



NEPAL

HIKING ADVENTURE



HIKING HOLIDAYS WITH ZANNA VAN DIJK
IN PARTNERSHIP WITH **INTREPID TRAVEL**

Our Travel Style

Our global network of local experts deliver the types of experiences that can't be Googled. Immersive trips that enable you to explore authentic local culture in a sustainable, experience-rich way. We love the highlights, but the real magic for us happens well away from a beaten path, the real life experiences you won't find in a search engine.

Zanna Van Dijk- Nepal Women Expedition 14 days/13 nights

About Your Trip

Start Location/Finish Location

Kathmandu, Nepal
Hotel Manaslu
<https://hotelmanaslu.com/>

Accommodation

Hotel 5 nights
Tea House 6 nights
Jungle resort 2 nights

Rooming Requirements

Twin Share

Included Meals

Breakfast (7)
Lunch (3)
Dinner (3)

Transport

Air-conditioned vehicle transfers throughout.

Leader/Guide

English Speaking Leader throughout

Included Activities

Per Daily itinerary

Entrance/Admission Fees

Where applicable with included activities

Airport Transfers

Arrival/ Departure Transfer - Group Transfer

END OF SERVICES

Exclusions

- International Flights
- Any visas required
- Services not mentioned in the itinerary
- Late check out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included lunches and dinners
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance
- Optional activities

Safe and responsible travel, always.

As you look to get back on the road, we continue to ensure our trips are safe for everyone. That includes our travellers, our leaders and crew and the people we visit along the way. Our health and safety policies follow recommendations from the World Health Organization and the World Travel & Tourism Council's (WTTC) Safe Travel protocols for tour operators. Before we resume trips in any destination, our itineraries undergo a comprehensive risk assessment and audit, while leaders and suppliers will complete COVID-19 health and safety training. We have also introduced specific policies around testing and vaccination for your safety.

On the 29th July 2021 we introduced new safety measures that apply on all of our trips, except for tours in Australia and New Zealand. Travellers are required to produce:

- Proof of COVID-19 vaccination

In all cases, you must be fully inoculated. This means you must receive the full dosage of the COVID-19 vaccine and allow enough time for immunity to take effect. Each COVID-19 vaccine has different dosages and timeframes for inoculation, so please check the relevant medical advice associated with your vaccine.

These new safety measures that apply on all of our trips, except for tours in Australia, New Zealand and the Cook Islands. From the 1st December 2021 travellers are required to produce proof of COVID-19 vaccination on all of our trips.

If you are unable to be vaccinated for medical reasons, you may apply for an exemption. Exemptions will be assessed on a case-by-case basis. To apply, you must provide a medical certificate from a medical professional.

Children under 18 are exempt. Children aged between 5 and 17 years old must provide proof of either vaccination, recovery or a negative COVID-19 test. Please see the below section on children for further details. .



Who we are

For over 30 years we've been taking travellers around the globe, on small group tours with like-minded Intrepid people. Our extensive COVID-19 Health & Safety Guidelines ensure your wellbeing is looked after during your travels.



Safe travels

We're with you every step of the way through our value chain - from our suppliers, to our on ground operations and leaders.



Certified B Corp

When we became certified as the world's largest travel B Corp in 2018, it was not only our official pledge to be a responsible business, but also a promise to be the best travel company for the world.

About your Tour Leader

Local Guide & Tour Leader

On this trip you will be accompanied by one of our tour leaders. The aim of the tour leader is to take the hassle out of your travels and to help you have the best trip possible. Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious and social aspects.

In addition to your tour leader, for certain inclusions you will be accompanied by a local guide. A local guide has specialised knowledge of a site or location you are visiting. If there is a local guide provided for a particular activity, this will be listed in your day by day itinerary.

Group leader

On this trip you will be accompanied by one of our tour leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible.

Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious and social aspects. We aim to support local guides who have specialised knowledge of the regions we visit. If you were interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip. .

Zanna Van Dijk- Nepal Women Expedition Itinerary

Day 1 / Date: 29 October 2022

Kathmandu

Meals included: Dinner

Namaste! Welcome to Nepal. Kathmandu is a city too laid-back to bother being the best; it's just legendary Kathmandu, a spicy masala of mixed reputations. If you arrive early, why not try one of our Urban Adventure Day tours to get a feel for this fantastic city and its surrounds. Meet your leader and group tonight at 5 pm for a welcome meeting, followed by an optional group dinner at a nearby restaurant.

Arrival Transfer

- Included

Included Activities

- Welcome Dinner

Accommodation

Hotel Manaslu or similar – <https://hotelmanaslu.com/>

Day 2 / Date: 30 October 2022

Kathmandu

Meals included: breakfast, lunch

Early morning after your breakfast, visit the holy temple Pashupatinath.

After your visit of Pashupatinath, take a cooking class at Seven Women, an organization supported by The Intrepid Foundation that socially and economically empowers marginalized 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.

Included Activities

- Cooking class at Seven Women
- Visit of Pashupatinath

Accommodation

Hotel Manaslu or similar – <https://hotelmanaslu.com/>

Day 3 / Date: 31 October 2022

Pokhara

Meals included: breakfast

After your breakfast, drive to domestic airport to 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 an elaborate 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

- Flight to Pokhara
- Stroll around lakeside

Accommodation

Hotel Barahi or similar – <https://barahi.com/>

Day 4 / Date: 01 November 2022

Ulleri (1440M)

Meals included: breakfast

At 8,091m, Annapurna 1 is one of the highest mountains in the world. Its surrounding sister mountains are equally imposing and create magnificent panoramas from any viewpoint. This trek covers a wide variety of terrain, from lowland pastures and peaceful villages to powerful glaciers and stunning mountain views. In the rugged mountain scenery, you stay in mountain communities and meet friendly Nepali hill people as they go about their daily lives. The expedition is not only visually superb but also a chance to learn about local cultures. Along the way, see thundering waterfalls of melted snow, cross icy rivers and reward ourselves with a soak in natural hot springs. An hour-long drive (remember driving times are always approximate in Asia – patience is your closest friend!) brings you to Nayapul where you commence your trek. Gear up and follow the Bhurungi Khola to Thikhedhunga. Trek through farmland before a steep ascent to reach Ulleri.

Included Activities

- Drive to trek start point Nayapul
- Trek to Ulleri

Accommodation

Local Tea house

Day 5 / Date: 02 November 2022

Ghorepani

Meals included: None

We ascend to Ulleri Village through a pleasant rhododendron forest, much more impressive than the trees your grandmother has in the garden! We stay overnight at Ghorepani.

Total walking time approximately 4-5 hours.

Included Activities

- Trek to Ghorepani

Accommodation

Local Tea House

Day 6 / Date: 03 November 2022

Swanta (2215 m)

Meals included: None

This morning hike to Poonhill and witness the mesmerizing mountain views. Later back to Ghorepani and after the breakfast, trek to Swanta.

Total walking time approximately 5 hours.

Included Activities

- Trek to Swanta

Accommodation

Local Tea House

Day 7 / Date: 04 November 2022

Khopra (3700 M)

Meals included: None

Trek to Khopra today. Explore the village

Total walking time approximately 6 hours

Included Activities

- Trek to Khopra

Accommodation

Local Tea House

Day 8 / Date: 05 November 2022

Bayali Kharka/Dobato

Meals included: None

Trek to Bayali Kharka or further to Dobato

Total walking time approximately 6 hours

Included Activities

- Trek to Bayali Kharka/Dobato

Accommodation

Local Tea House

Day 9 / Date: 06 November 2022

Ghandruk

Meals included: None

Trek down to Ghandruk via the small settlement of Tadapani.

Total walking time approximately 6 hours

Included Activities

- Trek to Ghandruk

Accommodation

Local Tea House

Day 10 / Date: 07 November 2022

Pokhara

Meals included: none

This morning is your last day of trekking for the trip. After breakfast, head down Nayapul. You'll follow it until you reach the road, which will take about four hours. From here, your private vehicle will be here to take you back to Pokhara, an hour-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 Nayapul

- Drive to Pokhara

Optional Activities

- N/A

Accommodation

Hotel Barahi or similar – <https://barahi.com/>

Day 11 / Date: 08 November 2022

Chitwan

Meals included: breakfast, Lunch, dinner

After breakfast drive to Chitwan (approx. 4-5 hours' drive)

Upon arrival at Lodge, welcome drink is served and there will be a short briefing on the program and their facilities, rooms will be assigned.

Chitwan literally means "Heart of the jungle". The Chitwan National Park is located in the lush valley of the Chitwan District, 75 miles south west of Kathmandu, in the foothills of the Churia Ranges. Formerly known as The Royal Chitwan National Park, Chitwan National Park was established in 1973 and is the first national park in Nepal. It was enlisted as a UNESCO World Heritage Site (Natural) in 1984.

In the afternoon, your naturalist will take you for the village visit and meet the local people and know the lifestyle and culture of the people.

Later in the evening, it will be either Tharu Cultural dance, which will be performed by the local people or Presentation of the history of Chitwan National Park and have the insight on flora and fauna as well as animals.

Included Activities

- Drive to Chitwan
- Activities as per the lodge

Accommodation

Kasara Resort or similar <https://kasararesort.com/>

Day 12 / Date: 09 November 2022

Chitwan

Meals included: breakfast, lunch and dinner

After breakfast, this morning, you will be going for Canoe ride at Rapti river where you might sight the deer, crocodile and birds.

After canoe, back to hotel and rest.

Later, get thru the jungle by jeep and search for the wild beasts which will be around 3-4 hrs.

Evening, either Cultural show or Slide Show Presentation

Included Activities

- Canoe ride and bird watching

Accommodation

Kasara Resort or similar <https://kasararesort.com/>

Day 13 / Date: 10 November 2022

Kathmandu

Meals included: breakfast and Dinner

After breakfast, drive back to Kathmandu (approximately 5 – 6 hours' drive)

Rest of day free in Kathmandu.

Evening enjoy the farewell dinner with cultural dance

Included Activities

- Drive to Kathmandu

Accommodation

Hotel Manaslu or similar – <https://hotelmanaslu.com/>

Day 14 / Date: 11 November 2022

Kathmandu

Meals included: breakfast

There are no activities planned for the final day and you are able to depart the accommodation at any time.

Departure Transfer

- Included

Important Information

- The quote and accommodation will be subject to availability at the time of booking
- Single rooms are not guaranteed during trekking

Package Price

All costs are per person in GBP based on indicated number of passengers travelling together as one movement. No arrangements are being held at this point and the costing is subject to availability at time of booking. In order to proceed, a deposit of GBP200 per person is required and the remaining balance will need to be supplied at 70 days prior to departure.

Please note this pricing is valid for 14 days after the date on this document. All services are subject to availability.

A five dollar per person donation to our not-for-profit, [The Intrepid Foundation](#), has been added to your trip cost – that's because we want our travellers to be able to give back to the places they visit. We support community projects around the world in areas such as conservation, education and human rights, and 100% of your contribution goes directly to the cause. If you do not wish to make a donation, please let us know.

Emergency Contact | Travel Insurance

Problems and emergency contact information

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

We recognise that there may be times when your group leader/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.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. Please do be aware that it is very difficult for us to provide any practical help after the trip is completed, so informing us while still travelling will give us the opportunity to resolve the issue in real-time.

For general contact details please use the following page: <http://www.intrepidtravel.com/ourtrips/contact/>

In case of a genuine crisis or emergency, you can reach our local office on the number below:

Intrepid's Local Operator: +977 980 112 3617

Travel Insurance

Travel insurance is compulsory on all our trips for those travelling internationally. We require that at a minimum you are covered for medical expenses including emergency repatriation. If you are travelling within your home country or region please confirm before travel that you are entitled to access the public medical system easily should an accident occur. We strongly recommend all travellers have a policy that also covers personal liability, cancellation, curtailment and loss of luggage or personal effects. For international trips, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24-hour emergency contact number has been sighted 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 your credit card details. Please contact your bank for these details prior to arriving in-country.

UK Residents:

For UK residents we have partnered with [InsureFor](#) to provide you with a travel insurance policy that includes Covid-19 cover. Please call our reservation team on 0808 274 5111 for an exclusive discount on your policy.

Essential Trip Information

PASSPORT

You will need a valid passport to travel internationally. As a general rule, most countries require that your passport has a minimum of 6 months validity remaining. Your passport details are required to complete your booking. Please ensure the passport details you provide are accurate. Any errors provided may result in extra fees for making corrections in bookings. We recommend taking copies of the main passport pages and other important documents with you as well as leave copies at home with family or friends.

VISAS

Visas are the responsibility of the individual traveller. Entry requirements can change at any time. It is important that you check your government's foreign travel advisories along with the consular website of the country or countries you are travelling to for the most up to date information specific to your nationality and circumstances. Please be aware that not all visa information found online from other sources may be valid while COVID-19 restrictions are in place.

Visas can take several weeks to process, so make sure you research the requirements as soon as you have booked your trip to allow for obtaining any necessary documents as well as the application and processing time. Your booking consultant can advise on a visa processing service or you can apply yourself directly through a consulate. Below you will find general visa advice about the destinations on your trip.

Below you will find general visa advice about the destinations on your trip. Due to constantly evolving COVID-19 requirements and restrictions, please refer to your government's foreign travel advice for most up to date information.

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. Please note that visa on arrival is only available to fully vaccinated visitors and those who are not fully vaccinated will require a recommendation letter from a Nepal travel agency and will need to go through 10-day quarantine on arrival.

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\$30
- Multi entry visa valid for 30 days - US\$50
- Multi entry visa valid for 90 days - US\$125

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.

Please note that you'll also need take a copy of hotel confirmation to enter into Nepal. Please consult your booking agent about a week before departure for a copy of hotel confirmation on your trip. Tea houses on the trek don't provide such confirmation so if you are booking your own accommodation for Kathmandu, please take a copy of the confirmation with you.

Nepal Covid-19 Entry Requirement

For the latest update of what is required in order to enter Nepal, please check your government's foreign travel advice and also visit the following

website: <https://uploads.mwp.mprod.getusinfo.com/uploads/sites/27/2021/09/nepal-t...>

Medical and health information

GENERAL HEALTH

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 manage and enjoy 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, we reserve 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 while travelling.

COVID-19

The safety and wellbeing of our travellers, leaders, crew, staff, and suppliers continues to remain our highest priority as we travel. You can read more about how we will keep you safe on our trips, including our COVID-19 Health & Safety Guidelines here: <https://www.intrepidtravel.com/safe-travels>

HEALTH SCREENING

If you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements. At the group meeting, you will be asked to complete a self-screening health form and report any COVID-19 symptoms as well as any close contact with someone who has suspected or confirmed COVID-19. If you are displaying any symptoms or have any health concerns at this time, we will follow the advice of local health authorities to determine whether medical assistance, isolation or further action is required. It's quite possible that the destination country may have different or more strict protocols in place in relations to a Covid-19 case from your home country. This may include hotel or hospital quarantine or quarantine for the group. Please check your government's travel advice or contact the closest embassies to find out the details. We ask all travellers to continue to monitor their health throughout their travels and report any relevant symptoms to their tour leader.

MANDATORY VACCINATION POLICY

All travellers on Intrepid trips (outside Australia, New Zealand and the Cook Islands) are required to produce proof of full vaccination against COVID-19. From 1 December 2021, all travellers on Intrepid trips, including in Australia, New Zealand and the Cook Islands, are required to produce proof of full vaccination against COVID-19.

This policy is in addition to any specific testing or vaccination requirements for entry or exit to a destination or required by your airline. For more information, including a detailed FAQ about this policy, please visit

<https://www.intrepidtravel.com/covid19>

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 altitude.

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

While travelling with us you'll experience the vast array of wonderful food available in the world. Your group leader will be able to suggest restaurants to try during your trip. To give you the maximum flexibility in deciding where, what and with whom to eat, generally not all meals are included in the trip price. This also gives you more budgeting flexibility. As a rule our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. If you have dietary requirements and/or food allergies, please let your booking agent know prior to departure.

FOOD IN NEPAL:

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/>

Nepal caters very well towards vegetarians and vegans with almost all restaurants having a veg section of the menu. Your tour leader will be able to direct you towards restaurants that are known to have better hygiene, especially in tourist areas where they are travelling with our groups regularly.

Accommodation

The style of accommodation indicated in the day-to-day itinerary is a guideline only and may change. On some occasions, alternative arrangements may need to be made due to the lack of availability of rooms in our preferred accommodation. In these cases, we will use a similar standard of accommodation.

Throughout the trip, we request that our properties prepare rooms in time for our arrival, especially if we're arriving prior to normal check-in time. However, this isn't always possible which means we won't be able to check-in immediately on arrival at some hotels. Instead, we can store our luggage and explore our new destination or on some trips, have use of shared day rooms until all rooms are available.

Transport

Private vehicle, Plane, Jeep, Canoe

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.

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.

AIR TRAVEL:

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. There have been occasions when groups have had to have their itineraries altered. Your local leader will give you the most up to date information regarding delays to flights. Travellers have on occasion missed international connections as a result of this. Ensure you have adequate travel insurance and contact numbers for your airlines before departure.

Money matters

TIPPING

Tips are included on all Intrepid Premium trips, covering hotel staff, local guides and the people who will take care of you during your travels.

This amount does not include a tip for your leader, so you may wish to set aside some funds for this. It is customary to tip your leader for outstanding service provided during your trip. You are free to tip more or less as you see fit,

depending on your perception of service quality and the length and involvement of your leader on your trip. Tips are greatly appreciated as a gesture of thanks for their professionalism and leadership during your trip. The amount is entirely a personal preference; however, as a guideline, US\$6-8 per person (in a currency relevant for your destination), per day can be used.

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 an appropriate amount for things like optional meals, drinks, shopping, optional activities, and laundry. Make sure you have read the itinerary and inclusions thoroughly so you know what is included in the trip price and what you may need to pay for while travelling.

CONTINGENCY FUNDS

We try to plan for every eventuality, but there are still some things beyond our control. We reserve the right to change an itinerary after departure due to local circumstances or a Force Majeure Event. In such emergency circumstances, the additional cost of any necessary itinerary alterations will be covered by you. Please note we are not responsible for any incidental expenses that may be incurred as a result of the change of itineraries including but not limited to visas, vaccinations or non-refundable flights. 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. The recommended amount is listed in USD for the relatability of universal travellers, however, local currency may be needed once in the country to cover these costs.

NEPAL:

The official currency of Nepal is the Nepali rupee (NPR). Its symbol is often displayed as Rs. USD is 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.

Packing

What you need to bring will vary according to the trip style you have chosen, the countries you are visiting and when you are travelling. We recommend you pack as lightly as possible, ensuring that you are able to carry and lift your own luggage and walk with it for short distances or up or down a flight of stairs. Help will be on hand in most locations, but there may be times you need to handle your own luggage, for example in airports and train stations. A lockable suitcase with wheels is ideal for this trip. It is recommended that you keep your main luggage weight around 15kg and certainly no more than 20kg. A small or medium-sized backpack (45-50 litres) is another good option.

You'll also need a day pack/bag to carry water, camera, jacket, etc. when you're exploring during the day. Below is a link to our ultimate packing list, a guide to get you started:

<https://www.intrepidtravel.com/packing-list>

Climate and seasonal information

SEASONAL INFORMATION:

Nepal's climate varies greatly depending on the season:

JUN - SEP: the monsoon rains (mostly at night) bring landslides in regional areas. Cloud cover often obscures mountain views with rain, mud, and leeches deterring most trekkers at this time of year. Treks running in September can be hot and very humid at lower altitudes. See what it's like to trek during monsoon

here: <https://www.intrepidtravel.com/adventures/nepal-during-monsoon-season/>

MAR-APR: Spring brings warm weather and spectacular rhododendron blooms. A popular time to visit and one of the peak times to trek.

OCT - NOV: Clear skies and warm days make autumn the peak season.

DEC - FEB: Winter brings cold temperatures and snow to the mountains. Good trekking, but remember to rug up.

Safety

Most national governments provide regularly updated foreign travel advice 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 destinations and activities on your trip. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trips here: <https://www.intrepidtravel.com/travel-alerts>

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, flight tickets, cash and other valuable items. Leave your 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 or relax and take it easy. 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.

Intrepid's operational safety policies can be viewed on our website at the link below. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how safety is being managed on our trips.

<https://www.intrepidtravel.com/safety-guidelines>

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 (28-29 March 2021, 27-28 March 2022), 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 a high-risk situation.

Travelling during the Hindu festival Diwali (4 November 2021, 24 November 2022) 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.

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. You must at all times comply with the laws, customs, foreign exchange and drug regulations of all countries visited, and you also agree to travel in accordance with our Responsible Travel Guidelines.

The decision of the group leader is final on all matters likely to affect the safety or well-being of any traveller or staff member participating in the trip. If you fail to comply with a decision made by a group leader, or interfere with the well-being or mobility of the group, the group leader may direct you to leave the trip immediately, with no right of refund. We may also elect not to carry you on any future trips booked.

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.

For additional Conditions of Carriage regarding COVID-19, see here: <https://www.intrepidtravel.com/conditions-carriage>

Responsible Travel

Our Responsible Travel Policy outlines our commitment to preserving the environment, supporting local communities, protecting the vulnerable, and giving back to the places we travel. All our trip leaders, suppliers, and staff are trained on these principles and are core to us delivering sustainable, experience-rich travel.

Explore the different parts of our Responsible Travel Policy by visiting:

<https://www.intrepidtravel.com/responsible-travel>

ELEPHANT PERFORMANCES & ELEPHANT RIDING:

While we respect each individual's decisions while travelling, Intrepid does not include elephant rides or unnatural performance activities on any itinerary, and we recommend you bypass these activities should they be offered to you during your stay. Professional wildlife conservation and animal welfare organisations, including World Animal Protection, advise that contrary to common belief, captive elephants remain wild animals and despite good intentions, unfortunately, many venues are unable to provide the appropriate living conditions elephants require and this ultimately impacts their well-being. While there is some merit in the argument that the money you pay for the activity goes towards keeping the elephants and their mahouts employed, we know that it also fuels demand for elephants to be captured in the wild or captive-bred. We thank you for your support in improving the welfare of these majestic creatures. Further information is available on the below link:

<http://www.intrepidtravel.com/elephants-welfare>

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.

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.

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 is dedicated to protecting vulnerable children, keeping families together, and stopping child trafficking in Nepal, Uganda, and India.

<https://www.theintrepidfoundation.org/forget-me-not>

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

<https://www.theintrepidfoundation.org/seven-women>

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

***Kathmandu Environmental Education Project (KEEP)**

KEEP provides training and education to porters to help protect their rights and ensure they can work safely on the mountain

<https://www.theintrepidfoundation.org/kathmandu-environmental-education-...>

This trip does not qualify for Intrepid's COVID Protection.

Booking Conditions

By booking this Intrepid Travel Tailor-Made Adventure, you agree to the Intrepid Standard Booking Conditions <https://www.intrepidtravel.com/au/booking-intrepid/booking-conditions> and any deviations specified below that apply to your Tailor-Made booking as set out below.

If you are making a booking on behalf of a group, you must ensure each traveller has read and agrees to our Booking Conditions before making the booking.

- You must provide a travellers' name list and details including name as per passport, passport number and expiration date, nationality, DOB, gender, rooming requirements, dietary requirements, medical concerns at least 60 days prior to departure of the trip.
- All rates are per person, based on indicated numbers travelling together as one movement. Any changes to the group size at any time before or after confirmation of services will require the trip to be repriced.
- The details set out in your proposal are a quotation only. The pricing and itinerary are subject to availability of accommodation, transport, leaders, and other suppliers at time of booking. We reserve the right to amend and requote itinerary if such suppliers are not available.
- By making your payment, you are agreeing to the most recent itinerary and price quote. All revisions will be subject to requote and additional approval.
- A contract will exist when we accept your deposit.
- If we, or a third-party operator, is required to make amendments to your original proposal, subsequent pricing may become applicable to your booking.
- Any changes to the itinerary made by you AFTER services have been confirmed will require a revised quote and may be subject to an additional charge (as levied by hotels, ground operators or airlines). No additional changes are permitted within 30 days prior to departure.
- Hotels listed in the quote are indicative only and are subject to change. If the hotel listed in the quote is unavailable, we will confirm an alternative hotel of similar standard.
- If complimentary transfers are included, (on a group basis) they are only applicable if going to accommodation booked through us. Please advise flight arrival details (flight number and arrival time) at least 30 days prior to departure if you wish to have this transfer provided. There is no guarantee we can arrange this transfer if we receive these details within 30 days of departure.
- Some Tailor-Made tours, such as our Tailor-Made Australia trips, may have cancellation terms that deviate from those set out in the Intrepid Standard Booking Conditions. Your Tailor-Made consultant will advise you of the cancellation conditions that apply to your booking prior to you paying your deposit.
- You acknowledge that you are choosing to travel at a time where you may be exposed to the COVID-19 virus. We will take all reasonable steps to ensure your safety and may require you to follow additional safety protocols before and during your trip. Depending on the most recent health information available to us, we may require you to comply with mandatory health policies, including the need for proof of vaccination or medical tests. More information can be found on our Covid-19 Customer Information page [here](#). Please note that these policy requirements are subject to change following advice from relevant authorities.