Nepal Women's Expedition

Zanna Van Dijk Tour

14th October 2020

DETAILED ITINERARY

Day 1: Kathmandu – 14th October 2020

Namaste! Welcome to Kathmandu. Your Nepal Women's Only Expedition will begin with a welcome meeting held at the hotel at 6pm – please check with the hotel reception to find out where it will be.

Prepare yourself for a sensory overload, because Kathmandu is the very definition. At every turn you encounter rich culture, hidden temples, colourful bazaars, and the friendliest, warmest of welcomes.

Arrival Transfer

- Included

Optional Activities

- https://www.urbanadventures.com/destination/kathmandu-tours

Accommodation

Hotel Moonlight or similar – http://www.hotelmoonlight.com/

Day 2: Kathmandu – 15th October 2020

Meals included: breakfast, Lunch and dinner

This morning you'll take a cooking class at Seven Women, an organisation supported by The Intrepid Foundation that socially and economically empowers marginalised women in Nepal through a variety of education programs, skills training and income generation. While the initiative started with just seven participants, to date over 5,000 women have been educated, trained and employed by Seven Women. In the cooking class, you'll learn how to make some delicious Nepali dishes and have the chance to talk to these amazing local women who have overcome discrimination to turn their lives around. Full after the lunch you prepared, you can enjoy a free afternoon exploring Kathmandu. You may want to check out popular sites like the Royal Palace Hanuman Dhoka or the Garden of Dreams. Your leader will also be able to recommend some lesser-known gems to explore.

Tonight, you'll head to The Village Café for an included group dinner. The Village Café allows women who would otherwise be based at home to earn a living cooking traditional Nepali cuisine, using ingredients they have grown in their own fields.

Included Activities

- Cooking class at Seven Women
- Dinner at Village cafe

Accommodation

Hotel Moonlight or similar – http://www.hotelmoonlight.com/

Day 3: Pokhara – 16th October 2020

Meals included: breakfast

After breakfast, you will enjoy one of Urban Adventure's day tours: Spiritual Nepal
Cover all spiritual bases on this multifaith Kathmandu tour. Meet dreadlocked Hindu holy men, learn about Buddhism from a local monk, and then look into your future with a local astrologer. Fingers crossed there's travel, glory and a lottery win ahead!

Highlights

- Get spiritual at the holy Hindu temple of Pashupatinath
- Interact with the 'Sadhus'- Hindu Holy Men.
- Learn a thing or two about Buddhism from the monks at Bodhnath.
- Get an acquaintance with the famed astrologer who can chart out your future to your amazement!

After lunch you'll take a 30-minute flight to Pokhara in Central Nepal. Once your feet are back on the ground, your leader will take you for an orientation walk around the lakeside area to a beautiful Hindu temple and a Buddhist monastery. We'll walk along the lake (Phewa Tal), the second largest in Nepal, and take in spectacular views of the Annapurnas and the famous fishtail peak, Machhapuchhare.

Included Activities

- Spiritual Nepal Tour
- Flight to Pokhara
- Stroll around lakeside

Accommodation

Hotel Kuti or similar – http://www.kutiresort.com/

Day 4: Yangjakot (1440M) – 17th October 2020

Meals included: breakfast

This morning you'll embark on a scenic hour and a half long drive to the outlying village of Kalikasthan, a perfect starting point for a hike in the Nepalese mountains. Here, you'll meet your all-female hiking crew made up of a mountain guide, assistant guides, and porters. They will lead you into a world of friendly villagers, terraced fields, alpine meadows and rhododendron forests set before a back-drop of snow-clad peaks. Begin with a two-hour walk down to the Modi River, where you'll pass through delightful little villages and enjoy mesmerising vistas of the Lamjung Himal and Annapurna II mountains. From here, it's another three-hours of walking to the village of Yangjakot where we spend the night in a local homestay to get a real insight into village life.

Included Activities

- Drive to trek start point, Kalikasthan
- Trek to Yangjakot

Accommodation

Homestay/Tea house

Day 5: Tanting – 18th October 2020

Meals included: none

This morning you'll leave the homestay and make a gradual descent back down to the Modi Valley to the village of Chasu, which takes about three hours. Here there'll be an opportunity to rest and refuel before undertaking the two-hour ascent to the terraced fields to Tanting. This Gurung village is typical of the raw beauty of traditional Nepalese hillside villages. Tonight, you'll spend the night in another homestay, with plenty of opportunities for local interaction.

Included Activities

- Trek to Tanting

Accommodation

Homestay/Tea house

Day 6: Sikles – 19th October 2020

Meals included: none

This morning you'll trek to Sikles, which takes about four hours in total and is your final destination for the day. This village is full of welcoming locals, picturesque terraced fields, alpine meadows and views of the giants of the Annapurnas section of the Himalayas: Annapurna IV which is 7,525 metres high and Annapurna II which towers at 7,937m, as well as the monolithic hulk of Lamjung Himal. There are many optional activities to fill your afternoon. If you haven't had enough walking over the past few days, you can hike to viewpoints, pop into the small but charming Eco-Museum in Sikles, or just soak up the rhythm of local life. You can also help the host at your homestay with the daily chores, perhaps getting your hands dirty on the farm.

Included Activities

- Trek to Sikles

Accommodation

Homestay/Tea house

Day 7: Ghalegaun – 20th October 2020

Meals included: none

Set out on the longest section of your trek. Leave the village in the morning and enter deep woods trekking westwards with snow-capped peaks to your right. From here, you'll make the steep climb up to a grassy wooded knoll known as Tara Top, which will take about four hours in total. This is the vantage-point for a spectacular 360-degree view that encompasses most of the Annapurna mountain chain. From here, you'll descend for three hours through the shady forests of mossy rhododendron with wild flowers on the sunnier banks and wild orchids attached to the branches above, before arriving at Ghalegaun. A homestay in Ghalegaun will be your well-earned resting place for the night.

Included Activities

- Trek to Ghalegaun

Accommodation

Homestay

Day 8: Pokhara – 21st October 2020

Meals included: none

This morning is your last day of trekking for the trip. After breakfast, head down to Bhurjung Khola, an arm of the Seti River. You'll follow it south until you reach the road, which will take about two hours. From here, your private vehicle will be here to take you back to Pokhara, an hour and a half long journey. You'll have a free afternoon and evening to relax and enjoy everything Pokhara has to offer. Treat yourself to a massage as a reward for all your hard work.

Included Activities

- Trek down to Bhurjung khola
- Drive to Pokhara

Optional Activities

- Massage at a Spa

Accommodation

Hotel Kuti or similar – http://www.kutiresort.com/

Day 9: Madi Valley – 22nd October 2020

Meals included: breakfast, dinner

Enjoy a free morning before boarding the 20-minute afternoon flight to Chitwan. From here, you'll take a two-and-a-half-hour drive to Madi Valley. Tonight, we'll be staying at Intrepid's community-based tourism project, the Madi Valley Homestay program. This project provides sustainable income and encourages the communities living on the fringes of Chitwan National Park to conserve the wilderness and wildlife around them. On our arrival, the local women, dressed in their traditional Magar attire, will be there to greet you and welcome you into their homes.

In the evening the women will teach you to cook local dishes to enjoy for dinner as a group. It's also a great opportunity to chat to the women about their lives and work. After dinner, you'll be treated to a cultural performance by the local women, where they demonstrate one of the oldest ethnic dance forms of the Magar community; the Maruni Naach.

Included Activities

- Fly to Chitwan
- Drive to Madi valley

Accommodation

Madi valley home stay

Day 10: Chitwan – 23rd October 2020

Meals included: breakfast, lunch and dinner

After breakfast, you'll be driven to Chitwan National Park for a half-day safari. Upon arrival, you'll be introduced to the camp staff and resident naturalists, who will take you on a safari through the forests and across grasslands to observe the varied and exciting wildlife in the park. In the afternoon, you'll make the drive to Kasara Jungle Resort, your luxurious home for the evening in the heart of the national park. You'll have time to relax or the option of a swim or spa treatment. You may want to join some of the group in the bar before an included dinner at the resort restaurant, where you can discuss the day's sightings or listen to the exotic sounds of the jungle at night.

Included Activities

- Canoe ride and bird watching

Accommodation

Kasara Resort https://kasararesort.com/

Day 10: Kathmandu – 24th October 2020

Meals included: breakfast and Lunch

This morning you'll leave Chitwan and take the hour and a half drive in a private vehicle to Tharu Village. Here you'll have the opportunity to learn about the lifestyles of the Tharu women and observe a cookery demonstration of the local cuisine, before sharing lunch together. From here, you'll drive to Chitwan Airport and take an hour and a half flight back to Kathmandu.

Included Activities

- Tharu village visit and cooking
- Fly to Kathmandu

Accommodation

Hotel Moonlight or similar – http://www.hotelmoonlight.com/

Day 11: Kathmandu – 25th October 2020

Meals included: breakfast, and dinner

This morning, you take a ride a mountain bike from your hotel to Narayansthan via Tokha looking at the historical village. In Narayansthan (budanilakanth), visit the sleeping Bishnu and hike to hidden Monastery for another 3-4 hrs. Back to Budanailakanth and gear back to hotel (45 minutes ride).

On your last evening enjoy a farewell dinner with a cultural dance.

Included Activities

- Bike and hike in Kathmandu
- Farewell dinner

Accommodation

Hotel Moonlight or similar – http://www.hotelmoonlight.com/

Day 12: Kathmandu – 26th October 2020

Meals included: breakfast

Today is the final day of your women's expedition in Nepal. There are no included activities planned, so you're welcome to check out of the hotel any time before midday.

Departure Transfer

- Included

Trip Cost and What's Included

Leader/Guide
English speaking Tour Leader throughout

Accommodation
As per accommodation

Meals
09 x Breakfasts
03 x Lunch
04 x Dinner

Included Activities
As per itinerary

Transport
Air-conditioned vehicles throughout.

Assistance
24-hour support from our local office.

Exclusions:
- International airport departure tax
- Tour guide for free time or days
- Optional activities
- Any visas required
- Services not mentioned in the itinerary
- Early check in or late check out at hotels
- Meals and drinks not mentioned in the itinerary
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance

FOOD IN NEPAL:
We do not include meals while trekking, allowing you to choose what you want to eat and when. We know from experience that the altitude and physical exercise can meal trekker's appetites differ quite widely. The menus in the teahouses are varied, ranging from traditional Nepalese dhal bhat to pizza and apple pie. Vegetarians are well catered for in Nepal. How much you need to spend per day will vary, but it could be anything up to US$60 per day for meals, snacks and drinks. Prices tend to get higher the higher you go on trek in response to the difficulty of getting supplies to the teahouses.
In Kathmandu and Pokhara there are plenty of restaurants and cafes for all tastes and budgets. For a glimpse at what traditional Nepali cuisine entails, check out our guide here: https://www.intrepidtravel.com/adventures/guide-to-nepali-cuisine/

Problems and emergency contact information
In the case of a genuine crisis or emergency please contact our local office in Kathmandu:

We recognise that there may be times when your group leader/local partner may not be able to resolve a situation to your satisfaction - if this is the case, please ask the leader to speak to their direct manager.
Nepal Emergency contact: +977 980 112 3617

Trip Cost and What's Included

Passport and visas

Visas are the responsibility of the individual traveller. Entry requirements can change at any time, so it's important that you check for the latest information. Please visit the relevant consular website of the country or countries you're visiting for detailed and up-to-date visa information specific to your nationality. Your consultant will also be happy to point you in the right direction with acquiring visas. Visas can take several weeks to process, so familiarise yourself with any requirements as soon as you have booked your trip to allow for processing time.

NEPAL:
All foreign nationals (except Indian passport holders) require a visa to enter Nepal. Visas are obtainable from embassies abroad, land borders (including borders with India & Tibet) and on arrival at Kathmandu's Tribhuvan Airport.
Getting a visa at the airport or land borders can sometimes take time due to long queues. There have been instances when travellers are asked to show proof of exit from the country, ie flight tickets. You may also need to provide two passport photos and the following fees in US dollars (subject to change, cash only). Other currencies are also accepted although rates may differ. The following costs were correct at time of writing:
- Multi entry visa valid for 15 days - US$25
- Multi entry visa valid for 30 days - US$40
- Multi entry visa valid for 90 days - US$100

Please note if you are staying in Nepal for less than 24 hours while in transit, a transit visa can be issued on presentation of your international flight ticket, there is a nominal charge of US$5 and one photo is required.
Your visa application form may require you to state the dates on which you enter and exit that country. Please note we suggest you list your date of entry a few days before, and date of exit a few days after your intended dates in case you encounter any delays or problems en route. To help calculate the exact dates of these crossings we have found the website www.timeanddate.com to be very useful.

Medical and health information

All travellers need to be in good physical health in order to participate fully on this trip. When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to cope with our style of travel. Please note that if, in the opinion of our group leader or local guide, any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, Intrepid Travel reserves the right to exclude them from all or part of a trip without refund.
You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements as they may not easily be obtained at the locations on this trip. Please ensure that you are adequately prepared.

AIR POLLUTION:
Air quality in Nepal can be poor, especially in winter. Some towns, including Kathmandu, experience very high levels of seasonal smog and heavy particulate pollution. Seek medical advice if you're concerned about the effects of air pollution.
ALTITUDE SICKNESS:
Travellers to altitudes higher than 2,500m are at risk of altitude sickness, also known as acute mountain sickness (AMS). This can be life threatening and affect anyone, even people who are very physically fit. There is a higher risk for those who have had altitude sickness before, who exercise or drink alcohol before adjusting to the altitude, or who have health problems that affect breathing. If your tour travels to high altitude, see your doctor for advice specific to you and your situation before you depart. It is important to be aware of the normal altitude symptoms that you may encounter BUT NOT worry about:
- Periods of sleeplessness
- Occasional loss of appetite
- Vivid, wild dreams at around 2500-3800m in altitude
- Unexpected momentary shortness of breath, day and night
- Periodic breathing that wakes you occasionally
- Blocked nose
- Dry cough
- Mild headache

If you are feeling nauseous, dizzy or experience other symptoms, please be sure to let your group leader know immediately so that we can monitor your condition.
Please be aware that should your group leader deem it unsafe for you to continue trekking at any time, they will arrange for you to descend to a lower attitude.
Please read the following document carefully and, during your trip, utilise the table on the back daily to record your own perspective of your general health and any symptoms you may experience: https://www.intrepidtravel.com/altitude-sickness
On some days this trip may ascend faster than commonly published recommended ascent rates at altitude. However, based upon an assessment by our external safety and medical advisors, and in conjunction with our own risk assessments we consider that the ascent rate is acceptable due to the additional safety measures that are in place for our customers. If you have concerns about this, please speak to your booking representative.
All our leaders in the Himalayas are trained in the use of a PAC bag (Portable Altitude Chamber) and this is carried on all trips which go above 4,200m. The PAC bag is used in an emergency only to treat altitude sickness in the mountains. A First Aid kit is carried with the group and all our leaders are First Aid trained. Please ensure that your travel insurance policy does cover you up to the maximum altitude on this trip, and includes helicopter evacuation. Please take proof of this with you on the trip, as you will need to show it to the leader.
MOSQUITO-BORNE ILLNESSES:
Malaria is a risk in some areas of Nepal including Chitwan National Park. Dengue fever and Japanese
encephalitis also occur, including on occasion in Kathmandu. Protect yourself against insect bites by wearing adequate protection, including repellent.
MEDICAL FACILITIES AND TREATMENT:
Medical facilities in Nepal are very limited, particularly outside Kathmandu. In Kathmandu, treatment at international-standard clinics is expensive and up-front payment for services is

generally required. Make sure you have adequate travel health insurance and accessible funds to cover the cost of any medical treatment, including evacuation by helicopter.

Food and dietary requirements

FOOD IN NEPAL:

We do not include meals while trekking, allowing you to choose what you want to eat and when. We know from experience that the altitude and physical exercise can meal trekker's appetites differ quite widely. The menus in the teahouses are varied, ranging from traditional Nepalese dhal bhat to pizza and apple pie. Vegetarians are well catered for in Nepal. How much you need to spend per day will vary, but it could be anything up to US$60 per day for meals, snacks and drinks. Prices tend to get higher the higher you go on trek in response to the difficulty of getting supplies to the teahouses.

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ALCOHOL & CAFFEINE:

Alcohol and trekking don't mix. We highly recommend that you limit your alcohol consumption in Kathmandu prior to your trip. Celebrate your achievements after your trek. Both alcohol and caffeine increase dehydration. Limit your intake of both when hiking at high altitudes.

TEAHOUSES:

Accommodation at local lodges - better known as teahouses - are simple but comfortable. Toilets and washing facilities are shared and rudimentary, and the food is plain and filling. In a teahouse, travellers are provided with small twin share rooms with twin beds, mattresses and pillows. At times, in high seasons, and in places where there are limited number of teahouses, travellers may have to make do with dormitories. In some places, teahouses don't have access to electricity, depending on solar powered lighting instead. In more remote regions, teahouses don't have running water and toilets can mean just a hole in the ground. Hot shower facilities are available in some teahouses for a price but occasionally a hot shower means a bucket of hot water, enough to wash your body. Electricity to charge devices as well as WiFi is usually for an additional fee when available.

Transport

Private vehicle, Plane

KATHMANDU AIRPORT CLOSURES:

Kathmandu's Tribhuvan International Airport (KTM), Nepal's only international airport, will partially close beginning in April 2019 for repairs to its sole runway. The 3050 m (10,007 ft) runway will be repaved beginning the first week of April and construction is expected to be completed before June 2019. KTM will close daily from 22:00 (local time) to 08:00. Following the runway re-construction, work will begin on the taxiway. Flight disruptions are possible during the construction period. Trips that included flights to/from Lukla will be affected, as flights can't operate in the morning hours. From 1st April - 1st June 2019 we will arrive/depart from Ramechhap (also known as Manthali) Airport instead of Kathmandu. The airport is located 130km (approx. 4-5 hours drive) from Kathmandu. For customers traveling

to or from Nepal during the anticipated construction time we advise to confirm the status of their flight and anticipate possible flight delays and disruptions.

AIR TRAVEL:
Flights between Kathmandu and Lukla are often delayed due to poor weather and there have been occasions when groups have had to have their treks rescheduled. Your local leader will give you the most up to date information regarding delays to flights. Nepal's only international airport, Tribhuvan International Airport, has a single runway that services both domestic and international flights. Cancellations and delays are frequent, especially during peak tourist seasons or in poor weather. Travellers have on occasion missed international connections as a result of this, particularly if flights from Lukla to Kathmandu are delayed. Ensure you have adequate travel insurance and contact numbers for your airlines before departure.

LUGGAGE LIMITS:
Domestic flights in Nepal have strict weight limits - 10kg of check-in luggage and 5kg of carry-on hand luggage per person is included with your flight ticket. Excess baggage (up to 5kg per person only) will be charged at your own expense.
TRAVEL BETWEEN KATHMANDU & POKHARA:
On itineraries that include road travel between these destinations, past travellers have often decided to fly this route independently to avoid the long overland journey (200km, approx 6+ hours). The flight takes around 35mins. Should you decide to fly, this will be at your own expense with no refunds for road travel available.
ROAD TRAVEL:
Roadworks and infrastructure projects can cause significant delays on major roads within cities and highways between destinations. Road travel can also be disrupted due to demonstrations and bandhs (strikes) without warning. Major roadworks are currently ongoing in and around Kathmandu and the roads to Chitwan National Park. Delays, heavy traffic, poor road conditions and dust are a reality of road travel in Nepal.
MONSOON:
The monsoon season is from June to September and weather conditions can disrupt travel during this time due to flooding and landslides. Disruption of air travel and airport closures are also possible. Be prepared that the itinerary may need to change at short notice.
Money matters
SPENDING MONEY:
When it comes to spending money on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget a sensible amount for things like meals not included, drinks, shopping, optional activities and laundry. It's always better to bring a little more than you think you'll need. Also make sure you've read your trip details thoroughly so you know what's included in the trip price and what isn't. This should make budgeting a little easier. You'll find this info in the Inclusions section of your Essential Trip Information (that's this document).
NEPAL:
The official currency of Nepal is the Nepali rupee (NPR). Its symbol is often displayed as Rs. USD are also widely accepted in Nepal. ATMs can only be found in Kathmandu, Pokhara, and Bhaktapur. Make sure you carry sufficient cash to cover your needs when travelling outside

of these cities. Money exchange facilities are available in Kathmandu, Namche, Pokhara, Chitwan (only outside the park) and Bhaktapur. Credit cards are not widely accepted.
The Government of Nepal has banned the import, export and use of 500 and 1000 Indian rupee notes in Nepal. You should ensure you are not carrying these notes on arrival in Nepal as they will be confiscated and you may be fined.
Please note that most establishments in Asia will not accept foreign currency notes that are old, torn or faded and they can be very difficult to exchange or extra fees added when exchanging at banks. Please ensure that you have new, clean notes.
Before departing on a trek, make sure you have enough Nepalese currency to purchase meals and drinks, in the smaller denominations where possible, as there are no ATMs and larger notes (such as 1000R) can be difficult to change.
CONTINGENCY FUNDS:
We try to plan for every eventuality, but there are still some things beyond our control. Please make sure you have access to an extra US$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last minute changes to enable our trips to continue to run, and as a result there may be some extra costs involved.

Packing

TREKKING EQUIPMENT
Trekking boots (broken in)
Waterproof 3/4 season jacket and trousers (can be hired/purchased in Kathmandu)
Good quality socks
Thermal underwear/layers
Down jacket (can be hired/purchased in Kathmandu)
Trousers - lightweight, loose fitting, trekking trousers.
Shorts or skirt for summer
Sleeveless fleece and extra layers for winter departures (Dec-Feb)
Warm hat and sun hat
Sunglasses with UV protection
Head torch (spare batteries)
Sunscreen and lip balm
Light weight towel
Sarong
Personal first aid kit
Biodegradable wet wipes/toilet paper
Hand sanitizer gel
Trail mix/nuts/muesli bars
Hot water bottle (winter months)
Daypack - Must have the capacity for the items you may be carrying on a day's walk: rain jacket, trousers, warm clothing, water bottle, camera equipment, washing items and other personal effects. A hip/waist strap provides additional comfort. You should consider day packs of at least a 30 to 40 litre capacity.
OTHER PACKING GUIDES:
For other guides to packing for treks: https://www.intrepidtravel.com/adventures/packing-guide-for-trekking-in-...

If you are spending further time in the region, please see some ideas for regular travelling gear to pack.
https://www.intrepidtravel.com/packing-list
https://www.intrepidtravel.com/packing-list
Phone and internet access

WIFI:
Hotels in Kathmandu generally have excellent WiFi connections. Most hotels offer free WiFi in public areas, with some also offering in room WIFI, sometimes for an additional fee. While trekking WiFi may be available in tea houses and lodges for a small cost. The higher you go the more the use of WiFi and internet will cost, and likely the slower the speed. Your tour leader will be able to offer some advice on communications in remote areas of the country. Please note that most teahouses do not have electrical outlets in rooms to charge devices but are shared in the main dining area, for an additional fee. Past travellers have found portable solar chargers to be very useful.
Climate and seasonal information

SEASONAL INFORMATION:
Nepal's climate varies greatly depending on the season:
OCT - NOV: Clear skies and warm days make autumn the peak season.

Safety

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure and ensure that your travel insurance covers you for all areas your itinerary covers. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trip.
We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, air tickets, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.
Your leader will accompany you on all included activities, however during your trip you'll have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Please also note that your Leader has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.
For more details on the type of conditions and safety standards you can expect on your trip, please refer to Intrepid's operational safety policy on our website. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how well it's being implemented in the field:
http://www.intrepidtravel.com/contact-us/safety
STRIKES:
Demonstrations and protests are common in Nepal, with strikes regularly occurring that may

result in curfews or roadblocks being enforced at short notice. At these times, businesses may close and vehicles may not be allowed on the roads. You should avoid any demonstrations or political gatherings and follow local advice, including that of your leader in the event of any disruptions.

PETTY THEFT & CRIME:
Pickpocketing and other petty theft is common, especially in places where tourists or foreigners frequent. Take care when walking around at night. Avoid walking on your own and don't carry large sums of cash. Keep valuables in a hotel safe if possible. Bars and restaurants now close at midnight as part of a government crackdown on illegal activities. Foreigners remaining in bars and clubs after hours have been detained by the police. Police have increased their presence in Thamel and Durbar Marg, popular tourist districts in Kathmandu, in an effort to reduce crime in these areas. You should seek out police if you have been robbed or affected by any crime.
ALTITUDE:
Altitude sickness is a risk, including on the Annapurna, Langtang and Everest Base Camp treks. Please make sure you familiarise yourself with signs and symptoms before you depart and monitor your own health during your trek.
INSURANCE:
Make sure your insurance covers you for your intended activities, including travel and trekking above 3000m if this is included on your itinerary, mountain rescue services and helicopter evacuation costs.
FESTIVALS:
Travelling in Nepal during Holi Festival (1-2 March 2018, 20-21 March 2019, 9-10 March 2020), can at times be dangerous due to revellers consuming intoxicating substances. The day is often associated with physical violence and danger. Your leader will advise you and your group on what places to avoid on this day and it may even be necessary for us to alter your itinerary for the day to avoid putting you or your group leader in high risk situation. Travelling during the Hindu festival Diwali (7 November 2018, 27 October 2019, 14 November 2020) can also be dangerous. During this time there are many displays of fireworks in the streets. It can be very noisy for several days and there is also a lot of pollution caused by the fireworks. As there are no restrictions on buying fireworks there are often injuries caused by people exploding them inappropriately. During this festival your leader may be required to alter your itinerary to avoid any dangerous areas to avoid putting the group at risk.
INTERNAL FLIGHTS:
There have been a number of air accidents in Nepal. We only use airlines that have passed strict safety audits for included internal flights in Nepal, including Buddha Air, Yeti Air & Tara Air.
A couple of rules
Everyone has the right to feel safe when they travel. We don't tolerate any form of violence (verbal or physical) or sexual harassment, either between customers or involving our leaders, partners or local people. Sexual relationships between a tour leader and a customer are strictly forbidden.
Use or possession of illegal drugs will not be tolerated on our trips. If you choose to consume alcohol while travelling, we encourage responsible drinking, and expect that you'll abide by the local laws regarding alcohol consumption.

The sex tourism industry is known to exploit vulnerable people and have negative consequences on communities, including undermining the development of sustainable tourism. For this reason, patronising sex workers will not be tolerated on our trips.
By travelling with us you are agreeing to adhere to these rules. Your group leader has the right to remove any member of the group for breaking any of these rules, with no right of refund.
If you feel that someone is behaving inappropriately while travelling with us, please inform your tour leader or local guide immediately. Alternatively, contact us on the emergency contact number detailed in the Problems and Emergency Contact section of this Essential Trip Information.

Travel Insurance

Travel insurance is compulsory for all our trips. We require that, at a minimum, you are covered for medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects.
When travelling on a trip, you won't be permitted to join the group until evidence of travel insurance and the insurance company's 24 hour emergency contact number has been seen by your leader.
If you have credit card insurance your group leader will require details of the participating insurer/underwriter, the level of coverage, policy number and emergency contact number rather than the bank's name and credit card details. Please contact your bank for these details prior to arriving in-country.
http://www.intrepidtravel.com/insurance.php

Responsible Travel

We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimise the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects. Please visit our website for further details and suggestions on how you can be a responsible traveller.
http://www.intrepidtravel.com/ourtrips/rt/responsibletraveller

NEPAL

Dress codes are quite relaxed in tourist areas of Kathmandu and Pokhara, but much more conservative in other parts of the country. Remove shoes before entering certain temples and holy places and be aware that non-Hindus may not be permitted at some religious sites. Dress modestly, take care not to offend and ask your leader if you are unsure if something is appropriate.

PORTERS:

Our porters are valued members of our trekking teams. We operate our treks according to standards that provide respectful, safe and fair working conditions not only in Nepal, but on all our trips globally. For more information on porter welfare, see
https://www.intrepidtravel.com/au/porter-policy

The Intrepid Foundation

Help us change thousands of lives by creating meaningful work and supporting skills training in communities around the world.

The Intrepid Foundation is the not-for-profit for Intrepid Group. We work with local organisations around the world to improve the livelihoods of vulnerable individuals and communities through sustainable travel experiences. With our travellers' help, we've contributed more than AU $6 million to over 100 community organisations since 2002.

Did you know that tourism is one of the biggest contributors to the global economy, making up 1 out of every 10 jobs? That's why we support local projects that create meaningful jobs and give people the skills they need to work in the destinations we take you to. And it's why we exist – to make it easy for travellers to give back to the communities and places they've been in an effective and meaningful way.

All donations to The Intrepid Foundation are matched by Intrepid Group dollar for dollar (up to AU$10,000 per donor and AU$500,000 in total each financial year, excluding emergency appeals). And because Intrepid Group covers all administration costs, every cent goes directly to the projects. Donating is simple and secure. Please ask your leader for information about the projects we support through The Intrepid Foundation or visit our website:

http://www.theintrepidfoundation.org/

Organisations and projects currently supported by The Intrepid Foundation in Nepal include:

*Forget Me Not

Forget Me Not rescue and reintegrate 'paper orphans' to be thriving, vibrant and connected to family, community and opportunity. In Nepal, there are currently 16,886 children in orphanages and up to 80% could be raised by at least one of their parents if given support. Many of the children have been taken from their families, trafficked into orphanages and used to generate funds. Last year Forget Me Not received 27% of all children rescued from orphanages in Nepal. Rescued children are given complete medical care including psychological, physical and overall wellbeing assessments. Individual case plans are developed and missions determined to trace each child's family and work towards reunification and reintegration.

https://www.theintrepidfoundation.org/projects/forget-me-not/

*Seven Women works to economically and socially empower marginalised women in Nepal through literacy programs, skills training and income generation.

www.theintrepidfoundation.org/projects/seven-women/

https://www.intrepidtravel.com/adventures/meet-kathmandus-hidden-artisan...

For more information on our projects in Nepal, or to make a donation, visit:

http://www.theintrepidfoundation.org/projects/?projectcountry=nepal