



Nepal Uncovered

Immerse Yourself | 12 Days | Active
Kathmandu – Chitwan – Bandipur – Pokhara

Set in one of the world's most magnificent locations, Nepal is an untouched land of richness and diversity. Explore under the gaze of Himalayan peaks and in the depths of steamy jungle, discovering the heritage of the Kathmandu Valley, the wildlife of Chitwan National Park and hiking amongst the dramatic panoramas of Pokhara.

- Explore the vibrant city of Kathmandu
- Experience a traditional Nepali cooking class
- Take a safari in Chitwan National Park
- Go hiking in atmospheric Pokhara
- Discover historic Patan Durbar Square



Nepal Uncovered tour inclusions:

- Return international economy flights, taxes and current fuel surcharges (unless a land only option is selected)
- All accommodation
- Meals as stated in the itinerary
- All sightseeing and entrance fees
- All transportation and transfers
- English-speaking National Escort (if your group is 10 or more passengers)
- Visa fees for UK and EU passport holders
- Specialist advice from our experienced travel consultants
- Comprehensive travel guides
- Safe and secure with ABTA, ATOL and IATA

The only things you may have to pay for are personal expenditure e.g. drinks, optional excursions or shows, insurance of any kind, tipping, early check in or late checkout and other items not specified on the itinerary.

Immerse Yourself:

Designed for those who wish to be further immersed in the authentic charm of Asia; our 'Immerse Yourself' tours include more cultural and active experiences. You will be accompanied by our dedicated and professional National Escorts or Local Guides, whose unparalleled knowledge will turn your holiday into an unforgettable experience. Our 'Immerse Yourself' tours include:

- Walking through classic sites
- Unique cultural experiences and encounters
- Off the beaten track destinations

Active Tours:

'Nepal Uncovered' is an **active** tour. This is one of the more demanding trips Wendy Wu Tours offers. As a whole, this itinerary requires a high level of fitness.

- Sightseeing will involve walking for extended periods of time in some areas
- Touring in Pokhara and Bandipur involves hiking for up to approximately 4 hours at a time and sometimes on steep or uneven ground
- Sightseeing at temples may involve climbing quite a number of steps, often without handrails
- You may be required to get on and off various sizes of vehicles such as boats, jeeps and rickshaws throughout the tour

Of course, our National Escorts and local guides will always endeavour to provide the highest level of service and assistance; however, they cannot be expected to cater for customers who are unfit to complete the itinerary. If you require any more information about the pace of our Immerse Yourself tours, please contact our reservations team who will be happy to answer your questions.

Itinerary – Nepal Uncovered

Days 1-2: Arrive Kathmandu

Meals included: Dinner

Fly overnight to Kathmandu for a three-night stay. Your National Escort or Local Guide from Wendy Wu Tours will meet you at the airport in the Arrivals Hall. Together with other group members who may be arriving at a similar time, you will transfer approximately 45 minutes to your hotel and check-in. The rest of your day will be at leisure.



Destination Information

Nepal - The small Kingdom of Nepal sits atop the Himalayas wedged between India, Tibet and China. It is renowned for its incredible landscapes and is home to 10 of the world's 14 tallest mountains. The mountaineering race of the early 20th century brought this tiny nation to the attention of the entire world. Even today, from the low lands of the Terai (the plain in the southwest), through the ancient and noble towns of the Kathmandu Valley, to the unrivalled heights of Mt. Everest, the country retains a mediaeval atmosphere. Markets thrive in town squares, alleys wind between temples, homes and water wells, and statues of Ganesh are covered in rice, flowers and coloured powder.

Day 3: Kathmandu

Meals included: Breakfast, Lunch, Dinner

Begin your explorations with a sightseeing tour of Swayambhunath Stupa and Kathmandu City followed by an exciting rickshaw ride through Indra Chowk and Ason Tole to Thamel Markets. In the afternoon, visit Boudhanath and meet with a Lama and visit the Pashupatinath Temple. Keep a firm hold of your cameras today as monkeys have been known to steal them!



Please note that here you may see the practice of animal sacrifice or cremation at Pashupatinath Temple – Please refer to the Nepalese Customs section below for further information. Entrance to Pashupatinath is permitted to the Hindus only, however visitors can clearly see the temple and the activities performed inside the temple from the eastern bank of the Bagmati.

Destination Information

Durbar Square - At the heart of the Old City is the UNESCO World Heritage listed Durbar Square, where there is a cluster of ancient temples, palaces and courtyards that date back to 12th and 18th centuries. The square is located on the site of Hanuman Dhoka Palace, which was the Royal Nepalese residence until the 19th Century.

Swayambhunath Stupa - Often called 'the monkey temple' because of the hundreds of monkeys that scamper about the place. Its location, atop a hill west of Kathmandu, makes the stupa visible for miles and is thought to have been a Buddhist pilgrimage site since the 5th century.

Boudhanath Stupa - The largest stupa in Nepal and the capital city's religious centre for ethnic Tibetans who form a significant proportion of Nepal's population. The Boudhanath Stupa is thought to have been originally built in 600AD, after the famous Tibetan King, Songtsen Gampo, converted to Buddhism.

Pashupatinath Temple - A Hindu temple of Lord Shiva situated 5 km east of Kathmandu on the banks of the sacred Bagmati River. Pashupatinath Temple has a two-tiered golden roof and is famous for its superb architecture. It is a centre of annual pilgrimage on the day of Maha Shivaratri. Here one may also witness the cremations of the dead bodies of Hindus. Devotees from all over the world come here to pay their homage to Lord Shiva.

Thamel Market - A popular tourist area filled with mountaineering shops, cafés and restaurants.

Day 4: Kathmandu

Meals included: Breakfast, Lunch

This morning, drive approximately half an hour to Patan. Take a walking tour of Durbar Square, taking in this magnificent World Heritage Site, along with its palace buildings, courtyards and pagoda temples. Later, attend a cooking class to learn about Nepali dishes and enjoy a sumptuous lunch. Return to Kathmandu, the rest of your day will be at leisure.



Destination Information

Patan Durbar Square - Situated in the heart of the city, Durbar Square is the centre of Patan's religious and social life. The stunning display of Newari architecture houses three main courtyards, an array of temples, shrines, houses and the Royal Palace.

Iba Bahi - Iba Bahi is one of the oldest Buddhist monasteries in the Kathmandu Valley, and reflects the sophisticated architecture of the Malla period. There is a shrine dedicated to Shakyamuni right across the entrance.

Mahaboudha - This Buddhist monument is an excellent example of terra cotta art form which points to the skill of Patan's ancient craftsmen with a variety of building styles.

Oku Bahal - Oku Bahal is situated a few steps past Mahaboudha and is one of the best-known Buddhist places of worship in Patan. The stone-paved courtyard is enclosed by a two-story building with gilded roofs. The woodcarvings on the roof struts are especially attractive.

Kwa Bahal - Kwa Bahal, or the Golden Temple, is a Buddhist monastery courtyard dating back to the 12th century. The monastery is embellished with exceptionally fine wood-carvings and repousse work.

Kumbheswar - Built in 1392, this Shiva temple is the oldest temple in the city. It is also one of the only three temples in the Valley with five roofs. The water in the two ponds here (Kwanti) is believed to originate in the holy Gosaikund lake.

Day 5: Kathmandu – Chitwan

Meals included: Breakfast, Lunch, Dinner

After breakfast at your hotel drive approximately 5 to 6 hours to Chitwan, visiting the Manakamana Temple en-route. Your group will travel 10 minutes by cable car to the temple which overlooks the river valleys of Trishuli in the south and Marshyangdi in the west. The spectacular views of the Annapurna range can be seen to the north of the temple.

Continue on to Chitwan, your accommodation while in the park will be simple. Rustic huts blend with the natural environment nonetheless the facilities are humble; they provide comfy beds and hot showers. After checking into your hotel, a naturalist guide will hold an induction meeting and provide information on all the options available to you during your time here. These include jungle walks, canoe rides and bird watching, all of which are included in your tour cost.

Destination Information

Manakamana Temple – The name Manakamana originates from two words, “mana” meaning heart and “kamana” meaning wish. Venerated since the 17th century, it is believed that Goddess Manakamana grants the wishes of all those who make the pilgrimage to her shrine to worship her.

Chitwan National Park – One of Asia's richest and the most spectacular National Parks, Chitwan is a UNESCO World Heritage Site. Discover a lost world of towering trees and twisting vines, of pre-historic rhinos and lumbering elephants, of crocodiles, pythons and deer, of brilliantly coloured birds and if you are fortunate - the superb Royal Bengal Tiger.

Day 6: Chitwan

Meals included: Breakfast, Lunch, Dinner

Today you will take part in jungle activities provided by the lodge, with lunch back at the lodge. Please note that the program in Chitwan is subject to change according to local conditions and will be confirmed upon arrival. The activities are adjusted according to the property you will stay at, the length of your stay, the season and present weather conditions. During the jungle safari, you will be accompanied by an expert naturalist who will advise on safety procedures, we request you to respect their judgment at all times. If you wish to stroll in the forest, a guide will have to accompany you for safety.



A typical day in Chitwan National would include rising early for tea and coffee before a nature walk. Return to the hotel for breakfast followed by an elephant briefing and a visit to the elephant stables. Enjoy lunch and some free time before the afternoon program begins. Take a traditional dug-out canoe down the Rapti River and in the evening, enjoy a Tharu Stick Dance followed by dinner around the campfire.

Day 7: Chitwan – Bandipur

Meals included: Breakfast, Dinner

Today you will transfer approximately 4 hours to Bandipur Hill Station. Check into your hotel on arrival, the rest of your day is free for you to relax or begin exploring.



Destination Information

Bandipur - Untouched by modernization, and laced with abundance of ancient houses, temples of great significance, and historical architecture, this medieval-era town boasts festivals all year around, besides the plethora of cultural offerings.

Day 8: Bandipur – Pokhara

Meals included: Breakfast, Lunch, Dinner

Early this morning, start your Thani Mai Hike to enjoy the beautiful views of the Himalayas at sunrise. Soak up the fantastic panoramic views of the snow-capped neighboring mountains before returning to your hotel for breakfast. Later this morning transfer approximately 2 and a half hours to Pokhara where the rest of your day will be at leisure.

Destination Information

Pokhara - The finishing point for the famous Annapurna Circuit trek and the starting point for various other treks through the Annapurna Range. Pokhara became a popular tourist destination in the 1970s, with its laid-back setting and idyllic scenery. It has rapidly developed since then into a modern mountain resort and offers a last chance stop for trekking supplies. Yet it retains much charm, with its calm lakes and surrounding snowy peaks offering serenity to those who visit.

Day 9: Pokhara

Meals included: Breakfast, Lunch, Dinner

Drive approximately 30 to 40 mins to Khade Khola where you will start your hike to Kalabang Village, you will be walking for around 2 hours. During your time here, you will visit the village school, coffee plantation and a local home. Continue your hike down the hill and return to Pokhara. The rest of your afternoon is at leisure. Altogether, the time spent hiking today will be around 4 hours.



Destination Information

Kalabang Village - Situated at the height of about 1500m above sea level the village offers magnificent views of the snowcapped mountain ranges, hills, green vegetation, the shimmering Phewa Lake and the Pokhara valley.

Day 10: Pokhara – Kathmandu

Meals included: Breakfast, Lunch, Dinner

Today you will fly approximately 30 minutes to Kathmandu. The rest of your day will be at leisure.

Day 11: Kathmandu

Meals included: Breakfast, Dinner

Today you will have a sightseeing tour of Bhaktapur city, where you will visit a local Newari family. Learn from a master potter at a pottery workshop and take home your very own creation as a souvenir. In the evening, enjoy a Nepali farewell dinner and a traditional cultural show at a local restaurant.

**Destination Information**

Bhaktapur – Close to Kathmandu, Bhaktapur is full of vibrant cultures, colourful festivals, generations old craftsmanship and preserved old houses.

Day 12: Depart Kathmandu

Meals included: Breakfast

You will be transferred to the airport according to the departure time of your flight today. Any time before your flight will be at leisure.

Nepal Uncovered Travel Information

Visas

A visa is required for entry into Nepal. A standard visa processing service is included in your tour cost for UK and EU passport holders. We will require your passport, completed visa application form, and 1 passport photo, taken within the last 6 months, to process your visa. We will require all this information 8 weeks prior to departure. As per our standard visa processing service, we will have your passport for at least 4 weeks. Any visa applications that require an express 2 week service, or that are received in our office less than 6 weeks prior to departure will incur a £60 per passport express fee. In rare cases, you may be required to provide further information or documentation to the Nepalese embassy and or be required to attend an interview at the embassy in London. If this is the case we will notify you as soon as possible.

Insurance

It is a condition of booking with us that you take out suitable travel insurance. You must provide us with the name of your insurer, policy number and their 24 hour emergency contact number when you book with us or as soon as possible thereafter. These details will be available to your National Escort should they be required. Wendy Wu Tours will not be liable for any costs incurred by you due to your failure to take out suitable travel insurance from the date of booking.

Eating in Nepal

In Nepal, dishes served in restaurants on our group tours are varied. Some will be vegetable-based with meat mixed in, and a few will be meat-based. Our restaurants are well aware of the western palate – there are plenty of non-spiced options. Nepalese cuisine is based around the ingredients grown locally in the mountainous areas. Asian dishes incorporate many spices and seasoning to create an explosion of flavours. Though local cuisine can vary greatly from the Asian food we get in the UK, it is important to keep an open mind and be adventurous. Meals (excluding drinks) stated in the above itinerary are included in our Nepal group tour. Please be aware that dishes selected for your meals reflect the cooking styles and signature dishes of the local area you are in.

Accommodation

Your accommodation has been selected for convenience of location, comfort or character, and can range from a business hotel in one city to a family-run guesthouse in a smaller town or a heritage-type hotel. In remote areas, accommodation may be of a lower standard and may not have western amenities. Hotels are generally rated as local three to four-star standard, but do please note that there is no international classification system for hotels and differences in facilities and quality do exist between the UK and India. Rest assured that all hotels used by Wendy Wu Tours are regularly inspected by our staff and our partners to ensure that standards are met.

All group tour hotels have private western bathroom facilities, air conditioning, TV and a telephone. Plumbing and electricity supplies can be erratic and quite often the power in hotel rooms is turned off while guests are out of the room. If you experience any difficulty, please speak to your National Escort or Local Guide.

Transport

Coaches: Coaches with air conditioning are used on our group tours for city sightseeing, short excursions to the countryside and longer transfers where necessary. Main and inner city roads in Nepal have a reputation for being very congested. For this reason, it may not always be possible to return to your hotel after sightseeing to freshen up before going to the restaurant for dinner. Roads in Nepal have generally been improved over recent years, but traffic and/or weather conditions may extend driving times. Road construction work usually covers an enormous section of road - not just one or two kilometres as you may be used to. For this reason, the timings listed in the sections above are approximations only.

Planes: Internal flights are based on economy class, with reputable airlines.

Development in Nepal

Although Nepal is developing quickly, it still lacks the international standards of civil infrastructure and tourist facilities. Concepts of personal responsibility are also different to those in the UK. Consequently, tourist and public facilities may not uphold the same safety standards as in the UK; for example, you may see a hole in the road without a warning sign or safety barricade. All of our suppliers meet local safety standards as a minimum. We want you to have an enjoyable holiday so we ask that you take extra care, use your common sense, refer to notices and follow advice from your National Escort or Local Guides.

Nepalese Customs

Nepal has many special customs and rituals that tie into daily life, some of these may be surprising or unsettling for some passengers. While the guide will make every effort to forewarn passengers when visiting sites that may participate in the practise of animal sacrifice or cremation, there may be special local festivals within villages where such rituals are unavoidable. When visiting the Pashupatinath Temple in Kathmandu, please be aware that you may witness cremations taking place across the canal. If you would prefer not to participate in this touring, please let your National Escort or Local Guide know upon arrival in Nepal.

Souvenirs

We want to be able to give you an opportunity to buy souvenirs so we include some stops at museums or exhibitions, which demonstrates a craft or product unique to that region with pieces available to buy. We understand that souvenir hunting is not for everyone so we aim to take you to places, which hold local interest. We trust you will enjoy these opportunities to learn about local arts and crafts and understand their historical and cultural importance.

Group Size

Most of our groups consist of 10 travellers or more and will be accompanied by a National Escort. There will usually be no more than 18 travellers in each group although you may encounter other Wendy Wu tour groups while you are travelling.

All our departures are guaranteed to operate with a minimum of 8 travellers booked (unless cancelled due to factors beyond our control). However, at our discretion we may operate departures with a smaller group size as we try to operate advertised departures wherever it is viable to do so. For groups with fewer than 10 travellers, departures will operate with Local Guides.

Tipping Policy

Tipping while on holiday is a firm and expected element in the tourism industry and Nepal is no exception. To remove the uncertainty and stress of not knowing how much is appropriate to tip or to whom, Wendy Wu Tours operates a tipping policy for our group tours where a nominated tipping amount is paid upon commencement of the programme by each tour member. This amount is stated in all group pricing; however, it is not collected in your final payment received by Wendy Wu Tours.

This nominated tipping amount is to be given to your National Escort at the beginning of your tour, who will then distribute it amongst your main service providers – guides, drivers and attendants – on your behalf during the tour. Any other tipping, such as tips for bathroom attendants or hotel porters that are taking luggage to your room, is at your discretion based on satisfaction of services received, as are gratuities for additional requested special services.

The tipping amount is determined based on the total number of passengers travelling in the group. The amount is designed to be at a reasonable level for travellers while being fair to the local people and includes a gratuity for the National Escort. The final tipping amount will be outlined in your final documentation, which is distributed 2 weeks prior to your tours departure.

Appropriate Dress

When visiting temples or mosques, both men and women should dress in conservative, non-revealing clothing. Full-length trousers with a shirt or t-shirt for men; and trousers or skirts well below the knee with a top that covers the shoulders and upper arms for women. Women might also consider carrying a 'modesty shawl' in their daypack – this could be a sarong or light scarf – which they can wear over their shoulders and heads to feel more comfortable while sightseeing at mosques. When visiting Jain temples, you must not wear or take in any leather items such as belts, watches, camera straps, purses and shoes.

Religious sites and homes throughout Nepal – for Hindus, Jains, Sikhs, Muslims or Buddhists to name a few – require all visitors to remove their shoes to enter. Even if you then need to walk outdoors, over hot or rough ground, you will not be allowed to wear shoes. You will often find shoe storage rooms near the entrance of a site where it is customary to leave your shoes near the entrance. Occasionally there are 'shoe minders' who will offer to keep your shoes safe for a 'tip' – this is not compulsory so each customer can choose to tip for this service or not. If you do not want to remove your shoes, you will have to remain outside.

We recommend shoes that easily slip on and off, and carry a pair of thick, old socks in your daypack, which you can wear to protect your feet from any rough or hot surfaces.

Climate

Please refer to our website or brochure for detailed temperature charts.

After your booking

Once you have booked with Wendy Wu Tours, you will receive a confirmation invoice followed by deposit documentation, which includes a visa application form (if applicable), and a help sheet. Your final documentation pack will be sent to you approximately 2 weeks prior to departure.

Itinerary changes

It is our intention to adhere to the day-to-day itinerary as printed; however, the order of events or sightseeing may change as we look to improve our tours or as local conditions dictate; in these circumstances we will make the best possible arrangements whilst maintaining the integrity of your trip.

Last updated: August 2017