



ADVENTURE ASSOCIATES

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NEPAL: ROYAL VILLAGE TREK & CHITWAN JUNGLE SAFARI

Journey with us along ancient footpaths through beautiful forest and dramatic terraced hillsides south of Kathmandu. This particular pathway was used by the Rana kings of the 17th century on their way to India. The landscape here is breathtaking! Our trek winds through small villages and isolated homesteads with opportunities to share milk-tea with local villagers and to learn their traditional lifestyles. Our porters carry all the gear - all you carry is a light daypack and your camera. In addition to this unique, culturally-based trek we spend three days in the lush Chitwan Jungle in southern Nepal. Riding on gentle elephants through the dense foliage is a great way to spot wildlife! For two days in Kathmandu, you will learn much from our knowledgeable local guide about the colorful religious and historic events that have created the kingdom of Nepal. This unique itinerary of off-the-beaten-path trekking, jungle hiking and city exploration is ideal for those whose time to Nepal is limited.

Revised Trip Dates: Nov 5 - 20, 2008

Land Costs: \$2799

DAY 1: Nov 5

Flight to Kathmandu: On your own. Please check in three hours to your scheduled departure. Upon arrival, an Adventure Associates representative will greet and transfer you to your hotel. Enjoy a free afternoon to rest or explore Kathmandu (4,500 ft) on your own. Enjoy a welcome banquet of traditional Nepali foods and a trip orientation with the group and your guide. Overnight: Kathmandu lodging. (D)

DAY 2: Nov 6

Begin with an early morning scenic flight to Mt. Everest. Fly to the top of the world and see the Himalayan range from above! After lunch, enjoy a guided tour of the city of Kathmandu visiting ancient Hindu pilgrimage sites such as Buddhanath Stupa and Pashupatinath. Overnight: Kathmandu lodging. (B)

Continued...

DAY 3: Nov 7

Begin Royal Trek (3-5 hours trekking)

Today we begin our fully supported camping trek into the magnificent and remote central Himalaya. We will walk along the ancient footpaths that Nepalese Royalty used hundreds of years ago as they traveled south to India each winter. (This is not to be confused with the route in the *Annapurna* Range that Prince Charles once used, also commonly referred to as "The Royal Trek"). On this path, we will meet villagers and farmers who use these trails to get from their village homes to the nearest town. It will be rare to encounter other world travelers along this route. Each day provides the unique opportunity to meet and interact with the local people whose rich Hindu culture has been little touched by the modern world. The terrain includes rolling hills with some steeper sections (1,000-2,000 feet elevation gain or loss). As we meander through rhododendron forests and over terraced hillsides we visit impressive Hindu temples, a Tibetan gumpa perched high on a hillside, and we share stories with local families and farmers as we visit their villages. It is not uncommon to be invited into a local home for tea. Trekking through the Himalaya with magnificent views, visiting sacred sites, and interacting genuinely with local villagers gives us a glimpse inside the traditional Nepalese way of life. In the morning, our guides and porters wake us with sweet hot tea at our tents before breakfast. In the evening, we pitch our camp on hillsides offering large vistas, immense quietness and endless starry skies. (BLD)

DAY 4: Nov 8

Trek continues to Kaflini (6,100 ft) (3-5 hours trekking) (BLD)

DAY 5: Nov 9

Visit with the villagers of Kaflini

Today we rest from the trek and spend time to visit with families in the village of Kaflini. (BLD)

DAY 6: Nov 10

Continue trek to higher camp Sulikote (7,000 ft) (3-4 hours trekking). On a clear day, you can see Annapurna, Manasalu,

Another early rise to conclude the Royal Trek with a visit to a local school. Enjoy meeting the children and their teachers, getting a taste of student life in Nepal. We finish the trek at a comfortable lodge and thank our porters for their support. (BLD)

DAY 7: Nov 11

Today, we transfer to Royal Chitwan National Park (3 hour drive) for our wildlife safari. We check into our comfortable jungle lodge, shower and relax before our first elephant foray into the jungle. (BLD)

DAY 8: Nov 12

Enjoy a full day of wildlife viewing inside the National Park. Your transport for the day includes elephant back, dugout canoe and nature walks with the park's naturalists. Keep your eyes open for the one-horned rhino, wild boar, langur monkeys, three types of deer, sloth bear, scores of birds and, of course, the very elusive Bengal tiger. Although this area is famous for its wildlife (particularly in the autumn), a large part of the enjoyment here is being on an elephant and lumbering through the jungle! Return to your jungle lodge for dinner and overnight. (BLD)

DAY 9: Nov 13

We start the day with an early morning safari into the jungle before flying back to Kathmandu. The late afternoon and evening are free to explore Kathmandu on your own – a wonderful opportunity to shop for gifts in the colorful Thamel markets. Overnight: Kathmandu lodging. (B)

Continued...

DAY 10: Nov 14

After breakfast, transfer to the airport to board a helicopter for a breathtaking flight north to the village of Ghora Tabela (9,450 feet), just below the high Langtang Valley. Our helicopter flight requires a minimum of 5 passengers and is a strong highlight of the trip. The flight itself is surprisingly quiet – giving the impression of floating above the river valleys and ridgelines. Wonderful photographic opportunities abound! Once landed, we settle into a local teahouse spend the afternoon hiking to help our bodies acclimatize. Ghora Tabela is forested with rhododendron and berberis, and dotted with the small stone homes of the local people. (BLD)

DAY 11: Nov 15

Ghora Tabela to Langtang (3-4 ½ hours trekking)

Today we enjoy a day of hiking - gradually uphill to the Langtang Valley and the village of Langtang (11,480'). The trail zig-zags higher and higher while offering exciting views of the Langtang peaks that await us. As we climb into the broad valley, we pass old mani-walls and goths, temporary shelters for herders. No more than 10km from the border of Tibet, Langtang village itself is a community of stone houses, walled fields of buckwheat and potatoes, and an old gumpa with its resident lama. The people who make Langtang their home are the Tamangs and the Sherpas who, for several hundred years, have crossed from Tibet to live in the high reaches of the Himalayas. We overnight in a local teahouse. (BLD)

DAY 12: Nov 16

Langtang Valley (4-5 hours trekking)

Today we celebrate the high mountain beauty that surrounds us – peaks upon peaks of snowcapped Himalayan giants surround the upper Langtang Valley. After breakfast, enjoy a delightful morning trek from Langtang to Kyangjin (12,300'). With porters carrying our gear, we wander up and through ruggedly wild and exceedingly beautiful country offering fine mountain scenery; we can see ice-fluted Gangchempo (21,000') that dominates the eastern landscape. Meandering past icy streams and glacial pools, aside long mani walls and stone chortens draped in colorful prayer flags, our hike is entirely through the open valley until we reach a vista at a rise above Kyangjin Gumpa. From here the mountain views become even more spectacular with Langtang Lirung (23,700') being the most dramatic. Overnight in a local teahouse. (BLD)

DAY 13: Nov 17

Today, there are several hiking options: Minor peaks (such as Kyangjin Ri) offer enormous views; the Lirung Cirque of hanging glaciers and the Langtang Lirung basecamp are beautiful treks; or the up-valley walk toward Nubamtang (13,123') with its spectacular mountain views. Above Kyangjin, we follow the Langtang Khola (river) on an easy path that passes yak herder settlements and pastures, and cuts across rocky moraines and glacial streams. The walks here in the upper valley are magnificent! Overnight in a local teahouse. (BLD)

DAY 14: Nov 18

Today we bid farewell to the grand high mountain country of Langtang and board our helicopter for a morning flight from Kyangjin to Kathmandu. Transfer to our hotel and enjoy a free afternoon for rest or city exploration. Overnight: Kathmandu lodging. (B)

DAY 15: Nov 19

After breakfast, enjoy a guided tour of the medieval city of Bhaktapur, followed by a free afternoon of rest or shopping for last-minute souvenirs. A farewell banquet of traditional Tibetan foods shared with your guides is a wonderful way to end this spectacular Himalayan journey. (BD)

Continued...

DAY 16: Nov 20

Enjoy a last breakfast and transfer to Kathmandu international airport for your flight home. End of Services. (B)

A Note about flights:

Most treks run during the best weather conditions of the year and there is an extra day at the end of the trek should poor weather interfere with the helicopter flight. Flights to and from Langtang are not always dependable due to weather conditions and there may be flight delays.

Land Costs	Deposit	Scenic In-country Flight	Single Supplement	2008 Trip Dates	Group Size	Difficulty	Activities
\$2799	\$500 (\$200 non-refundable)	Included	\$365	Nov 5 - 20	5-15	Moderate Hiking	Trekking, Camping, Safari, Lodges, Cultural Exchange

GIVING BACK

SEEDS is a non-profit organization in Nepal that provides basic grass-roots relief projects for the region's poorest communities. Wherever possible, our participants will have the opportunity to meet representatives of this organization and become familiar with their work. Donations towards our partner organizations are always welcome.

www.nepalseeds.org

Policies continued on next page...



A FEW IMPORTANT DETAILS ABOUT YOUR TRIP...Read carefully

Itinerary Note: While as accurate as possible at the time of printing, this itinerary should be considered an approximate indication of the schedule and scope of the trip route and activities, rather than an inflexible schedule. The itinerary, hotels and flights are subject to change due to circumstances beyond our control. Any additional costs incurred due to circumstance beyond Adventure Associates of Washington's (AAW) control are the responsibility of the individual passengers. AAW does not accept any responsibility for refunds of unused arrangements due to any change in itinerary in any way by clients after the commencement of the journey or strike action prior to departure and while overseas. Prices are subject to change.

Included in your Trip Fee: Standard accommodations (twin share); meals as indicated on itinerary (BLD = Breakfast, Lunch, Dinner); transfers, ground transportation; in-country flights and domestic airport departure tax; purified water daily; guided city tours and National Park Fees; camping and cook gear: tents, Therma-rest pad and camp chair; porters, cooks and English-speaking guide.

Not Included in your Trip Fee: Visas, passport, international airport departure tax (approx. US\$20), international airfare and any accommodations en route to Kathmandu, meals not mentioned, sleeping bag, bottled water or alcoholic beverages, **required** travel/medical/evacuation insurance; immunizations; excess baggage fees (15kg/33lbs. weight limit including the carry on); tips to guides/porters; personal clothing; cost of delays due to weather, transportation problems, illness, political disputes or other contingencies for which reasonable provision cannot be made. Optional: single supplement fee.

Single Supplement: If you are traveling alone and would like single accommodations where available, you will be asked to pay a single supplement fee of US\$365. If you wish to share accommodations, we will assign you a roommate if one is available. If a roommate cannot be assigned, you will be asked to pay the single supplement fee regardless. Please note, there are no single accommodations in Chitwan National Park; if you have requested a single, you will share a room here and pay accordingly.

How Strenuous is the trekking: This trip includes a moderate to high level of hiking each day. Trekking in Nepal is for active people in good health who enjoy spirited exercise. Gear and supplies will be carried by porters, leaving participants free to carry only a daypack. No technical climbing or other special abilities are required. However, please come with a spirit of adventure and prior hiking experience. This trek varies in altitudes from 4,500 feet (Kathmandu) to 11,500 feet (just below Nubamtang), with optional hikes to higher elevations. The trails themselves are moderately difficult, but at these altitudes, hiking will feel more strenuous. A good physical conditioning program should be undertaken several months prior to your trip. If you are concerned about the nature of this program and your physical condition, please call with questions.

What is the food like: While on our trek you can expect to sample a variety of local Nepali and Tibetan foods such as rice, potatoes (prepared in dozens of ways), steamed dumplings, lentils, tarkari (steamed, fried, or curried vegetables), pastas and possibly even a version of pizza. Meats are rarely eaten although you may have canned tuna or sardines and the occasional yak stew. Breakfasts typically consist of eggs (prepared in many ways), hot porridge, muesli, toast, peanut butter and honey. Hot tea is served at every meal. Teahouse meals are substantial but simple. You will order directly from the teahouse menu. This area is quite remote - little grows here easily and all other provisions must be carried in on the back of porters.

Nepal Lodging & Infrastructure: Nepal is a developing country. Resources at times, cannot match tourism pressures and demands. Your host country is very accommodating and will do everything to assist in a wonderful experience. However, there may be unexpected adjustments to the travel itineraries. Accommodations in some locations may be simpler than in others. We are visitors and our intrigue has opened the doors to this wonderful nation. Travel with an open mind; expectations need to be flexible.

Do I need a Visa for travel to Nepal: Yes. For US citizens, a visa for Nepal is required and is obtained upon arrival at the Kathmandu airport. A single entry Tourist visa to Nepal for 60 days is US\$60. Your passport needs to be valid for 6 months beyond completion of the trip.

Travel & Trip Insurance: You are required to purchase travel insurance for this trip. It is best to do so immediately following your registration. The time and expense that you have put into planning and paying for your trip warrant protection through the purchase of travel insurance, but our primary interest in the Access America travel Insurance package is that it covers "emergency medical transportation" - this is important when traveling and preparing for the unexpected. Emergency services are very costly. This coverage is very inexpensive in comparison. The comprehensive coverage that we recommend also protects you and your money from late cancellations, accidents or illness in remote areas, loss of baggage, airline flight changes and other unexpected delays. The particular program we recommend (**Access America**) will cover "preexisting" conditions, if you purchase full coverage within fourteen (14) days following your registration or flight purchase. Information will accompany your registration information or contact Adventure Associates (206)932-8352 with answers to your questions today.

Transportation/Flight Arrangements: Upon your registration, Adventure Associates will work closely with you on your individual flight plans. Certain programmed activities are dependant on flight schedule - you should verify your flight itinerary with Adventure Associates **before** purchase.

How to Register: If you have not downloaded an application form, please contact our office for one. Complete the application form and return it to our office along with the appropriate deposit. Upon receipt of your application, we will send you a confirmation and final details about your pre-trip preparation. For immediate confirmation, you may charge your deposit to Visa, Master Card or American Express by phone or fax.

Payment Schedule: We accept Visa, MasterCard and American Express.

Note: Due to the fluctuating nature of the American dollar, the trip price is based upon the dollar value at the time of printing and is subject to change.

\$500 deposit due at time of registration (\$200 non-refundable)

\$1200 due six months prior to departure

Final payment due two months prior to departure

Cancellation & Refund Policy

If you must cancel prior to departure, the following fee will be assessed based upon our receipt of your written cancellation request:

Days Prior to Departure (trip destination)

90 or more \$200

60 to 89 \$500

45 to 59 50% fee

1 to 44 100% fee

Itineraries are subject to change.

No partial refunds are possible for any unused portion of your trip.

Penalties on airline tickets are subject to the individual air carrier's rules and regulations. Departure is defined as the date of the first flight, or the trip departure date as indicated on our Trip Schedule, whichever comes first.

Once a trip has been confirmed medical circumstances will not be considered as exceptions to our cancellation policy. However, if you have purchased a comprehensive Travel Insurance plan that covers cancellation, you may be able to retrieve some of the funds.

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