

Tailor Made Holiday: 10 Days in Nepal



Itinerary

Day 1 – Arrive in Kathmandu

Welcome to Kathmandu, enchanting and exotic, it is a city immersed with ancient temples and tradition! Fused with colourful markets and the bustle of spice sellers and merchants, Kathmandu with its exhilarating allure is a city you won't forget! You'll be met at the airport by your guide and transferred to your hotel.



You'll have the afternoon free to explore the streets and markets. In the evening we'll have dinner at a local restaurant. **(D)**

Day 2 The Ancient Temples of Kathmandu

Discover why the Kathmandu Valley is a UNESCO World Heritage Site, as we explore three culturally diverse temples within the city. High on a hilltop above Kathmandu is the magnificent Swayambutinath ("Monkey Temple"), used by both Hindus and Buddhists, and known for its many holy

monkeys! Along the banks of the Bagmati River lies Pashupatinath, a temple devoted to Lord Shiva. It is the most important Hindu site in Nepal and pilgrims from all over the world come to show their faith. Away from the city centre is the peaceful and impressive Bodhnath Stupa. Every day thousands of people descend daily to show their devotion and respect. **Meals included (B).**

Day 3 - 4 Downhill Mountain Biking in the Kathmandu Valley

1st Day - NAGARKOT TO SANKHU – TWO OPTIONS: SINGLE TRACK OR

JEEP TRACK Nagarkot is a beautiful hill station about 35 km from Kathmandu. It is one of the best places on the valley rim to get panoramic Himalayan views. We leave the city early to get the best of the morning's clean air and soak up the views. Take breakfast in Nagarkot. From here you



have two choices of trails, one is a nice winding jeep track and the other is technical single track all the way down to the ancient town of Sankhu where we can have lunch and then transport back to Kathmandu. **Meals included (B).**



2nd Day - JAMACHO JUNGLE A rough and ready jeep ride takes us from Kathmandu into Nagarjun National Park. About one and a half hours of driving and we arrive at the top of this 2200meter hill. Take some time to admire the views and explore the small Ghompa here. Our trail for the first part is on a jeep track for about 2km, and then it turns off road with a tiny uphill section before plummeting through the jungle back down to Kathmandu. It's an exciting and challenging descent. **Meals included (B)**

Day 5 - 6 Journey to the Edge – Canyoning

Abseil, jump and slide down steep canyon walls and waterfalls. For the next two days, we stay in luxury safari tents, surrounded by pristine forest and

dense jungle, situated on top of a dramatic gorge, 12km from the Tibetan border. After working up an appetite tuck into a tantalizing array of fresh Nepali curries and Western fare. Afterwards, relax, swim in secret waterfalls or indulge in the plunge pool and sauna. **Meals included (L,D,B,L,D) Day hike can be arranged instead of canyoning for no extra charge.**

Day 7 – 8 Raft the Raging Rivers of Nepal

The first day we run the Sun Kosi, honing our rafting technique and warming up for day two – the powerful Bhote Kosi!

Starting in Tibet at a height of over 8000m from Shisha Pangma the world's 14th highest peak, the river gathers speed, strength and volume as it thunders its way through the Himalayas and into Nepal. We raft heart-pounding grade 3+ rapids on the Sun Kosi, reputed to be one of the top ten rafting trips in the world!

Steep, deep, and never ending grade 4/4+ rapids await us as we descend the intense and wild Bhote Kosi. Not for the faint of heart, this river is technically more demanding and commands the respect of its paddlers. The Bhote Kosi is without a doubt the most action packed extreme white water in Nepal!

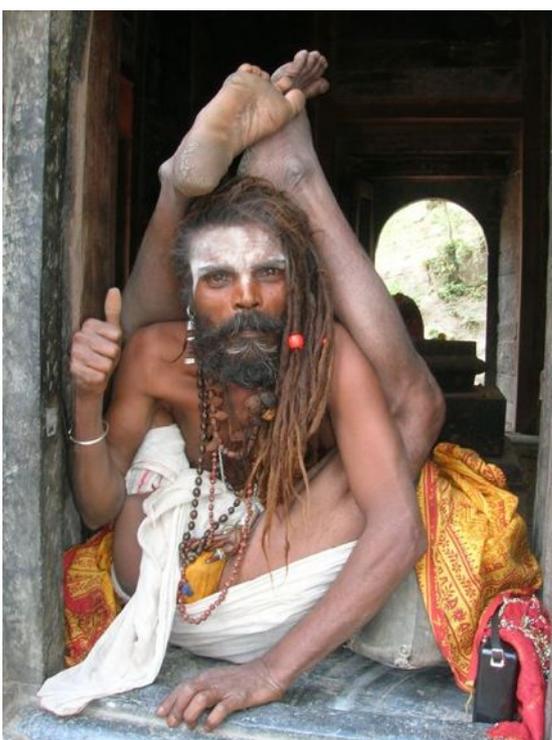


In the afternoon we return to Kathmandu, arriving at the Nirvana Garden in the early evening. Wander around the medieval Durbar Square in the heart of the city, sample some Newari cuisine, or shop for some locally made handicrafts and souvenirs.

Accommodation on day 7 is at our secluded riverside camp, surrounded by lush jungle and a white sand beach. It is the perfect place to relax after a hard days rafting. **Included meals for day 7 and 8 (B,L,D,B,L). Transport to and from the rafting camp is also included. Accommodation day 8 is at the Nirvana Garden Hotel.**

Day 9 Free Day in Kathmandu

The day is yours, free to discover, experience and explore this wonderfully laid back town. Ramble around the backstreets and markets, visit the ancient Durbar square or treat yourself to a fresh lassi (traditional yoghurt based drink) at one of Kathmandu's many restaurants. **(D)**



Day 10 – Fly Home

Unfortunately it's the end of this adventure. Lost Earth Adventures group services end after breakfast. Transfers to the airport are complimentary. See you next time! **(B)**

What's Included

- English speaking local guide while in Nepal
- Transportation as described in itinerary
- All activities mentioned – mountain biking, rafting, canyoning.
- Meals as detailed above (B=breakfast, L=lunch, D=Dinner)
- 5 nights hotel accommodation in Kathmandu
- Airport transfers to and from the airport on the first and last day
- 2-day mountain biking (including bike and helmet rental, national park permit and guide/mechanic)
- All accommodation is based on 2 people sharing. Single rooms can be arranged and priced on request.

What's Not Included

- Items of a personal nature, such as drinks and souvenirs
- Meals not mentioned in "What's Included"
- Visa for Nepal
- International flights – Can be arranged on request.
- Entrance fees to temples

Total Cost Per Person: £1350 p/p

Other/Optional Extras

You could spend the day kayaking instead of rafting on day 6 at no extra charge.

Trip Notes & Additional Information

Please Note: While we endeavour to stick to the details and schedule of the itinerary, some things may change due to circumstances beyond our control, such as changes in local transport, weather and infrastructure. Such is the reality of adventure travel. Although we update our itineraries regularly it is not possible to guarantee that our trips will go exactly as planned. A certain degree of flexibility is needed and is part of the joy of travelling in Nepal!

Passports and Visas

Israeli passport holders require a visa. Obtaining visas for Nepal is your responsibility. Your passport must be valid for 6 months after the end date of your trip. Visas are issued on arrival at the airport in Kathmandu. You will need to have 1 passport-sized photo and the visa fee, payable in US Dollars or Pounds Sterling. The current price for a 30-day visa is \$40 USD.

While we endeavour to provide you with the most current and up-to-date information possible, visa requirements can change on short notice. Please be sure to check the Embassy of Nepal's website for the most up-to-date information.

Money Matters

We recommend that you carry most of your money with you in cash, either in Pounds Sterling or US dollars and carry a debit/credit card with you, keeping these in a money belt or neck pouch. Traveler's cheques can be a hassle to exchange and quite often the exchange rates are not very good.

ATMS

There are plenty of ATM's in Kathmandu and Pokhara. Most will accept UK debit/credit cards. Please notify your bank of where you intend to travel and keep any emergency bank numbers separate from your card(s) in case of loss or theft.

Food

Allow approximately \$20 USD per day for drinks and meals throughout your trip. We do include some meals in our trips, which are outlined in the itinerary. We have decided to not include all-inclusive meals in our itineraries. The food in Nepal is incredible and we believe that you should be given the opportunity to discover the local cuisine. Kathmandu and Pokhara are a food lover's paradise with the options being varied and plentiful.

Dietary Requirements/Allergies

There are numerous options available for vegetarians travelling in Nepal. Please advise Lost Earth Adventures of any severe food allergies or dietary needs you may have prior to your trip.

Preparing for Your Trip

A reasonable level of fitness is required for this trip. The mountain biking can be tailored to your skills and fitness level. The rivers we raft vary from 3+ to 4+ and while no experience is necessary you must be comfortable and able to swim in water higher than head height. As with most things, the fitter you are, the more enjoyable your experience will be.

Baggage/Packing

We recommend you bring a rucksack or soft bag that can easily be carried on your back, as well as a daypack that you will use whilst mountain biking. For your own benefit we suggest packing as light as possible. In some circumstances you will be expected to carry your baggage, though never for an extended period of time. We recommend you check the baggage allowances and size restrictions of the airline you are flying with. They may charge fees for overweight or oversized luggage.

Kit List

This list is not exhaustive. You will be sent a full kit list when you book.

- 1 large rucksack 65-80 litres
- Waterproof Pack Cover
- 1 small rucksack 20 litres suitable for cycling and walking
- Large plastic bag to put clothes in
- Small plastic bags for soiled clothes
- Lightweight sleeping bag
- Water bottle, camel backs are fantastic for cycling but must be kept clean.
- Torch, head torches are best
- Camera/film/memory card
- Spare batteries for camera/torch and any other device
- Alarm clock, watch
- Old trainers or specific shoes for water sports.
- Underwear
- T-shirt/cycling jersey
- Long trousers either trekking trousers with a cuff strap or fitted sports leggings
- 2- 3 pairs of shorts (some for river use and some for evenings) and 1-2 pairs of trousers. Shorts or trousers with pockets that have a zipper or velcro are good to have. Convertible trousers with zip off legs take the place of shorts and long trousers.
- Pullover
- Lightweight Waterproof Jacket and trousers
- Fleece or warm Jacket
- Warm hat or balaclava that can be rolled up into a hat
- Cycling gloves (full fingers)
- Bandana /scarf (to avoid dust and sunburn)
- Tracksuit/comfortable clothes for the evening
- Swimming shorts/bathing suit. Bikinis are ok in some areas but a pair of shorts and a T shirt should be worn over the top in some places.
- Sarongs are great for women, a sarong or light weight cloth is handy for women to use to cover up on the boat, provide some privacy when changing clothes in camp and can also be used as a sheet.
- Sunglasses (with neck retainer)
- Sun hat /peaked hats/bandanas for keeping the sun off. There are not many places to hide from it.
- Closed sports shoes (trainers lighter style hiking boots) or mountain bike shoes
- Sandals or flip flops for around the tea house and the hot springs for the bike trip
- Leisure wear
- Toiletries
- First aid kit

Guidance on Tipping

Tipping in Nepal is not mandatory, but it is customary and very much appreciated by our local staff. Tipping does not form part of the wages for our staff. It is a way of showing your appreciation for excellent service. Tipping is

voluntary and should be reliant on exemplary service. A general guideline would be approximately £2 per person, per day.

Vaccinations & Health

You should see your own GP and dentist for a general checkup before you leave. Your GP or local travel clinic will have the most current and up-to-date information on the vaccinations required for Nepal. Currently, there are no needed vaccinations for Nepal. However, in general, we do recommend having vaccinations against the following: Polio, Tetanus, Typhoid, Diphtheria and Hepatitis 'A'. Some of these inoculations can take up to 6-8 weeks to take affect, and as such, we recommend you see your GP as soon as possible before departure. Malaria is not prevalent in Kathmandu or the other areas we travel in therefore we do not recommend anti-malarials for this trip. If you feel unwell during or after the trip, you should see your GP and explain the activities you did, and mention that you spent time in fresh water.

An excellent online resource for information is the National Health Travelers website www.fitfortravel.nhs.uk, as well as the "8 Weeks to Go Campaign" website at www.8weekstogo.co.uk.

First Aid

Our trip leaders are First Aid trained and will always carry a first aid kit with them. We do recommend that you carry a small personal first aid kit, equipped with the following: antiseptic cream or spray, throat lozenges, diarrhea treatment (Immodium), painkillers, plasters, blister treatment, insect repellent (DEET) and rehydration salts.

If you choose to take Diamox (a prescribed medication that assists with acclimatization) with you, you must speak to your GP about it.

Safety

Lost Earth Adventures takes the safety of our clients very seriously. Thorough care and consideration is taken when considering accommodation, modes of transport and the suppliers we use. For a more complete look at our safety policy, please see our website.

Equipment & Suppliers

Lost Earth Adventures maintains exceptionally high standards and ensure that we only work with the best. Our guides and suppliers in Asia have years of experience, training, and in-depth local knowledge and most of all a passion to share their experiences with you. Lost Earth Adventures or our suppliers will provide all of the equipment necessary for mountain biking and rafting. We use only the best safety equipment and gear available in the industry. You will need to provide your own personal clothing and other selected items on this trip. Please see kit list for full list of personal items required.

Equipment Provided

Mountain Biking – helmet, mountain bike, spare parts and tools, mechanic

White Water Rafting – all specialist river equipment, helmet, life jacket, paddles

Maps

Reise Know-How: Nepal, 1:500,000

Gecko Maps: Nepal, 1:1,000,000

These maps can easily be bought online or from reputable map shops before departure. Other local maps can easily be found in Kathmandu.

Climate/Weather

Nepal's weather can be divided into two seasons, wet and dry. The best times to explore Nepal are in the pre and post monsoon season, from October to December and February to April. This is when the skies are most clear; the trails are drier and the temperature not too cold. Temperatures vary and in Kathmandu can reach +30°C whilst in the mountains and at higher altitudes it can easily reach 0°C at night.

Stuff to Get You Inspired

Lonely Planet: Nepal, Lonely Planet

Rough Guides: Nepal, Rough Guides

Himalaya, Michael Palin

Flight to Everest – <http://www.bit.ly/flightaroundeverest>

Flight to Jomsom – <http://www.bit.ly/jomsomflight>

Insurance

Adequate and valid travel insurance is compulsory for all Lost Earth Adventures clients for the entire duration of your trip. It is our policy that your insurance must cover you for emergency repatriation, in case of a medical emergency. You should be aware that some standard insurance policies might not cover you for all of the activities that we provide. Lost Earth Adventures can help you with your insurance needs. Please see our flights/insurance section on the website.

How to Book Your Trip

Booking your adventure is easy!

1. Complete online booking form
2. Read and accept our Terms and Conditions
3. Pay £150 deposit and receive confirmation
4. Pay the remaining balance of trip 60 days before departure
5. Contact us with any questions or queries

Leave Nothing But Footprints – Responsible Travel in Nepal

At the core of every trip and destinations that Lost Earth Adventures explores is the ethos of responsible travel. A successful trip is one that leads our clients on an unforgettable journey that which also benefits the communities and areas we visit. Simply put, we endeavor to leave as little impact on the culture, local communities and fragile environments we go to. We encourage you to do the same.

Bottled Water

Bottled water has an immensely negative impact on the areas we visit, as they are not recyclable. We recommend purchasing water-purifying tablets or a water filter to treat your drinking water whilst in Nepal. In most teahouses safe (boiled) drinking water is available to decant into your own bottles.

Clothing and Dress

Nepal is a traditional and conservative country when it comes to clothing. How you dress has a great impact on your reception by locals. As a general rule in respect to local customs, men should never go bare-chested and should avoid wearing shorts in towns, cities and villages. Women should never wear shorts, and a long skirt or trousers is preferred.

Cultural Etiquette

Men and women do not often show affection in public in Nepal, whether in a relationship or just a friendship. This includes hand holding, hugging and kissing.

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