

14 DAYS IN SPELLBINDING NEPAL & TIBET

DESTINATIONS

—
LHASA
SHIGATSE
KATHMANDU
BHAKTAPUR
GYANTSE
SHEGAR
KYIRONG
PATAN
BOUDHANATH
TIMURE
CHANGUNARAYAN
PASHUPATINATH



TOUR ITINERARY

DAY 1

Destination	Home ✈ Kathmandu
Meals included	
Hotel	3 ★ Fairfield by Marriott Kathmandu, or similar

Welcome to Nepal! You'll be met at the airport and taken to your hotel.

Please note - some flights may depart the day before.

Check in: Passengers will be arriving at various times throughout the day from as early as 6am through to late evening. If arriving prior to the standard check-in time, which is generally 3pm local time, you are welcome to leave your luggage with hotel reception and explore your surroundings until check-in becomes available, as there are generally no scheduled activities on Day 1 of the itinerary. The hotel may grant early check-in, however this is strictly subject to availability and at the hotel's discretion.

DAY 2

Destination	Kathmandu 🚌 Patan 🚌 Kathmandu
Meals included	Breakfast
Hotel	3 ★ Fairfield by Marriott Kathmandu, or similar

After breakfast, we'll tour Kathmandu and Patan Durbar Square, the historic heart of the city.

We'll start the day's sightseeing with Kumari Bahal, the temple of the living goddess. This distinctive red building is richly decorated with beautiful wood carvings. It's home to the Royal Kumari of Kathmandu, a child selected to be the living goddess of the town, a manifestation of the divine female energy.

We'll then visit nearby Hanuman Dhoka, the former royal palace. The Nasal Chok courtyard was the coronation site of the Shah kings and the surrounding buildings have some of the finest wood carvings you'll see anywhere.

Jagannath Temple, the oldest in the area, dates back to the 16th century. The steps are carved with inscriptions in various languages and the temple is known for its erotic carvings on the roof struts.

We'll then visit the nearby Hindu temple of Taleju Temple, in the northern section of Durbar Square. It's dedicated to the patron deity of the former royal family, the wrathful Taleju Bhawani. This grand, three-storey temple sits behind a large walled enclosure. It's only opened up for one day every year during the Dashain Festival.

The famous hilltop Buddhist temple of Swayambhunath requires a tiring walk up 365 stone steps but you'll be in good company – hundreds of monkeys live here and roam around the temple premises. It's believed they are holy. This UNESCO World Heritage Site overlooks the sprawling Kathmandu Valley.

In the afternoon, we'll visit Lalitpur (historically known as Patan), the city of artisans. It's a fine arts paradise, known for its rich cultural heritage. There are 136 bahals or courtyards and 55 major temples, most of which are in the vicinity of the Durbar Square (royal square).

When Nepal was split into three kingdoms – Bhaktapur, Patan and Basantapur (Kathmandu) – each had its own Durbar Square. All three Durbar Squares in Kathmandu Valley are UNESCO World Heritage Sites.

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TOUR ITINERARY

We'll explore Patan's lively Durbar Square, a fascinating architectural landscape in the Newar style where you'll see Buddhist monuments, Hindu temples and fine wood and stone carvings. We'll wander the former royal palace complex, with a series of three beautiful main courtyards.

DAY 3

Destination	Kathmandu 🚗 Bhaktapur 🚗 Changu Narayan 🚗 Kathmandu
Meals included	Breakfast
Hotel	3 ★ Fairfield by Marriott Kathmandu, or similar

After breakfast we'll take a guided tour of Bhaktapur Durbar Square, an ancient heritage city. Once the royal palace of the old Bhaktapur Kingdom, this Durbar Square is the best preserved.

The art and architecture here are spectacular, shining examples of the skills of Newari artists and craftsmen over several centuries. The Palace of 55 Windows, in the centre of the square, was built around nine courtyards that link together. The exterior is beautiful, with elaborate wooden window frames and hand-carved wooden columns. It was home to royalty until the 18th century and is now a national gallery.

The ornate palace entrance gate – Golden Gate, known as Sunko Dhoka in Nepali – leads to the first courtyard of the palace. It's culturally important and is regarded as one of Nepal's greatest pieces of art.

Later, we'll have a sightseeing tour of the UNESCO-listed hilltop temple Changu Narayan, on the edge of a long ridge that runs into the valley. Said to be the oldest temple in the valley, this lavishly-decorated two-tiered temple was rebuilt after a fire in 1702. It stands in a spacious courtyard, dotted with stone sculptures from the fourth to ninth centuries. This ancient Hindu temple is dedicated to Vishnu, the god of preservation.

OPTIONAL TOUR - THAMEL STREET RICKSHAW RIDE

Discover Kathmandu like a local as you explore the tourist heart of the city, the colourful neighbourhood of Thamel. Sit back and relax as your cycle rickshaw is expertly navigated through the buzzing backstreets and atmospheric laneways of this energetic Nepali capital. The streets here are lined with shops selling everything from pashminas to pastries – soak up the hive of activity as you zip through this popular part of town. Take in the stunning sunset views, silhouetted temples and the atmosphere of a lively Kathmandu evening.

DAY 4

Destination	Kathmandu
Meals included	Breakfast
Hotel	3 ★ Fairfield by Marriott Kathmandu, or similar

This morning we'll visit another UNESCO-listed gem, Boudhanath Stupa, one of the largest Buddhist stupas in the world. One of the most imposing landmarks of Kathmandu, this ancient stupa is built on a massive three-level, mandala-style platform. It dominates the skyline. This famed pilgrimage site is believed to date back to the fifth century. Surrounding the stupa are six major monasteries and a host of smaller ones, as well as cafes, restaurants and shops selling Tibetan carpets and Newari silverware.

We'll then see magnificent Pashupatinath Temple, a UNESCO World Heritage Site. The oldest Hindu temple complex in Nepal, it's regarded as the most sacred of all Shiva temples. Located on the banks of the sacred Bagmati River, its astonishing architectural beauty has to be seen to be believed. There are a variety of temple designs and an array of

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TOUR ITINERARY

statues and sculptures around the vast complex, an area that includes 518 temples and monuments.

OPTIONAL TOUR - SCENIC FLIGHT OVER EVEREST

Ever dreamt of getting up close to iconic, awe-inspiring Mount Everest? It's the world's highest peak at 8,848 metres – you'll feel on top of the world during this scenic flight. For an hour, you'll enjoy the magnificent Himalayas with narration from your pilot.

This flight is weather dependent.

DAY 5

Destination	Kathmandu ✈ Lhasa
Meals included	Breakfast
Hotel	4 ★ Hotel Himalaya, or similar

After breakfast, you'll be taken to the airport to board your flight to Lhasa. During the flight you'll take in awe-inspiring views of Mount Everest and the Himalayas.

You'll be met on arrival and transferred to your hotel to relax.

Tibet is known as the 'Roof of the World' for its towering peaks, including famed Mount Everest. The average altitude on the Tibetan Plateau exceeds 4,500 metres! After checking in at your hotel, you're advised to rest, drink plenty of fluids and let your body acclimatise.

In the afternoon, if you feel up to it, take a light walk around the hotel area to see some of the sights.

OPTIONAL TOUR - HOME VISIT IN BHAKTAPUR WITH LUNCH

Experience traditional Nepali culture and home life in Bhaktapur – a land of vibrant culture, colourful festivals, generations-old craftsmanship and rich traditions. You'll enjoy lunch with locals in their well-preserved home, with authentic dining and traditional hospitality.

DAY 6

Destination	Lhasa
Meals included	Breakfast
Hotel	4 ★ Hotel Himalaya, or similar

After breakfast, you'll be briefed on the day's program in the old city, Lhasa – your guided tour today will take you to Jokhang Temple, Sera Monastery and Barkhor Market.

We'll start with the most sacred temple in all of Tibet, the geomantic seventh-century Jokhang Temple. A UNESCO World Heritage Site, Tibet's spiritual heart is a revered pilgrimage destination. It was founded by Nepalese princess Queen Bhrikuti (married to King Songtsen Gampo) and in recognition, the main gate of the temple faces west towards Nepal. The many chapels surrounding the temple are impressive.

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We'll visit Sera Monastery, founded in 1419. In a very pretty and charming spot at the base of Mount Purbuchok, this was an important centre for learning – approximately 5,000 to 6,000 monks used to reside here. These days, about 550 monks live here. The complex includes Coqen Hall, the main assembly hall, three colleges and 33 dormitories. The most intriguing feature is the six-metre-high image of Maitreya, erected in 1419. Here, you can witness the practising of debate among the monks, pitching their knowledge against each other.

Finally, we'll shop in town at Barkhor Market, a popular bazaar in the heart of old Lhasa. Here you'll find Tibetan handicraft items, Buddhist artefacts, carpets and paintings for sale.

DAY 7

Destination	Lhasa
Meals included	Breakfast
Hotel	4 ★ Hotel Himalaya, or similar

Today, we'll start with majestic Potala Palace, the winter palace of the Dalai Lamas until 1959. It's an iconic landmark, surely the best-known building in Tibet. This imposing, fortress-like structure dominates the landscape of Lhasa. Rising above 117 metres high, it houses 10,000 shrines, over 200,000 images and about 1000 rooms. You'll see Tibetan art at its best as you are guided through the ancient chambers of the palace; with a vast array of intricate Tibetan murals and beautiful statues. You'll also see the tombs of the eight Dalai Lamas.

We'll visit Drepung Monastery, one of the three great Gelukpa monasteries near Lhasa. Founded in 1416, for centuries it existed as a small monastic township housing thousands of fully ordained monks. Until the occupation, it was a centre for learning and monastic training for monks who came from all over Tibet to study and debate the meaning of the Buddhist scriptures.

DAY 8

Destination	Lhasa 🚗 Gyantse
Meals included	Breakfast
Hotel	Gyantse Hotel, or similar

It's an early start to begin the unforgettable journey along the Friendship Highway, a scenic route that connects the capital of Tibet with China and Nepal. This spectacular drive traverses high mountain passes and vividly coloured lakes as it dips, curves, climbs and descends.

We'll head southwest along the Friendship Highway towards the 4,970-metre Khamba La pass. We'll stop to savour the views of sacred Lake Yamdrok and Mount Noijin Kangsang, a 7,191-metre snow-capped summit that rises majestically behind the lake.

We'll continue through the Karo La pass – 5,045 metres high – to Gyantse, a historic Nyantg Chu valley town nestled at the foot of a 14th-century walled fortress. We'll visit the Pelkor Chode Monastery complex, which includes the Gyantse Kumbum.

Built in the 15th century by a prince of Gyantse, this large golden-domed stupa is the most revered in Tibet. Walking along the pathway flanked by golden prayer wheels leading to the temple is a serene experience. The Kumbum houses many small chapels decorated with an impressive array of Tibetan Buddhist murals.

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TOUR ITINERARY

DAY 9

Destination	Gyantse 🚗 Shigatse
Meals included	Breakfast
Hotel	Gesar Hotel, or similar

We'll head back to the Friendship Highway today to head to Shigatse, the second-largest city in Tibet. On the way we'll visit the Shalu Monastery, a 1000-year-old retreat that was once one of the most prestigious monasteries for learning. Here you'll find a distinctive architectural style, a blend of Han and Tibetan styles. There are impressive frescoes, scriptures and historic relics, including a 700-year-old sutra board.

We'll visit the famous Tashilhunpo Monastery, founded by the First Dalai Lama in 1447. The white, red and black exterior walls and the golden roofs make for a striking landscape. 39 chapels are behind its high walls, including the impressive, huge gilded Maitreya Chapel. This is the residence of the Panchen Lama, second in rank to the Dalai Lama. In its heyday, it housed over 4,000 monks.

We'll then visit colourful local markets for a spot of shopping.

DAY 10

Destination	Shigatse 🚗 Shegar
Meals included	Breakfast
Hotel	Hotel Shegar, or similar

Our journey to Shegar takes about seven hours and we'll cross one of the road's highest passes, Gyatso La, at an elevation of 5,220 metres above sea level. You'll savour lovely mountain views, along with Everest in the distance.

We'll drive past the small town of Lhatse, at the turning point of the highway.

As the route opens into plains, you'll see monasteries and camps of nomadic herders on the landscape.

We'll stay at Shegar for the night.

DAY 11

Destination	Shegar 🚗 Kyirong
Meals included	Breakfast
Hotel	Pema Guest House, or similar

We'll drive along Lake Paiku and go through another high pass on the way to the Nepalese border town of Kyirong. It's surrounded by stunning alpine scenery and imposing peaks.

DAY 12

Destination	Kyirong 🚗 Timure 🚗 Kathmandu
Meals included	Breakfast
Hotel	3 ★ Fairfield by Marriott Kathmandu, or similar

After breakfast, we'll head to the border and immigration point to cross into Nepal by foot. You'll meet your Nepali representative and after immigration formalities, drive to Kathmandu.

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TOUR ITINERARY

It's an interesting drive, a combination of dirt and paved road along the Langtang National Park, passing through the smaller towns of Syabrubesi and Dunche before reaching the main highway to head to Kathmandu.

On arrival the rest of the day is at leisure to keep exploring this bustling city.

DAY 13

Destination	Kathmandu ✈ Home
Meals included	Breakfast
Hotel	N/A

Enjoy one last delicious breakfast this morning, before your adventure comes to an end. After checking out of your hotel, you'll be transferred to the airport for your flight back home.

We hope you've enjoyed this extraordinary journey.

Check out: Passengers will be departing at various times throughout the day. Standard hotel check-out times will apply no matter what time your flight is scheduled to depart. Check-out time is generally anywhere from 10am-12pm. You are welcome to leave your luggage at the hotel reception and spend your final moments of free time exploring the area or, alternatively, please speak with hotel staff if you would like to extend your check-out time. Please note this service is subject to availability and will likely come at an additional cost. Your tour guide (or hotel staff) will confirm the time of your airport transfer with you directly.

DAY 14

Destination	✈ Home
Meals included	
Hotel	N/A

Arrive home today. We hope you've been *inspired*.

TOUR ITINERARY

Inclusions

WHAT'S INCLUDED

- Return international Economy airfares with full-service airline
- Economy class flight from Kathmandu to Lhasa
- Arrival and departure transfers with guide assistance
- 12 nights, in comfortable accommodation
- All Transportation - coach
- Activities indicated in the itinerary
- Meals: Breakfast daily
- 2-40 people: 1 English speaking tour leader – Will accompany the group throughout
- Tibet Travel Permit, briefing by Tibet expert, information and gift pack
- All accommodation as listed
- All entrance fees to the sites listed (except optionals)
- All activities listed in the itinerary unless a paid optional
- Comfortable, dedicated private transportation throughout
- 24/7 customer service and your own Dedicated Support Agent

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TOUR ITINERARY

SIGHTSEEING HIGHLIGHTS

- Kathmandu – Visit breathtaking ancient temples, like 16th century Jagannath Temple and grand Taleju Temple
- Kathmandu – Enjoy guided tours of Bhaktapur and Patan Durbar Squares, stunning relics of Nepal's old royal kingdoms
- Kathmandu – Visit grand UNESCO World Heritage Sites including Boudhanath Stupa, Changu Narayan and Pashupatinath Temple
- Kathmandu – Visit Lalitpur (Patan), the city of artisans and a fine arts paradise
- Lhasa – Shop for Tibetan handicrafts at a vibrant bazaar in the heart of old Lhasa
- Lhasa – Explore majestic Potala Palace, Tibetan icon and winter palace of the Dalai Lamas
- Lhasa – See the sacred sites of Tibet's traditional capital, including the UNESCO World Heritage Site of Jokhang Temple, a revered pilgrimage site
- Lhasa – Visit ancient Sera Monastery and Drepung Monastery, important centres for learning and monastic training
- Friendship Highway – Travel along this fabled scenic route, through high mountain passes, like Gyamtso La pass at 5,220 metres above sea level
- Gyantse – Stay in this historic Nyantg Chu valley town nestled at the foot of a 14th-century walled fortress
- Gyantse – Visit the Gyantse Kumbum, the revered large golden-domed stupa
- Shigatse – Admire the frescoes and historic relics at 1000-year-old Shalu Monastery
- Shigatse – Visit colourful local markets to shop like the locals
- Kyirong – See this unusual border town, surrounded by stunning alpine scenery

CHITWAN EXTENSION

To enhance your journey, you may wish to extend your stay before the tour, with an exciting 3 night Chitwan National Park extension.

For further details and itinerary, please click [HERE](#).

Cost - \$1,330 per person Twin Share (\$2,660 Single)

Fine Print

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TOUR ITINERARY

HOW TO BOOK & PAYMENTS

Deposit & Payments

- Secure your package with a deposit of \$100 per person.
- Pay a 2nd instalment of \$2,200 per person within 28 days.
- You will then be invoiced for final payment 90 days prior to departure.

Booking Process

- Select the purple 'Reserve Your Seat' tab to begin your booking (you must 'Sign Up' first by entering your email and creating a password)
- Then select the purple 'Book now' tab of the tour you have selected
- Select your Departure Date, Departure City, Number of Passengers, Room Configuration, any Upgrade Options, and enter any Special Requests
- Click the purple 'Proceed to Secure Checkout' tab
- Enter your credit card, PayPal details to secure your deposit/payment.
- You may also pay via BPAY (not available within 70 days of departure)
- Once your order is complete, you will be prompted to complete a Booking Form so that we can fulfil your booking
- Your booking is confirmed once your Booking Form is submitted and you can begin the countdown to your Inspiring Vacation!
- You will then be allocated and contacted by one of our Dedicated Support Agent's (within 48 hours) who will support you right up until you return from your journey

FLIGHTS, UPGRADES & EXTENSIONS

Airfare Information

- Full service airline used will be Singapore Airlines, Malaysia Airlines, or similar if unavailable
- Flights will require a minimum of 1 transit (maximum 2)
- All tickets will include 20 kilos checked baggage per person, along with 7 kilos of hand luggage.
- Despite the airlines baggage allowance, we recommend travelling with 20 kilos per person due to restrictions with internal flights (where applicable), as well as coach and train transportation. Also, you will be responsible for handling your luggage at all times as the services of porters is not included. If travelling over this amount, you will be liable for any excess baggage fees enforced by the airline, payable direct.

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- Once ticketed, flights are non-refundable; any changes will be subject to the airline rules and change fees
- Full names as per passport (including all middle names) are required
- Any airline schedule changes or cancellations are beyond our control
- Any airline 'extras' such as pre-allocated seating are at your own arrangement (additional charges apply)

Premium Economy or Business Class upgrades

- Premium Economy upgrade available from an additional \$1,130 per person (subject to availability).
- Business Class upgrade available from an additional \$3,300 per person (subject to availability).

Please specify this as a 'Special Request' when completing your booking and you will be quoted for the additional fare. In the event your selection is unavailable, or that you are dissatisfied with the quote, you will be provided with a full refund.

Land Only discount

A reduction of \$800 per person applies if you wish to arrange your own airfares. To purchase a land-only fare, please select this option in the booking process under 'Departure City'.

Please note, if you are not arriving or departing as per the group itinerary, airport transfers are also no longer included. If you would like us to arrange this service for you, please refer to the 'Extra services' section for pricing.

Extending Your Stay

Some customers like to enhance their holiday by extending their stay pre- and/or post-tour or including a stopover in another destination. If you wish to do so, please follow these steps:

Once you have logged in to your account, click on 'Book Now' and complete the required fields until you reach the 'Special Requests' free text field.

Here, please specify your preferred flight arrangements and/or preferred airline. Be sure to mention if you would like us to also quote additional nights' accommodation, with the number of nights needed.

After finalising your purchase by processing your deposit payment, please proceed to submit your booking form with all traveller details.

TOUR ITINERARY

Your booking will then be assigned to your Dedicated Support Agent who will be in contact with you via email to verify your request.

By choosing to extend your stay, please note that a supplement of \$150 per person, plus applicable fare and tax differences will apply. We will contact you via email with a quote and proposed flight itinerary, and then proceed with collecting the additional payment required to confirm your request.

EXTRA SERVICES

You can enhance your holiday by arriving or departing before or after the tour, adding a stopover package en-route or booking a tour extension. On this tour you can choose from the following options:

Airport chauffeur Take the hassle out of getting to the airport with private chauffeur transfers to and from your home airport. Your personal chauffeur will meet and greet you, attend to your luggage and drive you to your destination in a luxury vehicle.

- Within 30km of airport: \$139 per vehicle (max 2 guests)
- Outside 30km of airport: You may add this option to your booking and the final price will be adjusted based on the transfer distance.

Additional surcharges may apply depending on pick-up time, tolls and government levies.

Airport Chauffeur can be selected once you have finalised your tour purchase and paid your deposit. When completing your Passenger Booking Form, you will be asked if you would like to add this service, where any applicable cost will be added to your final balance.

Airport lounges Escape busy airport terminals and relax at a cosy and catered lounge instead. Departure lounge access in Sydney \$70 per person (up to 6 hours); Melbourne & Brisbane \$55 per person (up to 3 hours).

Airport lounge passes can be selected once you have finalised your tour purchase and paid your deposit. When completing your Passenger Booking Form, you will be asked if you would like to add this service, where any applicable cost will be added to your final balance.

Pre and post-tour accommodation (deviating from group flights forfeits your group airport transfers)

- Pre/Post-tour accommodation (Kathmandu): \$198 per room per night for double/twin/single including breakfast

TOUR ITINERARY

Arrival and departure airport transfers

- Airport Transfers: \$43 per vehicle per direction

Your transfer may be shared with other Inspiring Vacations customers.

Please specify in the 'Special Request' field when making your purchase your preferred travel arrangements and if you would like our team to book additional nights' accommodation and/or airport transfers. The additional cost for these land arrangements will be added to your final payment invoice and are subject to availability.

OPTIONAL TOURS

To enhance your journey, we're offering a choice of the following optional activities:

- Thamel Street Rickshaw Ride (Day 3) - AUD \$17 per person
- Scenic Flight over Everest (Day 4) - AUD \$345 per person
- Home Visit in Bhaktapur with lunch (Day 5) - AUD \$36 perperson

Optional tours can be selected once you have finalised your tour purchase and paid your deposit. When completing your Passenger Booking Form, you will be asked if you would like to add Optional Tours, where any applicable cost will be added to your final balance. If you choose not to select them at this time, you can choose to add them later by logging in to your Account online or speaking with your Dedicated Support Agent for assistance.

Please note that you must select your Optional Tours no later than 65 days before departure, after which you will be required to purchase them on tour. Please keep in mind that anything purchased on-tour is subject to availability and prices may vary as you will be paying in local currency. We appreciate your understanding.

EXCLUSIONS

- Visas (except Tibet which is included)
- Travel insurance (compulsory)
- Tipping
- Anything not mentioned in the itinerary
- Optional activities
- Personal expenses

IMPORTANT INFORMATION

Fitness Requirements While the tour itinerary should give you some guidance and overview to the expected requirements, to determine if

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TOUR ITINERARY

this tour is right for you we categorise each of our tours in terms of their intensity. These guidelines are to ensure that each tour group is conducted as expected and to ensure the overall satisfaction of all Inspiring Vacations customers.

As a general rule, portage is not included, therefore at all times you are expected to handle your own luggage where help may not be available.

This particular tour is categorised as a “3”.

3 – Moderate Tour: A good level of fitness and mobility is required, as this tour includes a moderate level of physical activity and is considered a medium-fast paced tour. You should be able to walk up and down stairs, get on and off the coach and able to walk reasonable distances of approximately 2 kilometres per day or more with ease. Any physical ailments you may have must be disclosed at the time of booking to determine your suitability. If you have any form of walking aids, other than a walking stick or hiking poles, then this tour is not suitable.

***Acclimatisation** is very important due to the very high altitude at which most of Tibet is. You may be likely to experience some of the minor symptoms and discomfort of altitude sickness such as headaches, mild nausea and loss of appetite, until your body adjusts to the elevation. This can take from a few hours to a couple of days, depending on the individual. Do not exert yourself and drink plenty of non-alcoholic liquids. It is very important to drink at least 4-5 litres of liquids daily to avoid any altitude sickness; this is probably the best remedy. We suggest that you consult with your GP or a specialist on whether medication may be advisable for you.*

Tiping A friendly reminder that tipping is not included in your package. While tipping is not customary, it's of great significance to the people who will take care of you during your travels, inspires excellent service, and is an entrenched feature of the tourism industry across many destinations.

You may also consider tipping your tour leader and driver for outstanding service throughout your trip. Remember, a tip is not compulsory and should only be given when you receive excellent service.

Accommodation The accommodation listed is subject to change. Any changes will be of an equal or higher standard. Bedding configurations (double or twin) are requests only. All efforts will be made to meet your preferences, however any changes are beyond our control.

TOUR ITINERARY

Single Supplement Single supplement is \$815 per person in addition to the twin-share price.

Triple Share Not available.

Travel Insurance

Travel insurance is required to protect yourself against the unexpected.

We have partnered with nib to offer our customers competitive rates for their travel insurance. You can book comprehensive or budget cover simply by clicking [HERE](#) to arrange your policy.

****Visa & Passport information ****It is the traveller's responsibility to ensure they have a valid passport. The passport must be valid for a minimum of six months from the intended date of return.

Nepal - a visa is required for Nepal. Currently, you can apply for your visa at Kathmandu airport upon arrival. You can find more information on the process and cost [here](#). Alternatively, you can apply for a visa before departure at your nearest Nepal Consulate.

Tibet - a visa is required for Tibet. Your tour leader will arrange this visa for you whilst in Kathmandu. Your tour leader will collect two passport size photos, your passport and the visa fee on day one of the tour. Currently the price of this visa is USD \$70 cash per person (this amount is subject to change). The process of obtaining this visa locally takes approximately 3 days.

Please note that these details are subject to change without notice. We recommend visiting <https://smartraveller.gov.au> for up to date information in terms of entry requirements.

Tour Documentation Final documentation including, e-tickets and hotel details, will be provided approximately 30 days prior to travel.

Group Size 2-40 people

Trip Style - Group Tour Our Group Tours offer unparalleled value for money and are the perfect style of travel for those on a budget, though still eager to pack as much in to their itinerary as possible. These tours tick all the boxes with an abundance of inclusions such as sightseeing highlights, expert tour guides, quality accommodation, transfers, coach transportation, some meals and more. Please note that the maximum group size will vary between deals and will be mentioned within the Fine Print of each deal page.

TOUR ITINERARY

Children Children must be 10 years old or above and share a room with parents at all times. Children are charged the same price as adults.

Tour Length The total length of the tour in days includes time spent in flight and is subject to change, depending on the flight schedule. Please refer to the day-by-day itinerary for the time spent

WHAT CLIMATE TO
EXPECT

Click [HERE](#) for more information on the weather in Nepal.