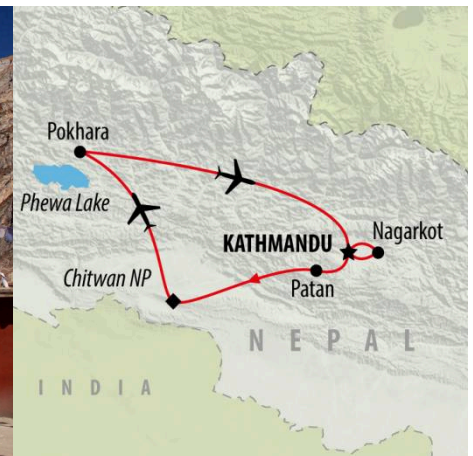


Treasures of Nepal

9 days | Starts/Ends: Kathmandu



PRIVATE TOUR: Explore ancient cities, temples and palaces as well as breathtaking mountain ranges. Go wild in Chitwan National Park and immerse yourself in local life and culture. Get in touch the real Nepal!

HIGHLIGHTS AND INCLUSIONS

Trip Highlights

- Kathmandu and the Kathmandu Valley - Patan Durbar Square, Swayambhunath Pagoda, Bodhnath Buddhist stupa and various other temples and shrines
- Historic towns - Kirtipur and Patan, Sarangkot
- Chitwan National Park - spot wildlife and possibly the elusive Bengal tiger
- Views of the Annapurna and Himalayan mountain ranges
- Nargakot - Hill station close to Kathmandu
- Pokhara - see the daily prayers at Jangchub Choeling Monastery and visit a Tibetan Refugee Camp.

What's Included

- 8 breakfasts, 2 lunches and 2 dinners
- 8 nights superior accommodation

- Airport arrival and departure transfers
- 2 economy class flights - Chitwan to Pokhara and Pokhara to Kathmandu
- All relevant transfers and transportation in private, air conditioned vehicles
- Touring of Kathmandu Valley, Kirtipur and Sarangot
- English speaking local guides and entrance fees to all sites
- Chitwan National Park activities including a jeep safari

What's Not Included

- International flights and visa
- Tipping - an entirely personal gesture

DETAILED ITINERARY

Day 1 : Kathmandu

Welcome to Nepal and the start of your holiday! You'll be met and transferred to your hotel where you will receive a welcome drink and a briefing about your trip. **Overnight - Kathmandu**

Day 2 : Kathmandu Valley



Today enjoy guided sightseeing tour of the Kathmandu Valley. Admire the view from Swayambhunath Stupa, the most ancient of the Valley's holy shrines, also known as Monkey Temple because of the many holy monkeys residing here. Visit the large and beautiful Buddhist stupa of Boudhanath, adorned with thousands of candles made with butter. These unusual lights are said to aid meditation and are replenished by worshippers who donate butter as a way of gaining extra karmic merit. Then explore magical Durbar Square - a complex of royal palaces and temples, and the social, religious and urban focal point of the city. Conclude the day with a visit to the Pashputinath Temple complex which is one of the most significant Hindu temples in the world, located on the banks of the Bagmati River in the eastern part of

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Kathmandu. **Overnight - Kathmandu** (B)

Day 3 : Cities of Beauty & Glory

This morning there is the option to take a stunning scenic flight over the Himalayan mountains and enjoy spectacular views of Everest - the world's highest mountain (book and pay locally). After breakfast we take a short drive to Kirtipur, also known as the City of Glory. The well-preserved old town contrasts developed Kathmandu with its unpaved narrow lanes. Admire the amazing views of the Kathmandu Valley from the top point of Kirtipur. We continue to the historic town of Patan, sometimes referred to as Lalitpur, meaning City of Beauty, and admire the rich collection of temples and monasteries in the area. **Overnight - Kathmandu** (B)

Days 4-5 : Chitwan National Park



Kathmandu - Chitwan. On the morning of day 4 transfer to Chitwan National Park (upgrade to private transfer available), arriving in the afternoon. Chitwan is hailed as one of Asia's finest game parks and contains many animals including elephants and rhinos, sloth bears and striped hyenas. The remains of day 4 and all of day 5 allows for free time for you to choose from the various optional activities available in stunning Chitwan National Park. Take a nature walk, a jungle drive or journey in a dugout canoe and admire the scenery - if you are lucky you may even see an elusive tiger! **Overnight - Chitwan National Park** (B:2, L:2, D:2)

Day 6 : Lakeside Pokhara

Chitwan National Park - Pokhara. Today take the short flight from Chitwan to Pokhara. Arriving early afternoon the rest of the day is free to relax and take a stroll around this scenic lakeside town. Pokhara is the gateway to the magnificent Annapurna Range, which boasts five mountains over 7200m and has one of the Himalayas most distinctive mountains - Machhapuchare with its unique 'fishtail' peak. **Overnight - Pokhara** (B)

Day 7 : Sarangot



Pokhara - Sarangkot - Pokhara. An early start as you are driven to Sarangkot enjoying the views of the landscapes and mountains and observing local people, villages and farms. After breakfast visit Tashiling Tibetan refugee camp, giving an insight into the life of Tibetan refugees in Pokhara. This afternoon we visit the large and tranquil Jangchub Choeling Monastery located in Hemja, where we will watch the monk's daily prayer. **Overnight - Pokhara** (B)

Day 8 : Nagarkot

Pokhara - Kathmandu - Nagarkot. Fly back to Kathmandu where you will be transferred to the Hill Station town of Nagarkot located a short distance from the city. Spend the afternoon to explore the area.

Overnight - Nargarkot (B)

Day 9 : Kathmandu

Nagarkot - Kathmandu. Hotel check-out and included onward transfer to

the airport. We hope you enjoyed your holiday! (B)

BEFORE YOU GO

Clothing

Pack casual clothing that can be layered for warmth, even when travelling in the summer, as temperatures drop at night. You will need to pack lightweight summer clothing if you are travelling are from April to August and warm winter clothes for travel from September to March. An umbrella or a raincoat is essential between June and September.

Summer temperature can reach up to 35-38°C in southern Nepal - Chitwan national park, Pokhara and Lumbini areas. Spring and autumn, nights and early mornings can be quite chilly at night and foggy in the morning. As heating systems are quite rare and expensive, rooms are quite cold during the night in winters, but in the day there are generally clear skies and pleasant temperatures, allowing you to travel in t-shirts. Temperatures at the peak of winter in December and January can range from 2-24°C.

General clothing

- T-shirt (fast drying)
- Comfortable trousers/jeans
- Fleece jacket/layer jacket
- Pair of socks & inner garments
- Thick jacket, sweater, hat, scarf, gloves (October-March)
- Cap/sun hat, sunglasses
- Comfortable walking shoes/trainer & sandal
- Raingear / umbrella (June-September)
- Cotton mask or scarf to cover from dust

Nepal Country Guide

Nepal Visa Requirements

Please be advised that visa requirements are subject to change and that visa procurement is the

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responsibility of the traveller and not On The Go Tours. Please check with your local embassy before travelling and also ensure that your passport is valid for at least 6 months from your planned date of departure from Nepal.

All nationalities must obtain a visa for Nepal. On our multi-country tours you will need a visa for each country included within the holiday.

It is possible for UK, EEC, Australian, New Zealand, Canadian, South African and USA passport holders to obtain a visa upon arrival. However in the event of visa refusal at port of entry On The Go will not be held responsible.

In order to avoid long queues and unnecessary problems at Kathmandu airport, it is now possible to complete an Online Visa Application form within 15 days of travel. The application is only valid for 15 days so do not complete the form any earlier than this.

For further information and to complete your application please visit... <http://online.nepalimmigration.gov.np/tourist-visa>

Please note that we require a scanned colour copy of your passport to apply for trekking permits (if applicable).

Currency in Nepal

The currency of Nepal is the Nepalese Rupee.

Pound Sterling, US Dollars or other major currencies can be exchanged at the airport and there are plenty of places to exchange money in Kathmandu. There are also ATMs at the banks in Kathmandu and Pokhara, although as these are sometimes out of order and banks are not always open, we advise that you bring some cash with you, preferably US dollars. It's advisable to request bank notes in smaller denominations, as it can sometimes be hard to get change from large notes and smaller notes are handy for smaller purchases and

gratuities. Traveller's Cheques are not recommended as they're often difficult to exchange and incur high fees.

Time & Voltage in Nepal

Kathmandu (Nepal) is 5 hours 45 mins ahead of GMT and does not observe daylight savings time.

Standard voltage in Nepal is 220 volts. Primary sockets generally require Indian round 3 pin plugs that are similar but not identical to European plugs, however you will also find those which require the European variety. We recommend that you pack a universal travel adaptor. You will need a voltage converter, and plug adaptor in order to use U.S. appliances.

Health Requirements

You should seek medical advice before travelling to Nepal from your local health practitioner and ensure that you receive all of the appropriate vaccinations. As a guide Diphtheria, Tetanus, Typhoid, Hepatitis A and Polio are strongly recommended. You may also be advised to take anti-Malarial medication.

DENGUE FEVER

Nepal recently confirmed cases of Dengue Fever. Risk is typically present throughout the country, with peak transmission from August to November. Travellers should take meticulous measures to prevent mosquito bites during the daytime. Use a repellent containing 20%-30% DEET. Re-apply regularly according to manufacturer's directions. Wear neutral-coloured (beige, light grey) clothing. If possible, wear long-sleeved, breathable garments. Apply sunscreen first followed by the repellent (preferably 20 minutes later).

WATER

As tap water is not safe to drink in Nepal, only drink bottled mineral water which is readily available in hotels, shops and restaurants. You should also

avoid salads which may be washed in unhygienic water.

Altitude Sickness

An altitude of over 3,000 meters is defined as high altitude and given parts of Nepal are higher than this level, it is possible to experience differing degrees of symptoms which include headaches, nausea, dizziness, fatigue and shortness of breath. These symptoms will usually decrease in severity during acclimatization and mild cases of altitude sickness should not interfere with light activity. It is important not over exert yourself if travelling to altitude and drink plenty of fluids and eat carbohydrate food to keep the body properly hydrated. Please report any symptoms of Altitude Sickness immediately to your tour leader.

Food in Nepal

The national dish of Nepal is Daal Bhaat Takaari (lentils, rice and vegetable curry) which can be found in a range of flavours and is often served as a main course for lunch and dinner. For many people in Nepal this is the only dish they eat. It often varies in quality, being excellent in one restaurant and bland in another. Nepali food has Tibetan influences especially in the mountains where a traditional diet consists of soups, potatoes, pasta and toasted flour. You will also find Indian food in Nepal, such as Roti (bread) tandoori meats, masaala and kofti. Kathmandu is renowned as the budget eating capital of Asia with tourist restaurants selling a wide variety of Western style fast food including chips, steaks and pizza. Noodles are available everywhere and ideal for a quick snack, the Nepali name for them is chao-chao.

Entrance Fees

On our group tours in Nepal, entrance fees are not included must be budgeted for by you. The total cost of the entrance fees which need to be paid locally, as noted under 'Exclusions' on the first page of these Trip Notes.

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Entrance fee amounts can change and as such upon arrival, your tour leader will highlight the exact total entrance fee cost for your tour. Entrance fees are to be paid in Nepalese Rupees and they will be collected on day 2 of your tour.

Tipping in Nepal

Tipping is not a natural part of many Western cultures and many of us feel uncomfortable or unsure about when and how much to tip. However in the Nepal, tipping is an important part of local incomes and it's handy to always keep a supply of small notes for tipping.

In Nepal, as a guide, we recommend you allocate the following amount for the duration of your tour to cover tips for drivers, porters and local guides – approximately: USD\$40-50 in local currency.

Local drivers for arrival/departure transfers – approx USD\$3

Local guide for a full day of touring – approx USD\$5-10

Naturalists / Safari guides in Chitwan – USD 5 Per Activity

Local driver for a full day – approx USD \$3-5

Style of Trip

Local guides provide sightseeing and assistance at each port of call, the tours are not escorted throughout by a tour leader. On flights you will therefore travel without a guide and will be met upon arrival at your destination and transferred to your hotel. In Chitwan National Park guiding will be provided by the lodges own expert jungle guides. Transportation is a combination of internal flights and private air conditioned vehicles.

Group size

The number of travelers participating our Himalayan tours and treks varies from week to week. Our maximum group size in Nepal is 15, with an

average of 2 – 6 travelers on each departure.

Single Rooms

If you have opted for a single room on any of our trips, we are always able to guarantee single rooms for all hotel stays. If your tour involves trekking where accommodation is offered in tea houses single rooms are not always available and you maybe required to share with someone of the same sex on your tour. We will contact you prior to departure if shared accommodation is required at any time on your tour, though this does not negate the minute chance that a change maybe required locally.

What to Expect

Nepal is a developing nation with limited infrastructure. Coupled with this and ever changing weather conditions and its no surprise that at times there can be delays or cancellation of services. This may take the form of flight delays due to low cloud in the mountains or foggy conditions in Kathmandu. The road network is quite congested in the cities and suffers from poor maintenance on some routes again causing delays and a rough ride from time to time.

Whilst Kathmandu has a good choice of high quality hotels, in other areas hotels and facilities are not as high as western standards. Power shortages, water supply issues and fuel scarcity are common problems throughout Nepal. We will always try to offset any unforeseen problems but patience and understanding should be included when packing. Bear in mind that tourism is still relatively new to these beautiful Himalayan regions, things do not always run smoothly and a sense of adventure is a must!

Insurance

We will make every effort to ensure that your tour runs as smoothly as possible. However, we shall not be responsible

for any changes and alterations in the itinerary due to unavoidable circumstances such as landslide, road blockage, flood, snow, political unrest, cancellation of flight, delayed arrival, sickness or accidents. Any extra cost incurring there of, shall be borne by yourself/upon consultation. It is therefore essential that you have comprehensive insurance to cover you for medical, personal accidents, cancellation.

Climate in Nepal

In Nepal, June to September is monsoon season and during these months it is very hot and rains almost every day. October to November is much drier with pleasant temperatures in the daytime and good visibility, and at this time of year conditions are ideal for trekking. The winter months from December to February tend to be mild in the daytime but can become very cold at night especially in the mountains. January is the coldest month of the year. March to May is very warm, with occasional showers. The annual temperatures peak in May just before the monsoons begin.

The best time to trek in Nepal is during the spring (March – May) and autumn (October – November).

Temple Etiquette

Please take particular care when visiting religious places, such as temples and monasteries. Dress and behave appropriately – don't wear shorts or sleeveless tops and do not smoke or hold hands. Shoes and hats should be removed. Within temples no carvings, statues or deities should be touched. Photography is prohibited in certain sections of most sacred sites and please do not attempt to be photographed with Buddhist monks. If in doubt ask your local guide for further information.

Shopping in Nepal

The Kathmandu Valley is heavenly for shoppers, with a host of craft outlets

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selling locally made handicrafts, stone idols and statues of Buddhist and Hindu deities. There are also beautifully designed brass pots and vessels available. Jewellery shops sell gold, silver, white metal and semi precious stones, as well maala (the traditional necklace worn by women in the Himalayas, which is made of gold with strings of glass beads) at very reasonable prices. If you are more interested in clothing there are delicately embroidered Kaftans, Pashminas made of goats wool, Kashmiri Shawls and Tibetan robes. You can also pick up inexpensive leather jackets.

Whilst trekking there are traders dotted along the trails selling everything from down jackets, waterproofs, jumpers, hats and socks at very reasonable prices, so there is no need to panic if you haven't packed enough! It is advisable to pack light and simply buy extra clothing en route if needed.

You are expected to barter for your goods in Nepal and the process is always very lighthearted. Most traders will speak English in tourist areas but if you can learn a few words in Nepali you may get a better deal.

In the tourism industry it's common practice for commission to be offered in exchange for recommending particular shops or suppliers. This can become an issue when clients feel obliged to purchase. We do our best to avoid this by monitoring all shopping experiences offered.

All shopping experiences on your tour have been noted in the itinerary and they have been carefully selected based upon positive feedback from On The Go travellers. You are under no obligation to partake in a listed shopping experience and you are most welcome to wait inside or outside the premises.

Although we only visit reputable retailers, please note that we cannot explicitly guarantee the quality of their products. All purchases made whilst on holiday with us are at your own discretion. Please make sure that you are completely happy with your purchase. On The Go cannot be held responsible for any items that you buy if they fail to meet expectation, or any shipping arrangements. Proceed with caution.

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