

Nepal Tour 12 Days

Kathmandu 1nts, Kathmandu 4nts, Lumbini 1nts, Chitwan 2nts, Pokhara 2nts, Nagarkot 1nts

Itinerary Brief:

Unexplored city and passage for traders between India and Tibet. It is a land of snow peaks and Sherpas, yaks and yetis, monasteries and mantras. Birthplace of Buddha and has the oldest Shiva temple, Pashupatinath

Daywise Itinerary:

Day 01 DEPART FOR KATHMANDU

Today you board your flight to Kathmandu.

[X] Breakfast [X] Lunch [Y] In flight Dinner

Day 02 ARRIVE KATHMANDU - SIGHTSEEING IN KATHMANDU

Upon arrival at the airport, welcome by our local representative. Depending on time you do a City Tour which include fabulous temples. The temple of lord Shiva, Pashupatinath is a richly ornamented pagoda with a two tiered golden roof and silver doors.

Guheswari Temple- another historic and holy shrine dedicated to the goddess Guheswari, near Pashupatinath.

Akash Bhairav Temple- Situated in the main market avenue, called Indra Chowk, is a three storey temple. The image of lord Akash Bhairav is displayed on the occasion of Indra Jatra, the festival of Indra, the rain God. Hanuman Dhoka (Durbar Square), built between the 12th and the 18th centuries, this complex of palaces, courtyards and temples is the historic seat of royalty. It used to be the seat of ancient Malla kings of Kathmandu. The Durbar Square, protected as a UNESCO World heritage site, epitomises the religious and cultural life of the local people.

Swayambhunath (Samhengu)- listed as a world heritage site, this is one of the world's most glorious Buddhist sites in Nepal. Its establishment is linked to the creation of the Kathmandu Valley out of a primordial lake. Three km west of Kathmandu, this site is situated on a hillock about 77 m above the valley. Painted on the four-sides of the spire bases are the all seeing eyes of Lord Gautam Buddha, the founder of Buddhism.

[Y] In Flight Breakfast [X] Lunch [Y] Dinner

Day 03 KATHMANDU - LUMBINI

After breakfast drive to Lumbini. Proceed for sightseeing of Maya Devi Mandir. The most important temple in Lumbini is the beautiful Maya Devi Temple dedicated to and named for the mother of the Lord Gautama Buddha. This is one of the four most sacred places for all Buddhists as it is the site of Lord Buddha's birth.

Ashoka Pillar: when the Emperor Ashoka visited Lumbini it was a flourishing village. Ashoka constructed four stupas and a stone pillar with a figure of a horse on top. The stone pillar bears an inscription which, in English translation, runs as follows: "King Piyadasi (Ashoka), beloved of devas, in the 20 year of the coronation, himself made a royal visit, Buddha Sakyamuni having been born here, a stone railing was built and a stone pillar erected to the Bhagavan having been born here, Lumbini village was taxed reduced and entitled to the eight part (only)". Sacred Boudha Garden & Pushkarni Monastic zone Thai Temple. Overnight stay at hotel.

[Y] Breakfast [Y] Lunch [Y] Dinner

Day 04 LUMBINI - CHITWAN

After breakfast drive to Chitwan. The Chitwan National Park (CNP) is a world heritage property, and it also contains a Ramsar Site – Beeshazari Tal in its buffer zone. The CNP has a history of over 3 decades in park management and a rich experience in resolving conflicts between the park and the people. Afternoon tour inside the jungle, Elephant safari and jungle walk tour. Evening - Tharu Culture dance. Dinner & overnight stay at hotel.

[Y] Breakfast [Y] Lunch [Y] Dinner

Day 05 CHITWAN

Enjoy a canoe ride and bird watching with a naturalist. Full day tour in the National park. Overnight stay at hotel.

[Y] Breakfast [Y] Lunch [Y] Dinner



Day 06 CHITWAN - POKHARA

Drive to Pokhara and do a city tour - The Old Bazaar: Pokhara's traditional bazaar is colourful and so are its ethnically diverse traders. In the bazaar's temples and monuments the Newar architecture of the Kathmandu Valley ties can be seen. Located about 4Km from Lakeside, the market's original charm is alive and well. Also visit refugee camp and Davis fall. Overnight stay at hotel

[Y] Breakfast [Y] Lunch [Y] Dinner



Day 07 POKHARA

Early morning, take drive to Sarangkot to have a bird's eye view of Pokhara City and witness sunrise over the Annapurna range.

Sarangkot (1592m): A former Kaski fort lying atop a hill to the west of Pokhara. The panoramic view of the Himalaya seen from this point is superb.

Mountain Views: Clearly the most stunning of Pokhara's sights is the spectacular panorama of the Annapurna range which forms its backdrop. Stretching from east to west, the Annapurna massif includes Annapurna 1 to IV and Annapurna South. Worship at Bindabasini temple and short visit to Seti Gorge. Return back to hotel for breakfast.

Afternoon free for shopping. Overnight stay at hotel.

[Y] Breakfast [Y] Lunch [Y] Dinner



Day 08 POKHARA - NAGARKOT

After breakfast drive to Nagarkot, upon arrival check in to your hotel. Evening enjoy sunset view from the hotel. Overnight stay at hotel.

[Y] Breakfast [Y] Lunch [Y] Dinner



Day 09 NAGARKOT - KATHMANDU

Today drive to Kathmandu and on the way visit Bhaktapur - a beautiful ancient city nearby Nepal's capital city Kathmandu. It is a peaceful and tranquil get away from the hectic capital city.

Bhaktapur is worthwhile spending a couple of days in. It is one of three royal cities in the Kathmandu valley, together with Kathmandu and Patan, and is considered the city with the best preserved old city centre. Bhaktapur has a rich fascinating history and is filled with monuments, most terracotta with carved wood columns, palaces and temples with elaborate carvings, gilded roofs and open courtyards. The city is packed with Buddhist and Hindu signs and dotted with pagodas and other religious shrines. Lying along the ancient trade route between India and Tibet, Bhaktapur is surrounded by mountains and provides a magnificent view of the Himalayas. Bhaktapur's Durbar Square is listed as a Unesco World Heritage site.

Afternoon visit to Patan City: A destination for connoisseurs of fine arts, Patan is filled with wood and stone carvings, metal statues, ornate architecture, including dozens of Buddhist and Hindu temples, and over 1200 monuments. The city is known for its rich tradition of arts and handicrafts and as the birthplace of master craftsmen and artists such as Arniko and Kuber Singh Shakya. Overnight at the hotel.

[Y] Breakfast [Y] Lunch [Y] Dinner



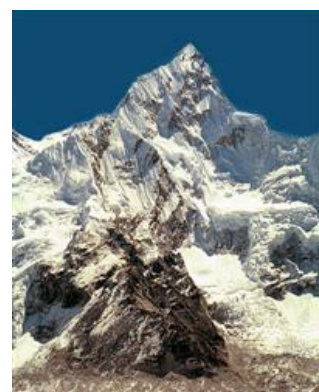
Day 10 KATHMANDU

After breakfast visit Pashupatinath Temple and Boudhnath Stupa.

Pashupatinath : Situated five kilometers east of Kathmandu on the bank of sacred Bagmati river, the temple of lord Shiva Pashupatinath with two tiered golden roof and silver doors is famous for its super architecture. It is a centre of annual pilgrimage on the day of Maha Shivratri. Entrance to the temple precinct is permitted to the Hindus only however, visitors can clearly see the temple and activities performed in the temple premises from the eastern bank of the Bagmati river.

Boudhanath: Boudhanath is among the largest stupas in South Asia, and it has become the focal point of Tibetan Buddhism in Nepal. The white mound looms thirty-six meters overhead.

Evening free at leisure to explore on your own.



[Y] Breakfast [Y] Lunch [Y] Dinner



Day 11 KATHMANDU

Day at leisure.

[Y] Breakfast [Y] Lunch [Y] Dinner

Day 12 DEPART FROM KATHMANDU

Transfer to the airport for the flight to onwards destination.

Depending on your time of departure you will arrive either today or the following day.

[Y] Breakfast [X] Lunch [Y] In Flight Dinner

Return with the Happy Memories of the Tour!!!

Travel Mode:

From	Via	To	By
UK		Kathmandu	Flight
Kathmandu	Lumbini	Chitwan	Coach
Chitwan	Pokhara	Nagarkot	Coach
Nagarkot		Kathmandu	Coach
Kathmandu		UK	Flight

Inclusions:

- * All nights in a 4* / 5* star hotels with breakfast
- * Meal plans as indicated in the itinerary
- * Entrances to sightseeing's and excursions as per the itinerary
- * Tips to guides and drivers included
- * All transportation in executive coaches, cruise liners, trains and some places in A/C Cars
- * All internal transfers using local speed trains at certain places.
- * All Internal Flights Including Airport Taxes
- * Services of local tour guides
- * Premium services of Bi-lingual Tour Director / Escort / Leader / Manager (when minimum numbers of passengers reached)
- * Return flights from one of these airports depending on availability of flights: London Heathrow / Gatwick / Stanstead / Luton / London City Airport

Exclusions:

- * Travel insurance
- * Visa charges
- * Any cost of beverages, alcohols with the set meals.
- * Items of personal nature viz. telephone calls, drinks (beverages), laundry, other meals, potter service, other personal expenses, etc..
- * Tips (for tour managers, guides and driver)

Cancellation Policy:

- * More than 56 days prior to departure date 50% of Total Holiday Cost for International Flight Tours
- * 55 - 42 days prior to departure date 75% of Total Holiday Cost for International Flight Tours
- * 41 - 0 days prior to departure date 100% of Total Holiday Cost for International Flight Tours

Terms & Conditions :

* Please refer to the full Terms and Conditions on our website

FAQ :

Can I join the tour from any part of the world?

A: Yes, you can fly over to Kathmandu (Nepal) our first point in the tour preferably a day earlier. Please do inquire the office to arrange your logistics for both arrival and departure.

Weather & Essential to carry

Q. How can I check the local weather?

A: You can check the local weather to your destinations here: www.accuweather.com

Q. What is the best time to travel?

A: Every effort has been made to select date where the weather is moderate to ensure your best experience of Nepal. (Kindly note due to changing weather conditions globally, Sonatours is not liable for weather variations).

Q. What clothes shall I wear or pack?

A: During the lovely summer months, it is advisable to wear light garments during the day but keep a light jacket or sweater in your hand luggage as evenings can get chilly.

A: We suggest waterproof jacket and It is recommended a pair of sunglasses.

A: During the holiday most of the dressing is casual attire. Should you independently wish to visit Casino or Nightclub, evening wear is required.

Q. What kind of footwear will I need on the trip?

A: We suggest trainers, walking shoes, sandals, chappals or similar.

Passport; Immigration & Visa

Q. Do I need to carry a passport?

A: Yes, all passengers must travel with their passport if traveling outside the country you live in. We request you to see the following websites for the latest updates on travel to your destinations.

For UK Resident: www.gov.uk/foreign-travel-advice

For USA Resident: travel.state.gov/content/travel.html

Q. How long should the passport be valid?

A: Please ensure you have a passport that is valid for at least 6 months from the date of completing your tour.

Q. What are the Visa Requirements?

A: You are responsible to ensure that you have correct documentation.

British passport holders: Do require a visa to travel to Nepal (visa updates to follow) or contact the office.

Non-British passport holders: Please do check with the Nepal Embassy in country of your residence.

Sonatours is not responsible or liable in any way should you be denied travel due to incorrect documentation.

Q. What happens to me if I am stopped at custom and immigration?

A: Sonatours cannot be held responsible if passengers are stopped or held by any government departments, e.g. Police, Customs, Immigration or any other authorities. We are sorry to say that the tour will continue and no financial or any other kind of responsibility will be accepted by Sonatours.

Money Matters

Q. What is the currency used?

A: The currency is Nepalese Rupee (NPR).

American Dollars (USD) is widely used throughout the country.

Q. Can I use my Credit/Debit cards there?

A: We recommend that you take a credit or debit card on holiday with you, as it provides extra financial flexibility. Major international credit cards, such as Visa or MasterCard are accepted by many restaurants, shops and hotels.

Most countries are using chip and pin. In cases where chip and pin not used, please be cautious when handing your debit/credit card.

Q. Are ATM machines available?

A: Major cities will have cash/ATM machines where cash can be withdrawn with your credit or debit card, though this might incur a fee charged by your card provider. Advise your bank which countries you are visiting prior to travel so that you do not run the risk of your card being refused and

subsequent expensive phone calls to unlock it.

Q. Where can I exchange my money?

A: Money can be exchanged at Airports, Banks, Exchange Bureaus and at the hotels. You may also need your passport for identification, please be aware that locally exchange rate may vary.

Health (Medication); Welfare & Travel Insurance

Q. Do I need any vaccinations?

A: For further information on vaccinations please check with your medical doctor for recent updates or go on the following website:

www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/

or contact your medical doctor for recent updates.

Q. Should I bring all my medication with me?

A: Please travel with all your necessary medication for the duration of your trip including your prescription/doctors report confirming the medication.

Q. Do I need to declare any special medical condition and requirements prior to booking the tour?

A: Should you have pre-existing medical conditions or requirements (e.g. oxygen during flight or sleeping, colostomy bags, etc). Kindly advise the office at the time of booking.

Q. What happens if I am unwell during the tour?

A: Should you feel unwell during the trip, kindly contact the Hotel Reception, Tour Manager/Local Guide. We regret that no refunds can be made for absences from a trip, including experiences such as missed meals or sightseeing. Strongly recommend to have personal travel insurance to cover these mishaps.

Q. What happens if an accident occurs while on the tour?

A: Should you be involved in an accident (minor or major), please contact your Tour Manager/Local Guide. Unfortunately, no refunds can be made for absences from a trip, including experiences such as missed meals or sightseeing.

Q. What should I do if there is an incident?

A: Sonatours makes every effort to keep your health and safety in mind. However, should an unforeseen incident occur please contact your tour manager/local guide/hotel reception for immediate assistance.

Q. Do you facilitate clients with disability?

A: Sonatours does not provide special tours for the disabled. Our coaches do not have wheelchair excess. It is possible to bring along a folding type of wheelchair which may be kept in the baggage hold of the coach. The driver will load and unload the wheelchair from the coach for the passenger however they will need to be physically fit enough to be able to embark and disembark the coach on their own. On the tour it is also essential that a capable person is accompanying such a passenger on the tour to push their wheelchair.

Q. What happens if I have lost or left something in the hotel?

A: Kindly note that you are responsible for looking after your valuables and property when on vacation. If an item has been left in a hotel you will need to call the hotel and arrange with them directly for the return of your item, there might be charges involved.

A: You are advised not to carry unnecessary valuables and to be vigilant, as tourist spots are well known targets for pickpockets. In case of theft, you will need to advise your Tour Director immediately and report the theft to the police. This should provide you with a police report or crime reference number.

Q. Do I need travel insurance?

A: We strongly recommend you travel with Travel/Medical Insurance from your country of residence. Kindly ensure you get the correct insurance for the tour.

Q. Can Sonatours provide travel insurance?

A: There are various travel insurance providers in the market, however Sonatours does not provide Travel Insurance.

Accommodation & Transport

Q. How are rooms allocated?

A: Each hotel checks their bookings and room inventory in the morning and pre-assigned the rooms. Sonatours have no control over room allocations.

Q. Can you guarantee rooms together?

A: Room allocation is done by the hotels. Rooms together only be requested but not guaranteed.

Q. What facilities are there in the room?

A: Facilities vary from Hotel to Hotel and include en-suite bathrooms, generally TV, safe box, telephone, mini bar, room service (use of some of the services are chargeable and to be settled by yourself at the time of checkout). Hotels may require your credit card to cover your extras or cash deposits.

Q. Will the room have walk in shower?

A: Not all hotel rooms have walking showers.

Q. Does my room have Tea & Coffee making facilities?

A: Please note that not all hotels provide tea/coffee in the room. If hot water is required, kindly request the hotel reception for assistance.

Q. Is smoking allowed in the hotels/rooms?

A: Hotels do not allow smoking in the rooms. However, designated smoking areas are provided. Please be aware that some rooms might be smoking, although non-smoking rooms are requested.

Q. Is WIFI freely available?

A: Most hotels will have WIFI available in the public areas. Please check with hotel reception for WIFI information in the rooms.

Q. Do all rooms have air-condition?

A: Most hotels rooms in Nepal do not offer air-conditioners or fans due to high altitude.

Q. Will all hotels have lifts?

A: Most of the hotels worldwide will have lifts. However, at some places Heritage Hotels or Resorts are used In such cases lifts cannot be guaranteed.

Q. What time do I need to be at the airport?

A: All flight tours originating in the UK require that you be at the airport for your flight at least 3 hours prior to your flight time. Your final itinerary confirmation will confirm the time you need to be at the airport. Should you miss your flight Sonatours will not be liable for any costs incurred for you to join the tour. The office will make every effort to assist you in such circumstances.

If you have booked the tour without flights, please meet the group at the hotel. Details will be sent to you at a later date. Please do check with the office as you might need to book a hotel before the tour starts and after it finishes.

Please be on time as we cannot be held responsible or liable for any loss or expense suffered if you miss the flight or coach.

Q. Are flights upgrades available?

A: On long haul flight tours upgrade to your flights is possible. Please advise the office at the time of booking to get the best possible price.

Q. Can I select my seats on the airplane?

A: International flight booking are booked as a group and the airlines will allocate the seats. Should you have a specific request it will be forwarded to the airline but cannot be guaranteed.

Q. What are the luggage requirements on the airplane?

A: International Flights: Different airlines will have different requirements on the weight allowance. It can range 20-30kgs for your main luggage and 5kg for hand luggage.

We do advise you to travel light. This information will be on your e-ticket once the tickets have been issued.

Q. What type of coach will I be travelling in?

A: We use the finest fleet of fuel-efficient coaches. Most coaches will have armrests & are fully air-conditioned or air-cooled—all with reclining seats. Coaches in Nepal do not have emergency WC facilities. Frequent comfort stops are being made for your convenience. The high vantage point from your coach's windows means you can take in all the glorious scenery, whether it's a vast-rural landscape or an urban city Centre. On a touring holiday there are some long journeys which are unavoidable especially what travelling from city to city.

Q. Can I select my seats on the coach?

A: We have a strict seat rotation policy when travelling by coaches on all our international tours.

Q. What is the smoking and alcohol policy while travelling by coach?

A: There is a strict policy of "no smoking, no alcohol and no smelly food" on all our coaches. We do, however, make plenty of comfort stops.

Food Matters

Q. Can I request my flight meal and is it guaranteed?

A: Meal request should be advised at the time of your booking; Sonatours will request on your behalf, but we cannot guarantee the request. Sonatours are not liable in case the requested flight meal cannot be fulfilled.



sonatours
more choice • more quality • more fun



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Call: +44 (0) 2089510111

Email: info@sonatours.co.uk

Q. What meal options are available to me while on tour?

A: On this tour a range of local Vegetarian options (e.g. Jain, Swaminarayan) as well as Non-Vegetarian are available. Kindly advise your meal preference/allergies at the time of your booking.

Q. Where will I have my daily meals?

A: On all tours breakfast is at the hotel and dinners is at various restaurants or hotels.

Q. Should I carry dry snacks?

A: Dry snacks can be carried, provided they are pre-packed, and all the ingredients are clearly listed on the packaging.

Q. What is the cost of a local meal?

A: On an average local meal costs about £15-£20 per person per meal. This estimated price varies from city to city and country to country.

Miscellaneous

Q. Will I travel with people from other countries?

A: Sonatours have offices in Kenya, India, USA and UK. The beauty of taking a guided holiday with us is you will have the opportunity to meet and travel with people from all over the globe.

Q. Is there a tour director on the tour?

A: Escorted tours are accompanied by professional tour director/local guides throughout the tour. It may be necessary that your Tour Director may change whilst on tour; this is usually due to operational reasons or utilizing local guides for their wealth of experience.

Please ensure you provide your mobile number that you will be carrying with you while on the tour when making the booking. This facilitates the tour director to contact you should the needs arise while on the tour.

If minimum number of passengers has not been achieved, we will have a local guide. Sonatours provides services of local tour guides to make sure you will get an unforgettable experience.

Q. How many people will be on my trip?

A: Average group size are between 15 to 50 passengers but it may vary from departures to departures.

Q. Are tips included?

A: On all our group tours, only tips for the driver are included. However, should you wish to tip separately to driver and tour manager, you are welcome to do so at your discretion.

Q. When does my day start?

A: The day usually starts at 8am. Further instructions you will be given the night before. However, this may differ depending on the activity of the day or when having an early flight.

Q. How much walking is involved per day for the duration of the tour?

A: This tour involves a substantial amount of walking (normally 8 to 10 hours a day, not all at one stretch).

Q. Will I have free time?

A: Each itinerary offers the perfect balance of downtime and discoveries. We also give you the opportunity to tailor your trip with optional experiences. If you decide to venture on your own during your free time, preferably you go in a group, keep the guide contact and the hotel address handy. Please do inform the tour director. We recommend you download an offline map too.

Q. Do I need to get a local SIM card?

A: Usually it is not necessary, should you require one kindly speak to your Tour manager/Local guide for assistance.

Q. Should I bring any electric outlet adapter and charger for my electronics?

A: Electrical currents vary Globally. We recommend that you carry a universal adapter and your electronic charges for your convenience and comfort.

Nepal: Electricity supply is 230 Volts; uses two types 1) D - three rectangular round pins in a triangular pattern; 2) C-2 round pins.

