

12 DAY TOUR & TREK

NEPAL ADVENTURE

\$899

PER
PERSON
TWIN
SHARE

TYPICALLY **\$2359**

KATHMANDU • POKHARA • GHOREPANI • TADAPANI

THE OFFER

The quickest way to discover the heart and soul of a destination is on your own two feet. That's especially true in Nepal, an intriguing nation of snowy mountain peaks, remote monasteries, and colourful communities. When you spend time with the locals, hiking through spectacular villages and rugged mountain passes, you soon begin to uncover the extraordinary in the everyday.

Taking in Kathmandu, Pokhara, Ghandruk, Ghorepani, Tikhedhunga and more, this 12 day package has all the makings of a life-changing adventure. Explore the historic city of Kathmandu on tour, taking in impressive sights such as Patan Durbar Square and Swayambhunath Stupa, and admire the changing landscape on a tourist bus to Pokhara. From here, journey to Nayapul and begin a five day trek through the stunning Himalayan foothills. Pass through small villages and settlements, admiring colourful rhododendron forests and snow-capped peaks, and witness a dazzling sunrise over the mountains from Poon Hill. Professional mountain guides, porters, national park fees and more are all included. If you've ever longed to experience the unique wonders of Nepal, this is an adventure you do not want to miss!

****Note:** This is a land-only package. Flights are not included.**

STANDARD PACKAGE

\$899

PREMIUM PACKAGE

\$1299

*Please note: all information provided in this brochure is subject to both change and availability. Prior to purchase please check the current live deal at www.tripadeal.com.au or contact our customer service team on 135 777 for the most up-to-date information. If you have already purchased this deal, the terms and conditions on your Purchase Confirmation apply and take precedence over the information in this brochure.



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THE ITINERARY

Day 1 Kathmandu 1345m

Upon arrival into Kathmandu airport, you will be met by a tour representative and transferred to your hotel. The Tour Manager will meet you at your hotel this evening to brief you on the program during your stay in Nepal.

Overnight: Kathmandu (Standard or Premium Hotel Option)

Meals included: None

Day 2 Kathmandu City Tour

Following breakfast this morning, you will set out for a sightseeing tour of the Kathmandu Valley (entrance fees not included), which takes in Kathmandu Durbar Square and Swayambhunath (also known as the 'monkey temple') in the morning, followed by sightseeing in Pashupatinath Temple and Boudhanath Stupa in the afternoon. Kathmandu is home to a wonderful mix of the ancient and the new, and includes western influences that make visiting the capital an interesting experience. Some of the sites you visit are declared as UNESCO World Heritage Sites, and you will truly enjoy visiting these ancient monuments and learning of their fascinating history.

Overnight: Kathmandu (Standard Or Premium Hotel Option)

Meals included: Breakfast

Day 3 Kathmandu - Pokhara (approx. 200 kms)

After breakfast at the hotel, you will take the tourist bus to Pokhara (altitude 915m). Upon arrival, check-in to the hotel and enjoy the remainder of the day at leisure.

Overnight: Pokhara (Standard Or Premium Hotel Option)

Meals included: Breakfast

Day 4 Pokhara - Nayapul - Tikhedhunga

Following breakfast at the hotel, you will drive to Nayapul (altitude 1050m) and then trek out to Tikhedhunga (altitude 1577m) via

Birethanti. It is easy trekking, passing through several small villages and settlements. Afterwards you will ascend gently to the final destination of the day.

Approximate Distance: 7 km

Approximate Trekking Duration: 3 hrs

Overnight: Mountain Lodge

Meals included: Breakfast;Lunch;Dinner

Day 5 Tikhedhunga - Ghorepani

Today you will ascend steeply for the first two hours and then ascend gently, passing through Ulleri and Banthanti. You will see a good view to the mountains of Machhapuchhre (Fish Tail), Hiunchuli and Annapurna south on the way. The trail becomes easier, passing through rhododendron forests and shadowy trees, ascending gently to the final stop in Ghorepani (altitude 2675m).

Approximate Distance: 12 km

Approximate Trekking Duration: 7 hrs

Overnight: Mountain Lodge

Meals included: Breakfast;Lunch;Dinner

Day 6 Ghorepani - Poon Hill - Tadapani

Early this morning you will hike to Poon Hill (altitude 3180m) to enjoy the sunrise view over Mt. Dhaulagiri and other numerous snow-capped mountains. After taking in the beauty and serenity of the sight, you will then hike back down to Ghorepani for breakfast at the Lodge. Continue the trek to Tadapani (altitude 2675m). Most of the trail will be through rhododendron forest; the beautiful flower makes the jungle colourful when they bloom in spring.

Approximate Distance: 10 km

Approximate Trekking Duration: 6 hrs



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THE ITINERARY

Overnight: Mountain Lodge

Meals included: Breakfast;Lunch;Dinner

Day 7 Tadapani - Ghandruk

Today is easy trekking, descending gently all the way through rhododendron, oak and other kinds of dense forests. You will hear a myriad of birds chirping along the way. This is one of the popular destinations for bird lovers. Ghandruk (altitude 1950m) is a big Gurung (ethnic group of Nepal) village, which is home to a handicraft centre and museum.

Approximate distance: 9.5km.

Approximate trekking duration: 3hrs

Overnight: Mountain Lodge

Meals included: Breakfast;Lunch;Dinner

Day 8 Ghandruk - Nayapul - Pokhara

Today is your last trekking day. It's a very easy trek descending gently half of the way through the rice fields and local villages to Syauli Bazaar and then it's flat until Nayapul. Afterwards drive from Nayapul to Pokhara.

Approximate Distance: 18 kms

Approximate Trekking Duration: 4 hrs

Overnight: Pokhara (Standard Or Premium Hotel Option)

Meals included: Breakfast;Lunch

Day 9 Pokhara - Chitwan (approx. 150 kms)

After an early morning breakfast, you will drive to Chitwan. Check into your jungle lodge and embark on a wildlife Tharu village tour. The tour gives you the opportunity for a close and personal observation of the Tharu culture. Witness the daily lifestyle and activities of the Tharu community, the Tharu are indigenous to Chitwan and popular for their traditional culture.

Overnight: Chitwan (Standard Or Premium Hotel Option)

Meals included: Breakfast;Lunch;Dinner

Day 10 Chitwan Jungle Activities

After breakfast you will set out for a full day of jungle activities. You will also enjoy an opportunity to watch elephants bathing and also visit an elephant breeding centre. At dinner this evening, you will enjoy a brilliant Tharu cultural stick dance.

Overnight: Chitwan (Standard Or Premium Hotel Option)

Meals included: Breakfast;Lunch;Dinner

Day 11 Chitwan - Kathmandu (approx. 180 kms)

After breakfast return to Kathmandu by tourist bus.

Overnight: Kathmandu (Standard Or Premium Hotel Option)

Meals included: Breakfast;Dinner

Day 12 Depart Kathmandu

After breakfast you will be transferred to the airport.

Meals included: Breakfast



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TOUR INCLUSIONS

HIGHLIGHTS

- See the best of Nepal on tour and enjoy a 5 day trek
- Experience Kathmandu, Pokhara, Chitwan, Nayapul and more
- Trek to Tikhedunga, Ghorepani, Poon Hill, Tadapani and Ghandruk
- Discover the highlights of Kathmandu on a city tour
- See resident monkeys at Swayambhunath Stupa, 'the monkey temple'
- Visit Patan Durbar Square, often called the 'City of Fine Arts'
- Witness the spectacular Machhapuchhre 'Fish Tail'
- Hike to Poon Hill to watch the sunrise over the mountains
- Trek through beautiful Rhododendron forests
- Visit a handicraft centre and Gurung museum in Ghandruk
- Learn about Tharu daily life and culture on a Tharu village tour
- Experience a full day of jungle activities in Chitwan
- Witness a cultural Tharu stick dance
- Enjoy a bird watching tour

ACCOMMODATION

- 7 nights quality hotel accommodation (Standard Or Premium Option)
- 4 nights in mountain lodges on the trek

DINING

- Enjoy 25 meals including full board on the trek

TOUR ESSENTIALS

- Professionally trained mountain guide and porter
- All ground transportation as per itinerary
- All National Park entry fees and TIMS permit
- Sleeping bag and down jacket for the trek

TRANSFERS

- Return airport transfers



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BOOKING INFORMATION

After purchase, you will receive a receipt and a Purchase Confirmation, directing you to an online Passenger Information Form. The Passenger Information Form must be completed within 72 hours of purchase.

Please note: You will receive confirmation of your selected tour dates from the operator within 14 days and you will receive your final tour itinerary and confirmation of hotels approximately two weeks from departure.

Please note: Flights are not included in this package so please wait for your tour date confirmation from Outfitter Nepal before purchasing flights.

On purchasing this Travel Offer you are bound by the General Terms and Conditions, in addition to the specific terms and conditions outlined in this Important Information.

Please note: all additional charges are payable direct to the operator unless stated otherwise.

OFFER ESSENTIALS

Travel offer is valid for travel until the 25th December 2019.

Travel offer is valid for one person based on twin share.

Single Traveller Supplement

- Standard Package: \$340
- Premium Package: \$670

Departure Dates

Please see the TripADeal website for current departure dates.

ACCOMMODATION

Accommodation Used

Standard Package:

3 Star (self-rated)

- Kathmandu: Hotel Jampa or similar
- Pokhara: Hotel View Point or similar
- Chitwan: Rhino Land Lodge or similar

Premium Package:

4 Star (self-rated)

- Kathmandu: Yatri Suites and Spa or similar
- Pokhara: Mount Kailash Resort or similar
- Chitwan: Green Park Chitwan or similar

No star ratings: Trek: Mountain Lodges

- All lodges have beds with linen and indoor bathrooms. Hot water is available on request. A hot shower is an additional cost of approx \$2.50 - \$5AUD at the Mountain Lodges. Please note some lodges do not provide towels so packing a towel is necessary.

Please note: Rooms offered are based on a lead-in room type. In the unlikely event that a hotel is fully booked a similar hotel of the same standard will be used.

3-4 star hotels will be used in cities and on the trek locally owned comfortable lodges with an indoor bathroom and hot showers will be used. As the lodges are locally owned the money goes back into the local community - giving back to people of Nepal.

Extra Nights

Not available.

Maximum Room Capacity

3 People (subject to availability).

Child Policy

- No child discounts apply; a full priced voucher must be purchased for all children travelling with their parents.
- Strictly valid for Children/infants 12 years old and over.

Please note: Children must be accompanied by a responsible adult 18 years old and over to travel. No unaccompanied minors allowed.

Bedding Configuration

Double or twin bedding (subject to availability).

Adjoining / Interconnecting Rooms

Not available.

GENERAL TOUR INFORMATION

Minimum group size 2, maximum group size 30 per vehicle.

Optional Tours / Activities

- Upgrade to flight to Pokhara: \$130 USD (approx. \$175 AUD)
- Everest Scenic Flight: \$250 USD (approx. \$335 AUD)

Please note:

- Prices are based on per person, are subject to availability, time permitting and weather conditions, and are payable direct to the tour operator in the currency specified.

- Some tours require minimum numbers to operate.

EXCLUSIONS

- Domestic transfers / flights
- International flights
- Visa fees and requirements (A visa for Nepal is a strict requirement if travelling on an Australian passport)
- Meals/beverages not stated in the itinerary, including water which is available to purchase (approx \$.80c to \$2).
- Recommended gratuities/tipping
- Optional activities/tours
- Monument entrance fees (Kathmandu City Tour): Approx. \$25USD (approx. \$34AUD)
- Personal expenses
- Travel insurance (Mandatory)

Please Note: A comprehensive travel Insurance policy must be organised BEFORE all details can be finalised.

OTHER IMPORTANT INFORMATION

Climate & Average Temperature:

The best time to visit Nepal is during Spring and Autumn, however, Nepal can be visited the whole year round. There is no seasonal constraint on traveling in and through Nepal. Even in December and January, when winter is at its severest, there are compensating bright sun and brilliant views.

Meals:

25 meals are included in the tour, for all



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other meals; lunches and dinners the tour leader (when available) will offer assistance with reservations, suggestions and directions to local restaurants. You can also enquire about any allergies and food and if necessary advise meals to be prepared with any medication you require.

Luggage:

You will be responsible for all your personal belongings whilst on the tour. With regards to luggage, you must carry your own luggage from the coach to the hotel room and back to the coach. The driver will assist with the uploading and off-loading of the luggage from the coach.

Gratuities:

Gratuities (tips) are not included in the price for services of the guide/porter throughout the trek. The recommended tip for each guide/porter is \$5 AUD per person, which will be collected whilst on the trek.

Fitness Level Required / Mobility:

Our vehicles are not equipped with wheelchair access, so unfortunately our tours are currently not suitable for wheelchair users and those less mobile.

Please note: a moderate-high level of fitness will be required with daily trekking from between 6 hours to 8 hours. You will reach an altitude of 3,180m above sea level. If you have any concerns please consult your healthcare provider prior to purchase/travel.

Electricity and battery charges on trek:

Electricity is available in some of the villages on the Everest base camp trek where you can re-charge your camera batteries, and there is solar power in some villages that you will trek through. We suggest you bring spare batteries, and be prepared to pay a small fee to charge electronic items.

Suggested Packing List:

General

- Four seasons Sleeping bag (Optional)

[One can be provided if required, to be returned after the trek]

- Duffel or Rucksack bag to keep your all the gear and this will be carried by the porters.
- Daypack for yourself
- A down Jacket
- Shade hat
- Warm wool hat to cover your ears
- A pair of light-weight warm gloves
- T-shirts 2-3 pieces
- Light weight thermal tops
- Fleece jacket
- Wind-Stopper jacket (optional)
- A pair of quick-drying nylon hiking shorts
- Two pairs trekking pants, preferably that zip on/off at the knees so they double as shorts
- Four pairs of liner warm socks
- A pair of light to medium weight water proof hiking/trekking boots
- A pair light trekking shoes for camp/ lodges
- A pair of sandals (optional)
- A water bottle
- Head/torch Light
- A medium size towel
- Walking poles (optional)

Medicines and First Aid Kits

- Extra Strength Excedrin for altitude related headaches
- Ibuprofen for general aches and pains
- Immodium or Pepto bismol capsules for upset stomach or diarrhea
- 1 small personal sized first-aid kit with blister treatments such as Moleskin, band-aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous But Important

- Passport and extra passport photos (4 copies) - these extra passport photos are

necessary to obtain the trekking permits.

- Durable wallet / pouch for travel documents, money & passport.
- Lip balm. At least SPF 20, 2 sticks.
- Sun cream with SPF 40 is recommended
- Pocket knife.
- Water purification Iodine tablets
- Toiletry kit and be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

VISAS

A Tourist Visa for Nepal is required if travelling on an Australian Passport. This can be arranged on arrival for approximately \$25 USD, valid for 15 days.

Visas must be arranged in USD currency at the border with 2 passport sized photos.

Please Note: Passengers who are not Australian citizens must check with the respective consulate or a visa agency to determine what their visa requirements are and what personal identification is required.

INSURANCE

We are proud to offer a range of travel insurance products - please ask your Travel Consultant for more information.

SCHEDULE OF FEES

Voluntary Changes

This includes booking changes requested by you, including but not limited to those changes requiring airline ticket or Travel Voucher reissue

1st Change - \$100.00 per person + any additional charges applied by the airline/ cruise company/other travel provider

2nd Change - \$150.00 per person + any additional charges applied by the airline/ cruise company/other travel provider

Subsequent changes - \$250.00 per person + any additional charges applied by the airline/ cruise company/other travel provider

Changes within 30 days of departure \$350.00 person + any additional charges applied by the airline/ cruise company/ other travel provider



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Changes within 14 days of departure
\$500.00 per person + any additional
charges applied by the airline/ cruise
company/other travel provider

Name Changes Due To Passenger Error

If the incorrect name has been advised to
TripADeal, charges of \$150.00 per person
+ any additional charges applied by the
airline/ cruise company/ other travel
provider will apply.



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