



## itineraries

☎ 0845 094 0273

### A family adventure in Nepal

**From**                      **To**

2010

Available on request

Best times to visit – Spring season February to mid May. Autumn season end of September to early December

**Duration:** 12 Days

**Grade:** Easy

Max elevation 2500m

Suitable for children 6 years & over.



**Land only price per person (join in Kathmandu) Guaranteed to run for minimum 2 persons. Family friendly hotels and lodges.**

Group Size	Minimum 2	7 plus group members
Family friendly hotels & lodges	£1495	£1295
Flight Price	From £600 (adult) £400 (6-11 years)	

Single supplement Hotel Kathmandu and Pokhara £255, Teahouse on trek £25, Tented camp on trek £34 Chitwan on trek £85

#### Introduction:

This is a wonderful adventure for all the family. Starting with an introduction to the sites and sounds of Kathmandu, including a fun rickshaw ride through the streets of the capital. From lively Kathmandu travel to the charming lakeside town of Pokhara, for a spot of sightseeing and boating on Lake Phewa. Enjoy a spectacular short trek through rice terraces, rhododendron forests, rich valleys and gorges, past hot springs, clear lakes and pretty villages with warm friendly local welcomes and the stunning backdrop of the snow capped Annapurnas. Get a bird's eye view on a riverside cablecar ride before traveling southwards to the Chitwan National Park, a World Heritage Site and one of the Asia's finest wildlife reserves. This is where you'll embark on an exciting jungle safari with elephant back rides into the jungle to spot some of the many rare and protected animals that live here, gentle river rafting, guided nature and village walks and a visit to the Elephant breeding centre. After your safari it's time to head back to Kathmandu. This family adventure has a great variety of interesting and fun activities as well as time to rest and relax and is a great trip for mum, dad and the kids as well as a fantastic introduction to the beautiful land of Nepal.



## itineraries

☎ 0845 094 0273

### **Day 01: Arrive Kathmandu**

Namaste and welcome to Nepal. You'll be met and assisted at the airport by our local representatives who will arrange your transfer and check in to your family friendly hotel. After time to rest and get refreshed enjoy an evening welcome dinner before turning in for a good night's rest at the hotel.

### **Day 02: Kathmandu and Valley**

After breakfast today we'll visit the key sites of Kathmandu including a fun rickshaw ride in the heart of Kathmandu, a fantastic way to get around and to see some of the sights. We'll visit Durbar Square, at the heart of old Kathmandu and the location of the ancient Royal Palace with its many surrounding temples including the temple of the Kumari, the Living Goddess. From here we'll travel on to the wonderful Swoyambhunath Stupa, also known as the Monkey Temple, with its fine views over Kathmandu, beautiful stupa and of course resident troupes of monkeys who are very at home here. Join the devotees, pilgrims and wandering siddhus (holy men) at Pashupatinath. Pashupatinath is the most important Hindu temple in Nepal as well as being one of the most important Shiva temples on the subcontinent, situated on the banks of the holy Bagmati River. From Pashupatinath we'll travel on and take time to visit Bodhnath (Boudha) stupa, the largest in Nepal and one of the largest in the world. Boudha is the centre of Tibetan culture in Nepal and a wonderfully vibrant, interesting community, with fascinating monasteries and shops surrounding the main stupa. Later this afternoon we'll return to our hotel. We'll have an informal group briefing on what to expect when our trek begins tomorrow, a chance for you to ask any remaining questions and to meet your trek crew. The remainder of this evening is free for you to explore the surrounding area or simply relax at the hotel.

### **Day 03: Kathmandu to Pokhara**

This morning we'll drive (approximately five hours with breaks) through beautiful Nepalese countryside to reach the relaxing lakeside resort of Pokhara. Arriving in Pokhara we'll check in to our hotel and the remainder of the evening is free to relax and perhaps explore the local area.

### **Day 04 - 05: Pokhara Valley trek**

After breakfast today it's a short drive to reach the start point for our trek. We'll follow quiet trails through pretty villages with stunning Himalayan views. There's plenty of time to enjoy the views and to meet some of the local people along the route. We'll relax overnight at our local teahouse lodges or fully provisioned camp.

### **Day 06: Pokhara**

This morning we'll end our short trek and drive back to Pokhara. After time to rest we'll visit the lakeside area for a spot of relaxed boating on Phewa Lake and a chance to sit back and relax and enjoy the lake and peak views. The remainder of the evening is free to explore the lakeside area or relax at the hotel

### **Day 07: Kurintar**

After breakfast today we'll say goodbye to Pokhara and start the scenic drive to Kurintar. On arrival we'll check in to our wonderful riverside hotel, with its own wishing well and beautiful location, near to Manankamana Temple. The temple is a popular pilgrimage site on a prominent ridge overlooking the Trisuli and Marshyangdi river valleys. People believe that the goddess to whom the temple is dedicated,



## itineraries

☎ 0845 094 0273

fulfills the wishes of her devotees. This evening relax at the hotel and maybe make a wish of your own before visiting the temple tomorrow.

### **Day 08: Manakamana Temple by cable car, afternoon drive to Chitwan**

This morning we'll take the easy route up to Manankamana Temple to make our wishes, as we travel on the wonderful cablecar ride up the hilltop and enjoy the panoramic views as we go. After making our wishes we'll continue our journey this time heading south to the Chitwan National Park. Arriving later this afternoon we'll check in to our safari lodge and spend the remainder of today relaxing, joining in the evening cultural program and resting before our jungle safari adventure truly begins tomorrow!

### **Day 09-10: Jungle safari**

Today and tomorrow will be full day safari activities including exciting rides on elephant back deep into the jungle to get up close to the many animal and bird species that live here. We'll also do some gentle river rafting along the jungle waterways – a great way to see the smaller animals and birds. Our nature guides will take us on guided nature and village walks and we'll also visit the elephant breeding centre in the Park with relaxing evenings joining in the cultural program, relaxing in the gardens or by the pool.

### **Day 11: Chitwan to Kathmandu**

This morning we'll end our safari and head back to Kathmandu. On arrival we'll check in with the rest of today free to explore the local area, perhaps do some last minute shopping or just sit back and watch the world go by.

### **Day 12: Kathmandu & departure**

Today is free to relax until departure or to commence any additional trips or activities you may have booked. If departing, you'll be transferred to the International Airport in time for your return flight home.

### **Extending your holiday**

There are many choices and options if you'd like to extend your holiday before or after your main booking. Here are just a few suggestions of extensions available for this trip:

- Enjoy an early morning mountain flight for fantastic close up views of Everest and the surrounding peaks
- See the wonder of the Taj Mahal and enjoy relaxed sightseeing around Delhi
- Visit a peaceful hill station on the rim of the Kathmandu Valley
- Visit a local school to meet the local children and join in with activities

Please contact our UK office if you'd like to extend your stay by booking one of the above options, if you would like ideas or advice on how best to spend your time and budget or if you would like help with arranging any special celebrations during your trip.

### **Useful Information**

The following information is aimed at helping you to decide whether this trip is right for you. Additional information can be found on our website and in our brochure. If you have any questions or would like advice on any aspect of this trip please contact us and we'll be happy to go through everything with you.



## itineraries

☎ 0845 094 0273

### Day to Day Itinerary

It must be realized that with adventure travel changes to an itinerary may occur, for example due to unexpected weather conditions. The day to day itinerary is provided as a general guideline and is intended to give you a general sense of what to expect, including places visited and activities during the trip to help with your decision regards which trip is the best one for you. Activities and timings may vary slightly from those outlined Your guide will make any changes necessary and all arrangements during the trip, including explaining reasons for any changes to the itinerary that may occur.

### Trip Duration and Grading

This trip is 12 days with Day 1 beginning in Kathmandu and ending with departure from Kathmandu on Day 12. The trip has been graded easy and has been designed with families in mind combining a short low altitude trek and jungle safari. You can expect to walk usually 3-5 hours each day with time to stop for snacks, lunch and breaks during the trek, safari and activities. There will also be some short day walks as part of your sightseeing, usually for a few hours, for example when visiting World Heritage sites in Kathmandu.

### Group Size

The maximum number of persons on this trip will be 16 and the minimum number 2 persons. By keeping group sizes small it means we can provide a more personal service to you.

### Local Representatives and Guides

You will be met at the airport on arrival by our local representatives who will always be available to help with your arrival, departure and any queries or requirements during your trip. The group will be accompanied by a local English speaking guide throughout the trip. Once you have confirmed your booking we will send you details of how you will be met on arrival and you will meet your guide just after you arrive.

### Accommodation

During this trip you will spend 3 nights at a family friendly deluxe hotel in Kathmandu (2 nights at the start of your trip and 1 before departure). In Pokhara you'll spend 2 nights (1 before the trek and 1 after) in a family friendly deluxe hotel. During your trek you'll spend 2 nights at a fully provisioned tented camp (camping style trek) or at local best quality teahouses (teahouse style trek). In Kurintar you'll spend 1 night at the family friendly Roadside Spring Resort and on safari you'll spend 3 nights at a family friendly deluxe safari lodge. All accommodation is based on twin share connecting or family rooms.

### Meals

All meals on full board basis will be provided during the days spent on trek and on safari. On teahouse style treks meals will be provided from the teahouse menus. On camping style treks meals will be freshly prepared and provided by the camp chef and assistants who are part of the Sherpa crew. During the days spent in Kathmandu and Pokhara meals on half board basis only are included in the price. This is to allow you the opportunity and freedom to try out some of the many wonderful eating places, both in Kathmandu and in Pokhara. Snacks, bottled drinks including mineral water and alcohol are not included in the price.



## itineraries

☎ 0845 094 0273

### **Flight Inclusive Price and International Flights**

The flight inclusive price is based on best available price (at the time of producing our current brochure) of economy return flights from the UK added to the 'land only' price. Flight prices are subject to change and do vary throughout the year. We use a variety of airlines and scheduled flights on our trips including British Airways, Air India, Gulf Air, Qatar Air etc. Our ATOL number is T7199 and we work with other ATOL holders to issue flight tickets. For exact air fares and flight classes available at the time you wish to travel please contact us.

### **Land Only Option**

Our trips are based on 'land only' as well as flight inclusive options to allow you the flexibility to choose to make your own arrangements for flights or perhaps to arrive a few days earlier or leave a few days later than the trip or to join the trip from anywhere in the world. If you choose the land only option we will provide full details of how and when to meet the rest of your group, details of your hotel and local contacts upon confirmation of your booking. All accommodation during your trip is included in the price although additional days before or after the start and end dates of your trip are not included. We are happy to book additional accommodation or optional activities, based on your requirements and budget, on request.

Please note that whilst at all times we aim to run our trip even with just a few persons, on some of the longer treks or trips, should the group size be less than our minimum operating level we may cancel the trip up to 6 weeks before departure. In the rare event that this happens, we will offer alternative dates or trips or refunds as appropriate and agreed with you. If you are arranging your own flights and accommodation prior to the start date of a group trip we recommend that you book fully flexible and refundable accommodation and transport if booking more than 6 weeks in advance, as should we need to cancel the trip compensation will not be paid for any arrangements that have been made independently.

### **Climate and Weather**

Nepal has a monsoonal two season year with the dry season from October to May and the wet season (monsoon) from June to September. From end September/start October to end November is one of the best times to visit. The vegetation is lush after the rains of the monsoon and the air is clean and fresh. The next best time to visit is February to April at the end of the dry season. It can be a little dusty at this time but the weather is warm and pleasant and it's a great time to see many wildflowers in bloom. December and January are still good in terms of climate and visibility but can be chilly particularly at higher altitudes as well as in the evening in Kathmandu. May and early June can be very hot and uncomfortable and mid June to September can be cloudy with poor visibility and muddy trails although some treks (rainshadow treks) can still be undertaken even during the monsoon.

### **Clothing and Equipment**

Generally lightweight to medium weight clothing in natural fabrics is best with warm clothing a must for chilly evenings and at high altitude. For visits to more remote areas including Everest Base Camp, a warm down jacket, hat and gloves are suitable. It's also useful to wear several layers of clothing as temperatures can change suddenly. To a large extent it depends where you plan to go and what you plan to do. For example during winter if you are on safari in the southern Terai region you'll need a tshirt. At the same time if you're in Kathmandu you'll probably need a jacket as well. And if you're at Everest



## itineraries

☎ 0845 094 0273

Base Camp you'll need to be very well wrapped up. During the monsoon you'll need a light rain jacket. We also suggest you take comfortable walking shoes and a small day pack or shoulder bag as well as sunscreen, a hat and good sunglasses. In the mountains and at high altitude the weather can change rapidly so it is important to have appropriate clothing and equipment. Clothing is easily and cheaply available in Kathmandu so it's rarely a problem if you forget to pack something. On fully provisioned camping style treks we provide twin share dome or A frame sleeping tents, kitchen tent, mess tent, toilet tent, tables, chairs, stools, lanterns/candles, thin sleeping mattresses, all crockery and cutlery and a fully equipped kitchen set up. Upon booking with us we will send you a suggested clothing and equipment list appropriate to your trip including details of any must have items or items that can be hired (if required).

### **Baggage Allowance**

We request that you aim for a maximum weight of 15 to 20 kg for your main baggage including clothing and personal equipment. Many of our trips involve porters and/or local flights and 15kg is the maximum safe weight allowance for porters and permitted on local flights. International flights will usually permit up to 20kg maximum weight. If trekking, some additional baggage can usually be stored until you return from your trek. Remember you may also want to leave some weight allowance for any items you have bought during your trip! The Himalayan Adventure Company and our local partners are not responsible for excess baggage charges.

### **FREE Himalayan Adventure Company Travel Gift**

On confirmation of booking we will provide a complimentary travel gift (subject to availability). The gifts vary each year and past gifts have included trek bags and t-shirts. We aim to make the gifts useful during this and other travel adventures.

### **Passport and Visa Requirements**

A full valid passport and a current visa is required for all trips and treks. Passports must have at least 6 months validity after the completion date of your trip. To secure your booking and avoid any additional charges, information (eg spelling of name) provided to us on your booking form must match exactly the details as shown in your passport.

To enter Nepal you will require a visa which can be obtained in advance from the Nepalese Embassy in London (UK applications) or on arrival at the airport in Kathmandu for a fee of US\$25. The visa process has changed in 2008 and all visas are now multiple entry. We will provide up to date information on visa requirements, costs and the application process on confirmation of your booking or on request.

You are responsible for ensuring you have a valid passport and visa prior to departure. Where appropriate, we will arrange any special permits or visas required to visit specific restricted areas included as part of the itinerary whilst you are in the country and may request information from you to allow us to do this.

### **Permits**

To enter certain areas e.g. National Parks or other trekking or protected areas, you may require a permit. All our trip prices include the cost of relevant permits and entrance fees. Where this is not the case, for example you have booked a tailor made private trip, we will inform you of any required permit fees before you make a booking with us.



## itineraries

☎ 0845 094 0273

### Health and Medical Information

It is your responsibility to ensure you are well and fit enough to join the trip. If you are unsure of this please contact our office to talk it through with one of our experienced staff members. We also recommend you speak to your GP if you are in any way unsure of your fitness level required to join the trip. We also suggest you have a thorough medical and dental check up before you travel. You may need specific vaccinations appropriate to the country or area you will visit. You must tell us if you have an existing medical condition or disability that might affect your holiday before you make a booking with us. If, in our reasonable opinion, your chosen holiday is not suitable for your medical condition, disability or level of fitness, we reserve the right to cancel the contract or to suggest more appropriate alternative options for you. A group medical kit will be carried on each trip or trek but we also recommend that individuals carry their own basic first aid kit and we will send a suggested list of items for this when you make a booking.

For useful health and general travel advice and information we suggest you visit the Foreign and Commonwealth Office website at <http://www.fco.gov.uk/knowbeforeyougo> and also obtain a copy of the UK Department of Health leaflet *Advice on Health for Travellers* or speak to your local GP or practice nurse for their recommendations.

### What's Included in the Price?

Airport pickup and transfer, local English speaking guide services, pre trip briefing on arrival, all accommodation during the trip on twin/family share basis, meals on half board basis in Kathmandu and Pokhara and full board basis during the days on trek and on safari, selected either from the teahouse menus (on teahouse style treks) or prepared by the kitchen crew (on camping style treks), all sightseeing and activities as per the trip itinerary, all entrance fees and permits required, all transportation during the trip (by car, boat, cablecar, local flight etc), a group first aid kit, a free Himalayan Adventure Company travel gift, complimentary Safe Seat Plan issued to all our clients confirming 100% financial security for your booking with us at all times.

### What's Not Included in the Price?

Visa fees, international flights (available on request), personal travel insurance (available on request – UK residents only), vaccinations, airport departure and re-entry fees, additional private bus, car or jeep rental to any destination on the trek other than transport provided during the trip, bar/alcoholic beverages, bottled water, personal expenses e.g. for souvenirs, personal clothes, food or snacks during transfer journeys, hot showers during days on trek – please note most teahouses are now charging for provision of hot showers and for electricity charging due to high demand – charges are approximately £1.50-£3.50 per shower and for charging items approx £1.50 - £2.50 per hour, tips for guides, porters, driver etc, alternative transportation, accommodation or other service required as a result of flight delays, weather conditions, road blockage/conditions, strikes, illness or other unexpected event outside of our control (payable locally and directly if required), laundry, optional trips, holiday extensions and activities, excess luggage charges, additional accommodation before or after the start and end dates specified (available on request).

### Our Experience

We have a love of and respect for the Himalaya. Our founders and office staff are all experienced travelers who share many years of helping other travelers achieve their ambitions. The fact that we



## itineraries

☎ 0845 094 0273

specialise in travel to the Himalaya and that we have extensive local knowledge and experience of the area means that we can offer you a wide range of travel options and provide the best standards of service to you. Being an independent specialist travel operator means we can offer a friendly personal service and are able to be flexible and use our experience and contacts to build new and tailor made programs as well as to continue to develop new and improved services. We have a wealth of experience in helping many individuals and groups in designing and planning adventures, ranging from romantic breaks to personal challenges to school study programmes to extreme adventure expeditions, from low budget to no expense spared and we have lots of ideas, suggestions and experience to share with you. We are also delighted to say that many of our clients return again and again to travel with us and many of our new clients are through recommendations and word of mouth from happy and satisfied clients who have previously traveled with us.

### Fair Pricing

We aim to provide you with the best service at fair and competitive prices and excellent value for money. As part of this, most of our trips are priced for different group sizes with the higher price applicable for smaller groups. With larger groups the price drops so that everyone benefits from a cheaper holiday. We offer 'land only' prices, for travellers who prefer to make their own international flight and transfer arrangements but are happy to arrange flights for you on request, using a variety of international carriers from regional and national airports. Our ATOL number is T7199 and we work with other ATOL holders to issue flight tickets. Additionally, we offer special discounts for groups of 10 or over, schools and group leaders. Contact us for more information.



### Your Financial Protection

We understand how important it is that the money you spend on your holiday is securely protected. You may also have concerns about booking with an independent operator. To give you peace of mind and confidence in our service to you we have a number of ways in which we protect the money you pay for your holiday. The company is a full member of the Travel Trust Association (<http://www.traveltrust.co.uk>) membership number U3237, in compliance with the EC Directive on Package Travel, Package Holidays and Package Tours. Our ATOL number is T7199 and we work with ATOL licence holders to issue flight tickets. For flight bookings the money you pay is protected under the ATOL holder's licence. For all other arrangements, your payment to us is held in a separate Trust Fund and only released to us on your return. In addition, we provide free to you, a 'Safe Seat Plan' insurance cover which means that in the unlikely case of your money not being held in the Trust Account or of our insolvency, you will be fully reimbursed for the loss of any monies paid to us, up to a limit of £11 000 per person. Therefore, for your peace of mind and confidence, all money you have paid to us is always 100% protected and available to pay for the services you have booked.

### Insurance

Before confirming your booking we will need to see evidence of adequate travel insurance. Contact us for more information.



## itineraries

☎ 0845 094 0273

### Responsible Tourism

We believe that tourism should benefit local communities and that responsible travel does not mean a compromise in standards. We aim to promote responsible travel that respects and benefits local cultures, communities and environments and we support Tourism Concern, are a sponsor of the International Porter Protection Group and a friend of The Sahara Group. We donate 5% of profits to local charities and are involved in local development and voluntary work in the Himalayas, particularly in Nepal. For every booking made we also donate £10 to The Sahara Group (<http://www.saharagroup.org.np>) to help continue their wonderful work with street children with HIV/AIDS, women and children affected by human trafficking and poor rural communities. We employ local guides, office and support staff and ensure they have good facilities and fair wages and we work as a team to ensure you a wonderful adventure holiday.

### Suggested Reading

We recommend you learn about the places and cultures you will visit before you travel so that you can enjoy your travel even more. Below are just a few varied suggestions to get you started:

Lonely Planet Nepal (Travel Guide), Tony Wheeler, Richard Everist, Lindsay Brown (Editor), Bradley Mayhew (Editor), Wanda Vivequin (Editor), Lonely Planet Nepali Phrasebook (Phrasebooks) Mary-Jo O'Rourke, Bimal Shrestha, Trekking the Peaks of Nepal Bill O'Connor, The Young Adventurer's Guide to Everest, Jonathan Chester; From the Mango Tree and Other Folktales from Nepal (World Folklore S), Kavita Ram Shrestha, Sarah Lamstein; The Adventures of Chandra and Damaru, 2 Boys of Nepal, Mani Dixit, Tintin in Tibet (Adventures of Tintin (Paperback), Hergé; Nepal (Enchantment of the World), Ann Heinrichs Children's Press (CT); Into Wild Nepal (Jeff Corwin Experience (Hardcover), Blackbirch Press

### How to Book

Once you have chosen your trek or trip, contact our office to check availability and ask any questions you may have. We'll hold a provisional booking for 7 days. Please read our Terms and Conditions prior to making your booking. Then post or fax us your completed booking form (available in our brochure or downloaded from our website) along with the appropriate non refundable deposit of £250 per person and (if applicable) any insurance premiums to our UK office address. If you choose to phone us with your debit or credit card details, a signed and completed booking form will still be required for confirmation of booking. Bookings will only be confirmed once we receive a completed and signed booking form along with appropriate payment.

We will confirm your booking and send you a trip dossier which will include confirmation of your booking, a day by day itinerary, visa and trekking permit instructions, vaccination and health information, a suggested first aid pack list, a suggested equipment and clothing list, a suggested reading list appropriate to your destination, a responsible travel briefing and other useful information.

The final balance for your booking will be due 2 months before departure. **NO REMINDER WILL BE SENT.** Your Himalayan Adventure Company travel gift will be mailed to you separately. For clients outside the UK, a gift will be sent on payment of delivery costs only.

We wish you a wonderful Himalayan adventure