

Explore India & Nepal - AHDNG

17 days: Delhi to Kathmandu

What's Included

- Your Journeys Highlight Moment: Meet a Local Historian, Jaipur
- Your Journeys Highlight Moment: Local Village Immersion, Sawarda
- Your Journeys Highlight Moment: SASANE Lecture, Kathmandu
- Your Journeys Highlight Moment: Traditional Weaving and Indigenous Peoples Lecture, Kathmandu
- Your Journeys Highlight Moment: Overnight at a Buddhist Monastery, Pharping
- Your Journeys Highlight Moment: Neydo Monastery Sunrise Chant, Pharping
- Your Journeys Highlight Moment: Chitwan Tiger Experience, Chitwan National Park
- Your G for Good Moment: Women on Wheels Transfer, Indira Gandhi International Airport
- Your G for Good Moment: City Walk, Delhi
- Your G for Good Moment: Sisterhood of Survivors Project, Kathmandu
- Visit the Taj Mahal, Baby Taj, and Agra Fort
- Excursion to Fatehpur Sikri and the Abhaneri step wells
- Explore Jaipur
- Tour of Kathmandu
- Bhaktapur guided tour
- Visit Swayambhunath
- Chitwan National Park village walking tour and jeep safari
- Hike to the World Peace Pagoda
- Internal flights
- All transport between destinations and to/from included activities

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VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing July 14th, 2017 and onwards

Itinerary

NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1 Delhi

Arrive at any time. Arrival transfer included through Women on Wheels, a G Adventures-supported project.

There are no planned activities until an evening welcome meeting, so check into to the hotel and enjoy the city. We highly recommend booking a pre-night in Delhi to get over your jetlag and be ready for this very busy trip.

Your G for Good Moment: Women on Wheels Transfer

Transfer by a G Adventures-supported project, Women on Wheels. This program provides safe and reliable transport for travellers, while providing a dignified livelihood for a local woman from a resource poor community.

Arrival Day and Welcome Meeting

1h

The adventure begins tonight. Feel free to explore before your welcome meeting, but make sure you're back in time to meet the group. After introductions, your CEO will review the details of your tour. Please note that normal check-in times apply at our start hotels, but you can usually store your luggage for the day if you arrive early.

Accommodation

Hotel Justa Greater Kailash (or similar)

Hotel

Day 2 Delhi/Agra

Enjoy a youth-led walk through Delhi as part of the G Adventures-supported City Walk project. Later, explore Old Delhi with your CEO before an afternoon drive to Agra.

Your G for Good Moment: City Walk

3-5km

Explore the streets of Delhi with a youth-led tour guide from the G Adventures-supported City Walk project. As a former at-risk youth, your local guide will have a unique perspective on the city and can provide more information on the life of a child in India. The guided tour helps support the guide's college or university tuition.

Please note that City Walk is closed on Sundays and holidays and this activity will not run on those days.

Old Delhi Guided Walk

Delhi1h

Visit historic Old Delhi. Explore Jama Masjid, the "Great Mosque," and enjoy its massive courtyard, which can hold up to 25,000 worshippers. Also, visit the ancient Sikh temple of Gurdwara SisGanj, which was established in 1783.

Private Vehicle

Delhi - Agra3h-4h200km

Settle in and scan the scenery from the convenience of a private vehicle.

Meals included: Breakfast

Accommodation

Hotel Seven Hills Tower (or similar)

Hotel

Day 3 Agra

Spend the day visiting the highlights of the walled city of Agra including the famed Taj Mahal, Baby Taj, and Agra Fort.

Taj Mahal Visit

Taj Mahal - Agra

Cross one off your bucket list as you visit one of the Seven Wonders of the World. Explore the gorgeous white marble mausoleum, built by the Mughal Emperor Shah Jahan as a testament of his love for his favorite wife, Mumtaz Mahal.

Baby Taj Visit

Agra

Visit this mausoleum that looks like a jewel box, built before the Taj Mahal by Queen Nur Jahan for her father. Enjoy the intricate details of the structure; it was the first Mughal building faced with white marble and where "pietra dura" (precious stones inlaid into marble) was first used.

Agra Fort Visit

Agra1h-3h

Enjoy your visit to this impressive Mughal fort made of red sandstone and white marble.

Meals included: Breakfast

Accommodation

Hotel Seven Hills Tower (or similar)

Hotel

Day 4 Agra/Jaipur

Drive to Jaipur, visiting the deserted Mughal city of Fatehpur Sikri and the village of Abhaneri, which has one of India's deepest and largest stepwells (tank gardens).

Private Vehicle

Agra - Jaipur 5h-6h 240km

Settle in and scan the scenery from the convenience of a private vehicle.

Fatehpur Sikri Visit

Fatehpur Sikri

Explore the magnificent red sandstone fort city that was once the capital of India's Mughal Empire and is a UNESCO World Heritage site. Keep an eye out for elements of different religions, as King Akbar built three palaces for each of his favorite wives--a Hindu, a Muslim, and a Christian--in the city.

Abhaneri Stepwell Visit

Abhaneri - Agra 30m-1h

Walk around the amazing Chand Baori, a tenth century water tank that's an impressive 6.1m (20 ft) deep. Learn about ancient Indian environmentalism--a "baori" is a unique Indian invention for harvesting rainwater.

Meals included: Breakfast

Accommodation

Mandawa Haveli (or similar)

Hotel

Day 5 Jaipur

Explore the "Pink City," known also as Jaipur, including the Amber Fort, City Palace, and the Hawa Mahal (Palace of the Winds). Listen to a local historian/scholar discuss the spirituality, social fabric, customs, and traditions of India.

Consider treating yourself to a night at the cinema. Going to see a Bollywood film in India is much more than what we are accustomed to in the west. The atmosphere, energy, and pure fun (not to mention volume!) has to be experienced to be believed.

Amber Fort Visit

Jaipur

Enjoy the Hindu and Muslim architecture of the beautiful Amber Fort.

City Palace Visit

Jaipur 1h

Explore the courtyards, gardens, and buildings that make up the City Palace. Located in the heart of the Old City, it is a striking blend of Mughal and Rajasthani architecture. Visit the palace's museum to look at ancient carriages and the former maharaja's gold-embroidered wedding outfit.

Your Journeys Highlight Moment: Meet a Local Historian

In Jaipur, known as the "Pink City," meet with a local historian and sociology scholar to learn about India's complex social fabric and traditions, and discuss a range of topics from the country's belief systems to its architecture.

Optional Activities - Day 5

Raj Mandir Cinema and Movie

Jaipur

200-400INR per person

Visit this spectacular cinema and watch a song-and-dance Bollywood film.

Jaipur Balloon Ride

Jaipur

Begin your day at dawn, just as the sun starts to rise over the incredible city of Jaipur. As you drift into the sky, enjoy the silence and serenity of the morning, watching as the day starts for the colourfully dressed inhabitants below. From high in the sky, you may float over ancient forts, exquisite palaces, and lively villages moving with people - and elephants! You may never want to come back down.

Available August 15 - April 30.

Jaipur Cooking Class with a local family

Jaipur

Join a local family in Jaipur as they welcome you into their home and share their recipes and best-loved dishes with you. Get hands-on with the ingredients and learn how to prepare pakodas, vegetable dishes and Indian breads such as chapatis and puris. Once the hard work is done, get to know your hosts over lunch. Savor the flavours of your creations with the additions of other vegetable dishes, daal and raita, and finish the meal with a sweet treat.

Meals included: Breakfast

Accommodation

Mandawa Haveli (or similar)

Hotel

Day 6 Jaipur/Sawarda

Drive to the rural village of Sawarda where we stay in a heritage home. Exploring this traditional village is like stepping back in time. Walk and meet with locals and explore how urbanization affects village life, modernization and its benefits and disadvantages, as well as simple village customs and traditions.

The village is about 60km (37 mi) from Jaipur and has beautiful temples dedicated to different religions, including a unique sikh temple. The residents of the village are still involved in traditional commercial activities. You'll see pottery wheels, silversmiths, cobblers, traditional huts, old temples, and small stepwells.

Private Vehicle

Jaipur - Sawarda 60km

Settle in and scan the scenery from the convenience of a private vehicle.

Your Journeys Highlight Moment: Local Village Immersion

Step back in time and explore the traditional village of Sawarda to get a glimpse of life in rural India. Topics of discussion along the way can include how urbanization affect village life, information technology, and modernization in its benefits and disadvantages, as well as simple village customs and traditions.

Meals included: Breakfast | Dinner

Accommodation

Sawarda Palace (or similar)

Hotel

Day 7 Sawarda/Delhi

Drive back to bustling Delhi. Opt to join your CEO for a group dinner.

Private Vehicle

Sawarda - Delhi 6h 310km

Settle in and scan the scenery from the convenience of a private vehicle.

Meals included: Breakfast

Accommodation

Hotel Justa Greater Kailash (or similar)

Hotel

Day 8 Delhi/Kathmandu

Transfer to the airport and catch a flight to Kathmandu.

Kathmandu is fascinating at every turn and a great place to just wander, seeing where the city may lead you.

Plane

Delhi - Kathmandu

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Optional Welcome Meeting for Travellers on Combos

You may be a seasoned pro at group travel by now, but there will likely be some new travellers joining the group. Sit in on the welcome meeting to meet the newest members of your group and learn about the next leg of your tour.

Meals included: Breakfast

Accommodation

Hotel Traditional Comfort (or similar)

Hotel

Day 9 Kathmandu

Spend the day exploring Kathmandu and surrounding areas, including Boudhanath Stupa, one of the world's largest Buddhist shrines. Also visit the Royal City of Bhaktapur, exploring Hindu temples, pagodas, and monuments, including the stunning wood-carved palace in Durbar Square. After, visit the Sisterhood of Survivors Project and learn how to make Nepalese momos (dumplings) before enjoying an authentic local lunch. You'll also meet one of the women that has graduated from the Sasane paralegal program.

Some of the sites visited in Kathmandu were damaged in the earthquake in 2015. Restorations are ongoing to bring these beloved landmarks back to their previous glory.

Private Vehicle

Kathmandu

Settle in and scan the scenery from the convenience of a private vehicle.

Bodhnath Stupa Visit

Kathmandu

Enjoy a visit to the Bodhnath Stupa, one of the largest Buddhist stupas in the world. Built in the 5th century, this UNESCO World Heritage site still attracts many pilgrims, particularly Tibetan Buddhists and local Nepalis. Take in the peaceful atmosphere and observe Buddhist monks in prayer in the monasteries surrounding the stupa.

Bhaktapur Excursion

Kathmandu 3h-4h

Visit this unique old town known as the City of Devotees. Explore Hindu temples, pagodas, palaces, and monuments, including the beautiful wood-carved palace in Durbar Square. You can pick up clay pots and other souvenirs in the colourful open markets and taste home made yogourt, known as khopa dhau, which Bhaktapur is famous for.

Your G for Good Moment: Sisterhood of Survivors Project

Visit this G Adventures-supported grassroots organization that is helping to support rehabilitated survivors of human-trafficking. SASANE, our project partners, train women coming out of trafficking to be certified paralegals, so that they are the first point of contact for other women coming out of abuse. Where survivors lack a high school diploma, the minimum requirements to be a paralegal, Planeterra and G Adventures have helped catalyze a hospitality program for these women to be reintegrated into a dignified work environment. The survivors will teach you how to make momos (traditional dumplings) as well as a Nepali lunch. The program helps support SASANE's outreach and education programs, and is completely run by survivors of trafficking.

Your Journeys Highlight Moment: SASANE Lecture

Enjoy a talk with a woman who has graduated from the SASANE program, which trains victims of human trafficking to be paralegals who, in turn, fight trafficking. Gain valuable insight and learn about the struggles these brave women face in helping others in their new roles as paralegals.

Optional Activities - Day 9

Everest Flight

Mount Everest - Kathmandu

216-246USD per person

Get a close look at awesome Mt. Everest, the highest mountain in the world, without having to do any climbing; this one-hour plane tour will give you an unforgettable experience.

Meals included: Breakfast | Lunch

Accommodation

Hotel Traditional Comfort (or similar)

Hotel

Day 10 Kathmandu/Pharping

Opt to take an early morning Everest experience flight, then visit ancient Swayambhunath Buddhist temple, a UNESCO World Heritage Site and one of the holiest shrines in Kathmandu. Then, visit a local home to learn about National Geographic grantee Chhing Lhomi, who works to preserve ancient weaving traditions of the Upper Mustang region through the Himalayan Indigenous Society. Depart the city to Pharping for a unique overnight stay at a Buddhist Monastery guesthouse. Learn about monastery life from the inside, then enjoy a chanting and prayer service. Opt to walk in the surrounding village and countryside.

Experience the serenity of a Tibetan Buddhist monastery. The monastery guest house offers comfortable accommodations in a peaceful setting with balconies and private western-style bathrooms. There are approximately 200 monks in residence following the Nyingmapa tradition. This is a new monastery (2006), and income from the guest house directly supports it.

Swayambhunath Temple Visit

Kathmandu

Visit Swayambhunath Buddhist temple and Unesco World Heritage Site, the the most ancient and enigmatic of all the holy shrines in Kathmandu. Explore the structure and be sure to check out the Buddha's eyes painted on each side of the Stupa. The site is also known as the monkey temple, for the vast amount of creatures who call the complex home.

Your Journeys Highlight Moment: Traditional Weaving and Indigenous Peoples Lecture

In Kathmandu, National Geographic grantee Chhing Lhomi works to preserve the ancient traditions of the Lowa community of the Upper Mustang region. We'll take the unique opportunity to visit a local home of a family from this region and enjoy a lecture from Chhing or one of her colleagues on traditional weaving methods, and hear about ongoing efforts with the Himalyan Indigenous Society.

Private Vehicle

Kathmandu - Pharping 1h-2h25km

Settle in and scan the scenery from the convenience of a private vehicle.

Your Journeys Highlight Moment: Overnight at a Buddhist Monastery

Experience the serenity of a Buddhist monastery. The monastery guest house offers comfortable accommodations in a peaceful setting with balconies and private western-style bathrooms. Opt to participate in the life of the monks: take tea alongside them and enjoy the early morning chanting before experiencing the sunrise from the roof of this stunning monastery. There are approximately 200 young monks in residence, training in the Nyingmapa tradition. This is a new monastery (2006), and income from the guesthouse directly supports it.

Meals included: Breakfast

Accommodation

Neydo Monastery Hotel (or similar)

Hotel

Day 11 Pharping/Kurintar

Wake up early to enjoy the sunrise and morning chanting from the monastery. After, drive to Kurintar and hike to our remote lodge on the banks of Trishuli River and valley. Opt to relax and enjoy the pool or take a hike in the surrounding countryside.

Arrive at our remote lodge, which sits on a ridge amidst the hills and overlooks sandy beaches and a river. Forests cascade down the hillsides, enclosing tiny settlements of tribal people.

The lodge is only accessed by foot, so please expect a walk of approx. 30 to 45 minutes. Porters will be hired to carry our bags but please pack what you need for the night, as we will leave our larger bags in the vehicle.

Your Journeys Highlight Moment: Neydo Monastery Sunrise Chant

Rise before sunrise and enter the main hall of the Monastery to listen to the monks practicing their chanting. After, we enjoy the sunrise over the Valley from the Monastery roof.

Private Vehicle

Pharping - Kurintar 3h30m-4h125km

Settle in and scan the scenery from the convenience of a private vehicle.

Walking

Kurintar 30m-45m

Lace up your shoes and get to the next stop under your own power.

Optional Activities - Day 11

Kurintar Nature walk and Village visit

Kurintar30m-1h

Free

Take a guided walk through the forests that cascade down the hillsides of Kurintar. Visit local villages inhabited by tribal people: Chepang, Dorai, Magar, some Brahman, and Chettri, making a living from foraging in the forests.

Meals included: Breakfast | Dinner

Accommodation

Summit River Lodge (or similar)

Lodge

Day 12 Kurintar/Chitwan National Park

Drive to our lodge located on the bank of the Rapti river which borders the UNESCO World Heritage Site of Chitwan National Park. After lunch, board a traditional boat to view wildlife along the river.

Spend two nights enjoying cultural and wildlife excursions in and around Royal Chitwan National Park (RCNP), the oldest national park in Nepal. Established in 1973, it became a UNESCO World Heritage site in 1984. Within its area of 932km² (579 mi²), RCNP is home to at least 43 species of mammals, 450 species of birds, and 45 species of amphibians and reptiles, including sambars, chitals, rhesus monkeys, tigers and langurs.

The specifics and order of activities may change, depending on the season and local conditions. Your CEO will confirm the exact activities and timing with the naturalists upon arrival at the lodge.

Walking

Kurintar30m-45m

Lace up your shoes and get to the next stop under your own power.

Private Vehicle

Kurintar - Chitwan National Park2h30m-3h30m

Settle in and scan the scenery from the convenience of a private vehicle.

Chitwan Area Boat Excursion

Chitwan National Park1h-1h30m

Embark in traditional patela boats on a silent trip down the Rapti River, which borders the National Park to view aquatic birds, crocodiles, gharials, and the animals along the river banks.

Meals included: Breakfast | Lunch | Dinner

Accommodation

Barahi Jungle Lodge (or similar)

Lodge

Day 13 Chitwan National Park

Explore Chitwan National Park with expert local guides. Activities can include a village walk, boating, nature walks, and a jeep safari in search of rhinos, leopards, wild elephants, monkeys, and crocodiles. Also meet with a local tiger "technician" who will give a presentation about the Nepal Tiger Trust, a nonprofit organization dedicated to the protection of tigers in Nepal. Our expert will join us on a jeep safari to teach us how tigers are tracked, protected, and monitored with help from the local community. If we're lucky, we may catch a glimpse of one of these elusive great cats. This evening, return to our lodge and enjoy a Tharu cultural dance program presented by local villagers.

The jeep safari is often prohibited during monsoon season by the park authorities; monsoon season is from June-September, and sometimes it can last till October. When the park is inaccessible, we will search out wildlife in the surrounding forest which is unfenced and just as likely to view animals. Boating is also subject to the water levels and local conditions on the Rapti River.

Jeep Safari

Royal Chitwan National Park 3h-3h30m

Enjoy a jeep safari that begins in open grassland and moves into the dense Sal Forest, crossing the Reu River to see different wildlife. Continue down to the banks of Narayani River and spot gharials (freshwater alligators) basking in the sun. Also, view wildlife from Bhimle Machan (a wooden platform).

Chitwan Village Visit

Chitwan National Park

Enjoy a visit to the farming Village bordering the National Park. Learn about the social and cultural aspects of the village people, what the farm and see how they live day-to-day.

Your Journeys Highlight Moment: Chitwan Tiger Experience

Nepal Tiger Trust is a nonprofit organization dedicated to the protection of tigers in Nepal and is run by researchers and local community volunteers. Their Tiger Corridors Project has been monitoring these amazing cats in Chitwan National Park and adjacent areas for over five years. On this experience, meet with a local tiger "technician" who will give a presentation about the work here and its importance to conservation, tourism, and the community at large. He or she will then join us on a jeep safari to teach us how tigers are tracked and monitored. If we're lucky, we'll catch a glimpse of an elusive tiger.

Meals included: Breakfast | Lunch | Dinner

Accommodation

Barahi Jungle Lodge (or similar)

Lodge

Day 14 Chitwan National Park/Pokhara

Drive to beautiful Pokhara and immerse yourself in stunning views of the Himalayas. Enjoy an orientation walk with your CEO and opt to have dinner at one of the popular restaurants in town.

Nestled in a tranquil valley at an altitude of 827m (2,713 ft), beautiful Pokhara lies on a once vibrant trade route between India and Tibet. To this day, mule trains can be seen bringing goods to trade from remote regions of the Himalayas. This enchanting city has several beautiful lakes and offers stunning panoramic views of Himalayan peaks. It is popular place to relax and enjoy the beauty of nature.

Private Vehicle

Chitwan National Park - Pokhara 5h-6h

Settle in and scan the scenery from the convenience of a private vehicle.

Orientation Walk

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Meals included: Breakfast

Accommodation

Temple Tree Resort & Spa (or similar)

Resort

Day 15 Pokhara

Hike up to Sarangkot and enjoy the sunrise and sweeping Annapurna Himalayan views. Later, hike to the brilliant World Peace Pagoda, a stunning monument built by Buddhist monks from Japan. After, visit a Tibetan refugee settlement to learn more about this community by viewing their photo gallery and enjoying a local Tibetan lunch. This afternoon, opt to try paragliding or go boating in Phewa Lake.

The hike up to the World Peace Pagoda can be quite strenuous and is all steps up and back down. If you are not feeling so energetic, please let the CEO know and you can opt out of this activity.

Sunrise at Sarangkot

Pokhara

Rise early and experience a spectacular sunrise view of the surrounding the Annapurna Himalayas.

World Peace Pagoda Excursion

Sarangkot2h-3h 4km

Walk up to the World Peace Pagoda, which was constructed by Buddhist monks. Enjoy the structure and the beautiful view around it.

Tibetan Refugee Settlement

Pokhara

Visit the Tashiling Tibetan Refugee Camp, established by the United Nations in 1964 as a temporary settlement for the large number of refugees fleeing Tibet. Walk through this friendly quarter, now home to over 500 people. Visit the celebrated photo gallery here and then enjoy a traditional momo lunch at the local restaurant to support this incredible community.

Optional Activities - Day 15

Paragliding

Pokhara30m-1h

8500INR per person

Enjoy a view from above of the beautiful city of Pokhara, which is surrounded by the snow-capped Annapurna mountain range.

Phewa Lake Boat Tour

Phewa Tal

600NPR per person

Enjoy a boat ride on Phewa Lake and take in the serene environment and natural beauty, including the magnificent fish-tailed summit of Machhapuchhre (6,977m, 22,890 ft) rising behind it.

Meals included: Breakfast | Lunch

Accommodation

Temple Tree Resort & Spa (or similar)

Resort

Day 16 Pokhara/Kathmandu

Catch a flight back to the capital, Kathmandu. Enjoy free time for shopping or opt to visit the Pashupatinath Ghats

Enjoy free time in the afternoon for exploring. Visit the burning ghats at Pashupatinath and Swayambhunath, or the monkey temple. Kathmandu is fascinating at every turn, and some travelers prefer to just wander, seeing where the city may lead them.

Plane

Pokhara - Kathmandu1h

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Free Time

Kathmandu Afternoon

Take some time to explore on your own or do some last minute shopping.

Optional Activities - Day 16

Pashupatinath Ghats and Temple Visit

Kathmandu30m-1h

500NPR per person1500NPR per group

Visit Pashupatinath, one of the most sacred Hindu temple complexes in Nepal. Located on the banks of the Bagmati River, this is the final stop for many Hindus, who's families bring them here to set funeral pyres on the ghats to cremate their loved ones. Respectful viewing from across the river is culturally acceptable, you also will see sadhus (Hindu holy men) and pilgrims perform bathing rituals.

Meals included: Breakfast

Accommodation

Hotel Traditional Comfort (or similar)

Hotel

Day 17 Kathmandu

Depart at any time.

Feel free to depart at any time today, but remember that check out time from the hotel is 12:00pm.

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

Meals included: Breakfast

What's Included

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Highlights

Walk the backstreets of Delhi with a local guide, experience the essence of serenity with an overnight stay at a Buddhist Monastery, learn how to make Nepalese momos (dumplings), enjoy local living with an overnight homestay in a rural village

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

1. CULTURE

India is a country which is very different to anything you will have experienced before. Although this means it is not the easiest place to travel, this is also what makes it so special. Pollution, poverty and the crowds can result in initial culture shock but should be seen as an exciting new challenge. During our time here we have come to love this large and wonderfully different country but we know that we should always expect to encounter some difficulties along the way.

In India there are very different attitudes to time keeping, public cleanliness, privacy and service. Trains will sometimes be late, plumbing can sometimes be temperamental and power will often just vanish. Optimistic menus turn out to have only one dish available and everyone, just everyone, will want to know your name. If you are able to travel with a lot of patience and a healthy sense of humour, then we know that you - like all of us - will be captivated by what India has to offer.

2. COMBO TRIP

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been

traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

3. WEATHER

Weather conditions in the Himalayas can change rapidly and our CEO may be forced to change the trip itinerary accordingly. Travellers need to be prepared for all weather conditions. For more information please read the "what to take" section of this trip notes.

4. FITNESS

While there are no treks on this trip this will be a fair amount of walking, so you should have an average level of fitness.

5. DRONES IN NEPAL

Please note that drones and the flying of drones are prohibited in Nepal. If you violate these regulations the police may take you into custody.

Group Leader Description

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

Group Size Notes

Max 16, Avg 10

Meals Included

16 breakfasts, 4 lunches, 4 dinners

Meals

Eating is a big part of travelling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. Vegetarians will be able to find a huge range of different foods - India is vegetarian heaven. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Transport

Van, bus, auto-rickshaw, cycle-rickshaw, walking, plane, boat, 4x4.

About our Transportation

ROAD

Road travel in India is certainly not what people are used to in Western countries. Rules are not always followed, drivers appear to speed, do not stay in their lanes, overtake in seemingly dangerous situations, and rarely use their mirrors or driving lights at night. The horn however is used frequently and can range from the latest Bollywood tune to Britney Spears! Although the government is investing large sums of money to improve the road infrastructure, there is a lot more to be done. As a result some of the roads are poorly maintained, pot holed and uneven. This gets even more pronounced particularly during and after the monsoon. Travel time is very long in comparison to Western countries and short distances can take much longer than at home. You have the comfort of an air-conditioned Private vehicle, but be prepared to take an odd ride in a local transport for the experience.

Local Flights

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Hotels (14 nts), heritage hotel (1 nt), monastery guesthouse (1 nt)

My Own Room

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

About Accommodation

A variety of styles of hotels/guest houses are used in India. These can vary in terms of service, efficiency and cleanliness. In many instances they might not be like what you are used to back home. Power cuts can and are a regular occurrence in many places, especially throughout North and Central India. Although a number of hotels have generators there may be times when these won't work. It is also recommended when you are in your room to lock the door, as staff will sometime enter without reason.

Joining Hotel

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

Joining Instructions

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through National Geographic Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Our driver will be waiting for you with a National Geographic Journeys sign with your name on it, and they will be waiting for you outside the luggage hall. There most likely will be many signs, so please check carefully for your name.

Please note that Day 1 is an arrival day and no activities have been planned, so you may arrive at any time. Similarly the last day is a departure day in which no activities are planned.

Your CEO will contact you at the hotel on Day 1 and make sure you are settled comfortably. If you arrive late, they will leave you a message detailing what time and where you should meet the next morning. Your CEO will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your CEO, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

If your call is specifically concerning Airport Transfer complications please call our local G Adventures Transfer providers directly at:
New Delhi Airport:

Sakha Call Center

From outside India: +91 9278708888

From within Delhi: 9278708888

From outside Delhi: 09278708888

Airport Representative

From outside India: +919599193260 or +919599051397

From within Delhi: 9599193260 or 9599051397

From outside Delhi: 09599193260 or 09599051397

EMERGENCY CONTACT NUMBERS

G Adventures Local Office (Delhi)

G Adventures South Asia Manager, Rishab (Delhi, India)

Emergency number:

From outside of India: +91 99 7179 5447

From within Delhi: 99 7179 5447

From within India, but outside Delhi: 099 7179 5447

G Adventures Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time): +66-02-3815574

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Hard suitcases are not recommended for G Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit under the beds when travelling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones.

Standard luggage allowance for internal flights is 15kg (33lb) for checked luggage, and is 7kg (15lb) for carry-on luggage. Any charges for additional luggage or weight is the responsibility of the passenger.

Packing List

Cold Weather:

* Long-sleeved shirts or sweater

* Scarf

* Warm gloves

* Warm hat

* Warm layers

Conservative Dress:

* Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)

* Shawl or scarf (for temple visits)

Documents:

* Flight info (required) (Printouts of e-tickets may be required at the border)

* Insurance info (required) (With photocopies)

* Passport (required) (With photocopies)

* Required visas or vaccination certificates (required) (With photocopies)

* Vouchers and pre-departure information (required)

Essentials:

* Binoculars (optional)

* Camera (With extra memory cards and batteries)

* Cash, credit and debit cards

* Day pack (Used for daily excursions or short overnights)

* Ear plugs

* First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)

* Flashlight/torch (Headlamps are ideal)

* Fleece top/sweater

* Footwear

* Hat

* Locks for bags

* Long pants/jeans

* Moneybelt

* Outlet adapter

* Personal entertainment (Reading and writing materials, cards, music player, etc.)

* Reusable water bottle

* Shirts/t-shirts

* Sleepwear

- * Small travel towel
- * Sunglasses
- * Toiletries (Preferably biodegradable)
- * Watch and alarm clock
- * Waterproof backpack cover
- * Windproof rain jacket

Light Hiking:

- * Hiking boots/sturdy walking shoes
- * Hiking pants (Convertible/Zip-off and quick dry recommended)

Smart Dress:

- * Smart outfit (For evenings out)

Warm Weather:

- * Sandals/flip-flops
- * Shorts/skirts (Longer shorts/skirts are recommended)
- * Sun hat/bandana
- * Swimwear

Note: During the colder months (Oct-Apr) the mountains can be cold, so please make sure you pack warm clothes. During the months of Jul-Sep is the rainy season, so please make sure to pack waterproof clothes.

Laundry

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Visas and Entry Requirements

As of 2017, India is now offering E-Visas for most nationalities. Please visit the link below for further information and to apply:

<https://indianvisaonline.gov.in/visa/tvoa.html>

As there are many fake websites, please only use the above to apply for your E-Visa and for any additional information.

Please use the start hotel of your tour as a reference for your visa application. Contact us or your travel agent if you need further information.

Nepal

Below are the visa requirements at the time of printing (subject to change at any time).

All foreign nationals (except Indians) require a visa to enter Nepal. Visas are obtainable from embassies abroad, on arrival at Kathmandu's Tribhuvan airport, or at the land border crossing. If getting the visa at the airport be prepared for long queues. You will also need to provide one passport photo and the following fees in US dollars cash only: single entry visa valid for 15 days - US \$25: single entry visa for 30 days - US \$40 and multiple entry visa valid for 90 days - US \$100

**Please note that visas are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. For the most up to date information please check your governments foreign ministry website or with you travel agent as rules do change. It is important that you check for yourself. For most travellers there will probably be an embassy and consulate in the country that you live in.

Detailed Trip Notes

In India English is widely spoken and transportation and infrastructure is good, but please remember that this is India- expect the unexpected! If you are able to bring with you a lot of patience, a great sense of humour and a willingness to try and interact with the local people, your travel experience will be greatly enhanced.

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com As of Feb 2012 the exchange rate for INDIA was 1 USD = 49.00 INR (Indian Rupees). There are many ATM machines that accept both Visa and Mastercard but these are limited to major cities. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Departure Tax

All departure taxes should be included in your international flight ticket.

Tipping

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from USD1-2 per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference; however as a guideline USD20-30 per person, per week can be used.

Optional Activities

Jaipur

- Jaipur Balloon Ride
- Raj Mandir Cinema and Movie (200-400INR per person)
- Jaipur Cooking Class with a local family

Mount Everest

- Everest Flight (216-246USD per person)

Kurintar

- Kurintar Nature walk and Village visit (Free)

Phewa Tal

- Phewa Lake Boat Tour (600NPR per person)

Pokhara

- Paragliding (8500INR per person)

Kathmandu

- Pashupatinath Ghats and Temple Visit (500NPR per person, 1500NPR per group)

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our CEOs are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or

protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

Trip Specific Safety

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra-The G Adventures Foundation

The Planeterra Foundation planeterra.org is a Canadian non-profit organization that helps empower local people to develop their communities, conserve their cultures, and create humane and supportive systems for their endeavours. Planeterra provides capacity building and catalyst grants to get community social enterprises off the ground. These businesses address local challenges by providing benefits for indigenous people, empowering marginalized women, and granting disadvantaged youth access to education, employment, and brighter futures. Planeterra also works to ensure these businesses have a thriving customer base by integrating programs into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs so 100% of your donation will bring opportunity to people in need.

Dollar-a-Day Program

G Adventures' Dollar-a-Day Program provides travellers with the opportunity to give back to the people and places visited on our tours by donating one dollar for every day you are on trip. 100% of these donations go directly to support community development projects worldwide that are implemented by Planeterra.

Local Dress

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting small rural communities or visiting temples or mosques or other holy sites as this may restrict your entry.

India is very conservative and you should dress accordingly. As a general guideline shoulders and knees should be covered at all times. The wearing of shorts is not allowed as it will restrict your entry into buildings of a religious nature and family homes. A light water and windproof jacket is useful and a hat essential.

NB: WE STRESS THAT IT CAN BE VERY COLD IN THE HILLS DURING THE MONTHS FROM DECEMBER TO FEBRUARY.

NB: During our trip there will be many opportunities for you to meet and "talk" with locals. One way to start any conversation is with pictures. We recommend that you bring some photos/postcards of your family, home, city or country where you live, animals peculiar to your country etc.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customerservice@gadventures.com and we will send it on to you.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation - Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Minimum Age

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

International Flights

Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.