

LUXURY TOUR OF NEPAL



Stupa at Boudhanath in Kathmandu



HIGHLIGHTS

- This tour is a perfect introduction to Nepal. You have time to explore Kathmandu, Pokhara and Bandipur; take the Everest flight; raft on the Seti River and visit Chitwan National Park.
- There are superb mountain panoramas of the Himalayas from your hotels at Bandipur, Pokhara and Dhulikel. On a clear day you will see Annapurna, Dhaulagiri and Mount Machapuchare (known as Fishtail) and also of course Mount Everest during your mountain flight from Kathmandu.
- Throughout the whole itinerary you will stay at the best hotels available in Nepal (Kathmandu: Dwarikas and Shangri La; Bandipur: Gaun Ghar; Pokhara: Tiger Mountain Lodge; Chitwan: Tiger Tops Jungle Lodge; Tiger Tops Tented camp and Tiger Mountain Tharu Safari Lodge; Dhulikel: Dwarikas Himalayan Shangri La).
- There is no trekking in this itinerary however there are opportunities for day walks while in Pokhara, Bandipur and Dhulikel.
- You have the option to join one of our two fixed date departures or have a private departure from two people.

“Your organisation was superb & our trip itself exceeded our expectations by miles!” John Potter (UK)

“Everything with the organisation was first class; you really run a well oiled machine!” Gordon and Lynda Blair (UK)



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Total number of days	13 days
Grade & days trekking	Gentle, no trekking
Accommodation	11 nights hotel, 1 night at Ker & Downey river camp
2011 price ex Kathmandu	£2,150 (US\$3,495)
2012 price ex Kathmandu	£2,295 (US\$3,695)
Minimum group size	2
Dates	October 23 rd to November 4 th 2011 March 18 th to 30 th 2012 October 21 st to November 2 nd 2012 March 17 th to 29 th 2013

THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP

- Internal flight from Bharatpur (near Chitwan) back to Kathmandu.
- Everest sightseeing flight from Kathmandu.
- Rafting on Seti river and jungle activities in Chitwan.
- All transfers including airport collections.
- One day sightseeing in Kathmandu with Nepalese cultural guide and private vehicle.
- Twin share rooms at all locations



- Full board at Gaun Ghar in Bandipur, Tiger Mountain Pokhara Lodge and Tiger Tops in Chitwan. Breakfast only at Hotel Shangri La, Dwarikas and Dwarikas Himalayan Shangri La in Dhulikel.
- Financial protection insurance with International Passenger Protection.
- Pre departure support and advice from The Mountain Company by email, phone or face to face meetings in London. After booking with us we will send our comprehensive “Nepal Trek Information” notes.

THE FOLLOWING SINGLE SUPPLEMENT IS AVAILABLE:

Single room supplement £795 (US\$1,295)

THE FOLLOWING IS NOT INCLUDED IN THE PRICE OF THE TRIP

- International flight to/from Kathmandu (London from £550).
- Travel insurance.
- Nepal visa for 30 days at US\$40 (approx £25).
- Lunch and evening meals in Kathmandu and Dhulikel,
- Tips (guidance on amounts included in our “Nepal Trek Information” notes).
- Other items not listed in “What is included”.



YOUR COMPLETE FINANCIAL PROTECTION

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with The Mountain Trekking Company Ltd ("The Mountain Company") are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required, arising from cancellation or curtailment of your travel arrangements due to the insolvency of The Mountain Company.



For further information about our financial protection insurance with International Passenger Protection please see Appendix 2.

PARTICIPATION STATEMENT

Participants should be aware trekking, mountaineering and travelling in a developing country are activities that involve a risk of personal injury or death. As a condition of booking you must accept these risks and be responsible for your own actions and involvement.

Adventure travel requires an open and flexible attitude. You may experience extreme conditions, unpredictable weather and last minute changes to the itinerary beyond our control.

DETAILED ITINERARY

It is our intention to keep to the day by day itinerary detailed below, although there might be some flexibility due to local conditions or other factors beyond our control. If this is the case the trek leader will do everything possible to work out the changes to the itinerary in order to minimise your inconvenience.



Day 1. Arrive Kathmandu and join the tour at the hotel.

A driver will be sent to collect you on arrival at Kathmandu airport and to bring you back to the hotel. Please provide travel plans on booking and we will arrange the pick up and transfer. Overnight at Hotel Shangri La.

Day 2. Sightseeing in Kathmandu.

Today we explore Kathmandu with a local guide, the day is flexible depending on what you would like to see but the most popular places generally are:

- Pashupatinath is a Hindu temple with burning ghats on the banks of the Bagmati river.
- Swayambhunath, also known as the monkey temple, is climbed by a long set of steps and has great views of Kathmandu.
- Boudhanath stupa has many traditional gompas hung with strings of multi coloured prayer flags, it attracts many Sherpas and Tibetans for the circumambulations of the stupa (koras).
- Durbar square, which is one of the old capitals of the Kathmandu valley, has a blend of Hindu and Buddhist temples

Overnight at Hotel Shangri La.

Day 3. Everest flight in the morning then afternoon sightseeing in Bhaktapur.

You leave the hotel early in the morning for the Everest flight with views of Everest and many other 8000m peaks of Kanchenjunga, Makalu, Cho Oyu and Lhotse. In the afternoon you visit Bhaktapur in the Kathmandu Valley. Overnight at Hotel Shangri La.

Day 4. Drive to Bandipur, afternoon village walk.

In the morning you are driven by private vehicle to Bandipur. This small town is located on a ridge above the Kathmandu to Pokhara road and has superb views of the Himalayan peaks to the north (Annapurna, Dhaulagiri, Manaslu and Ganesh Himal).

Bandipur has been considerably developed for tourists whereby some of the old houses have been carefully converted to hotels and there are thankfully few



concrete buildings like elsewhere in Nepal. Compared to the hustle and bustle of Kathmandu Bandipur is very peaceful place as vehicles are not allowed into the main square. Overnight Gaun Ghar.

Day 5. Drive to Pokhara and to Tiger Mountain Pokhara Lodge.

After breakfast you will continue your drive to Pokhara and onto the wonderful Tiger Mountain Pokhara Lodge. There are superb views from this hotel to the snowy Himalayan peaks including Annapurnas. In the afternoon you can either relax at the lodge or explore the town of Pokhara. Overnight Tiger Mountain Pokhara Lodge.

Day 6. Boat trip around Phewa Lake and/or short walk near Pokhara.

It is worth waking early to see the mountain views that at their best in the morning. After breakfast you take a boat trip around Phewa Lake or go for a short walk near the lodge. Overnight Tiger Mountain Pokhara Lodge.

Day 7. Drive to put in point, rafting on the Seti River.

After breakfast there is a 1 ½ hour drive to the rafting put in point. After a briefing by the river guide you will be issued the necessary safety equipment (life jackets, helmets and paddles). After a couple of hours you stop for lunch at a beach by the side of the river. After lunch there is a further two hours on the river before you arrive at camp. Overnight Ker & Downey Seti River Camp.

Day 8. Finish rafting & drive to Tiger Tops Jungle Lodge.

After breakfast at the camp, you will continue rafting down the river until the finish at another beach. After changing into dry clothes you will be driven to Tiger Tops Jungle Lodge (3 hours).

Royal Chitwan National Park, about 190km southwest of Kathmandu, covers about 932 sq. km of sub-tropical lowlands of sal forest, tall grasslands, oxbow lakes and is recognised as a World Heritage Site. It is a superb bird habitat with over 300 species recorded. It is also one of the few remaining areas with the endangered Asian one-horned rhino. Other notable species include tiger, leopard, gharial, sloth bear and Indian bison. Overnight Tiger Tops Jungle Lodge.



Day 9. Game viewing in Chitwan National Park, morning elephant ride to Tiger Tops Tented camp.

In the morning you will be taken to Tiger Tops Tented camp on an elephant or by jeep. In the afternoon, you have a choice of activities from elephant rides, bird watching to jungle walks. Overnight Tiger Tops Tented camp.

Day 10. Transfer to Tiger Mountain Tharu Safari Lodge.

After breakfast you will be taken by jeep, boat and bullock cart to the Tiger Mountain Tharu Safari Lodge. This lodge has been based on the traditional Tharu style of the local people. In the afternoon, you have a choice of activities from bird watching to village walks. Overnight Tiger Mountain Tharu Safari Lodge.

Day 11. Fly to Kathmandu & drive to Dhulikel.

After breakfast, you will be driven to Bharatpur airport for the short flight back to Kathmandu. On arrival there is a short drive to Dhulikel on the rim of the Kathmandu valley where there is a superb mountain panorama. Overnight Dwarikas Himalayan Shangri La.

Day 12. Drive to Kathmandu & afternoon at leisure.

You return back to Kathmandu and for the rest of the day you can either explore Kathmandu, shop or relax in the hotel. Overnight at Hotel Dwarikas.

Day 13. Fly back home.

Transfer to Kathmandu airport for your flight back home. End of trip



ETHICAL AND ENVIRONMENTAL CONSIDERATIONS

The Mountain Company is committed to adopting a responsible attitude to the areas we visit. We are guests of the communities visited and with some thought and care we can ensure that everyone benefits from the experience.

We work closely with the International Porter Protection Group (www.ippg.net) who we support as a Camp 1 sponsor- we abide by their 5 guidelines for porter protection.

We also work with other organisations such as Climate Care (www.climatecare.org), Tourism Concern (www.tourismconcern.org.uk), Friends of Conservation (www.foc-uk.com) and Kathmandu Environmental Education Project (www.keepnepal.org).

We have developed a Responsible Tourism policy which aims to ensure that The Mountain Company and its clients act in a way that is socially, environmentally and culturally sound.

The Mountain Company has joined the UK Foreign and Commonwealth Office (FCO) Know Before You Go campaign. The aim is to make sure travellers are properly prepared before travelling overseas. The best way to get the FCO latest advice is to visit their website at: www.fco.gov.uk/travel.





PRACTICAL INFORMATION

VISA REQUIREMENTS

All foreigners require a visa for entry into Nepal. It is your responsibility to obtain the entry visa. You can get from a Nepalese embassy overseas or on arrival in Nepal. Most people will obtain their visa on arrival to Kathmandu airport.

You will need one passport photo and the following fees dependent:

- 15 days USD\$25 or equivalent convertible currency
- 30 days USD\$40 or equivalent convertible currency
- 90 days USD\$100 or equivalent convertible currency

VACCINATIONS AND MEDICAL

You should obtain professional advice from a travel clinic or your local GP about which vaccinations to have before you arrive in Nepal. A dental check-up is a good idea as there will be no dental facilities while on the trek.

FLIGHTS

We recommend Max Travel (ATOL bonded license# 4705) for booking international flights and other travel arrangements. Please take a look at their website at <http://www.maxtravel.co.uk/> or give them a call on 020 7095 0920.

There are a number of good online agents that we also recommend, they are:

Kayak: *an excellent flight cost comparison website* <http://www.kayak.co.uk/>

Traveljungle: *another good flight cost comparison website*
<http://www.traveljungle.co.uk/>



Cheap Tickets: this site quotes airfares in USD\$ & often is very competitive when translated back to GBP£ <http://www.cheaptickets.com/>

Southall Travel: very competitive prices for India, Pakistan and Nepal both online and telephone support <http://www.southalltravel.co.uk/>

INSURANCE

Travel insurance for any Mountain Company itinerary is a condition of booking a holiday. At the very least you should have emergency medical and repatriation insurance which must include the cost of mountain rescue. Cancellation insurance is strongly recommended as all deposits paid to The Mountain Company are non-refundable.

To get an online quote for your personal travel and trekking insurance (UK residents only), take a look at Snowcard's website at http://www.snowcard.co.uk/pages/d_select1.asp?referrer_id=MC

Please note that The Mountain Company do not act as an agent of Snowcard Insurance and any policy bought via this web link is effected directly with Snowcard Insurance Services Limited.





CULTURAL CONSIDERATIONS

For those of you who are visiting Nepal for the first time we have provided some cultural information to help you fit in and feel at ease:

- The dress code is important for both men and women. Men and women should wear trousers rather than shorts while trekking.
- There are many hot springs, rivers and lakes where it is pleasant to take a dip, it is fine for men to go bare-chested while bathing but they should not go nude. Women should try and be as modest as possible in these situations.
- Hindus are concerned about the ritual pollution of food when it is touched by someone outside their caste or religion. Therefore, do not touch any cooked foods on display and when drinking from a container used by others avoid touching your lips to it. Do not eat food with your left hand and make sure you only give or receive food with your right hand.
- Shoes are considered degrading so keep them on the ground and remove them before putting your feet on anything. If you enter a Nepali house follow the example of your host in deciding whether to remove your shoes but on entering a temple or monastery you should definitely remove them.
- You will pass Buddhist mani walls, chortens, and stupas along the trek and to follow local traditions you should pass them on your right.
- When visiting a monastery or gumpa it is customary to give a donation for its upkeep.



APPENDIX

INTERNATIONAL PASSENGER PROTECTION

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with The Mountain Trekking Company Ltd ("The Mountain Company") are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required, arising from cancellation or curtailment of your travel arrangements due to the insolvency of The Mountain Company.

There is no requirement for Financial Protection of day trips, and none is provided. This insurance is only valid for packages booked that DO NOT include flights.

Consumer aware: Your booking is insured by IPP Ltd and its panel of insurers. This insurance is only valid for passengers who book and pay directly with/to The Mountain Company. If you have booked and/ or paid direct to a Travel Agent for a holiday with The Mountain Company please request proof of how the booking is secured as this will not be covered by IPP Ltd in this instance. For further information please go to www.ipplondon.co.uk

This Insurance has been arranged by International Passenger Protection Limited and underwritten by Insurers who are members of the Association of British Insurers & Lloyds Syndicates.

Claim procedures: download claim form from www.ipplondon.co.uk, any occurrence which may give rise to a claim should be advised within 14 days to: International Passenger Protection Limited, Claims Office, IPP House, 22-26 Station Road, West Wickham, Kent BR4 0PR, United Kingdom. Telephone: +44 (0) 208 7763752. Fax: +44 (0) 208 7763751.

In order to deal promptly with any claims hereunder it is essential that you retain all bills, receipts and other documents relating to your travel arrangements. Claims forms must be submitted to IPP within six months of date of insolvency they cannot consider or pay claims received after this date.