



# The Responsible Travellers

www.theresponsibletravellers.com

## Nepal: Discovery Trip Notes



### Highlights:

- UNESCO sites of Kathmandu Valley
- Bandipur Medieval Village
- Pokhara lakeside
- Mountain Walk with splendid vistas
- Elephant Back Safari in Chitwan NP

### Grade A 14 days

This is graded "A" because:

- It is a tour based holiday
- Accommodation is high end hotels, and national park resorts
- Day walks from main destination centres

### Introduction

**Ancient cultures, jungle safari, mountain view points and temples are the highlights of this journey through time.....**travelling to the mystical Himalayan Kingdom. This trip allows you to discover the true essence of Nepal without spending all your time trekking. There are 3 regions from which we explore the local way of life, religion and culture and take guided day walks. This is a fabulous introduction to the country with a taste of everything. In the Kathmandu Valley you will visit the medieval capital of Nepal and see the most exquisite Newari architecture, as well as some of the most visited Buddhist and Hindu sites in the region. We also spend a night at the mountain view resort of Nagarkot to get our first glimpse of the Himalaya. We then visit an ancient hill village called Bandipur, on the old Tibet – India trading route where time seems to have stood still. Our next destination is the lakeside town of Pokhara at the foothills of the Annapurna. We explore the town and take short walks on the outskirts to view the mountain scenery of the magnificent Himalaya. Finally, you will then have time to get to know the animal and bird life in Chitwan National Park. The safari on elephant back and canoe ride will give you the chance to get up close with a bird's eye views of the wildlife. After seeing the culture and experiencing the people of Nepal, on the final day, you then have the option to take a leisure flight to view Mt. Everest during the final day in Kathmandu. All in all this will be an unforgettable journey.



### Detailed Itinerary

#### Day 1: Arrival in Kathmandu

Arrive in Kathmandu (5hrs 45mins ahead of GMT winter time, 4 hrs 45mins ahead of GMT Summertime).

Transfer to the hotel from the airport. Evening will be spent settling in and relaxing in the hotel, group dinner will be arranged in a restaurant in the evening.

Accommodation: City Hotel Bed & Breakfast

Meals: None

## **Day 2: Kathmandu Valley**

This morning there will be a full trip briefing by your Leader.

The day then incorporates a guided sightseeing tour to two of Kathmandu's major sights.

Our first destination is the country's most important Hindu temple- Pashupatinath. The temple is situated on the banks of the Bagmati River in the outskirts of the city. The cobbled streets are bustling with flower sellers, incense and other offerings for sale, and colourful Sadhus (holymen) roaming the surrounds of the temple. Pashupati, lord of the animals is a manifestation of Shiva and is believed to still roam the forests in the form of a deer. The temple dating back to many hundreds of years makes it one of the most important Shiva locations across the Indian sub continent.



## **Day 4/5 : Bandipur Village Stay**

We leave early this morning on a very scenic drive to Bandipur. Leaving Kathmandu, we drive westward over a small pass from where there is amazing view of the Ganesh Himals, the Manaslu Range and even the Annapurnas on a clear day. The road drops from here until we reach the valley bottom and follow the Trishuli River. After Dumre we leave the highway and climb up to Bandipur.

Dramatically perched on a ridge, this medieval village offers amazing views of the central Himalayan Mountains. This is a beautiful Newari hilltop village that was once on the trading route between Tibet and India. We shall explore the surroundings, visit the bazaar, and gain an insight into the traditional way of life in a Newari village.

Accommodation: Traditional Newari Lodge  
Food Included: Breakfast, Lunch and Dinner.



As well as a place of worship, it is also the most important cremation site for the Hindus in Nepal.

Our second visit takes us to Boudha, a Buddhist monument and the largest of its kind. As you wander round the shops surrounding the stupa, you will find yourself mingling with monks in their maroon and saffron robes, and traditionally dressed Tibetan refugees who live here – the religious center in Nepal for Himalayan Buddhists. You can join the locals to circumambulate the stupa, bargain for artifacts in the shops or sit on a rooftop restaurant and absorb the atmosphere.

Finally we drive up to the hill resort at Nagarkot, renowned to be the best mountain viewing station in the Kathmandu valley, in time to enjoy refreshments whilst watching the sunset.

Accommodation: Resort Lodge

Food Included: Breakfast and Dinner.

## **Day 3 : Kathmandu Valley**

We get up early for sunrise as the skies are normally clearer at this time and provide a better opportunity to see the mountains. From here we should get to see a spectacular view with a wide range of the Himalayas. After breakfast we have a beautiful walk through villages and terraced fields down to Changu Narayan, the oldest temple of the valley that dates back to the 5th century. The statue of Garuda and the inscriptions on the stile attest its originality and date. Here our transport will meet us and take us to the medieval city of Bhaktapur – a world heritage site. Between the 14th and the 16th centuries this was the country's capital city and has the finest examples of Newari architecture still intact. The visit will include the Durbar Square – studded with Shrines and temples, Potters Square where you can see the potters at work on the wheel, Taumadhi Tole – the old centre of the town. This is a pedestrian city, thus walking around the ancient streets is a pleasure and takes us back some 400 years. We then drive to our hotel in Kathmandu.

Accommodation: City Hotel

Food Included: Breakfast



### **Day 6: Pokhara**

Today we drive down to the Tribhuvan Highway and continue on to Pokhara, the second city of Nepal. Situated only about 30 km south of the Annapurna, Pokhara is at a mere 800m above sea level and offers an unobstructed view up to 8000m peaks from very close proximity. Such a contrast can be seen nowhere else in the world. With a lakeside location and mountain views Pokhara is popular for its natural beauty. Machhapuchhre, translated as "Fishtail" and known to be one of the most beautiful mountains dominates the skyline here. We stay in a hotel by the Phewa Lake from where you can enjoy the relaxing atmosphere. The afternoon is free and can be spent relaxing by the lakeside, shopping or taking a boat ride.

Accommodation: Hotel

Food Included: Breakfast



### **Day 7: Pokhara Mountain Walk**

Today we shall spend the day exploring the rural surrounds of Pokhara. The day is designed to provide you with great mountain vistas as well as getting a glimpse at village life. A day walk on the outskirts of Pokhara will take us to enjoy the splendid mountain views of the Annapurna range of the Himalaya, as well as views of Phewa Tal (Lake).

Our transport will drive us about 45 minutes to Naudanda on a ridge. From here we walk along the ridge with great views of Macchapuchhre, known locally as the fishtail, and the whole Annapurna range. We walk along the top for about 45 minutes and then drop down to a track passing through villages perched on the hillsides with terraced fields. After about 3 hours we will reach Sarangkot, a renowned viewing location to see the mountains. Here we shall stop for lunch. To begin the afternoon we descend through terraced fields and forest for about one hour before reaching the lakeside. We then follow around the lakeside back to the hotel.

Arriving back mid afternoon, you can enjoy shops and lakeside before the group meets for dinner at one of the restaurants.

You may choose to opt out of the walk and stay in Pokhara to enjoy the lakeside and shops if you wish.

Accommodation: Hotel

Food Included: Breakfast

### **Day 8: Pokhara Free Day**

Today there is a free day in Pokhara. Depending on your individual choice, or that of the group, you may choose one of the following options:

There is a Tibetan refugee centre which can be visited to see the residents working on carpet weaving. Alternatively Pokhara is a nice place to hire a bike and cycle around the town and lakeside areas exploring further a field than one can on foot. Outside of Pokhara, Devi Falls is a nice location to visit, or the peace Pogoda makes a great walk above the lake to also gain great mountain vistas. Of course, the town itself, with lakeside cafes and restaurants, shops and an opportunity for a boat ride on the lake can be a pleasant way to spend the day.

Accommodation: Hotel

Food Included: Breakfast



### **Day 9/10/11: Chitwan National Park**

Today we transfer to the Safari Lodge in Chitwan National Park. Leaving the lakeside we head east as we drive past the airport and cross the bridge at Mahendrapul. If the weather is clear this morning, we should have fantastic views of the Annapurna and Manaslu Range for good photos on the way out. The road then follows the Seti River and enter the hills, driving through villages and terraced fields as we leave the Pokhara Valley. We cross the Modi River (a tributary of the Seti) at Damauli then the road climbs up before descending to the Marshyangdi River at Dumre following it on to Mugling. Here we leave the Kathmandu – Pokhara Highway and head south along the river which has now become the Narayani (after the confluence with the Trishuli at Mugling) to our jungle lodge in Chitwan. The park is home to the one horned rhino, the Bengal tiger, elephant and crocodile. As well as these creatures the park has 450 species of bird, 43 mammal species and 67 different types of butterfly. The most popular way of wildlife viewing is on elephant back.

The activities during our stay will include elephant back safaris, dugout canoe ride down the river allowing plenty of opportunity to see Garial and Muggger Crocodiles that are indigenous to this part of the world, a nature walk in the park observing many bird species  
Accommodation: Resort Lodge  
Food Included: Breakfast, Lunch and Dinner.



#### **Day 12: Return to Kathmandu**

We leave the lodge after breakfast and drive to Narayanghat, from where we take the north – south Highway following the Narayani River to Mugling. Here is the confluence of the Marshyangdi and the Trishuli. The Highway to Kathmandu follows the Trishuli Gorge until just before Naubise from where we ascend up to the pass at Thankot to enter the Kathmandu Valley.  
Today we return to our hotel in Kathmandu.  
Accommodation: City Hotel B&B  
Food Included: Breakfast

#### **Day 13: Kathmandu Valley**

Today is kept free. Those wishing to take up the option of booking an Everest View flight may do so for today. Suggested alternatives to this are: shopping in the markets or fair trade shops, further sightseeing in Kathmandu valley such as Swayumbhunath – known as “the Monkey Temple”, Patan Museum or making CHANCE charity visits. Please ask your leader for details about these options.  
Accommodation: Hotel  
Food Included: Breakfast

#### **Day 14: Depart for the UK**

This will be undeniably a journey like no other into the Himalayan Kingdom of Nepal. The culture you will have experienced along the way will touch you deeply. However, the best memory will surely be that as a result of your holiday the Nepali community will benefit from development projects through our affiliated charities.

#### **Recommended Extensions**

**We suggest the following extensions which can be added to the end of this itinerary:**

- i) 2 day Spa Resort**
- ii) Lumbini Birthplace of Buddha**

#### **Independent & Bespoke Group Trips**

**This trip can be tailor made for either an independent trek or for your own group.**

**You can select any departure date and adjust the itinerary if necessary to suit your needs.**

**please contact us at:  
[info@theresponsibletravellers.com](mailto:info@theresponsibletravellers.com)**



**To book e-mail: [info@theresponsibletravellers.com](mailto:info@theresponsibletravellers.com)**

# Additional Information

## Administration & Practicalities

### What is included?

- ✓ Carbon Balancing of international flights
- ✓ 7 nights hotel bed & breakfast accommodation
- ✓ 3 nights fully catered Mountain Village resort
- ✓ 3 nights fully catered Safari Resort
- ✓ Guided sightseeing & entrance fees in KTM as specified in the itinerary
- ✓ All transportation included in the itinerary
- ✓ All staff & guiding fees
- ✓ 100% profits to charity

### What is not included?

- International flights & airport taxes
- All meals not included in the itinerary
- Incidental extra personal expenses
- Nepal Tourist Entry Visa
- Single persons supplement
- Additional sightseeing not specified in the itinerary
- Travel Insurance
- Staff tips

Travelling alone.....and don't want to pay a single supplement? No problem, you will be paired up with someone of the same gender to share a room / tent. If you would prefer the privacy of a single occupancy the Single Supplement for this trip is £175.

### Thought of Funding raising for charity?

You may choose to take this opportunity to raise sponsorship for one of our affiliated charities. If you wish to do so please contact us at: [info@theresponsibletravellers.com](mailto:info@theresponsibletravellers.com) and we will forward details to you.

### First class staff & service levels

We are a highly credible tour operating organisation specialising in the Himalayan countries. All our staff are specially selected based on their experience, expertise and qualifications. We pride ourselves on a highly personalised service with quality of care. The trip Leader will be an experienced professional leader working full time in the Himalayas & Central Asia with many years of experience. He/she will have full mountain wilderness & first aid qualifications and will have received training from either Himalayan Mountaineering Institute, Nepal Mountaineering Association or one of the European Alpine Clubs. As a responsible employer we pride ourselves on hiring local staff and paying wages higher than most organisations. If you want to read more about our employment policy please go to: [www.theresponsibletravellers.com/our-ethics/employment-policy.html](http://www.theresponsibletravellers.com/our-ethics/employment-policy.html)

### Further Information:

If you have any queries regarding this trip, whether it is about preparation, the itinerary or general travel information please do not hesitate to contact us. If this trip is not for you perhaps you would like to contact us for details of alternative trips. All our trips and additional extensions can be viewed online at: [www.theresponsibletravellers.com](http://www.theresponsibletravellers.com) or write to us at [info@theresponsibletravellers.com](mailto:info@theresponsibletravellers.com).

**Insurance:** It is compulsory to take full holiday insurance which covers trekking to the maximum altitude of your trek/trip, and also covers full rescue and repatriation costs. You will need to provide a copy of your insurance details, including an emergency 24 hour telephone number to the trek leader before departing Leh. This should include any correspondence stating clarification of the required cover. If your policy documents are not available or prove to provide insufficient cover you may not be able to continue your trip. Please ensure that your policy also covers any extra activity outside of the stated itinerary you wish to do if you are extending your trip.

**Passport:** Passports need to be valid for a minimum period of 6 months from the date of visa application if you are applying in the UK and from the date of entry into Nepal.

**Visa Details:** Visas are available in advance from the Nepal Embassy online at:

[http://www.nepembassy.org.uk/visa\\_information.html](http://www.nepembassy.org.uk/visa_information.html)

You can also have the visa processed at Kathmandu airport. If you intend to wait until your arrival at the airport please remember to bring two passport photos and US\$40 dollars in cash (N.B US dollars - is the only accepted payment).

**Money:** The local currency is Nepali Rupees (approx exchange rate 120 NRS - £1 – subject to daily fluctuation) Please note this can not be purchased in the UK. It is advised to take either sterling or US Dollars. Traveller's cheques and cash can be exchanged for local currency in Kathmandu. Credit cards are not generally accepted. In Kathmandu there are ATMs available to access cash via Cirrus / MasterCard / Visa.

**Flight Information:** This trip is land only and operates Ktm to Ktm. Please contact us if you want advice about international flight options and how to purchase.

**Health:** It is important you are prepared & fit and healthy for your trek. We strongly recommend you visit your local GP and ask advice regarding any vaccinations required.

**Itinerary:** All that is possible will be done to ensure the trip follows the outlined itinerary. However, due to factors beyond our control such as local weather, politics and airlines it may be necessary to vary one or more of the days. If this does occur we shall do our utmost to ensure minimal impact to you.

## What to expect

### Weather

October to April is the dry season. During this time you should have warm days with temperatures between 15 -25 degrees Celsius depending on altitude with relatively clear skies and little precipitation. During the winter months temperatures may reduce to -10 degrees Celsius during night-time.

### Group Size

Due to the remote locations that are visited, we remain sympathetic to the local culture and environment by limiting our trips to a maximum of 12 places. This may be slightly smaller than other operators, and we believe it ensures the maximum enjoyment and fulfilment of our trip members and minimize the pressures on the environment. This also avoids the feeling of "herding" from being part of a large group. There is a minimum of 6 to operate the trek.

### Wildlife

Whilst in Kathmandu you will see Macaque Monkeys around the temple sites, and in Pokhara and Bandipur you are likely to get sightings of the Himalayan birds of prey such as Griffin vultures and lammergeyers. In Chitwan NP there are Asian Elephant, One Horned Rhino, Bengal Tiger, Crocodile, Deer & monkeys aswell as many bird species.

### Baggage:

All your luggage will be transported for you, so during the daytime you will need to carry essentials such as water, camera, raincoat in a daypack or handbag. The limitation for luggage on the internal flight is 15kg for the hold and 10kg for hand luggage. Please see your airline for details of your international flight luggage allowances.

# More about us & Our Ethics.....

Here at **The Responsible Travellers** we take great pride in the fact that we are **doing the right thing** by you our customers, by our staff, and by the people, country and environment in which we operate.

We believe actions speak louder than words, over the next few pages you can read how our ethics are put into practice.



## Our Guarantee:

100% of profits are donated to Charitable Projects

- ✓ We pay the cost to Carbon Balance your international flight to the Himalayas
- ✓ Through a committed Environmental Policy we work to ensure minimal impact of our activities
- ✓ We have a simple and fair Pricing Policy with no extra fees charges – price us up against other companies!
- ✓ Have a fair and ethical Employment Policy which is committed to employing local staff and paying fair wages

*Are you ready for a change in the way you approach your holiday?*

**Before you go.... we start to take responsibility for your trip by carbon balancing your flights.**



The impact on climate change from the way in which we live today is a topic we have all heard about, and is under much debate from the world's scientific community. This is something that we can not and should not ignore. This is why when you go on holiday with "The Responsible Travellers", we commit as part of our Responsible Tourism policy to ensure your trip contributes towards renewable energy technologies in the Himalayas. Given the great "green debate", we have chosen to implement this policy in a way that ensures we know we are making a difference. For every traveller to the Himalayas we donate twice the amount it costs to purchase commercial carbon credits\*\* to either Nepal's Renewable Energy support programme BSP. Or Ladakh's Ecological Development Society depending on your destination. Travel with peace of mind with **The Responsible Travellers**

**Whilst you are there....** Our Employment and environmental policies demonstrate our continued sense of responsibility. Firstly, our belief in aid through trade and therefore the generation of local employment and how this is managed is at the very heart of our operation. This is why we have a 100% commitment to employing only local staff. Our customers benefit from this by being able to get closer to the culture and learn more from the experience in the Himalayas, travelling with those who are born and bred in the area. By employing this policy we are also ensuring that the local economy benefits as much as possible rather than commercial organisations. We take great pride in ensuring fair wages to all our local staff and protecting our porters from exploitation. Secondly, our environmental policy addresses waste management, water usage, and encourages and supports the use of renewable resources. In addition, we work closely with the Nepal Sustainable Tourism Development Unit and WWF to ensure the strongest commitment to the local environment. Read more at: [www.theresponsibletravellers/ethics.html](http://www.theresponsibletravellers/ethics.html)



**The choice is easy when you are...**

**After you've gone.....** The Responsible Travellers donates all profits from its travel operations to charitable projects in Nepal. We believe the most effective way to invest is with the help of specialist organisations. We work with our partners to find suitable projects and locations to invest and then all the funds go directly to the local project. Our partner charities and areas of investment include:



### Education

We believe all development starts with educating the people. We support community education programmes, child support programmes, and interest free loans for adult education through our beneficiary charity CHANCE Registered UK charity. 1107201..



### Community Development

We help communities to provide themselves with improved facilities and encourage this to be done in an environmentally friendly way. Our volunteer programs allow visitors to experience this first hand when they opt for a family home stay and participate in the community project holidays.



### Re-Forestation & Renewable Resources

Our third area of work involves working with BSP – the national biogas organisation in Nepal. The WWF estimate that only 29% of the original forest covers in Nepal still remains. Between 1990 and 2005, Nepal lost 1.2 million hectares of forest We work with BSP Nepal in order to help the communities develop Biogas – a renewable energy resource which provides clean fuel, stops deforestation, and offers far reaching health and sanitation benefits.



*To see more details of our charitable giving please go online to:  
<http://www.theresponsibletravellers.com/ethics/projects.html>*

Our commitment to **Doing the Right Thing** extends from investing in local charitable projects, to making sure that our customers also get a good deal.

To help you have a hassle free holiday, we provide a fair and simple **pricing policy**:

- ✓ We charge a fair price: to make sure the holiday is as satisfying as possible; we charge what we believe is a fair price, not what we can get away with – compare us to other companies!
- ✓ No extra land charges or hidden fees: To keep life simple we make a single charge
- ✓ No profiteering from single supplements: we charge a fair price based on cost & do not charge excessive premiums for single supplements
- ✓ No nagging for donations: We do not request charitable donations from you in order to justify our responsible tourism policy. We work hard on your behalf so you can just concentrate on having a great time!

**....Doing the right thing**