

# Himalayan Nature: A Classic Journey of Nepal | 17 Days



This holiday is incorporated a 3-day Kaligandaki Valley trails through the finest middle hill with a breathtaking view of the Annapurna Himal, a vast massif with several peaks above 7,000 m in the backdrop, meadows of Nepal focusing on the nature and cultural highlights including the forested hills (Phulchowki) of the Kathmandu Valley. This classic journey is enhanced still further by visiting some of the Nepal's rich architectural heritage and a comprehensive, mammal and bird watching tour of lowland Nepal, visiting the country's finest lowland sanctuary in Chitwan, the remote Bardia National Parks in the south western part of Nepal and Lumbini the birth place of Lord Buddha.

This tour is also designed to make an exception for the One Horned Rhinoceros & Tiger, surely one of the most evocative creatures on Earth. To see Asian Rinos there is no finer and more reliable reserve than Chitwan National Park in southern belt of Nepal. This park protects a vast tract of largely deciduous forest which still holds many Rhinos & Tigers. Though wildlife watching is the aim of the tour, we will take time throughout to tour some of the more outstanding Buddhist monasteries and monuments in Nepal.

### Trip Highlights

- Kathmandu Valley: Witness the spiritual mysterious of age-old cities of Kathmandu Valley, exploring UNESCO Heritage sites like Kathmandu Durbar Square, Swayambhunath, Boudhnath and Pashupatinath, a scared Hindu temple complex on the banks of the holy Bagmati river
- Birdwatching in Phulchowki Hills
- Pokhara: World Peace Pagoda, Tibetan refugee camp and local school, daily prayers at Matapani Monastery, boating on Lake Phewa & Lake Begnas

and five overnight retreat at Begnaslake Resort & Villas

- Two nights in a camping tent
- Observe Community/Development Projects conducted by SWAN
- See wildlife up-close in Chitwan National Park and Bardiya National Park
- Feel your inner Zen in Lumbini – birth place of Lord Buddha

### Detailed Itinerary

#### Day 1: Arrive in Kathmandu (1,350 m) | Transfer to Godavari (1,440 m)

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 - Godavari Village Resort, a 4\* property that is located approx. 15 km from the airport and takes about 45 min. Please look out for your name-card once you exit out of arrival area.

We will stay here for next two nights. The rest of the day is free for relaxation, and perhaps time permits and if we are still fit we go out birding in the fields looking for some owls, pipits, bulbuls, drongos, thrushes etc. and explore local village and lifestyle. Overnight stay in Godavari.

Accommodation: Godavari Village Resort



#### Day 2: Hike Godavari - Phulchowki (2,740 m)

Today we will spend birdwatching on the forested slopes of Phulchowki, at 2,740 meters the highest peak in the valley. Marble quarrying is sadly affecting the area, but it still

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remains a wonderful birding spot. The variety of laughing thrushes, babblers, bulbuls, flowerpeckers, flycatchers, sunbirds, tits and warblers is tremendous.

We will drive up Phulchowki in the early morning, ascending as far as the ice will allow?. Here we should get good views of the snow-clad? Great Himalaya, including the Annapurna range, Langtang and many of Nepal's other high peaks (provided the weather is clear!).

We will then spend the rest of the day walking down the mountain through its fine temperate and subtropical forest, with a picnic lunch en route. Some of the many highlights should include Red-flanked Bluetail, Fire-tailed Sunbird, White-collared and Grey-winged Blackbirds, Long-tailed Minivet, White-tailed Nuthatch, Orange-barred Leaf Warbler, Orange-bellied Leafbird and many more. More elusive species include Nepal Cutia, Kalij Pheasant, Red-billed Leiothrix and Black-faced Leaf Warbler.

Before heading back to our hotel we will stop at the Godavari Botanical Gardens at the base of Phulchowki. Within this lightly wooded park we hope to find some of the lower altitude species such as the spectacular Red-billed Blue Magpie, Pallas's Warbler, Orange-gorgetted Flycatcher, Yellow-bellied Fantail and perhaps the elusive Spotted Forktail. Overnight stay in Godavari.

Accommodation: Godavari Village Resort  
Meal: Breakfast

### Day 3: Cultural Highlights of Kathmandu Valley

Our local tour guide will meet us at the hotel and introduce us to the cities of Kathmandu Valley.

#### SIGHTSEEING OPTION

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.

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 saddhus draped in burnt-orange

and saffron sit serenely meditating - when they're not posing for photos-for-rupees.

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.

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.

As in Kathmandu, the Patan Darbar Square (UNESCO Heritage site), is the ancient Royal Palace of Patan faces on to a royal square and this concentrated mass of temples and the most visually stunning display of Newari architecture to be seen in Nepal. Over dinner you go over gear for trek and get to know your trekking guide. Overnight stay in Kathmandu.

Accommodation: Manaslu Hotel  
Meal: Breakfast

### Day 4: Fly Kathmandu – Pokhara (900 m)

Today we fly Kathmandu to Pokhara, centre of the Western Development Region and traditional trading centre in the shadow of the Annapurna Massif. During our half an hour flight the view of the mighty Himalayan range, including the Annapurna, Ganesh, Mt. Nilgiri, Manaslu etc will be a life time experience. Upon arrival our local representative will transfer us to our hotel. Afternoon we walk along the shores of the Phewa lake allowing us to enjoy the magnificent scenery of the Pokhara valley. Birding at the shore of the lake is equally rewarding. Time permits, we will try to hike up to the Peace Stupa, or sit and relax in a cafe with a book. We'll head for Moondance Café or Boomarang restaurant for dinner and drinks in the evening – great spots! Overnight stay in Pokhara.

Accommodation: Fish Tail Lodge  
Meals: Breakfast

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### Day 5: Drive Pokhara - Kusma (65 km | 1.5 hrs) | Trek to Narayansthan (1,000 m)

After breakfast we drive west along the Pokhara – Banglung highway about couple of hours to Kusma (65 km) and trek to Narayansthan. Just before Kusma, the view of Machhapuchhare (6,997 m), the Fish tail mountain is excellent from Hyanja, except that from this angle it looks more like the Matterhorn than a fish tail. To see Machhapuchhare in its proper perspective you must wait until we get to Narayansthan. After organizing our gear and meeting the local porters in Kusam, we make our descent to the Kaligandaki, one of Nepal's holy rivers. From here we can enjoy expansive views of the Annapurna and Dhaulagiri mountain ranges. Now the adventure begins! Cross the river over the suspension bridge, then follow the walking trail to the valley floor. Stop for a hot picnic lunch in the open meadow, then make the 400 m ascent to the picturesque village of Narayansthan (1000 m) on the plateau. You set up camp here in a pine forest. The rim of the plateau have steep rocky slopes and, often escarpments. Watching from here the changing hues of the verdant valley below is an enthralling experience indeed.

Accommodation: Camping Tent  
Meals: Breakfast, Lunch, Dinner

### Day 6: Explore Narayansthan and surrounding villages

Today we take time to explore the village, meet the local people, and get an insider's perspective on the culture. We drink tea with local families in their homes, to learn more about their way of life and exchange cultural experiences. [SWAN \(www.swannepal.org\)](http://www.swannepal.org) a local charity organisation has been running village development projects for many years in Baglung district. Projects include national

level health projects such as Mother & Child care programme, support to the local health posts, an integrated blind school, pre-schools for "untouchable" children, and various schools, micro credit for mother's groups, goat breeding programmes, supporting local farmers for alternative farming for income generation and many more.

Evening traditional dinner at Aama's Farm House followed with typical cultural programme.

Accommodation: Camping Tent  
Meals: Breakfast, Lunch, Dinner

### Day 7: Return to Pokhara | Begnas Lake (950 m)

We walk downhill to Nayapool valley where we will end our trek. After saying good bye to our trekking team we drive for our return journey to Pokhara, one of the most popular tourist spots in Nepal, beneath the Annapurna and Fishtail Mountains.

Our hotel "Begnas Lake Resort & Villas"- located 12 km east of bustling Pokhara town lies in this wondrous paradise. Surrounded by pristine nature, with gurgling mountain springs forming natural boundaries on either side and spans a whole hillside of unspoiled forestland. Just the ideal setting for our long-deserved escape to another world! Birding is equally rewarding here!! We will be spending three nights in Begnas lake Resort.

Accommodation: Begnas Lake Resort  
Meals: Breakfast, Dinner

### Day 8-9: In Pokhara

Birding | Recreation

For next couple days we will enjoy pure, unadulterated nature. In the surrounding hill forests we look for mountain birds and waterfowls in the lake. In this healing and life-nourishing environment, we can also 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 crisscrossing the Begnas area offering possibilities of day hikes

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for us from 2-6 hours depending on one's interest.  
Overnight stay in Pokhara.

#### Birds Commonly Seen

Black-winged Cuckooshrike, Long-tailed & Scarlet minivets, White-checked, Red-vented and Black Bulbuls, Verditer and Gray-headed Canary Flycatchers, Common Tailor Bird, Grey-hooded Warbler, Oriental Magpie Robin, Grey Bushchat, Black-lored Tits, Oriental Whiteeye etc. Nevertheless, we have also fine opportunity to observe some of the rare and endangered vulture and Eagle species - Himalayan, Red-headed, White-rumped and Egyptian Vultures including Lammergeier. Booted eagle, Mountain Hawk Eagle, Crested Serpent Eagle, Steppe Eagle, Bonelli Eagle and Black Eagle are frequently occur during Autumn & winter months. Some other highlights are, Crested kingfisher, Snowy-browed Flycatchers, Slaty-headed Parakeet, Yellow-fronted, Grey-capped Pygmy, Fulvous-breasted, Lesser and Greater, Grey-headed woodpecker, Himalayan and Black-rumped Flamebacks, Blue-bearded Bee-eater and Common Green magpie, white capped Laughing Thrush. Etc.

Accommodation: Begnas Lake Resort

Meals: Breakfast, Dinner

#### **Day 10-11: Drive Pokhara - Bharatpur (190 km | 6.5 hrs) | Chitwan National Park (350 m)**

#### Rhinoceros, Tigers & many more...!

Today, it is a beautiful journey on the Pokhara -Katmandu highway, through Nepal's middle hills (150 km).

It is a long drive to the Royal Chitwan National Park. Although tiring, it is also a fascinating journey. Driving through the middle hills and 'terai' of lowland Nepal we will pass through a variety of villages and towns giving a unique insight into the Nepalese way of life. By making an early start we will aim to reach Chitwan National Park for lunch in the afternoon.

The journey takes four to six hours but we will take breaks for birding and photography, especially for vultures, Wallcreeper & Braun Dipper in Trisuli River and its rocky walls. Overnight stay in Chitwan.

The Royal Chitwan National Park comprises 932 square kilometres 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 Mugger 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.

Our excursions will include early morning exploration of the surrounding forests and grassland and walks into the woodlands in search of such birds as Red-headed Trogon, Lesser Racquet-tailed Drongo and White-tailed Rubythroat are three of the most sought after species but along with these we will look for Red-capped and Yellow-eyed Babblers, Common Iora, Scarlet and Small Minivets, Blyth's Crowned Leaf Warbler, White-tailed Stonechat and Orange-headed Ground Thrush and more.

Accommodation: Tiger Tops Tharu Lodge

Meals: Breakfast, Lunch, Dinner

#### **Day 12: Drive Chitwan - Lumbini (106 km | 3.5 hrs)**

#### Buddha - The Light of Asia

Today we will take the same east-west highway from Chitwan Tiger Reserve to Lumbini; the journey will take about four hours.

It is a 3-4 hours drive on the east-west highway from Chitwan National Park to Lumbini. By making an early start we will aim to reach Lumbini before Lunch, where we will transfer to Lumbini Buddha Garden Lodge for one night. This lodge offers simple en-suite rooms and is set in grassland habitat where there is some very good birdwatching – Sarus Cranes are found here, so be sure to have your binoculars ready!

Lumbini (250 m) is located in the south-central terai of Nepal and situated in the foothills of the Himalayas. For millions of Buddhists the world over, Lumbini evokes the kind of holy sentiment akin to the significance of Jerusalem to Christians and Mecca to Muslims. Lumbini is the place where Lord Buddha – the apostle of peace, and the Light of Asia – was born in 623 BC. The site (Lumbini Grove) was described as a 'beautiful garden' in the Buddha's time and



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still retains its legendary charm and beauty. Recently, UNESCO declared it a World Heritage Site.

The farmlands of Lumbini have been identified as an important bird area, having high biodiversity and ecosystems unique to Nepal. Bird specialties include Sarus Crane, Lesser Adjutant, and Indian Spotted Eagle. Mammals that can be seen here include Nilgai, Asiatic Golden Jackal, Jungle Cat, and Grey Mongoose. Overnight stay in Lumbini.

Accommodation: Lumbini Buddha Garden  
Meal: Breakfast



## Day 13-15: Drive Lumbini - Bardia National Park (300 km | 6 hrs)

This morning we will embark on our day-long drive, westwards towards the Bardia National Park. Although long, it is a very scenic drive that will take us across the terai, through numerous small Nepalese communities and across several ranges of forested hills, including the Churia range. Once again we aim to arrive in Bardia late in the afternoon from where we will transfer to our accommodation.

Consisting of magnificent Sal and riverine forests, and extensive grasslands, the park's 936 square kilometres are home to Tiger, Leopard, Elephant, Rhino, a few Blackbuck, Spotted Deer (Chital), Sambar, Barking and Hog Deers, Nilgai, Wild Boar, Sloth Bear, Serow, Goral, as well as the Marsh Muggler Crocodile and the endangered Gharial.

Nearly 400 species of birds occur in the park and during our stay in here we will hope to find such species as Great Black-headed Gull, Great Slaty Woodpecker, Crested Kingfisher, Wallcreeper, Large-billed Leaf Warbler, Greater

Racquet-tailed Drongo and Scaly-bellied Green Woodpecker. Bardia is bounded to the west by the Karnali River, the largest in Nepal, and this enables us to explore the park by raft, as well as by jeep and on foot. A network of game trails in the park allow one to explore the abundant wildlife of the jungle.

Early morning and late afternoon excursions by jeep to remote regions of Bardia offer good chances of glimpsing a Sloth Bear or wild Elephant as well as large herds of Chital. An inflatable raft trip down to the southern boundary of the park is a tranquil way of viewing the birdlife and water-oriented animals such as Smooth Otters, Marsh Muggers and Gharial Crocodiles. The Karnali River is also one of the best areas in Nepal to view the highly endangered Gangetic River Dolphin. It is also possible to leave the park and cross the Karnali by an impressive, but somewhat out of place, suspension bridge and take a hike up the Karnali Gorge along an old trade route. Here there will be the opportunity to meet traders with their pack trains of sheep and ponies carrying goods from northern Nepal and Tibet. Overnight stay in Bardia NP.

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



## Day 16: Drive to Nepalgunj (89 km | 2 hrs) | Fly to Kathmandu (50 min)

Depending on the time of our return flight to Kathmandu, there might be time in the morning for some last minute bird and mammal viewing.

We will make the two hour drive to Nepalgunj Airport, from where we catch our one hour return flight to Kathmandu. If the weather is clear, we will have another opportunity to

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admire the snow-capped peaks of the Great Himalaya as we head east past Annapurna, 'Fishtail' and Langtang.

We will enjoy our last day in the magical Katmandu with plenty of time for shopping in Thamel the main tourist area of Kathmandu. Thamel is a myriad of banners, signs, music shops, bakeries, internet cafes, restaurants, bars, hotels, shops of all imaginable varieties and eccentrically clad backpackers. In the evening will head out for dinner on one of Katmandu's excellent restaurants and farewell. Overnight stay in Kathmandu.

Accommodation: Hotel Manaslu  
Meals: Breakfast, Dinner

#### Day 17: Depart Kathmandu

Transfer to airport for your homeward-bound flight.

Meal: Breakfast

#### Includes

- Airport transfers
- Twin room sharing accommodation at all hotel/lodge/resort as mentioned
- Daily breakfast throughout the trip and other meals as mentioned in the itinerary
- Transportation by air-conditioned deluxe vehicle during sightseeing tours, long drive as per the program. This includes all state taxes, toll taxes, parking, allowance for driver, outstation overnight charges for the driver.
- Services of an English speaking guide throughout the tour
- Entry tickets at monuments/ Forts/ Palaces/National Parks/during the sightseeing tours included in the program.
- Jeep Safari/Boating and all Jungle Activities
- Porterage of Baggage at all the hotels, airports
- Domestic flight Katmandu-Pokhara and Nepalgunj-Katmandu
- Assistance of our representatives at all main cities in Nepal
- On trek: A complete trekking arrangements which includes all meals (breakfast, lunch, afternoon tea

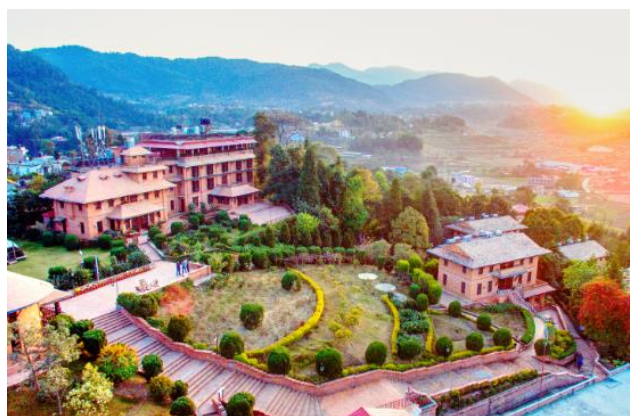
and dinner), 2 person roomy tents with compressed foam mattress with insulation. Kitchen tent, dining tent, shower tent and toilet tent and highly experienced accompanying Sherpa trekking guide & kitchen staff, porters to carry the baggage/kitchen utensils/camping equipment etc.

#### 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

**Godavari Village Resort** A heaven of peace and tranquility, Godavari Village Resort is perfect retreat for you and your family. The packages we offer are carefully tailored to your needs. Since we are far from hustle and bustle of the city, transportation facilities include a special services every 1 hour (7:00 am - 7:00pm) everyday.



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### 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 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.



### 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 "Machhapuchhre" (Fish Tail), and their reflection on the lake soothe your soul and refresh your spirit.

### Camping Tent

Our classic A-frame or ridge tents are sturdy and have plenty of room for two people. We use water and windproof flysheet which help make the tent nice and cozy inside. To complete the setup we provide a high-quality form mattress together with an insulation pad so that you get a good sleep after a long tiring day.

### 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!

### 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.

### Lumbini Buddha Garden

Lumbini Buddha Garden is a quiet and tranquil hotel in Lumbini close to the birthplace of Buddha, at Lumbini. Its semi-natural garden boasts a private haven of tranquility, offering a 'buffer zone' from the outside world for visiting guests. Here, one finds an environment to meditate and relax in peace, as well as learning about Buddhism should guests wish to do so.

### Tiger Tops Karnali Lodge, Bardiya

Karnali Lodge, world away from the chaotic hustle of Kathmandu, is an intimate lodge with ultra personal service and expert wildlife guiding. We've created a calming, soothing escape with a focus on our natural surroundings. Our rooms are in keeping with local architecture, our on-site farm produces fresh organic produce and the property has a strong focus on environmental practices.

### Internal/Domestic Flight/s

Please note that sometimes due to bad weather conditions (usually in winter and in rainy season) at Pokhara and Nepalgunj 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

You are traveling privately with your family & friends and during two nights camping in Narayansthan our camping crew (guide, cook & porters) will join you to cater you. 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.



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#### Accommodation – Hotel & Lodge

In the beginning of your tour you spend your nights in a luxurious Godavari Village Resort located about 15 km south of Kathmandu and then one night in a heritage Manaslu hotel before heading to Pokhara where you will be spending a night in a unique Fish Tail Lodge and on your return, after camping trip in Baglung, you have two nights to relax at Begnas Lake Resort where you can indulge in Ayurvedic massage, yoga, meditation and other activities (optional). Your next stop will be at Tiger Tops Tharu Lodge which is situated in close proximity to Chitwan National Park. On the last leg of your trip you will be spending a night in Lumbini Buddha Garden hotel where you will feel your inner zen and finally you will be staying in world famous Tiger Tops Karnali Lodge.

#### 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 in Kathmandu, Pokhara, and Lumbini while all meals (Breakfast/Lunch/Dinner) are included in Chitwan, Bardia and during camping. On camping our experienced and fine cook and kitchen assistant prepare all meals. They prepare range of dish from Nepalese to continental.

#### Drinking Water

Staying hydrated is important when undertaking any physical activity and it is more so while you are on a trip 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 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. And during camping your kitchen crew will provide

you with 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 Nepalgunj 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/trekking season in Nepal. Day temperatures in Kathmandu are generally above 20°C.

Winter: December to end February. Despite the colder conditions, this is 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. 4 season sleeping bag (5 season for December, January and February departures)
2. 3/4 season jacket (4 season for winter departures)
3. 1-2 x 1 liter water bottles (ideally with a wide opening.)
4. Waterproof synthetic or leather walking shoes/boots (worn in)
5. Waterproof jacket
6. Trainers for the evening



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7. Hat, Scarf/Buff (which can be pulled over your nose and mouth to protect against dust, traffic smog)
8. Warm gloves
9. 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

#### Optional Equipment

1. Water treatment: SteriPEN / water purification tablets
2. Trekking/walking pole(s)
3. Hand washing gel
4. Biodegradable soap/shampoo
5. Sleeping bag liner
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 on the flight to Pokhara and from Nepalgunj 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 pay an excess luggage charge (approx. €2 per kg).

## ESSENTIAL/PRACTICAL INFORMATION

#### Passport & Visa

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.

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 may change without notice, therefore please make sure to check the most current/updated 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

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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

Asia/Kathmandu +04:45 (CET +04:45)

### 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

The national currency of Nepal is the Nepalese Rupee (NPR), with a current (Apr 2025) exchange rate of approximately 151 to the Euro and 136 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

## TRIP NOTES

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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.

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