

Nepal Guided Walking Holiday

Tour Style: Worldwide Multi-Centre

Destinations: Nepal & Indian Subcontinent

Trip code: NPWHW

Trip Walking Grade: 2



HOLIDAY OVERVIEW

Experience the incredible landscapes and panoramas of the spectacular Himalaya as you journey through the famous mountain region. Explore the ancient cities of Kathmandu and Bhaktapur in the Kathmandu Valley, walk through remote and traditional villages and admire the snow-capped peaks of the Annapurna. Explore ancient temples and shrines, hike through lush and vibrant forests and admire traditional architecture. There are a multitude of stunning panoramas to enjoy at almost every turn.

WHAT'S INCLUDED

- 15 nights' accommodation in en-suite rooms
- Full board from dinner on arrival to breakfast on departure
- A full programme of guided walks and excursions led by local guides and an HF Holidays' leader
- All sightseeing and entrance fees
- Travel by coach/minivan
- Internal flights
- Tips

- 3 nights' en-suite accommodation
- Transfers and return flights to Bharatpur
- 4 breakfasts, 2 lunches, 2 dinners - from breakfast on Day 14 to breakfast on Day 17
- 15 nights' accommodation in en-suite rooms
- Full board from dinner on arrival to breakfast on departure
- A full programme of guided walks and excursions led by local guides and an HF Holidays' leader
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- Travel by coach/minivan
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- Tips

HOLIDAYS HIGHLIGHTS

- Great variety of walks on ridges, through valleys and traditional villages
- The historic centres of Kathmandu, Bhaktapur and Newari villages
- Interesting culture of the Sherpa lands and the spiritual places of the Himalayas
- Hotels and lodges in fantastic locations, with mountain views and in peaceful valleys
- First rate, experienced local guides with a deep knowledge of their country
- Option to extend your stay with the Chitwan National Park. Please call 020 3974 8865 for more information.



ITINERARY

Day 1 - 3: Kathmandu

Fly to Kathmandu via Delhi; we arrive in the afternoon and transfer to the hotel for 2 nights. The rest of the first day in Kathmandu is at leisure, a great opportunity to relax after the journey.

The following day, we drive north of Kathmandu into the foothills of the Shivapuri Hills to the Budhanikantha Temple with its large stone statue of Lord Vishnu. We walk from the temple towards Baghdwar, believed to be the source of the holy river Bagmati. We hike through dense forest, home to hundreds of species of plant, and

on beyond Baghdwar to the Sivapuri danda, situated at an altitude of 2,563m. We then continue to Nagi Gompa, a Buddhist monastery before descending and returning to our hotel.

Day 4 - 5: Nagarkot

We begin with an ascent verdant pine forests and along a trail to Gokarna. Along the trail we'll enjoy stunning views of the Nagarjun mountain, paddy fields and Nepalese villages. Once in Gokarna we drive to Nagarkot, which is famous for its hilltop position and offers incomparable views over the surrounding valley and Himalayas. We stay here for 2 nights. The afternoon is free to relax or explore the local villages independently.

The next day our trail leads through fields and villages to the forests of Telkot, where we enjoy our picnic in the forest clearing. After lunch we continue to the UNESCO Heritage Site of Changunarayan.

Day 6 - 8: Balthali

Walk through jungle rich in animal and plant life on a level trail to Nala, passing Tamang villages along the way. Later, we transfer to Khopasi and walk to Balthali, where we stay for 3 nights. The area surrounding the resort is thickly forested with luxuriant flora and great birdlife which opens out to the terraced fields. The views of the Himalayas here, with beautiful sunrises and sunsets, will leave a lasting memory.

The following day, enjoy wonderful views as we walk to Pada Gaun, through traditional Tamang villages. The Tamang originally came from Tibet several hundred years ago. Their villages remain secluded and far removed from the trappings of the modern world. Sitting back to relax and enjoy our picnic, we are surrounded by wonderful views of the major part of the Himalayan ranges and beautiful green forest of the Mahabharat range.

We also take a morning walk to the confluence of the Roshi and Ladku Khola rivers leads us through a beautiful pristine valley to a traditional maize mill, and to the holy shrine of Lord Shiva, before we return to the resort for lunch and an afternoon of relaxation.

Day 9: Bhaktapur

Today we drive to the medieval city of Bhaktapur, where we will spend the afternoon exploring. Visit its Durbar Square and the Nyatapola temple, which is both the highest temple in the Kathmandu Valley and one of the best examples of traditional Nepali architecture. See traditional buildings and occupations, such as weaving and pottery, as we discover this well-preserved city on foot.

Day 10 - 11: Bandipur

We transfer to Kathmandu airport and fly to Pokhara; we'll then drive to Bandipur in time for lunch. In the afternoon, we'll spend some time exploring the local area.

The next day we'll hike to Ramkot, a typical Magar village. We'll pass through other villages and temples and the route offers an unparalleled insight into the traditional, rural lifestyle of Nepal - all basking in the glory of the stunning Himalayas. Time and other conditions permitting, the walk can be extended from Ramkot to visit Chadbi Barahi, a pilgrimage site.

Day 12 - 15: Pokhara

We begin our day with a hike to Siddha Cave, one of the largest in Nepal. Later, we drive to Pokhara, where we stay for 4 nights, and visit the International Mountain Museum.

The next day we transfer to the start of our walk. The trail ascends, quite steeply at times, through the colourful ethnic villages of the Gurung and Ghaley people, to Kalikasthan. After lunch we follow the ridge line through villages down to the pretty shores of Begnas Tal, transferring from here back to Pokhara.

Another walk takes us from Kande to the Australian Base Camp; this is sure to be a highlight of the trip. Ascending through forest on stone stairs, we pass bazaars on route to the camp from where we'll have

unsurpassed views of the Himalayas, including the Annapurnas and Machhapuchre. We continue to Dhampus for lunch and return to Pokhara.

Our final walk takes us from the Peace Pagoda to Pumdi Bhumdi, situated at an altitude of 1,200m/3,937ft. We pass the famous Davis Falls en route to the start of our hike, where we ascend to a ridge before dropping down to Bhumdi, our trail surrounded by rich flora and fauna and lush green forests.

Day 16 - 17: Kathmandu & Return Flight

This morning we transfer to Pokhara airport for our flight to Kathmandu. Explore the city with a walk around Thamel, before we enjoy a farewell dinner and a traditional Nepali culture show.

On Day 17 we transfer to the airport for our return flight to the UK.

Day 18: Departure Day

Depart home from Kathmandu

ACCOMMODATION

Park Village Resort, Kathmandu - Nepal

Park Village Resort is a verdant oasis set in five acres of tranquil gardens overlooking central Kathmandu. The accommodation is comfortable, well appointed and is the perfect place to relax at the start of your tour of Nepal.

Club Himalaya Resort, Nagarkot - Nepal

The Club Himalaya Resort is a lovely mountain lodge built in traditional style, yet stylish and elegant with modernist touches. The hotel is located on a hillside with wonderful views across the valley and features attractive rooms decorated in pine, a wonderfully decorated restaurant, bar, and 'teahouse' adjacent to the hotel.

Balthali Village Resort - Nepal

Enjoy a stunning location atop a hill with views of the snowy peaks of Dorjee Lhakpa, Langtang and a whole range of mountains to the north. Rooms are attractive and bright and there are large communal areas, including an outdoor dining option. The hotel is surrounded by pristine nature and a profusion of plants and native birds.

Hotel Heritage, Bhaktapur - Nepal

In Bhaktapur, we stay overnight at the excellent Hotel Heritage. The fantastic feedback the hotel gets is justly deserved: good rooms, attentive service, and accommodation oozing with charm and character. The hotel is located in a quiet area of town and will provide a lovely haven in which you can relax.

The Old Inn, Bandipur - Nepal

The Old Inn consists of two splendid adjoining timber and brick Newari townhouses. Although the facilities are simple they are comfortable. The inn is located in the heart of the historic, traffic-free bazaar. There are fantastic views of the Himalaya from the inn's terraces.

Temple Tree Resort, Pokhara - Nepal

Named after the fragrant temple tree plant frangipani, the resort offers a peaceful and relaxing atmosphere. Attractive cottages are set within landscaped gardens. There is an outdoor infinity pool, welcoming restaurant

and bar. There is also a spa where you can have treatments (payable locally).

Hotel Malla, Kathmandu - Nepal

We stay at the Hotel Malla at the end of the holiday. This 4-star hotel is centrally located in the Thamel area of Kathmandu.

USEFUL HOLIDAY INFORMATION

Weather & Seasonality

Holidays take place in the dry season, when visibility is good, and temperatures are at their best. October is after the summer monsoon and the countryside is lush and green, with excellent visibility and generally balmy temperatures. In March temperatures are similar, although the land is dryer and visibility may not be quite as good. However, at this time flowers are in bloom adding wonderful colour to the landscape. The temperature can change quickly at any time of year, it can be cold at night and when the sun goes behind a cloud.

Joining Instructions

Return flights between Kathmandu and Pokhara

Joining Instructions (With Flights)

For those travelling on our HF Holidays' group flight, please proceed to the arrivals hall once you have passed through passport control, customs and baggage reclaim, when you arrive at your destination. Your leader or local leader will assemble the group in the arrivals hall. Look out for the HF Holidays' sign.

Joining Instructions (Without Flights)

If you are arriving ahead of the group, and are meeting them at the first hotel, please leave a message at the hotel reception for the HF Holidays' leader or local leader, detailing your room number, and a mobile telephone number if possible. The leader will contact you once the group arrives. If you are arriving after the group, a message will be left for you at the hotel reception, welcoming you and giving details of the time and place to meet the group. If your flight arrives before the group flight and you would like to join the transfer to the first hotel, please contact our Abroad Administration team on (0)20 8732 1261. They will have a list of the relevant transfer costs.

Essential Information

Suggested Kit List

As you'll be carrying your own luggage at airports and between your transport and hotels we recommend you try to keep your luggage to a minimum. These items are a general suggestion of what to pack for an active outdoor and walking holiday; depending on your destination, you may need more of some things and less – or none! – of others. You'll know best what you prefer to wear when out walking or while taking part in other outdoor activities.

- Walking boots (worn in), with good ankle support and spare bootlaces
- Walking socks
- Walking sandals
- Lightweight fleece, waterproof trousers and jacket
- Shorts and short-sleeved t-shirts
- Long trousers and long-sleeved light coloured shirts with collars to protect from the sun.

Your clothing should ideally be pre-treated with insect repellent and in-built sun protection (available from specialist clothing stores such as Rohan, Cotswold Outdoor).

- Warm fleece, scarf/buff hat and gloves
- Torch
- Comfortable clothes and shoes for evenings and sightseeing
- Sun protection – sun hat, sunglasses, high factor sunscreen and lip protection
- Water bottle – at least 2-litre capacity
- Lightweight survival bag
- Small/medium rucksack (30 litre) and a liner or cover to keep contents dry
- Insect repellent
- Universal travel plug

Personal first aid kit including: personal medication, tissues, plasters, blister kit, painkillers, antiseptic wipes, Imodium, rehydration sachets

Essential Equipment

- Passport (and copies)
- booking confirmation
- insurance cover note
- HF Holidays' registration form

Please ensure you have access to emergency funds should you need them; carrying a credit card is probably the most convenient method.

Optional Equipment

- walking ('approach') trainers
- trekking poles
- camera
- umbrella
- binoculars

Please note that your HF Holidays' leader reserves the right to refuse to take any guest on a walk should they consider that a lack of suitable clothing/footwear may affect safety.

Safety On Your Holiday

Insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We have negotiated special holiday insurance and full details of this cover can be found in our brochure or at www.hfholidays.co.uk. There is no extra charge for pre-existing illnesses.

If you would like to purchase insurance from us, please call us on 020 8732 1220 or email holidayservices@hfholidays.co.uk.

For more information about healthcare abroad and its costs, please visit: www.dh.gov.uk/travellers.

If you are arranging your own travel insurance, please ensure it is adequate for your specific itinerary.

Generally, this should include cover for walking at altitudes over 2,000m - the highest point on the harder walks may go up to 2,700m.

Once you have made your booking, you will receive a pre-holiday questionnaire where we ask for details of next of kin and insurance details. You must complete and return this to us - we need to have this from you at least 10 weeks before travel.

Please also inform us of any medical situation which may affect your enjoyment of the holiday. This is important because our leaders have to consider both group and individual safety at all times.

Whilst out with the group, we respectfully request that you:

- Please listen to any safety instructions from the leader
- Keep group members in view, especially if weather or visibility is poor
- Please stay where you are if you become separated from the group. The leader will retrace their steps to find you.

Each leader carries a first aid kit but is not allowed to supply any medication including aspirin, paracetamol, antihistamines and antiseptic cream. You may wish to bring these items with you in your own kit (see Suggested Kit List).

In the unlikely event that your leader is incapacitated, please use any emergency kit in their rucksack and call emergency services on 911. Please then call our emergency number (see page 8) and let us know there is a problem.

Dietary Requirements

Please contact us as far in advance as possible if you have any specific dietary requirements and we will do our best to meet your needs.

If you require a specific meal on the flight, please let us know as soon as possible, and no later than 96 hours before travel.

Vaccinations & Health

Before booking, you should check with your doctor to see if any health precautions are needed.

The following websites provide a wealth of information on travelling and health:
<http://www.travelhealthpro.org.uk/> www.redplanet.travel/mdtravelhealth

Vaccines: Diphtheria, Hepatitis A, Typhoid, Tetanus & Polio vaccinations are recommended. Malaria and Rabies are sometimes recommended too.

Passports & Visas

Passports

A full passport valid for a minimum period of six month from the date of entry.

Visas

Visas are needed for Nepal for British Passport holders, as well as many other nationalities. They are best obtained in advance from the Embassy of Nepal. Details will be supplied with your travel documents.

It is possible to obtain visas on arrival in Kathmandu, however it can take time completing the form and queueing. If you plan to get your visa on arrival, please download and complete a form from the Nepalese Embassy web site. This will save time on arrival. One passport photo must be provided together with the completed application form. A single-entry visa currently costs £20, £35, or £75 for 15, 30 or 90 days respectively.

Useful Information

If your bag or its contents are damaged or lost while in the airline's care, this should be reported to the baggage service agents at the airport on arrival. They will assess the damage; in some cases, the airline may decide to settle your claim immediately.

You will be given a reference to quote to your insurance company if an immediate settlement is not possible - in many cases, baggage claims can only be accepted in writing. A baggage claim form must be obtained from the airport.

Local Currency

In Nepal the currency is the Nepalese Rupee (Rs). The import of local and Indian currency is prohibited. Away from major centres Rs500 & Rs1000 notes can be difficult to exchange, please carry some smaller notes. Credit cards are widely accepted.

Local Time

Nepal GMT + 5.45 hrs

ATM Availability

ATM's are available in Kathmandu & Pokhara.

Tipping

Tips are included on this holiday.

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday: 9am – 1pm Sunday & Bank Holiday Monday: closed

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by

the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional

extras, flights or additional services.

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