

## Tailor Made Holiday: 10 Days in Nepal

LOST \* EARTH  
ADVENTURES

### 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 Road to Pokhara

We drive west, following the gorge of the Trisuli River. Continue past deep river valleys and terraced rice fields as we make our way to the lakeside town of Pokhara. Set amongst the foothills of the stunning Annapurna Massif, Pokhara is a breath of fresh air. **(B) Transfer by comfortable tourist coach.**

#### Day 3 – 6 Downhill Mountain Biking in the Annapurnas

We take a short, but spectacular flight in a light aircraft and land in the remote town of Jomsom. The flight offers unparalleled views of Annapurna (8091m) and Dhaulagiri (8167m), the world's 10th and 7th highest peaks. We continue via jeep to Muktinath – a breathtaking 3700 metres above sea level. We are surrounded by rugged mountain landscapes and are deep into the heart of the Annapurnas. This is where we'll begin the ultimate downhill!

We spend the next 4-days on one of the most exhilarating downhill rides in Nepal. Wind our way down steep single track, rarely used dirt trails and over suspension bridges perched high above the Kali Gandaki through the deepest gorge on earth. We continue our descent, surrounded by the Annapurna Massif and Dhaulagiri. Mountain biking doesn't get any better than this!



In the evenings, treat yourself to an ice-cold beer or a warming yak butter tea and tuck into a hearty, well-deserved meal. Accommodation is in local teahouses in remote villages that dot the paths we use.

**From lunch on day 3 to lunch on day 6 all meals will be provided.**

#### Day 7 – Paraglide to the Top of the World

Fly amongst eagles as you paraglide high above Pokhara. With the majestic Annapurnas as your backdrop, this is one of the best places to paraglide in the world!

And afterwards... Take an afternoon flight to Kathmandu. The afternoon is yours to relax or visit The Ancient Temples of Kathmandu.



Discover why the Kathmandu Valley is a UNESCO World Heritage Site as we explore the incredible 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 cheeky monkeys! Along the banks of the Bagmati River lies Pashupatinath. It is one of the biggest Shiva temples in the world and is the most important Hindu site in Nepal. Away from the busy city centre is the peaceful and calming boudhanath Stupa. It is here that Tibetans and pilgrims descend upon daily to show their faith and devotion.

### Day 8 – 9 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 Shanker Hotel 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 8 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 8 and 9 (L,D,B,L). Transport to and from the rafting camp is also included.**

### 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!

### What’s Included

- English speaking local guide while in Nepal
- Transportation as described in itinerary
- All activities mentioned – mountain biking, rafting and paragliding
- Meals as detailed above (B=breakfast, L=lunch, D=Dinner)
- 3 nights luxury hotel accommodation in Kathmandu at the Hotel Shanker <http://www.shankerhotel.com.np/>
- 1 night accommodation in riverside camp
- 3 nights teahouse accommodation (while cycling)
- 2 nights guest house accommodation in Pokhara
- Airport transfers to and from the airport on the first and last day
- Guided tour of the 3 temples of Kathmandu
- 4-day mountain biking (including bike and helmet rental, national park permit and guide/mechanic)
- All accommodation is based on Mr Tal sharing with his son. Single rooms can be arranged and priced on request.
- Flight in light aircraft from Pokhara to Jomson
- Flight from Pokhara to Kathmandu

## 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: £1650**

## Other/Optional Extras

You could spend one day kayaking instead of rafting on day 8 and it would be £20 more per person.

If you didn't go paragliding in Pokhara and sightseeing in Kathmandu on day 7 you could go motorcycling instead. This would incur a £25 per bike charge. Each rider in control of the motorcycle would need a driving license. Alternatively a day hike could be organised on this day and there would be 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.

## **Altitude**

We sleep at a maximum elevation of 3700 metres. We will spend one night at this altitude before descending via mountain bike. Lost Earth Adventures has years of experience at high altitude and our itineraries are designed to take this into consideration. At these elevations you need to be aware that there is still a remote possibility that minor Acute Mountain Sickness (AMS) could affect you. Drinking plenty of fluids whilst spending time at higher altitudes (a minimum of 3-4 litres of water per day) key to minimizing the symptoms and affects of AMS. Common (but minor) symptoms of Acute Mountain Sickness are: Shortness of breath, headache, loss of appetite, fatigue and dizziness. If symptoms persist the most effective way to relieve them is to descend. If you are deemed too unwell to continue than we will guide you down to a lower elevation. The Trip Leader's decision to descend is final. More detailed information can be found in the PDF 'Travel At High Altitude' available from our website. All clients must read this before departure.

## **Preparing for Your Trip**

A good level of fitness is required for this trip. On this trip we spend a brief amount of time at higher altitudes than you are probably used to. Mountain biking features some technical descents and you should be fairly confident as a rider. Less technical options, though are available. You will also be carrying what you need for our 4-day mountain biking trip on your back and you must take this into consideration. 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 purification tablets
- Water bottle, camel backs are fantastic for cycling but must be kept clean. The mouth piece should be sterilized every day
- Whistle (pea less)
- Torch, head torches are best
- Camera/film/memory card
- Spare batteries for camera/torch and any other device
- Alarm clock, watch
- Small padlock, some of the rooms we stay in are places where you put your own padlock on the door. Bring a fairly decent, small but sturdy padlock.
- Strap on sandals or old trainers for rafting (they will get wet!)
- Underwear
- Thermal underwear (long johns) top and bottoms
- 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 or preferably Mid-weight thermal to wear between thermal underwear and fleece

- 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
- Strap on sandals or old trainers for rafting, sandals are better as you will have wet feet all day
- 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](http://www.fitfortravel.nhs.uk), as well as the "8 Weeks to Go Campaign" website at [www.8weekstogo.co.uk](http://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.