

## Delhi to Kathmandu

**Country(ies):** India , Nepal

**Tour type:** Small Group

**Transport:** A/C minivan/minibus, train, jeep, internal flight

**Group size:** Min: 2 | Max: 12

**Days:** 16 days

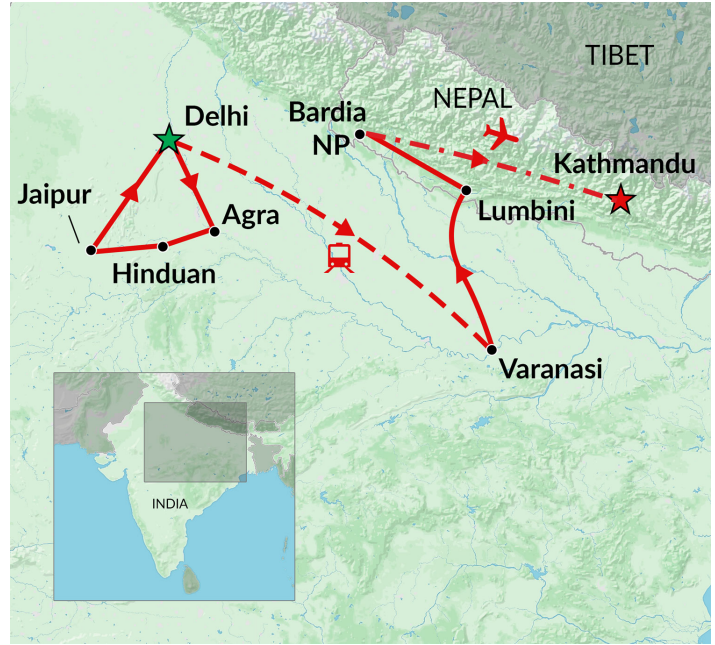
**Start Location:** Delhi, India

**End Location:** Kathmandu, India

**Meals:** Breakfasts - 15, Lunches - 4, Dinners - 4

### Highlights:

Old and New Delhi, Taj Mahal, Agra, local village in Suroth Mahal, Pink city of Jaipur, hill top fort, Abhaneri step well, River Ganges at Varanasi, Buddhist site at Sarnath, Streets & temples of Kathmandu, Buddhist Lumbini and Bardia NP.



# Itinerary

## Day 1: Arrival in Delhi - hotel transfers included

Your Indian adventure starts in the capital city of Delhi. One of our local staff members will be waiting to greet you at the airport, before transferring you to your hotel. You'll have some time to settle in, before we run you through the tour itinerary, introduce you to the local area and discuss a time to collect you tomorrow.

**OVERNIGHT:** Hotel in Delhi

**MEALS:** None

**EXTRAS:** Single room supplement (INSGDK)

## Day 2: Exploring Delhi, Rickshaw Ride & Street Food Tasting

Your day starts with a morning tour of India's capital, New Delhi. Built on the banks of the Yamuna river, New Delhi is a beautiful blend of a historical past and a vibrant present.

We start at India Gate in the centre of New Delhi, a 42-metre high "Arc-de-Triomphe" like archway, a war memorial built to commemorate the 82,000 soldiers who partook in the undivided Indian Army. We'll drive past various government buildings such as the President's Palace and the Parliament of India, before passing Humayun's Tomb - a UNESCO World Heritage Site, and the Bangla Sahab Gurudwara Sikh Temple.

We'll stop at Connaught Place Station and join the locals on the metro to Old Delhi where we'll walk through one of the oldest and busiest markets in Old Delhi, Chandni Chowk, before exploring the narrow streets of Chawri Bazar which specialises in selling brass, copper and paper products. Throughout the afternoon our guide will also introduce you to the wide range of street food snacks and delicacies so you can get your first authentic taste of the delicious and varied Indian cuisine. Our walking tour will also take in a rickshaw ride and the Jama Masjid mosque, one of the largest in India.

**OVERNIGHT:** Delhi hotel

**MEALS:** Breakfast

**EXTRAS:**

## Day 3: Head to Agra. Sheroes Hangout, Mughal Heritage Walk. First glimpse of the Taj Mahal

We head to Agra this morning, home of the famous Taj Mahal. After arriving in Agra we'll make a stop for lunch at the Sheroes Hangout Cafe. The cafe was set up by the Chhanv Foundation and is run by victims of acid attacks. The cafe works to raise awareness of acid attacks in India and to empower those who have sadly been the victims of these heinous crimes. Prior to gaining employment in the cafe, many of the 'Sheroes' led solitary lives, rarely going outside due to shame associated with their scars. At Encounters Travel we're proud to support such an organisation, which has the sole aim of helping these women find acceptance, a supportive community and a means of income. Lunch will be included whilst at the cafe.

Once you've checked in into your hotel, we'll spend the afternoon on a Mughal Heritage Walk through the ancient village of Kachhpura and surrounding farmland on the banks of the Yamuna River across from the Taj Mahal and Red Fort. This walk has been designed by a local NGO and helps support the local community through employment and new infrastructure. During the walk one of the villagers will give a guide to their village life, the layout of their homes, with living, cooking & religious areas, the farming done, and the local cottage industry for leather shoe making which helps Agra export shoes all over the world. You'll also see some lesser known but important Mughal era monuments. Finally today we'll stroll around the park at Mehtab Bagh - originally built by Emperor Babur as the last in a series of 11 parks on the Yamuna River's east bank, before taking in the magnificent sight of the Taj Mahal at sunset.

A special evening option is available today, where you can join a Hindu family for a Vegetarian Thali cooking lesson and meal.

**OVERNIGHT:** Agra hotel

**MEALS:** Breakfast,Lunch

**EXTRAS:** Cook with a Hindu family in Agra

## **Day 4: Taj Mahal sunrise. Drive to Suroth Mahal, enjoy a Village Walking tour**

We start today early for our tour of the Taj Mahal. Truly one of the wonders of the world this elaborate monument to love was built by the Mughal Emperor Shah Jahan and took over twenty-two years to complete. Sunrise is a great time to visit as the light changes gradually with the colours of the Taj changing too.

After breakfast we leave the region's popular tourist areas and head into the heart of rural Rajasthan to the small town of Suroth. The property was a former palace, now welcoming guests as a hotel, but retaining its heritage charm, with rooms painted with murals.

The afternoon sees us exploring the village, interacting with the local villagers, getting invaluable insight into seeing their way of life. Our walking tour will pass by local shops, down narrow streets, we'll visit a small temple and perhaps even visit a local barber shop where you can have a shave or head massage. In the evening we'll have a cooking demonstration before enjoying dinner at the hotels restaurant.

**OVERNIGHT:** Suroth Mahal heritage hotel

**MEALS:** Breakfast,Dinner

**EXTRAS:**

## **Day 5: To Jaipur via the Abhaneri step well. Optional Bollywood Movie or Cooking Demo**

Today we head to Jaipur, the capital and the largest city of the Indian state of Rajasthan in Western India. Enroute, we'll visit the Abhaneri step well, the largest and deepest step well in the world, which boasts 3500 steps and is 13 stories deep. You may recognise this as the place that Sonny tried to express his feelings for Sunaina in the recent movie The Best Exotic Marigold Hotel.

The remainder of the day in Jaipur will be free to explore at leisure or join one of our optional extras:

- A fun option this evening is to head out and watch a Bollywood movie at the Raj Mandir cinema.

- Another good choice for this evening is to visit a local family in their home for a cooking demonstration and dinner together.

**OVERNIGHT:** Jaipur heritage hotel

**MEALS:** Breakfast

**EXTRAS:** Jaipur Bollywood Movie - Raj Mandir Cinema Hot air balloon in Jaipur Jaipur Cooking demo and dinner with local family

## Day 6: Amber Fort & Jaipur City. Block printing workshop

You have an option of going on an early morning hot air balloon ride over Jaipur, flying over its palaces, forts and lakes - a truly mesmerising experience.

If you chose to sleep a little later, your morning starts with a visit to the Amber Fort, the jewel in Jaipur's crown - an ancient fortress built on a hilltop in the 16th century dedicated to the ruling Kachhawa clan of Amber. Be mesmerised by this majestic architectural wonder, with its pink sandstone and marble palace shining in the sun. It's massive fortress walls sprawls across the hills, with many seeing a resemblance of the Great Wall of China.

Later, we return to the city for a tour of Jaipur, as we visit the strange Jantar Mantar monument, a collection of nineteen architectural astronomical instruments, built by the Rajput king Sawai Jai Singh II between 1724 and 1730. Jaipur was the first planned city of medieval India and we'll also explore its City Palace. Built by Raja Man Singh during 1729-1732 AD, the City Palace was once the seat of kings as it was from here that they ruled the region. This tangle of courtyards, manicured gardens and exceptionally crafted mahals is one of the most revered attractions in India.

We spend the remainder of the day walking in the walled city to discover some of Jaipur's famous crafts markets and craftsmen in action such as jewellers, silversmiths, textile workshops and bangle makers. Our tour will include a blockprinting workshop, where we learn the ways in which fabric is decorated using this ancient method and we'll also have a gemstone demonstration.

**OVERNIGHT:** Jaipur heritage hotel

**MEALS:** Breakfast

**EXTRAS:** Hot air balloon in Jaipur

## Day 7: Return to Delhi (optional multimedia show at the Akshardam Temple)

We leave Jaipur today to head back to Delhi, from where we'll take the train to Varanasi tomorrow. You can use your remaining time in Delhi for last minute shopping, exploration of join our optional visit to the Swaminarayan Akshardham a Hindu mandir and a spiritual-cultural campus, home to millennia of traditional Hindu and Indian culture and architecture to witness the mesmerizing Sahaj Anand water show - which makes use of multicoloured lasers, under-water flames, video projection, water jets combine to provide a captivating experience which tells the story of Kena Upanishad - a Vedic Sanskrit text.

**OVERNIGHT:** Delhi hotel

**MEALS:** Breakfast

**EXTRAS:**

## Day 8: Morning train to Varanasi, evening Aarti ceremony by the Ganges

Today we'll board the Vande Bharat train, bound for Varanasi. The journey will take approximately 8 hours. From the window you'll be able to see the outskirts of Delhi and rural Indian life as we make our way to Varanasi.

After arriving you'll have some free time to settle or begin exploring. As night falls, we head to the holy Ganges River for the evening Aarti ceremony, a devotional Hindu ritual which involves numerous small candles being lit inside cups made from leaves and flowers and floated down the river. Varanasi is one of India's holiest cities and we get our first taste here of how important the city and the Ganges River is to the country's Hindu population.

**OVERNIGHT:** Varanasi hotel

**MEALS:** Breakfast

**EXTRAS:**

## **Day 9: Sunrise on the Ganges, Varanasi Exploration and visit to Sarnath**

Our second day in Varanasi starts with an early morning boat ride along the Ganges River, as we explore the city. The Ganges is a constant hive of activity throughout the day, as hordes of people come to pray and immerse themselves in its spiritually cleansing waters. The city is also considered an extremely auspicious place to die, and many people come to Varanasi to spend their final days. We'll see many funeral pyres on the ghats at the edge of the river as we pass by on the water. Whilst on the river, you'll have the opportunity to offer Pind Daan in memory of any deceased loved ones.

We'll then go on a walking tour of the city, exploring its medieval streets, intricate temples and busy markets, abuzz with the general cacophony of Indian life. We'll also spend some time exploring the Ghats which straddle the banks of the Ganges.

In the afternoon we take the short trip to the ancient Buddhist site at Sarnath where Lord Buddha delivered his first sermon after becoming enlightened.

**OVERNIGHT:** Varanasi hotel

**MEALS:** Breakfast

**EXTRAS:**

## **Day 10: Cross the border into Nepal. Head to Lumbini, birthplace of the Buddha**

We'll be leaving Varanasi early this morning to begin our journey north towards the border between India and Nepal. It will be a long drive, but it offers a great opportunity to see the countryside and experience a bit of rural Indian life. We'll pass through the bustling town of Gorakhpur along the way, which is known for its temples and historical sites.

Once we cross the border into Nepal, we'll need to switch to a different vehicle that's better suited for the terrain. From there, it's a relatively short drive to Lumbini, a town of great significance as it is the birthplace of the Buddha. After a full day of travel, you'll have the afternoon free to relax and unwind at your accommodation or perhaps start exploring the sacred sites of Lumbini. There are numerous temples and monasteries to visit, each with its own unique history and atmosphere. We'll see a few of these tomorrow.

**OVERNIGHT:** Lumbini hotel

**MEALS:** Breakfast

**EXTRAS:**

## Day 11: Learn about the Buddha on a tour of Lumbini. Travel to Bardia National Park

Today, we'll delve deeper into the spiritual heart of Lumbini. Our morning will be dedicated to exploring some of its most iconic landmarks, including the sacred Maya Devi Temple, the ancient Ashoka Pillar, and the revered Banyan Tree. Each of these sites holds a special significance in the story of the Buddha's birth and enlightenment, offering a glimpse into the rich history and spiritual traditions of this sacred place.

Later in the day, we'll embark on a scenic drive through the Nepali countryside, heading towards the renowned Bardia National Park. This sprawling wilderness is home to a remarkable diversity of wildlife, including the majestic one-horned rhinoceros, the powerful Asian elephant, and the elusive Bengal tiger. Upon arrival at the Bardia Eco-Lodge, you'll have time to settle into your comfortable accommodations and soak in the tranquil atmosphere of the surrounding jungle. This evening offers a chance to relax and recharge before we embark on our exciting exploration of the national park tomorrow.

**OVERNIGHT:** Bardia Eco-Lodge

**MEALS:** Breakfast,Lunch,Dinner

**EXTRAS:**

## Day 12: Cameras at the ready! Begin exploring Bardia National Park

Nestled in the remote western corner of Nepal's Terai region, Bardia National Park offers a serene escape into a world teeming with wildlife. Over the next two days, you'll have the opportunity to immerse yourself in the natural wonders of Nepal's largest wildlife sanctuary and join our optional park activities. Embark on exhilarating jeep safaris, where you might encounter majestic tigers, lumbering elephants, and the iconic one-horned rhinoceros. Glide along the gentle currents of the river on a leisurely rafting trip, surrounded by lush greenery and the sounds of the jungle. Venture deep into the forest on guided walks, led by experienced guides who will share their knowledge of the park's flora and fauna.

Beyond the wildlife encounters, you'll also have the chance to connect with the local communities who call this region home. Participate in cultural shows that offer a glimpse into their traditional way of life, their music, dance, and customs. As the day draws to a close, return to the comfort of your lodge, nestled on the edge of the park. Here, you can unwind and reflect on the day's adventures, surrounded by the sights and sounds of the jungle.

**OVERNIGHT:** Bardia Eco-Lodge

**MEALS:** Breakfast,Lunch,Dinner

**EXTRAS:**

## Day 13: Bardia National Park, further park activities

Today, we'll further delve into the wonders of Bardia National Park, tailoring our safari activities to maximize your wildlife encounters. We'll take into account the latest animal sightings, current weather conditions, and your own preferences. If you're eager for the thrill of a tiger sighting, we can strategically position ourselves in areas known for their recent activity, patiently waiting for a glimpse of this elusive predator.

Alternatively, if you prefer a more active approach, we can focus on exploring diverse habitats within the park. Birdwatching enthusiasts will be delighted by the abundance of avian species, while those seeking a variety of wildlife can keep an eye out for deer, monkeys, otters, and other fascinating creatures that call this park home.

**OVERNIGHT:** Bardia Eco-Lodge

**MEALS:** Breakfast,Lunch,Dinner

**EXTRAS:**

## Day 14: Fly to Kathmandu from Nepalgani

Today marks our transition from the wild beauty of Bardia National Park to the vibrant energy of Nepal's capital, Kathmandu. We'll begin with a transfer to the nearby Nepalganj Airport, where you'll catch a domestic flight that will whisk you over the breathtaking landscapes of Nepal. The aerial views of the Himalayas and the sprawling Terai plains below will be a memorable part of your journey.

Upon arrival in Kathmandu, we'll ensure a smooth transfer to your hotel, conveniently located in the heart of the bustling Thamel district. This lively neighborhood is renowned for its narrow streets lined with shops, restaurants, and cafes, offering a vibrant glimpse into Nepali culture and cuisine. The remainder of the day is yours to explore at your own pace. You might choose to wander through the colorful streets of Thamel, sample local delicacies, or simply relax and soak in the atmosphere of this fascinating city.

**OVERNIGHT:** Kathmandu hotel

**MEALS:** Breakfast

**EXTRAS:**

## Day 15: Thamel Rickshaw Ride. Walk around Durbar Square, visit Swayambunath Stupa

Our Nepal tour starts with an exciting Rickshaw ride through the backstreets of Thamel, to Durbar Square. We'll pass through small back streets full of numerous tiny shops, workshops, temples, and stupas to Durbar Square with its array of wooden and stone carved temples and palaces, where we'll have plenty of time to walk around and explore. After lunch at a rooftop restaurant overlooking the square, we drive to the important Swayambunath Stupa which sits on a hilltop overlooking the city, visible from miles around. Also known locally as the 'monkey temple', we'll see these nimble inhabitants scampering in and around the trees and temple.

**OVERNIGHT:** Kathmandu hotel

**MEALS:** Breakfast

**EXTRAS:**

## Day 16: Kathmandu, free time, transfer to airport

Our Nepal holiday package comes to an end. Here you'll have some free time in Kathmandu today until we transfer you to the airport for departure. Extensions to the tour are available to add more trekking, white water rafting or to visit Bardia National Park (the best place in Nepal to see tigers). First thing this morning there is also the option to take a spectacular mountain viewing flight up to see Mt. Everest (requires an evening international flight departure).

**OVERNIGHT:** N/A

**MEALS:** Breakfast

**EXTRAS:** Bardia National Park Extension Everest Mountain Flight Extra day in Kathmandu - post-tour

## Included:

- All accommodation in mid-range hotels and heritage properties
- All transport and transfers in AC vehicles
- 24-hour airport arrival and departure transfer service
- Morning trains Delhi-Varanasi - AC Chair Car
- Nepalganj to Kathmandu flight
- Sightseeing tours and activities as per the itinerary
- Delhi Tour, Rickshaw Ride & Street Food Sampling in Delhi
- Agra Sherone Cafe, Mughal Heritage Walk and Taj Mahal visit
- Suroth Mahal Village tour & cooking demonstration
- Jaipur Amber Fort, City Tour & craft workshop
- Varanasi Aarti Ceremony, Sunrise Boat Ride, Visits to Ghats, Temples and Sarnath
- Lumbini Sightseeing
- Bardia National Park stay (activities are payable locally)
- Kathmandu Rickshaw Ride and City Tour
- Services of a local tour leader and specialist local guides
- Entrance Fees whilst in Nepal
- Meals as indicated in the itinerary

## Excluded:

- International flights (available on request)
- Visa fees for India and Nepal
- Travel insurance (compulsory, available on request)
- Meals not indicated in the itinerary
- Drinks, snacks and other personal expenses (e.g. laundry)
- Tips for drivers and guides
- Bardia Safari Activities (bookable and payable locally)
- Entrance fees whilst in India (budget USD 180, payable in Delhi)
- Any other items not mentioned above

## Notes

### Restoration of the Taj Mahal

The Taj Mahal, one of India's most iconic structures, is getting a much need facelift. The almost-four-century-old Taj Mahal is finally showing signs of ageing. Air pollution is unfortunately turning its ivory-white complexion - yellow. Adding to the colouration problems, the Yamuna River, with which the Taj Mahal shares a river bank, is contaminated and the insects that breed in its waters are leaving patches of green residue on its marble. In order to restore the Taj Mahal's glistening white marble, mud-pack therapy is being used. If you're worried that it might affect your India tour, this handy [Taj restoration guide](#) will tell you everything you need to know.

# Options

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Our tours are designed to include all that you need to enjoy a really special time in the destination you're visiting. However, we do also offer some extra options to complement the tour and add some additional sightseeing or activities, or some extra time at either end of the tour.

All accommodation based options (e.g. Single supplements, extra nights, cruise upgrades) should be booked and paid for in advance so that we can make the appropriate arrangements. Other options may either be booked and paid for in advance or while you are on the tour, though we recommend booking in advance to ensure there are no issues with availability.

Many options are priced the same throughout the year, but some may incur single or high season supplements - full details are given on the tour reservation form or on request.

## Extra day in Delhi - pre-tour

Min numbers: 1

This option adds an extra day to the start of your tour, staying in the same hotel as the main tour itself (subject to availability). Your airport arrival transfer is still included. Prices shown are per person and based on two people sharing.

**Note:** Single room and peak season supplements apply.

## Extra day in Kathmandu - post-tour

Min numbers: 1

This option adds an extra day to the end of your tour, staying in the same hotel as the main tour itself (subject to availability). Your airport departure transfer is still included. Prices shown are per person and based on two people sharing.

**Note:** Single room and peak season supplements apply.

## Hot air balloon in Jaipur

Min numbers: 1

Capture the spectacular views of Rajasthan's forts with an early morning hot air balloon ride over Jaipur for a different perspective of this vibrant capital. Float high above the pink painted rooftops and enjoy a bird's eye view of Jaipur.

**This option runs from 1st of September to 10th of May each year, subject to weather conditions.**

## Single room supplement (INSGDK)

Min numbers: 1

The tour price is based on 2 people sharing twin/double rooms. This option books a single room in all the accommodation throughout the tour. If you are a single traveller and would be happy to share a room, let us know and we will see if we can pair you up with another single traveller of the same sex. If a room share is not available when you book then we will add the single room supplement to your booking and it will be payable with your balance payment unless we have arranged a room share for you by then. If a room share is arranged after you have paid the supplement then we will refund it to you. Room shares are arranged in order of booking.

**Note:** Single supplement prices may vary seasonally.

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## 1. Accommodation

We use good quality hotels rated at the Indian 3-star and 4-star level on this tour as well as some heritage properties. These heritage hotels are often converted from former palaces or merchant houses and are full of historical character, though they may feel a little dated. They are often a highlight of your stay. In Nepal we stay in a basic but comfortable eco-lodge in Bardia National Park. Cottages are rustic and built in traditional local village style and with re-usable materials. The hotels in Lumbini and Kathmandu at the better end of the local 3-star level.

The specific hotels listed on our website are our preferred hotels for our small-group tours. However, these may be changed from time to time based on current availability and other logistics. In this event alternative hotels of a similar standard will be used. If you would like to guarantee any particular hotels for your trip, please contact us to request a tailor-made tour.

Accommodation is based on twin or double en-suite rooms with air conditioning. All couples will receive a private double room. See the Transport notes for details on the sleeper train accommodation.

Please check the Single Room Supplement option for details on room sharing options and charges for solo travellers on this tour.

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## 2. Transport

Our trips feature a mix of different transport options. We want you to feel like you're really experiencing the country you're travelling through, but at the same time finish journeys refreshed enough to enjoy the next stage of the tour. Due to the somewhat chaotic nature of Indian and Nepalese roads, we only use private vehicles for all road journeys on this tour.

The vehicles used in Nepal will travel from Bardia National Park to meet you at the India/Nepal and are often open backed jeeps or similar. Larger groups will use several of these vehicles or a minibus. A domestic flight takes you from Nepalganj airport to Kathmandu (aim to sit on the left side of the plane for great views of the Himalayas along the way).

The tour also features a journey on India's famous railway network. The journeys from Delhi to Varanasi (and return) takes around 8 hours and we book AC chair seats. You will be shown to your seat in the departure station and met on the platform on arrival. Delays of up to an hour are quite common, especially during the winter season if the weather is foggy. Tickets are issued 120 days before departure. If you book within that time we cannot guarantee that you will be seated with other travellers, though the train stewards are normally very helpful and will arrange seat swaps with other people on the train, who are normally very accommodating.

Due to the huge distances some trains cover, Indian trains are subject to delays and on these overnight journeys of around 12 hours a delay of an hour is not unusual. Delays can be longer in the winter months if the weather is foggy.

Tickets are issued 120 days in advance and are subject to full cancellation fees after you have arrived in India (US\$10 up until that point). If you book within 120 days of departure we cannot guarantee that you will be allocated a berth next to other people in the group, though the carriage stewards are generally very helpful in arranging to swap you with another traveller.

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## 3. Transfers

The tour price includes a 24-hour airport meet & assist service in New Delhi airport, your arrival and departure airport-hotel transfers and all other transfers involved in the tour. In Nepal you'll be helped to check in for your flight in Nepalganj and met on arrival in Kathmandu.

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## 4. Group Size/Tour Leaders/Guides

We are committed to being a small group operator, as we feel this gives everyone in the group the best chance to get to know their fellow travellers and to hear and make the most of their guide. There's no point in us providing great guides if you've got to peer over 30-40 shoulders to see them! So, we won't ever put you in a 50-seater coach with 49 other people and just one guide. Instead, we set our India small-group departures to have a maximum of 12 travellers. The minimum group size is 2.

In India we provide a fully trained, local English-speaking tour leader/driver to accompany our groups. On this tour they will accompany you throughout the whole loop from Delhi/Agra/Jaipur/Delhi with a separate escort in Varanasi. On groups of 5 or more, a guide will accompany you for the duration of the tour, for groups of 2 to 4, you will have a driver and local guides in each city.

One of our Nepalese team from Bardia National Park will meet you on arrival at the India/Nepal border and accompany you throughout your time in Lumbini and Bardia. A specialist local guide will be used for the tour in Lumbini and the lodge guide will take you on your safaris into the park. A Kathmandu city guide will escort you on the included tours.

At Encounters Travel we have a policy of aiming to use only local Indian and Nepalese guides and reps. We feel this gives you the best experience of the countries and the sites you are seeing.

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## 5. Entrance Fees

The tour price does not include entrance fees to the Indian tourist sites mentioned in the itinerary. This allows for fluctuations in the prices set by the local authorities, which do change from time to time. All entry fees, national park fees and park activity fees are included in Nepal.

You should currently allow approx. US\$105 per person to cover the entrance fees in India (this includes one visit to the Taj Mahal). You will also need to cover the cost of entrance to any other extra sites that you may wish to visit that are not listed in the main tour itinerary. Your guide will offer to collect the entrance fee cost from everyone at the start of the tour and pay on your behalf, or you can arrange them yourself as you go along.

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## 6. Money

Rupee (INR; symbol Rs) = 100 paise. Notes are in denominations of Rs 2,000, 1000, 500, 200, 50, 20, 10 and 1. Coins are in denominations of Rs 10, 5, 2 and 1, and 50 paise (Rs 0.5). Note: The import and export of local currency is prohibited. Sometimes smaller vendors will not take bills larger than Rs 500. It is best to carry a range of rupee notes if you are shopping at bazaars and local markets.

Note: You must present your passport whenever you change currency or travellers cheques. Commission for foreign exchange is becoming increasingly rare; if it is charged, the fee is nominal.

Credit cards: In major cities, the full cadre of banks cards are generally accepted including debit cards, American Express, Diners Club, MasterCard and Visa. However, in smaller towns and villages, choice is generally narrowed to cash or MasterCard and Visa.

ATM: 24 hour ATM machines can be found in all the major cities and most large towns. Visa, MasterCard, Cirrus, Maestro and Plus are amongst the most commonly accepted cards.

Travellers cheques: These are gradually getting less accepted but may still be changed at larger banks and some larger hotels. The most widely accepted currencies include US Dollars and Pounds Sterling. Some banks may refuse to change certain brands of traveller's cheques whilst others may exchange quite happily.

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## 7. Dates & Prices

We run small-group departures on this tour from mid-September through to early June, avoiding the monsoon months of July and August. All departures are guaranteed to run with a minimum of 2 travellers. Departure dates and prices are listed on our website (please check the website for up-to-date prices and special offers).

Private and tailor-made tours are available on any dates and may be adjusted to fit your personal requirements, available time and budget.

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## 8. Booking & Payment

If you would like to book a place on this tour, please complete the online reservation form on our website (via the Dates & Prices tab on the tour page). You may make a deposit or full payment online, or just hold a reservation if you prefer (full payments are due 8 weeks before departure). We will then contact you with more details about how to complete your booking. Payments may be made by debit or credit card (subject to a card processing fee), or by making a bank transfer, or posting us a cheque/bank draft. Full details will be provided in your booking confirmation email. Please [contact us](#) if you would like any more information or have any questions before making a booking.

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## 9. Financial Security

We are a UK registered company and are committed to providing our customers with financial protection to provide peace of mind and to allow you to book with confidence.

We have therefore partnered with Trust My Travel Ltd., which provides financial protection services to over 2000 partners around the world. Funds paid to us by our customers are protected via an Insurance policy held by Trust My Travel. Each traveller and the description of services sold is declared against Trust My Travel's insurance policy directly against our financial failure. In the event of our insolvency, you will be refunded for any unfulfilled products and/or repatriation to the UK (where applicable). Please see [our website](#) or [booking conditions](#) for more information.

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## 10. Responsible Tourism

It is impossible not to have an impact on the local environment, cultures and eco-systems when you travel. However, it is very possible to try and ensure that these impacts are as limited, or positive as possible. We are committed to ensuring that we try to leave our host countries in a better state than we found them and encourage and assist our travellers to help us with this.

The following are a few simple tips that require very little effort on your part but which will help ensure that any effect you have on the locations you visit is positive rather than negative.

- Don't prejudge: Things in different countries will almost certainly be different. That doesn't make them worse or inferior, just different.
- Communicate: Don't expect locals to speak your language. Take the trouble to learn a few words or phrases of the local language. Don't worry about sounding silly. Most locals are patient and accommodating and appreciate you making the effort to communicate in their language.
- Conserve energy: Be careful not to waste valuable resources. Use local resources sparingly. Switch off lights, air-conditioning and fans when you leave the hotel room and don't waste water. Remove superfluous packaging. Many countries have far less efficient waste disposal systems than ours. Remove packaging from newly acquired items before leaving home.
- Don't litter: No matter how untidy or dirty the country you're travelling in may look to you, avoid littering, as there is no need to add to the environment's stress. Many of the countries we visit have a tough challenge dealing with rubbish and waste. Please consider taking home as much plastic waste as you can (e.g. water bottles).
- Choose environmentally friendly products: By using environmentally friendly (bio degradable) sun creams, shampoos and detergents you can help reduce pollution.
- Respect local customs and traditions: As you are a guest in these countries, you should also comply with the local customs. If you are friendly and well mannered, the locals will reciprocate and it will only enhance

your experience. It's important to follow dress and behaviour guidelines especially when visiting religious or sacred sites (your tour leader will advise you how best to do this).

- If a client commits an illegal act the client may be excluded from the tour and Encounters Travel shall cease to have responsibility to/for them. No refund will be given for any unused services.

All porters are employed and equipped following guidelines set by the International Porter Protection Group (IPPG).

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## 11. Follow Us Online

You can stay in touch with us online by following us on Facebook and Twitter. We post updates on relevant travel news in our destination countries, special offers and discounts and other interesting travel related news and information.

[www.facebook.com/encounterstravel](http://www.facebook.com/encounterstravel)

<https://x.com/encounterstravel> (yes, without the 'e')

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## 12. Travel Insurance

Travel insurance is compulsory on all of our tours and needs to cover personal accident & liability, medical expenses and repatriation, travel delay & abandonment. We also strongly recommend that you take out cover against cancellation and lost/stolen baggage. Personal medical insurance does not normally provide sufficient cover and is generally not suitable for travel on our tours. You will not be able to join your tour if you have not provided us with details of your insurance or if you arrive without cover in place (no refunds will be due in this event).

Considering travel insurance for your trip? [World Nomads Travel Insurance](#) offers coverage for more than 150 adventure activities as well as emergency medical, lost luggage, trip cancellation and more.

If your tour includes car hire, or if you plan to arrange a hot air balloon flight locally or do some scuba diving during your tour, you should check the small print in your policy to make sure these are covered (these are covered in our policy). Please also check the maximum altitude that you will be reaching and that full cover including emergency evacuation is provided up to this altitude.

If you are taking expensive camera gear or other electronic equipment with you then please check the coverage and the fine print of your policy to ensure that you have sufficient cover.

*IMPORTANT: We must have your travel insurance details (policy number and type of insurance) before you depart or you may not be allowed to join the tour. If you haven't told us already, please let us know the details when you can. You should take a paper copy of your insurance policy with you as you may be asked to show this at the start of the tour.*

### Covid-19

**Before purchasing any travel insurance, please check the coverage provided for situations related to Covid-19, and for the rules about government travel advice. Your normal policy may not be suitable.**

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## 13. Before you travel

It is important when considering and preparing to travel anywhere in the world that you have a good understanding of the country you are visiting, its laws and customs, and the possible risks and situations that may occur. This includes specific risks related to your itinerary (eg. does it involve water & can you swim, are you fit enough for the activities included), as well as more general risks such as terrorism and natural disasters.

General details and links to more information about health risks, visa requirements, money, and travel insurance are given in these tour notes. We recommend that you re-read all these before your departure as well as the small print of your travel insurance policy so you know exactly what is covered and what is not.

You should take copies of your important travel documents with you and ideally also store them online securely as a backup. Make sure that you have given us your emergency contact details and told that person where and when you are travelling. Ensure you take enough money with you and that you have access to emergency funds.

Finally, you should read through and stay updated with the current [official government travel advice](#) for your destination. We are registered partners with the UK Foreign Office's '[Travel Aware](#)' campaign which provides further useful and invaluable information.



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#### **14. Reduce Plastic Waste with Water-to-Go Filter bottles**

Traveling responsibly means minimizing plastic waste, but staying hydrated on the go is essential. At Encounters Travel we are committed to reducing single-use plastics, which is why we've partnered with Water-to-Go. Their portable filtration system removes over 99.9% of contaminants from any non-saltwater source, turning even questionable water sources into safe drinking water.

Given that tap water is un-safe to drink in many of the countries in which we operate, we recommend purchasing a Water-to-Go bottle prior to departure. This will help you avoid the use of single use plastic bottles and keep you hydrated on the go.

Save big! Get a huge 25% off your Water-to-Go bottle and other Water-to-Go products (such as filters, lids, and carriers). Use code **ENCOUNTERS25** at checkout (valid in the UK, USA and Canada).

##### **How Water-to-Go Technology works:**

- Their reusable, BPA free water bottles contain their own unique 3-in-1 filtration technology effectively providing clean safe drinking water from any non-salt water source around the world.
- Three different (1 traditional and 2 nano) technologies are combined in one filter cartridge to remove up to 99.9999% of microbiological contaminants in water.

##### **The three technologies used in a Water-to-Go filter are:**

- Mechanical filtration – A tiny pore size, so small contaminants can't fit through.
- Electrical – A positive charge reduces the pore size even further and attracts contaminants like a magnet, trapping them inside the filter.
- Activated Carbon – Unlike most carbon based filters, instead of using adhesives to glue the carbon particles together, (which vastly reduces the carbon's efficiency) it is contained within the membrane, helping to reduce contaminants whilst eliminating bad tastes and odours. Try filtering water from your tap at home and taste the difference!

##### **Water-to-Go filter bottles deliver safe, healthy water worldwide**

- Water-to-Go filters remove bacteria, viruses, waterborne disease, protozoa, heavy metals such as lead as well as harmful chemicals.
- Their filters remove Chlorine and Fluoride from tap water.
- The filter will eliminate harmful contaminants from the water but allow beneficial minerals such as sodium and magnesium to pass through leaving you with the healthiest water possible.
- Water-to-Go filters have been independently tested against internationally recognised standards by industry specialists including The London School of Hygiene & Tropical Medicine (UK), BCS Laboratories (USA), Bangalore Test House (India) and IMI (China).

**Use Water-to-Go products and you'll be healthier, wealthier and helping to make the world a better place!**

- Depending on filter size, each Water-to-Go filter is able to replace 260 or 400 single-use plastic water bottles!
- They ensure you have access to safe water anywhere in the world without ever having to buy environmentally damaging bottled water.
- Their water bottles deliver safe, clean drinking water at just 5p per litre.
- The filter membrane is biodegradable and the shrouds are recyclable.
- The water bottles are used and approved by everyone from backpackers to commuters, gym users to expecting mums. Perfect for everyday, outdoor and travel.

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## 15. Private & Tailor-made Tours

While our group departures offer a fantastic way to explore with like-minded travellers, we understand that some guests prefer a more exclusive experience. Most of our group tours can be booked on a private basis, allowing you to enjoy the same expert-led routes with your own dedicated party. The primary advantage of choosing a private arrangement is the flexibility it provides; we can easily customise the itinerary to include your preferred style of accommodation or adjust the pace to suit your needs. Private tours can be run on the same start days as our group tours, or on other dates. However, some activities within our trips are restricted to particular days of the week - we will advise you on anything like this that we need to work around. Pricing will be based on the number of travellers in your party, and any customisations you may like to make.

For those seeking something truly unique, our specialist sales team is available to collaborate with you on a completely tailor-made tour, designed from the ground up to match your specific interests, accommodation level and requirements.

To request a quotation for a private or tailor-made tour, please [contact us](#).

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## 16. International Flights

We want to give you as much flexibility as possible when it comes to booking your holiday with us. So, to take account of people with varying travel plans, we don't include your international flights in the main tour price. We are however very happy to suggest flights to go with the tour. Please contact us with your preferred dates and departure airport and we'll give you a selection of airlines, times and fares to choose from.

Your airport arrival & departure transfers are included on the first and last days of the tour. Most of our Indian tours start and finish at Delhi airport (DEL).

We do also sometimes advertise flight inclusive packages from selected airports. Where these are shown on our website, prices are correct at the time of quoting, but are subject to continued availability of the fare used. Prices will be reconfirmed at the time of booking, and we will also provide the flight times and airline details before tickets are issued.

Flight inclusive prices are based on the cheapest Economy ticket class available which is generally non-refundable and non-changeable unless the flight is cancelled for reasons such as Covid-19, in which case the airlines are more flexible. More flexible ticket options, as well as Premium Economy and Business Class tickets are available on request for an additional supplement. Any changes made to flight inclusive bookings will be subject to the airline rules on your ticket.

### Flight CO2 Emissions:

Traveling by air is an amazing way to explore the world, but flights also contribute to carbon dioxide (CO2) emissions that impact the environment. By considering the airline's CO2 emissions when you choose your flight, you can help minimize your travel footprint.

When selecting your international flights and airline, we do therefore recommend that you try and also take into account the flight CO2 emissions. Some airlines and flight search websites (eg. Google Flights, Skyscanner) do publish this information, so you can compare between your flight options and make an informed decision. Thankfully, many airlines are working towards sustainability efforts, and choosing a greener option allows you to contribute to positive change while still enjoying your incredible adventure.

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## 17. Tipping - India

Haggling is a traditional necessity, so it's wise not to pay too much regard to initial prices. Instead fix an item's value in your mind then negotiate towards it unhurriedly and don't be afraid to simply walk away if the price isn't right. Once you have offered a price though, you should be prepared to pay it as you may cause offence if you then back out.

While an accepted part of the culture and customs in India, tipping is always optional, and the amounts paid should reflect excellent service. We are often asked for advice on common amounts, and for assistance with tipping. Some suggested guidelines are given below.

**Restaurants and taxis:** Local markets and basic restaurants - leave the loose change. More up-market restaurants we suggest 5% to 10% of your bill.

**Local guides:** Throughout your trip you may at times have a local guide in addition to your tour guide. We suggest USD 5-10 per person per day for local guides.

**Drivers:** You may have a range of private drivers on your trip. Some may be with you for a short journey while others may be with you for several days. We would suggest a higher tip for those more involved with the group, for example if you don't have an extra accompanying guide. However USD 3-6 per person per day is generally appropriate.

**Tour Guides:** To answer your next question. . . as a guideline for tour guides who accompany you on the entire tour, we suggest you allow around USD 5-10 per person per day, but ultimately, as with all the tipping described above, it's up to your satisfaction with their service and your personal budget. You should not feel pressured to tip any particular amount.

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## 18. Passports and Visas - India

Your passport expiry date must be at least 6 months after your time in India finishes. Do not bring a full or almost expired passport. You must also have a machine-readable passport or you may be denied entry. If you have an old-style manually issued passport you will need to replace this with a new machine-readable passport before you travel.

Most nationalities (including UK, USA, European, Australian, Canadian) will need to arrange their Indian tourist visa in advance. A new online e-visa system is available which makes the process more straightforward than before. You can make your application online at [indiavisaonline](http://indiavisaonline).

Visa requirements for India can and do change regularly and we suggest that you arrange your Indian visa early and re-check your specific visa requirements prior to travel for any changes.

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## 19. Health and Vaccinations

You should ensure you are fully insured for medical emergencies including emergency evacuation and repatriation.

Recommended vaccinations and other health protection measures vary according to the country you are visiting and where you are travelling from. We recommend you contact your GP/medical practitioner or a travel clinic for current information on vaccinations needed for your destination. You should ensure that you are up to date with vaccines and boosters recommended for your normal life at home, including for example, vaccines required for occupational risk of exposure, lifestyle risks and underlying medical conditions. In addition, additional courses or boosters normally recommended for the countries in this region are:

**Nepal:** Additional vaccinations: Diphtheria, Hepatitis A, Tetanus, Typhoid. [Malaria map](#). Yellow Fever certificate: Required if arriving from or having transited through an infected area.

**Bhutan:** Additional vaccinations: Hepatitis A, Tetanus, Typhoid. [Malaria map](#). Yellow Fever certificate: Required if

arriving from or having transitted through an infected area.

**India:** Additional vaccinations: Diphtheria, Hepatitis A, Tetanus, Typhoid. [Malaria map](#). Yellow Fever certificate: Yellow fever rules for India are quite complicated and lengthy. Please read the [WHO guidance](#).

**Tibet:** Additional vaccinations: Hepatitis A, Tetanus, Typhoid. [Malaria map](#). Yellow Fever certificate: Required if arriving from or having transitted through an infected area.

**Malaria:** Vaccinations are not available against Malaria, which is a disease transmitted by mosquitoes that can be very serious and sometimes fatal. You should avoid mosquito bites by covering up bare skin with clothing such as long sleeves and long trousers and applying insect repellents to exposed skin. When necessary, sleep under a mosquito net. Mosquitoes are most active during and after sunset. You should consult with your GP/medical practitioner/travel clinic about the most appropriate malaria prophylactic medication to take for the regions you are visiting. In general the lowland regions Bhutan are considered malarial zones, while higher altitudes including central Bhutan including Paro, Thimphu, Punakha and Bumthang are not. Nepal is considered mainly low risk with prophylactics not normally required.

**Yellow Fever:** This disease is spread by infected mosquitoes that bite during the day. A Yellow Fever Certificate of vaccination may be required as a condition of entry depending on which country you are arriving from, or that you have travelled or transitted through recently (including connecting flights with stopovers of over 12 hours). You can view this US CDC information about where the virus is present and follow the links to further information detailing which countries need you to have a Yellow Fever vaccination as part of their entry requirements. Please ensure you have this certificate with you and to hand if necessary. Please inform us of any pre-existing conditions such as diabetes or asthma and any prescription medicine you may be taking. We also need to know about any food allergies or physical disabilities that you may have.

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## 20. Voltage

In Nepal, India and Sri Lanka, sockets are mainly two round pronged and 230 volts (Type C,D,M). In Bhutan a range of different sockets can be found, including two and three round pronged and three flat pronged (Type D,F,G).

Universal adaptors are available in most airport shops if you don't have one already. Standard UK-European adaptors will work fine, though sometimes they may feel a little loose in the sockets. All hotel rooms have electrical sockets where you can re-charge cameras, phones etc. Hair dryers are sometimes available on request from the hotel reception if not in your room already but cannot be guaranteed.

If you have US appliances (110 volts) you will need a voltage converter as well as a plug adapter.

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## 21. Time

The time in India and Sri Lanka is GMT plus 5 1/2 hours.

The time in Nepal is GMT plus 5 3/4 hours.

The time in Bhutan is GMT plus 6 hours.

The time in Tibet is GMT plus 8 hours.

Daylight saving adjustments are not applied.

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## 22. Tipping - Nepal

While an accepted part of the culture and customs in Nepal, tipping is always optional, and any amounts paid should reflect excellent service. Tipping in Tibet and Bhutan is less prevalent though it is still normal practice to tip your guide and driver at the end of the tour.

We support and follow international guidelines for the employment of any trekking porters we use, including those of the IPPG (International Porter Protection Group). We therefore pay all our porters a higher than average wage, but an additional tip is still normal practice at the end of your trek.

It is normal and accepted for people to tip differently, and you should not feel under any pressure to tip any particular amount. We are often asked for advice on common amounts however, and suggest that you consider around US\$ 5-10 per person per day for guides, US\$ 3-7 p/p/day for assistant guides or tour leaders, and US\$ 2-5 p/p/day for porters and drivers.

Haggling or bargaining is also prevalent throughout Nepal and Tibet, particularly in Kathmandu, and is still done in markets in Bhutan though to a lesser extent in other shops. More often than not the start price is at least double the actual price the vendor will be happy to accept. Do not take offence, but be prepared to bargain if you want to, consider your budget (and what you'd be happy to pay for things at home), pay fairly and enjoy this as part of the experience. Note: if you do offer a price, then you are expected to purchase – do not start bargaining unless you really want to buy.

While you are out in rural/hill areas, we recommend that you should stick to published price lists and pay fair prices for local food, accommodation and services, as this aids local economies (bear in mind that when you are trekking, nearly everything you eat or buy will have been carried there by porters or donkeys).

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### 23. Passports and Visas - Nepal

Passports should be valid for at least six months after your departure from the country. Please do not bring an almost full or almost expired passport. Visa arrangements are the responsibility of the traveller, and requirements are subject to change by the local authorities. Full details of current visa on arrival procedures are given on the [Nepal immigration department website](#).

Many nationals can obtain their Nepalese visa in Kathmandu airport upon arrival (including UK, EU, US, CA, AU, NZ, SA citizens). The costs for a multi entry visa are currently:

- up to 15 days - US\$ 30
- 16 to 30 days - US\$ 50
- 31 to 90 days - US\$ 125

The visa is obtained in the immigration area at the point where your passport is stamped. Forms to fill in are available at kiosks in the immigration hall and may also be given out on your flight (if so, do fill them in before you land as it will reduce your queuing time). You may also need to fill in an arrivals card. Once your paperwork is completed, head to the payment/bank desks to pay and get a receipt, and then to the immigration desk and hand over your forms, your payment receipt and passport. The visa fees are set in US Dollars, but you can also pay in other currencies, but don't rely on getting given change.

To reduce queuing time you can also complete most of this process online in advance. First fill in the [Visa on arrival form](#) on the government website, and take a photo or print out your completed application form. You can only do this within 15 days of arrival, or you will need to repeat the process. You can then either pay online or pay on arrival at the airport. When you get to the airport, show your printed/photographed form, and the payment receipt if you have paid, and your visa will be issued and stamped into your passport.

**Passport Photos:** If you are doing any trekking, rafting or visiting a National Park you may be asked for passport photos, as some of the permits we may need to get require these. So please bring at least 2 standard passport photos with you just in case - they will always come in useful later if you don't need them.

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### 24. What to take

**Luggage:** Whatever you're doing in Nepal, Tibet or Bhutan, you'll find that large rigid wheeled suitcases are cumbersome - you may be able to wheel them inside the airport and your hotel, but due to the condition of roads and pavements that's often about it. As many of our tours involve a degree of adventurous activity, we strongly advise you to bring a more practical bag for these i.e. a rucksack or holdall. These are easier for both your porters, and yourself to carry around. Suitcases are OK for our cultural tours in Nepal, Tibet and Bhutan though,

but please aim to bring small or medium sized ones rather than very large. If you are trekking or rafting, or doing a lot of travel throughout the country, then as little as possible is the basic message. A rucksack or holdall (50-70 liter approx.) for your main luggage, and a daypack for you to use during the day should be plenty. While rafting we only take essential kit on board the rafts, and your main luggage will travel by bus to the take-out point. While trekking your porters (Nepal) or ponies (Bhutan) will carry your main luggage, leaving you with just a daypack with things you'll need during the day. You can also leave some luggage locked safely in the pre-trek hotel if you wish. We recommend that couples plan to leave one main bag behind, and pool their remaining luggage in their other bag for the porter to carry.

**Luggage limits:** Most international airlines allow 20-23kg per person of hold luggage. Domestic flights often have smaller allowances around 15kg. As airline rules vary we recommend that you take no more than 20kg of luggage if your tour just includes international flights, and no more than 15kg if there are any domestic flights included in your itinerary. Please ask us for details if you are unsure. Any excess baggage fees will be your responsibility to cover. Most airlines allow between 5kg and 10kg for hand luggage so we suggest that you take no more than 5kg unless you have confirmed that your airline(s) will allow more than this.

If you are trekking with us, we ask that you keep the weight of your main bag that the porter will carry to a maximum of 12.5kg. This then allows the porter to carry up to 2 bags, and a maximum of 25kg (the International Porter Protection group's advised limit for Nepal is 30kg, which then leaves a little more weight for their own kit). This weight allowance includes your sleeping bag if you are hiring it from us and not carrying it with you to Nepal. If you are doing an Everest trek and flying from Kathmandu to Lukla, then flight luggage limits are 10kg for your main bag and 5kg for hand luggage - total 15kg. You can re-arrange that after you arrive in Lukla. Please keep to these limits as while you can pay for extra weight, it may be held back until the next flight which may then be delayed or cancelled.

Treks in Bhutan follow the same weight limits for your ponies.

You may leave other luggage securely locked in your hotel during the trek. If you are travelling as a couple then we suggest you leave one main bag in Kathmandu and share the other main bag that the porter will then carry.

**Clothing & Climate:** Nepal and Bhutan have a climate that ranges widely depending on when you visit, and where you are visiting.

- Autumn - late Sep-Nov: The weather is good and very warm, with lots of sunshine, getting quite hot during the day in lowland regions. It will still be cold at night at higher altitudes if you are trekking. Shorts & T-shirts are fine while you are walking, but you should still bring warmer clothes for the evenings. There is a good chance of rain in September and early October, so bring a waterproof.

- Winter - Dec-Feb: It will be pleasant in lowland regions with very little rain, but will be cooler at night. Long trousers and shirts are advised during the day, and you will need warm clothes in the evenings. If you are trekking, then it will be cold during the day, and extremely cold at night, particularly at higher altitudes. Several warm layers are recommended so you can regulate your comfort as you walk, including a waterproof, even if only to protect from cold winds. We include thick down jackets in our optional trekking packs for comfort in the evenings at higher altitudes.

- Spring - Mar-May: The weather is very pleasant during the spring, and again shorts & t-shirts are fine while you are walking. There is a higher chance of rain as the season progresses, so a thin waterproof is recommended in case. It gets very hot and humid in the lowlands from May onwards.

- Monsoon - Jun-mid Sep: It will be hot and sticky during these months, with lots of rain, so come prepared accordingly if you are visiting during these months - gaiters are highly recommended if you are trekking to keep out leeches.

A huge variety of cheap trekking gear is available in Kathmandu (fleeces, waterproofs etc.) and buying some here can save you carrying it with you, and support the local economy. However, you should definitely bring your own walking boots.

Modesty rates highly in Nepal and Bhutan especially for women, so please ensure all clothes are loose fitting and not too revealing. You'll find the Bhutanese dress fairly smartly or in national dress, so you will stand out even more if you look scruffy.

**Whilst rafting:**

**On the raft:** Shorts, Texas (sandals) or trainers, baseball style cap to keep the sun off your face, sunglasses with a strap to keep them on your head, swimwear, sarong for women, sun-cream, lip balm, water bottle, several t-

shirts.

Note: All footwear on a raft should be rubber soled, and of the type that will not come off easily.

**Off the raft:** Long trousers, warm sleeping bag (provided, but you may want to bring a sheet sleeping bag as well), petzel type head torch, warm jacket/fleece, dry shoes, boots, warm socks, towel, warm long sleeved shirt, toiletries.

**Cameras:** You can take cameras on the raft, and we endeavour to keep that sort of kit dry in waterproof bags. But there is always an element of risk of getting the camera wet.

**What you shouldn't take on the raft:** All the rest of your kit and you're your valuables. We will make arrangements for their transport to your take-out point.

### **Whilst trekking:**

**Suggested Clothing and equipment:** Strong hiking boots or walking shoes that you have broken in; Good sized rucksack or holdall; 3 to 4-season sleeping bag (only if you want to use your own rather than the one provided in our optional trekking pack); silk or cotton sleeping bag liner; lightweight waterproof and windproof jacket; (waterproof gaiters, waterproof over trousers - these are only necessary on some treks in some seasons - contact us for further info if required); 3 or 4 t-shirts; small day pack; several pairs of light socks; 2 pairs of heavier woollen socks; underwear including thermals; warm hat and gloves; swimwear; pair of lightweight trousers; pair of shorts; 1 fleece or warm jumper and 1 sweatshirt. Also, sunglasses, torch and batteries, toiletries (include a lighter to burn toilet paper), bring biodegradable shampoo & soap, towel, blister kit, money belt and any personal medication you might require. Remember, Lots of layers are the key to staying warm and comfortable. Also, keeping your feet comfortable and healthy makes a huge difference to how you enjoy your trek. So, bring waterproof boots/walking shoes and plenty of pairs of socks so you can change them regularly.

**Day Packs and Main luggage:** You will want a sturdy and comfortable daypack to carry your day-to-day items with you while you are walking (clothes you may change in and out of regularly, drinks, snacks, camera). You will also need a sturdy holdall or backpack for your main luggage. Your porters or ponies will carry this for you, so suitcases are not appropriate. They may leave earlier than you, and may not walk with you throughout the entire day, so bear in mind that you won't have access to this luggage all the time - you need to ensure you are carrying everything you require during the days walk in your daypack. You can leave luggage behind in storage at your hotel so you don't need to take everything with you on the trek.

### **Whilst in the game parks:**

You should bring long trousers and long-sleeved shirts for jungle walks and travel within the park. Please ensure these are of drab colours to avoid drawing attention. Sunglasses and sun-hats are advisable for hot and bright days. Mosquito repellent is highly recommended. Binoculars are extremely useful at any of Nepal's National Parks, and are not generally available for hire locally. Don't forget fast film for those jungle shots and moving animals/birds. A good cleaning kit is essential as these items are unavailable once at the park. It is also better to take quality film, either from home or Kathmandu into the parks, and to ensure you have a spare fully charged battery and memory card.

**All tours:** We recommend that you bring a sun hat, sunscreen, sunglasses, a basic first aid kit, toiletries, money belt, small torch, camera & charger.

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**Note:** Please [download an up-to-date copy](#) of these tour notes shortly before you travel as itineraries and information does change from time to time.

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