camps are allocated. This is because they only have 12 rooms at the lodge.

### Day 5: River and Jeep Safari

Breakfast is served al fresco beneath our shady mango trees - fresh fruit, 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 our 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. Don't hesitate to ask questions. Our naturalist are extremely knowledgeable on the animals and the history of Chitwan National Park. 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 (Luxury Camp)

Meals: Breakfast, Lunch, Dinner



### Day 6: Drive Chitwan National Park – Pokhara

This morning after another leisurely breakfast, our luggage will be loaded aboard our vehicle ready to transfer us the approximately 5-6 hours scenic drive to Pokhara.

We then travel east from Nawalparasi on the main highway, turning off at the town of Kawasoti in Nawalparasi district just beyond the western edge

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of Chitwan National Park. Here we visit the Pithauli Vulture restaurant on the outskirts of the village of Laukani to see the different species of Asian Vultures and ongoing vulture conservation work. This is the first community-managed vulture feeding station (and vulture information centre) in the world, developed with funds from the United Nations

Development Programme/GEF/Small Grants Programme, the International Trust for Nature Conservation and the RSPB. When Pithauli was first established in August 2007, there were fewer than 20 nests of White-rumped Vultures in the area, but this number steadily increased to more than 100 in 2019.

After visiting Vulture restaurant, we continue to Pokhara. 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. Overnight stay in Pokhara.

### The Pithauli Vulture Restaurant Chitwan National Park

Nepal is home to nine species of vultures. But five of them, including the white-rumped vulture, experienced a catastrophic population collapse of more than 99 percent in the span of just 20 years. Most species are now critically endangered and risk extinction.

In the 1990s, the scientific community determined the raptors were suffering kidney failures because of an anti-inflammatory veterinary drug used on cattle, called Diclofenac. In regions where few people eat beef due to cultural persuasions, farmers would leave dead dairy cows in the fields for the birds to pick clean. As the birds ate, they got sick and died in massive numbers.

Scavenger birds play a vital role in the ecosystem, helping prevent the spread of disease and pathogens into the wider environment. Nepal's government banned the use of Diclofenac in 2006, and the non-profit Bird Conservation of Nepal, with international support, established several vulture "restaurants" with an aim to preserve and rebuild the species.

In Nepal, through the efforts of Bird Conservation Nepal and the local community Volunteers, the goal is to have the restaurants managed by nearby communities so that any profits stay local. In return, people are happy to bring their old and unproductive livestock to a place that will look after the animals until they die. For Hindu people, cows are sacred animals and the killing of one is punishable by law in Nepal (Subramanian 2011).

There are seven community-run sites where the raptors are regularly provided safe meat untainted by harmful drugs, allowing them an opportunity to thrive and repopulate. All the reserves have applied a Pithauli, Nawalparasi district push towards ecotourism.

Cow-caretaker. Ecotourism is a priority goal for Bird Conservation of Nepal, whose members come from local villages. 'We want to conserve the biodiversity and promote the ecosystem by keeping the vultures safe,' says Khushi. 'And support the community.'

Accommodation: Mount Kailash Resort

Meal: Breakfast

### **Day 7: Boating on Lake Phewa**

Early this morning we 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

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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. Overnight in Pokhara.

Accommodation: Mount Kailash Resort  
Meal: Breakfast



### Day 8: In Pokhara

Today is a free day for us to explore Pokhara on our own and/or participate in optional activities such as paragliding, ultra-light flight, zip line, bungee jump, mountain biking, cycling, boating and horse riding, or if you prefer, simply relax down by the lake. Overnight stay in Pokhara.

Accommodation: Mount Kailash Resort  
Meal: Breakfast

### Day 9-11: In Begnas Lake Resort & Villas

After leisurely breakfast we drive to Sundari Danda, Begnas Lake. Our hotel "Begnas Lake Resort & Villas"- 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.

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

Accommodation: Begnas Lake Resort & Villas  
Meals: Breakfast, Dinner

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

### Day 12: Fly Pokhara-Kathmandu

This morning we take the short flight (approx. 30 mins) back to Kathmandu and in the afternoon, we explore more of the city. During our half an hour flight, weather permitting, the view of the mighty Himalayan range, including the Annapurna, Ganesh, Manasulu etc. will be a life time experience.

Our sightseeing today includes the Buddhist Stupa of Swayambhunath with a wonderful view of the Kathmandu Valley. Swayambhunath is a Buddhist Chaitya said to be more than 2000 years old and perched on a hillock 77 metres above the valley floor. Offering a bird's eye view of the Kathmandu City, it has eyes painted on it which are to represent the all-seeing eyes of Lord Buddha keeping a watch on the human behavior. Some of the Tibetan exiles in Nepal live nearby the Stupa.

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From Swayambhunath we head to Kathmandu Durbar Square where there are over 50 temples and monuments, predominantly designed from the time of the Malla Dynasty. We'll also see the living goddess KUMARI, the young girl considered the Hindu Living Goddess, worshipped by Nepali Buddhists and Hindus as the manifestation of the goddess Durga.

Then we get off the beaten track, taking an exciting rickshaw ride (optional & only if Rickshaws are available; alternatively, we take a walk and equally exciting) from Hanuman Dhoka to Thamel through narrow alleys where we'll see scenes of everyday life, local shops selling Nepali spices and souvenirs, pious people revering deities and others involved in selling fresh fruits & vegetables, homemade pie and tea. We will enjoy our last day in Magical Kathmandu with an evening walk around the Thamel market where you can pick up some last-minute souvenirs. Thamel is a myriad of banners, signs, music shops, bakeries, internet cafes, restaurants, bars, hotels, shops of all imaginable varieties and eccentrically clad backpackers. After time to freshen up at your hotel, enjoy a tasty dinner whilst watching a traditional dance performance depicting the various religions of Nepal and farewell. Overnight stay in Kathmandu.

Accommodation: Hotel Manaslu  
Meals: Breakfast, Dinner

### Day 13: Depart Kathmandu

Transfer to airport for your homeward-bound flight.

Meal: Breakfast

#### Includes

- Airport transfers
- Twin room sharing accommodation at all hotel/resort/lodge as mentioned
- Daily breakfast throughout the trip and other meals as indicated in the itinerary

- Economy class flight from Pokhara to Kathmandu
- Guided sightseeing of Kathmandu, Patan, Bhaktapur and Pokhara
- Chitwan NP - home to the one horned rhinoceros, Bengal tiger, elephants and more. Included jeep safari in the buffer zone and park fees, boating, nature walks, bullock cart ride, jungle drive, National Parks entrance fees, camping fees and conservation royalties.
- Visit to the Pithauli Vulture Restaurant
- Rickshaw ride in Kathmandu
- Boating on Lake Phewa in Pokhara
- Services of a local English speaking Tour Guide/Leader
- Entry tickets to the monuments/monasteries, included in the usual sightseeing or as mentioned in the programme

#### 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

##### Hotel Manaslu, Kathmandu

Hotel Manaslu located in the immaculate area of Lazimpat, Kathmandu is a heritage hotel established in 1972. We have kept the proud heritage of Nepal

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alive throughout its operation by offering unparalleled service and warm hospitality, that defines the values and culture of Nepal. The architecture of our hotel includes many ancient pieces that have been carefully restored and incorporated.

### **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.

### **Mount Kailash Resort, Pokhara**

Whether you are in Pokhara for business or pleasure, this modern social venue attracts not only hotel guests but also local shoppers, business people, and clubbers. With 51 beautiful rooms meeting with all the modern amenities, two dining spaces along with terrace dining experience, a beautiful garden, and spa. Our bar is a great place to chill out.

### **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 Pokhara airport 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, Resort**

In the beginning of your tour, you spend a few nights in a heritage Manaslu hotel before heading to Chitwan where you will be staying at Tiger Tops Tharu Lodge which is situated in close proximity to Chitwan National Park. Next, we head to Pokhara where you will be staying at Mount Kailash Resort which is conveniently located in the Lakeside. Your final stop will be 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 a single supplement is requested, we offer double room (sharing) accommodation throughout this trip.

### **Food & Transport | Eating & Drinking**

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

### **Drinking Water**

Staying hydrated is important when undertaking any physical activity and it is more so while you are on a vacation and constantly engaged from one activity to another. We strongly encourage you not to buy bottled water as much as possible on your trip as this contributes to the growing problem of plastic pollution in Nepal. We recommend that you bring a

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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. Or simply refill your water bottle every morning before leaving your hotel.

### Transportation

For airport and sightseeing transfers, we use a private car/vehicle. And for the long drives we use private a/c car, jeep or a Hiace depending upon number of participants. Flights from Pokhara to Kathmandu will be usually in an ATR plane.

### Weather

The main travel season in Nepal is from mid-September to end-May. During rainy season we do not operate this trip due to obvious reason. Daytime average temperatures will vary from 15°C to 33°C in the Kathmandu Valley to around 20°C to 35°C in plains of Nepal.

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

Winter: December to end February. Despite the colder conditions, this is also an ideal time to travel 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. 3/4 season jacket for winter departures, light jacket and for fall/autumn and spring departure
2. 1-2 x 1 liter water bottles (ideally with a wide opening).
3. Waterproof synthetic or leather walking/tennis shoes/sneakers (worn in)
4. Windproof jacket
5. Trainers for the evening
6. Hat, Scarf/Buff (which can be pulled over your nose and mouth to protect against dust, traffic smog)
7. Warm gloves (for winter months)
8. Walking socks
9. Tracksuit or thermals for the evening
10. Warm mid-layer (fleece)
11. Light - mid weight trousers (warmer for winter)
12. Shorts or skirt for women
13. Sunhat, sunglasses, sunscreen and lip salve with sun protection
14. Daypack
15. Small personal first aid kit
16. Plug adaptor

### Optional Equipment

1. Water treatment: SteriPEN / water purification tablets
2. Hand washing gel
3. Biodegradable soap/shampoo
4. Sleeping bag liner
5. 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 on the flight from Pokhara of 25 kg checked baggage plus 5 kg hand luggage. It is not a problem for you to check in 1-2 kg more than this limit as long as you are happy to



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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://nepalport.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, 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

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### 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 and Pokhara. 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.

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.