



HERITAGE NEPAL & SAFARI, (WKK)

Kathmandu to Kathmandu 13 Days, departing 3rd October 2020



TRIP OVERVIEW

Trip Style: Overlanding

Route: Kathmandu to Kathmandu

Duration: 13 Days

Transport: Overland Expedition Vehicle, Jeep, Private Bus

Accommodation: Comfortable Hotel 8 nights
Guesthouse 4 nights

Meals: Breakfasts x 11, Lunches x 4, Dinners x 6

Physical Challenge: ● ● ○ ○ ○

Your itinerary may include easy-paced day walks, bike rides, and other activities that are not too strenuous.

Lifestyle Challenge: ● ● ○ ○ ○

You may be camping some of the time but the pace of the trip is fairly relaxed and the facilities and road conditions are generally of a high standard.



DAILY ITINERARY

Day 1 - Kathmandu (3rd October 2020)

Border Information: If you are joining the trip in Kathmandu, you will most likely enter Nepal at Kathmandu Tribhuvan International Airport (IATA code: KTM).

Wrapped around the Himalayan mountain range is the remarkable country of Nepal. It is the birthplace of the Buddha and is a land of legend and beauty. Within its narrow confines Nepal contains an utterly spectacular variety of culture and landscapes. Nepal has a stunning natural beauty and a simple charm.

There is an important group meeting at 6:00pm. Your leader will leave a note at reception telling you where and when this important meeting will take place.

Please note that many of the optional activities listed will only be possible for those with extra time in Kathmandu before the start of your trip with us - please contact the Sales team if you would like to book pre-tour accommodation with us to have extra time exploring Kathmandu.

Accommodation: Hotel Tibet A""

Daily Activities

Optional Activities

Visit the beautiful and tranquil Durbar Square in the nearby medieval town of Bhaktapur and visit its nearby museums

Entrance: 1,500 NPR

Visit the ancient stupa of Boudhanath. It is one of the largest stupas in the world and on clear days offers views of Everest

Entrance: 400 NPR

Swayambhunath, or Monkey Temple as it is known, is an ancient religious complex atop a hill in the Kathmandu Valley. It has ancient carvings, superb views of the surrounding valley and is crowded with monkeys mingling with the visitors.

Entrance: 200 NPR

Visit the oldest Hindu temple still in use in the Kathmandu Valley

Entrance: 300 NPR

Visit Durbar Square, the heart of the old town from where kings once ruled

Entrance: 1,500 NPR

Visit the former royal palace of Narayanhiti and see the crown jewels of Nepal

Entrance: 500 NPR

Visit the sacred Hindu Pashupatinath Temple, dedicated to Nepal's unofficial national deity

Entrance: 1,500 NPR

Visit Lalitpur city and view a mass of temples in the Newa architecture style

Entrance: 1,000 NPR

Get out of the city and explore the nearby national park of Sundarjal and see its idyllic waterfalls and rock formations

Entrance: 600 NPR

Day 2 - Nuwakot (4th October 2020)

Meals: Breakfast, Dinner

Today our journey begins with a drive to the historic village of Nuwakot, one of Nepal's hidden gems nestled in the

central hills of the country. Full of ancient temples and palaces, Nuwakot has a beautifully serene atmosphere and rustic ambience - perfect for getting a taste of the calm pace of rural Nepalese life.

Day 3 - Nuwakot (5th October 2020)

Meals: Breakfast, Dinner

Today is a free day to explore the stunning village of Nuwakot and its surroundings.

Daily Activities

Optional Activities

Trek around the incredible hills, terraced fields and traditional villages in the area, taking in some of the awe-inspiring scenery

Price: Free

Explore the historic Nepalese village of Nuwakot and visit its 18th-century palace, once an important stop on the bustling Tibetan-Kathmandu Valley trade route.

Entrance: Free

Day 4 - Pokhara (6th October 2020)

Meals: Breakfast

Today we will depart Nuwakot and make our way to Nepal's second city - the adventure town of Pokhara!

Day 5 - Pokhara (7th October 2020)

Meals: Breakfast

Today we will have a free day in the fantastic city of Pokhara. The area is famous for its myriad of spectacular waterfalls surrounded by fertile forests and towering mountains, for its fantastic choice of yoga and meditation retreats, and for its overwhelming choice of adventure activities from trekking to rafting to zip-lining to mountain biking!

Daily Activities

Optional Activities

Trek around the stunning Himalayan foothills, the local villages and monasteries in the peaceful area of Dhulikhel

Hike to World Peace Stupa: 20 USD

Take a boat out on Phewa Lake near Pokhara basking in the spectacular mountain-and-forest scenery of one of Nepal's most beautiful spots

1hr with a boatman: 500 NPR

Head out to the stunning Phewa Tal Lake on an unforgettable pony trek through the lush forests near Pokhara

Half day: 2,000 NPR

Head out on an adrenaline-fuelled white water rafting expedition near the adventure town of Pokhara

Half Day Rafting: 50 USD

Take an early trip to the summit of Sarangkot to witness the incredible sunrise while surrounded by some of the world's highest mountains with the possibility of trekking downhill back to Pokhara

Approximate cost, depends on numbers: 40 NPR

Day 6 - Annapurna Region (8th October 2020)

Meals: Breakfast, Lunch, Dinner

This morning we take a short drive out of Pokhara to the small village of Dhampus, where we start our 3-hour trek to our Annapurna eco-lodge. The lodge is dramatically located in the foothills of the mountains of Annapurna and Manaslu, and is a paradise for taking walks through the stunning Nepalese countryside.

The trek is approximately 3 hours in total, and is relatively easy but is mainly uphill. The trek can be skipped by any individual if need be.

Daily Activities

Included Activities

Head out on a fantastic trek along the ridge at the start of the Mardi Himal Trail taking in the unreal vistas of Annapurna and Machhapuchhare in the mountain ranges nearby

Included

Day 7 - Annapurna Region (9th October 2020)

Meals: Breakfast, Lunch, Dinner

Today we will explore the area around our eco-lodge, meet many of the locals, and get into the heart of the community. We will hopefully visit a local school and give something back to the local community by helping to maintain their ingenious water systems.

Daily Activities

Optional Activities

Enjoy a sunrise Yoga Class

Yoga Class 1 Hour: 700 NPR

Day 8 - Bandipur (10th October 2020)

Meals: Breakfast

Today we will make our way back down to the town of Pokhara. If people are feeling energetic there is an option to walk down to another village and meet the jeeps there giving people a chance to take in more incredible views of Annapurna and Machhapuchhare mountains. We will stop at a small village for lunch and then take the steep downhill trail to rejoin our overland truck on the main road. From there, we will drive to the delightful town of Bandipur.

Day 9 - Bandipur (11th October 2020)

Meals: Breakfast

Today we will have free time to relax and explore the local surroundings.

Daily Activities

Optional Activities

Walk the 300 steps up to the Temple on the Hill for a stunning sunset over Bandipur and surrounding villages and mountains.

Price: Free

Day 10 - Chitwan NP (12th October 2020)

Meals: Breakfast, Lunch, Dinner

Today we will drive through stunning scenery down to the lowlands of Nepal and the Terai grasslands. Our destination is Chitwan National Park, where we will stay for the next 2 nights.

If we arrive in good time we will make a visit to Bis Hazaar Tal, also known as 20,000 Lakes, which is a wetland area near the Royal Chitwan National Park. Here we will get the opportunity to see peacocks, wild boars, deer and there is also a slim chance of seeing tigers and rhinos. If we cannot visit the 20,000 Lakes area today we will make our visit tomorrow.

Daily Activities

Included Activities

Witness the fascinating and impressive local tradition of Tharu stick dancing	Included
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Take a canoe ride down the river spotting local wildlife	Included
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Day 11 - Chitwan NP (13th October 2020)

Meals: Breakfast, Lunch, Dinner

Today we'll spend the day exploring the National Park by canoe and on foot, and there is the option to take a jeep safari! There will be an opportunity to see a traditional Nepali dance demonstration in the evening.

Daily Activities

Optional Activities

Explore the heart of the incredible Chitwan National Park on a jeep safari (alternative to the 20000 Lake excursion)

Jeep Safari : 3,500 NPR

Day 12 - Kathmandu (14th October 2020)

Meals: Breakfast

Today we will say goodbye to the truck and your crew and transfer to the incredible Nepalese capital of Kathmandu with a local guide.

Day 13 - Kathmandu (15th October 2020)

Border Information: if you are finishing the trip in Kathmandu, you will most likely exit Nepal at Kathmandu Tribhuvan International Airport (IATA code: KTM).

Today is the end day for passengers finishing their trip in Kathmandu. Please note there is no accommodation included on the trip tonight - please contact your sales agent if you are interested in booking extra nights of accommodation in order to fully explore and take part in some of the optional activities listed below.

Accommodation:

ITINERARY DISCLAIMER

The routes, activities and places visited described in these notes are intentions and are meant as a rough guide only. By their very nature, overland itineraries need to be flexible and the regions that we are travelling through are often unpredictable. We intend to follow the planned route but exact night stops and inclusions cannot be guaranteed and it sometimes happens that we decide to make a change to our planned itinerary. This may be for a variety of reasons; climatic, road or bureaucratic conditions may demand it. Changes to the itinerary may occur with little notice so please be prepared for modifications to your trip.

Drive Times

Drive times are listed in the day-to-day itinerary. These are the approximate number of hours that the vehicle will be in motion, and does not include any time taken for coffee or lunch stops, border crossings, photo stops, activities en route, comfort breaks, shopping stops, toilet stops, etc. The times given are approximate estimates only and whilst given with the best of intentions, the drive times are heavily dependent on traffic, road conditions, weather, police roadblocks, and many other factors.

Accommodation and Meals Included

The type of accommodation and included meals are listed for each day of the itinerary. These listings show our intention and on most departures the listings will be accurate. However due to the flexible nature of overland itineraries, climatic, bureaucratic or road conditions may demand changes to our listed intentions or groups may simply decide to amend the plans from time to time.

Optional Activities

A selection of optional activities is listed in the day-to-day itinerary. This list is designed to be a helpful guide as to what is commonly available in each location, and is neither an exhaustive list, a guarantee that the activity is available, or an endorsement or recommendation. Certain activities may not be available on your particular visit and it may not be possible to do all the activities listed in the time available at each destination. It is recommended to give yourself extra time in your joining or ending city if you would like to participate in some optional activities there. Prices listed are for entrance only and do not include transport costs to and from the sites or local guides unless indicated. The prices are displayed according to our latest information and in the best faith, but prices do fluctuate due to exchange rates, season, numbers of participants, and simple increases from the operator, and therefore any prices listed are a guide only and cannot be guaranteed. If you partake in any optional activities, you do so at your own risk and it must be clearly understood that your participation is your own decision and does not form part of your contract with Dragoman. You may be required to sign/complete a waiver form or optional activity form for some optional activities. For more information around activity safety and insurance, please see the Essential Information document.

EMERGENCY CONTACT INFORMATION

In the event of a real emergency once you have left your home country, please contact us on our out of office hours number. If you cannot get through on the phone, please leave a message with your name, reference number, contact details and a message with the help that you need and we will get back to you. Please bear in mind that real progress or action may not be possible until normal office hours, depending on the issue.

If your flight is delayed, please inform us as soon as you can and then make your way to the joining hotel as instructed in the Joining Point section of these notes.

Out of hours Number: +44 (0) 7985 106564

A FEW RULES

We expect all group members to act respectfully towards our staff and other group members. Bullying will not be tolerated.

Engaging in commercial or exploitative sexual activities, committing acts of violence or threatening violence towards local people, other group members or any member of our staff is not allowed. Any customer engaging in such activities will be required to leave the trip immediately with no refund of the trip price.

You must at all times comply with the laws, customs, foreign exchange and drug regulations of all countries visited and conduct yourself in accordance with our responsible travel policy. Any customer found contravening such laws or regulations will be required to leave the trip immediately with no refund of the trip price.

Although we are aware that in some parts of the world taking, carrying or selling drugs, or carrying weapons may be legal, it is not acceptable for Dragoman customers and our tour leaders have the right to ask you to leave the trip immediately with no refund of the trip price if you are found to be engaging in such activities.

ISSUES ON THE TRIP

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local partner straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader may not be able to resolve a situation to your satisfaction. If this is the case please contact our customer relations department on customer-relations@dragoman.co.uk.

You may also choose to provide details in your feedback questionnaire which we ask you to complete at the end of your trip, but we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

IMPORTANT NOTES

OVERLANDING LIFESTYLE

Dragoman was founded in 1981, and has had many years of experience of leading overland trips across 4 continents. Overlanding is all about sharing a great travelling experience with like-minded people. On your trip you'll travel in one of Dragoman's purpose-built iconic expedition vehicles on an off-the-beaten-track adventure along rugged roads, experiencing the sights, sounds and smells of the world up-close. Your journey will be overland, sometimes across vast distances, so some long days spent driving are inevitable - but these will be interspersed with breaks of a day or two at a destination or activity.

On an overland journey, you are more than just a passenger and everyone gets involved setting up camp - we supply the tent but it's up to you to pitch it! As part of your trip, you will be assigned a truck job which could be collecting firewood or water, luggage loading, organising food, stores, etc. Like all great adventures, the more you put in the more you'll get out! For more details of how an overlanding trip works, please see the Essential Information document.

SAFETY STANDARDS

We run adventure journeys in off the beaten track areas, which often have poor infrastructure. You should expect that some of these areas do not adhere to 'Western' safety standards. For more information, please see the Essential Information document

MEDICAL ASSISTANCE IN REMOTE AREAS

We will be travelling to areas in remote locations where medical assistance will not be available, and communications may be sparse. We do not carry satellite phones on our regular trips. Therefore, if you have a medical condition such as a heart condition that would put you at risk, we would suggest that this is not the trip for you. Also, please be aware that should an emergency occur, there is likely to be a considerable delay in accessing medical care, and by joining our trip you accept this risk.

VISAS, HEALTH, INSURANCE & MONEY

Before you travel there are vital things to consider such as:

- Any visas needed for your trip
- Any vaccinations needed (please consult your GP or travel clinic)
- Organising your local payment (the kitty)
- Buying travel insurance (insurance is compulsory to be allowed to join our trips)

For more information on these topics, please see the Essential Information Document.

NEPAL NOTES

Please ensure you have an up to date version of these notes. **These notes were printed on the 1st June 2020**