

# Top 10 Holiday Extensions

- Enjoy a short romantic break on a 3 day trip to India visiting the Taj Mahal & Delhi
- Spot rare species on a 2-3 day jungle safari in the Chitwan National Park, Nepal
- Get up close and personal to Everest the easy way on an early morning mountain flight
- Feel the adrenaline rush of white water rafting in Nepal
- Soak up the culture on a 5 day visit to Bhutan
- Relax at a quiet hill station on the Kathmandu Valley rim, Nepal
- Enjoy a day of pampering and treatments at a luxury spa
- Change your point of view on a morning microflight over the Pokhara Valley, Nepal
- Soar with the eagles as you paraglide or parahawk through Himalayan skies
- Charter a helicopter for a flight to Tengboche Monastery in Everest region

## Extending your holiday, little extras, thrill seekers and more

If you'd like to stay longer or want to add a personal touch to one of our small group trips, a great option is to add an extension trip or activity to your main holiday. That might be a 2-3 day safari in the lush jungles of the Royal Chitwan National Park in Nepal, a mountain flight to view Everest close up, a romantic luxury break to the Taj Mahal, a day at a health and beauty spa or perhaps a short visit to explore another region such as India, Bhutan or Tibet. We've listed some of our 'little extras' and holiday extensions. Contact us for more information and we'll be happy to help.

### **Mountain flights to Everest EX-MFE**

Mountain flights have become a popular tourist attraction in Nepal with regular flights into the snow capped peaks of the Himalayas, the closest you can come to Everest, the highest spot on earth, without having to climb it! The flights offer an hour's panoramic viewing of the Himalaya. Travellers leave Kathmandu in the early morning for an hour of spectacular mountain scenery. All passengers have a window seat and receive a map of the Himalayan range. The crew provide local knowledge pointing out the peaks as you pass and there is opportunity to get an even closer view and excellent photo opportunities by visiting the cockpit. A great short but memorable experience.





Photo courtesy Mrs Veronica Bliss



Photo courtesy Mrs Veronica Bliss

### Chitwan jungle safari – 3 or 4 day trip EX-CHIT FIFO, EX-CHIT DIFO

The southern lowland of Nepal, (the Terai) is covered with dense tropical jungle teeming with diverse wildlife and exotic birds. Travel deep into the jungle by charter elephant to view the animals up close in their natural habitat Other thrills of the safari include dugout canoe rides on the jungle rivers, nature walks, village tours and evening cultural program as you explore the area with your naturalist guides.

With 14 National Parks and Wildlife Reserves in Nepal, the Chitwan National Park (932 sq. km) is the most popular safari destination and is both a World Heritage Site and one of Asia's finest wildlife reserves. Just 165km overland from Kathmandu and a short 25 minute flight, more than 43 species of animal are found in Chitwan including the endangered One-Horned Rhino, Royal Bengal Tiger, Ghariyal Crocodile, Four-Horned Antelope, Wild Boar, Leopard, Sloth Bear and Striped Hyena as well as over 450 bird species.

A safari can be your main adventure or a short safari is a very memorable holiday extension that can be combined with any of our treks or tours.

#### Outline Itinerary - 3 days 2 nights safari

**Day 01** Drive or fly to Chitwan from Kathmandu or Pokhara. Check in to the safari lodge for lunch. Afternoon jungle safari and evening cultural program.

**Day 02** Full day safari activities

**Day 03** Morning safari and afternoon return (drive or fly) to Kathmandu or Pokhara

Includes full board basis during safari excluding lunch on day 3, all safari activities and local transport included, staying at a comfortable jungle safari lodge throughout.

Please refer to the table at the back of this brochure for details of dates and pricing



## White water rafting in the Kathmandu Valley – 2 day trip EX-WWTRIS EX-WWBHO

Nepal has a deservedly great reputation for some of the best white water rafting in the world with a wide range of exciting options suitable for beginners and more challenging runs for experienced rafters.

The Trishuli River (Grade 3 +) is the best for beginners with lots of excitement for first time rafters as well as a good option if you've only a little previous experience of white water rafting. Rafting here can also be combined with a visit to Pokhara or the Royal Chitwan National Park. The Bhote Khosi is a Grade 5+ two day run of pure adrenaline, only 3 hours from Kathmandu. 26km of continuous white water soaks

rafters as you shoot through a maze of canyons and boulders. More suitable for those with a little more experience - swimsuits and adrenaline junkies only on this one.

Experienced instructors will brief and guide you throughout. Relax overnight at a fully provisioned tented camp (Trishuli trip) or mountain resort lodge (Bhote Khosi) before another exciting day ahead.

### Outline Itinerary – 2 day 1 night rafting trip

**Day 01** Transfer to start point and rafting starts after the safety briefing and

equipment check. Full day rafting. Relax overnight by the riverside camp or at the mountain resort lodge.

**Day 02** Full day rafting and afternoon reach the finish point before transfer to your hotel.

Includes transfers from/to your hotel by private car, all equipment including safety briefing, safety kayakers, lifejackets, helmets and other necessary equipment with experienced professional local instructors, full board basis.

Please refer to the table at the back of this brochure for details of dates and pricing





## Cultural tour of Bhutan – Land of the Thunder Dragon – 5 days, 4 nights trip **EX-THUNDER**

The Kingdom of Bhutan is a captivating destination with stunning landscapes rich in wildlife and steeped in ancient histories, legend and vibrant local culture. A short cultural tour here is a great introduction to this mysterious and exclusive Kingdom.

### **Outline Itinerary** – 5 DAYS, 4 NIGHTS

**Day 01** Morning scenic flight to Paro with wonderful views of Everest, Kanchenjunga, Makalu and the peaks of Bhutan including Jichu Drakay and Tsherimgang. Transfer to your hotel before guided walks in the Paro Valley including visits to the Ta Dzong and 17th century Drukgyal Dzong. Evening short informal briefing on the culture of Bhutan. Evening welcome dinner.

**Day 02** Morning relaxed trek (optional pony rides also available) to famous Taktsang Monastery (Tiger's Nest) on a ledge overlooking the valley. The afternoon is spent exploring the 7<sup>th</sup> century Kyichu Temple. Evening, a time to relax and explore the local area.

**Day 03** Scenic morning drive to the capital, Thimphu. Visit 15th century Tachogang Temple. Afternoon drive or bike to Zilukha Nunnery to take part in a Buddhist prayer ceremony where you can offer your butter lamps and have your prayer flags (known as Wind Horses) blessed. After the ceremony it's a short walk uphill where the prayer flags will be hoisted on the mountain top – believed to increase your luck as the prayers are carried on the wind to all corners of the earth. Afternoon visit to 17th century Chari Goemba, home to many sacred and secret objects and relics as well as the site of many important ceremonies and predictions.

**Day 04** Full day guided exploration of Thimphu including visits to the National Traditional Painting School of Arts and Crafts, Traditional Medicine Centre, the National Textile Museum for an insight into the national art of weaving, and the Bhutan Post - renowned for producing beautiful stamps to commemorate every special event in the world. Afternoon visit 13th century Tashichho dzong, home to the Monk Body and His Majesty's Throne Room. During this visit you can also attend an informal Buddhist discussion session to learn a little about meditation and Buddhism's practical application in life. Evening drive back to Paro.

**Day 05** Return flight to Kathmandu with remainder of day at leisure.

Including all local transfers in Nepal and Bhutan, return flight Kathmandu- Paro- Kathmandu, 4 nights accommodation on full board basis at deluxe local hotels and lodges, all activities as per itinerary, entrance fees to areas visited, full guide services throughout.

Please refer to the table at the back of this brochure for details of dates and pricing



### Kerala houseboat stay **HE-HBOAT**

Relax as you travel through the sleepy backwaters of Kerala on a classic houseboat. Stop off at a spa resort en route for total indulgence and relaxation.



### Golden Triangle Tour- Delhi, Agra, Jaipur **HE-GOLD**

Lose yourself in the ancient secrets of labyrinthine Old Delhi before emerging into the wide open order and leafy avenues of imperial New Delhi and experience the diverse charms of this city steeped in culture, history and architecture before travelling on to Agra where you'll visit grand Agra Fort and the crowning glory of the city, a monument to imagination and love, the Taj Mahal. Journey on to Jaipur, the Pink City, with its echoes of romantic charm, royalty and tradition. Explore the capital of Rajasthan where once lived the Maharajas, with its old walled quarter, glorious scatter of ancient palaces, temples and bustling bazaars where the past comes alive in a blush of pink. Travel on elephant back to explore the Amber Fort. Return to Delhi to admire massive Red Fort, a reminder of the magnificent power and pomp of past emperors. Experience the energy and colour of India with its exotic charms and secret havens.



### Tibet - Visit the holy city of Lhasa on a 4 or 5 day tour **EX-LHASA FIFO**

Visit the Roof of the World on this short cultural tour of Lhasa and the surrounding area. Start with one of the most scenic flights in the world with stunning views of Everest and Makalu on the flight from Kathmandu to Lhasa before immersing yourself in the fascinating local culture with visits to Potala Palace, former home of the Dalai Lamas, Jokhang Temple bustling with pilgrims and worshippers, Barkhor Bazaar and Drepung Monastery as just some of the many highlights.

Flights from Kathmandu to Lhasa are Saturdays returning on Tuesday (4 days) or Tuesdays returning on Saturday (5 days). Available April to October.

Includes local transfers and transport as per itinerary in Nepal and Tibet, return flight Kathmandu-Lhasa-Kathmandu, 3 or 4 nights (as per itinerary) accommodation at best available local hotels on bed and breakfast basis, all activities as per itinerary including entrance fees to sites visited, full local guide services throughout.



### Overland Kathmandu to Lhasa tour – drive in, fly out 8 days, 7 nights **EX-KLHASA DIFO**

A great overland trip from Kathmandu across the border via the Friendship Highway onto the Tibetan Plateau and across the 'Roof of the World'. Cross high passes with breathtaking views, visit majestic ancient ruins, remote pastoral towns and ancient monasteries as you follow old trade routes to reach the holy city of Lhasa. Explore impressive Potala Palace, bustling Barkhor Bazaar and revered Jokhang Temple and other cultural landmarks in Lhasa before the return flight from Lhasa to Kathmandu.

Departing overland from Kathmandu Saturdays with return scenic flight from Lhasa to Kathmandu also Saturdays. Available April to October. Includes local transfers and transport as per itinerary in Nepal and Tibet, overland by local bus to border and travel by landcruiser in Tibet, flight Lhasa-Kathmandu, 7 nights accommodation at best available local guesthouses and hotels on bed and breakfast basis, all activities as per itinerary including entrance fees to sites visited, full local guide services throughout.

### Outline Itinerary 3 DAYS 2 NIGHTS

**Day 01** Morning or afternoon flight to Delhi with transfer by private Ambassador car to Agra for a first view of the Taj Mahal by sunset. Evening at leisure at a nearby luxury 5 star hotel.

**Day 02** Morning sightseeing visit to the Taj Mahal. After drive to Delhi by private Ambassador car stopping en route to visit the Royal City of Fatehpur Sikri before more relaxed sightseeing by car of Delhi including a visit to India Gate, the Parliament and President Buildings and Qutub Minar. Overnight at luxury 5 star hotel.

**Day 03** Morning sightseeing by car including visits to the Lotus Temple and Red Fort. Afternoon at leisure until transfer to the airport for the return flight to Kathmandu.

### Visit Delhi, Agra and the Taj Mahal - 3 days 2 nights EX-TAJ

This is a great short break to visit one of the wonders of the world, the stunning Taj Mahal, also a perfect and suitably romantic choice to celebrate any special occasion. Said to be best seen twice, as the light and colour changes in the morning and evening, we've built that in to this short luxury trip.



### A Taste of Nepal – 2 day, 1 night cooking retreat EX-COOK

Stay in a charming guesthouse in the wonderful conservation City of Devotees (Bhaktapur) where you'll learn the basics of Nepali cooking and have a chance to put your new skills to the test before going home to impress friends and family. A great chance to learn some new skills in a fun relaxed atmosphere with the help of our friendly resident chef as well as great chance to try some new and wonderful foods.

Includes full board, all lessons, ingredients, guided trip to the local market, transfers to/from Kathmandu.



### Luxury spa break 2 days, 1 night EX-SPA

Get away from it all and relax in luxury at this international standard spa and golf course in the beautiful tranquil setting of what was once the Royal hunting grounds of former Kings of Nepal. Indulge yourself with a range of luxury treatments, relax by the pool or improve your handicap. Dine in the gardens, your private rooms, by the poolside or in the charming lodge house.

Includes private car transfer from and to Kathmandu, overnight in deluxe room, lunch, breakfast on Day 2, treatment package including whole body massage, facial, body wrap, manicure and pedicure and use of pool and spa.

Special honeymoon package and other options also available – please contact us for details.



### Golf break – 2 days, 1 night EX-TEE

A great short golf break at this international standard 18 hole golf course set in over 400 acres of forest in the former royal hunting grounds of the Kings of Nepal and a highlight of the professional circuit in Asia. Play against the magnificent backdrop of the Himalaya. Afterwards, relax in the peaceful grounds or by the poolside of the luxury international standard beauty and treatment spa.

Includes private car transfer from and to Kathmandu, overnight in deluxe room, lunch, breakfast on Day 2, green fees, use of pool and spa, 90 minute golfer massage treatment.

Club, shoes and caddy hire available directly from the clubhouse. Lessons available from the resident golf pro. Contact us for more details.

## Rafting and Kayaking

Nepal has a reputation as one of the best destinations in the world for white water rafting. Its thundering waters, coming from the glaciers of the mighty Himalaya, provide unmatched thrills for rafting and truly immersing yourself in the landscape. Rafting is considered the third most popular adventure sport in Nepal, after mountaineering and trekking. Rivers are graded on a scale of 1 to 6, with 1 being a swimming pool, 4 considered to be quite challenging without being exceedingly dangerous to the novice and 5 requires previous river experience for serious rafting thrills. Contact us for more details.

**THE TRISULI RIVER:** Grade 3 + and one of the most popular of Nepal's raftable rivers. With easy road access and proximity to Kathmandu, this river ride offers plenty of excitement for first time rafters. You can even combine this with a trip to Pokhara or to the Royal Chitwan National Park.

**THE KALIGANDAKI RIVER:** Grade 4+ 120km of continuous challenges, winding through remote canyons and deep gorges for three days of intense rapids among stunning wilderness and mountain views. Trips on the Kaligandaki begin and end in Pokhara.

**THE BHOTE KHOSI** Grade 5+. This is a two day run of pure adrenaline, only 3 hours from Kathmandu. 26km of continuous white water soaks rafters as you shoot through a maze of canyons and boulders. Swimsuits and adrenaline junkies only.

**THE MARSHYANGDI GRADE** 5+. The raging Marshyangdi run is four days of uninterrupted white water. Flowing through the gorges of the Annapurnas, and sandwiched between 52km of boiling foam and towering peaks. Trips on this run start from Pokhara.

**THE KARNALI RIVER GRADE** 5+. Nepal's longest and largest river, located in the far west. To arrive at the Karnali's banks requires a two day trek from Surkhet in the Terai region. Spectacular landscapes, abundant wildlife, narrow gorges and the most challenging rapids are the attractions of this serious expedition rafting river. During most of this trip you'll travel through wilderness untouched by human habitation.

**THE SUNKOSI GRADE** 5 + This is Nepal's second offering for serious expedition rafting, more accessible than the Karnali and only 3 hours from Kathmandu. The Sunkosi offers an incredible stretch of exhilarating white water with a run of 270km requiring 8 to 10 days to complete and with road access only at the beginning and end of this trip.



“ I had an incredible holiday and did not want to leave! We had a fantastic guide and team of porters who were all conscientious and hard-working. It felt like we were one big family! I hope to visit again next year. Best wishes ”

**KERRY WILLIAMSON,**

Annapurna Circuit trek, October 2008



## Canyoning 2 days 1 night EX-CAN

Based at a mountain lodge resort set on a scenic cliff top gorge close to the Nepal-Tibet border, this location is perfect for canyoning with plenty of waterfalls, cliffs, boulders and canyons suitable for easy half day introductions to more challenging full day itineraries. A typical day includes abseiling and climbing down waterfalls and cliff faces, through steep canyons, jumping, sliding and swimming through pools. All instructors are experienced canyoneers and the day begins with training, safety briefing and instruction on techniques. All safety gear is included, such as helmets, wetsuits, harnesses, ropes etc.

£170 per person based on twin share, full board basis. Single occupancy £190 per person. Includes return transfer by landcruiser, overnight accommodation, first day half day introduction to canyoning with training, briefing and instruction and second day full day canyoning with lunch during the descent and return to Kathmandu in the evening.



### Microlighting over the Pokhara Valley **EX-MICRO**

Take a journey through nature and enjoy a 30 or 60 minute microlight flight over the Pokhara Valley. Fly over Buddhist monasteries and beautiful Lake Phewa, see Fish Tail Peak (Machhapuchhre) close up and enter the hidden and remote Seti Valley. With up to 3 aircraft in the sky at once, you can take great photos of your friends from the air, play hide and seek among the clouds or even go on a roller coaster ride if that's what you want!

The 30 minute flight takes you as close to Fishtail Peak as is possible without compromising safety. The 60 minute Mountain Range Sky Trek takes in the whole of the Annapurna Range at a speed of around 90km/hr and a height of around 12000ft above the cloud level. Before the flight you will be briefed about the flight path and route before taking off so you can prepare to take any photos and specific points of interests ahead of time.



### Paragliding and parahawking **EX-PARA**

For the more adventurous, a paragliding trip (tandem or solo) will take you over some of the best scenery on earth as you share airspace with Himalayan Griffin vultures, eagles and kites and float over villages, monasteries, lakes and jungle, absorbing the spectacular views of the majestic Himalaya from a unique perspective. Parahawking is a great variation as you'll glide alongside specially trained hawks making this extra special. Sit back, relax and enjoy great views and photo opportunities.

### Thrill Seekers

For those of you looking for more of an extra adrenaline rush, we offer a number of activities to whet your appetite. We offer all of these activities as the main focus of your holiday or in combination with any of our treks, tours, safaris or other activities. Thrill seekers activities priced from £45. Contact us for details.



### Bungee Jumping **EX-BUNGY**

One of the world's longest bungee jumps is set up on a bridge straddling the Bhote Kosi Gorge near the border with Tibet. At a 160m the drop into the gorge is higher than the highest bungee in New Zealand and is becoming a very popular adrenaline rush. The recently introduced option of swing bungee is another increasingly popular option. Many travellers choose to combine a bungee jump with white water rafting or a short safari.

Includes transfers by private car to/from Kathmandu, overnight accommodation and dinner, breakfast and bungee jump with instruction.

### High Himalaya Skiing

Working with our Himalayan counterparts, Gurkha Encounters, we are the only travel operators to offer high Himalayan skiing for a real thrill on one of Nepal's highest walk up trekking peaks. Contact us for details.

Please refer to the table at the back of this brochure for details of dates and pricing

### Private Charter Helicopter flights over Kathmandu Valley

We can arrange private charter helicopter flights to take you over the Pokhara Valley for magnificent views. Another option is to retrace part of Sir Edmund Hillary's expedition route including a visit to famous Tengboche Monastery in the lap of Everest.

### Special celebrations, functions, group receptions or events

It can sometimes be difficult, time consuming or almost impossible to try to organise a special event or function in an unfamiliar country, where you may not have the necessary contacts or local information that make things easier. If you'd like help with planning a special celebration, function, event or reception for 2 to 200 (or more) guests, let us know what you're looking for and we can help with all the planning and organisation, including finding a venue, organising menus, venue styling and decoration, issuing invites, and more.

### Personal shopping guide

For all serious shoppers! If you're looking for something specific or simply want a knowledgeable local guide to help with your purchases and take you to the best retail locations, we are able to provide a personal shopping guide for you whether it's for an hour, half a day, a full day or more. We can also arrange a car and driver to transport you and your purchases to your accommodation so you don't have to worry about how to get it all back. Whilst we don't organise overseas shipping ourselves, we can help you with your arrangements to do so. And if you inform us in advance, we can also locate the very best places and source the items you are looking for at the best quality and prices.

### Elephant Polo

Welcome to polo with a difference! Every year in December polo enthusiasts flock to the annual World Elephant Polo Tournament in Chitwan, southern Nepal. Similar to horse polo –with the obvious (big) difference, nine elephants take to the field, each team with 4 elephants and one for the umpire. The player sits behind the elephant driver, working together in this game of strategy and speed. We can arrange trips to Chitwan National Park where the Polo Tournaments are held, including opportunities to share in giving the elephants a bath, enjoying a jungle safari by charter elephant, collecting food with them or even arranging a lesson in elephant polo and a chance to watch the Tournament in December. Please be aware that the Tournament is hugely popular and accommodation in particular gets booked up rapidly. Contact us early if you're interested in attending a Tournament game.





### **Airport car parking** (UK only)

We are able to offer secure airport parking services, meet and greet parking and chauffeur services at competitive prices at most airport locations across the UK. Pre book to guarantee spaces and save money. Contact us for details.

### **Airport Executive Lounge Access**

(UK and International)

Enjoy a more relaxing and comfortable start to your holiday by booking use of a luxurious airport executive lounge. As well as relaxing in style, you'll be able to help yourself to snacks, drinks, watch TV or read the paper before boarding your flight. From only £9.95 per person (at time of printing). Contact us for details.

### **Travel Insurance**

Before confirming your booking we will need to see evidence of adequate travel insurance. Whilst you are free to choose your insurance from any provider, as members of the Travel Trust Association we are able to offer some of the best and most competitive travel insurance on the market to our clients. Policies can be mailed or emailed out to you. Policy wording can also be checked on the Travel Trust Association website at [www.traveltrust.co.uk](http://www.traveltrust.co.uk). Contact us for more information or to purchase your insurance.

### **Adventure Gift Vouchers**

For a memorable gift idea we offer a range of beautifully presented adventure gift vouchers. All of our 'little extras' can be purchased as a gift voucher and we can also tailor vouchers to meet your requirements, from an entire package to an extra gift for someone whilst on their main trip. Gift vouchers arrive in beautifully styled cards hand made in Nepal, including all the necessary information relating to the gift or explaining the options available for using the vouchers and cheques.

### **Email us your ideas**

Over many years, we have designed our trips, treks and services around meeting the needs of our clients and listening to their ideas and feedback, something that is very important to us. If you have a dream travel itinerary or just something you think would be a good idea and appeal to other travellers, why not share it with us? We are always happy to hear your ideas – tell us what you would like to see us offer in terms of travel and services.

### **Want the latest information?**

Contact us for detailed information and pricing on any of the above options or to discuss how we can help with any other ideas, plans or requirements for your visit to the Himalaya.

Check out our website:  
[www.greathimal.com](http://www.greathimal.com)

for latest information and promotions. You can also sign up to our quarterly newsletter to get the latest news, views and offers emailed direct to you.