

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

# NEPAL

## Low-Altitude Trekking, Rafting, and Elephants



October 21 - November 3, 2020

# NEPAL

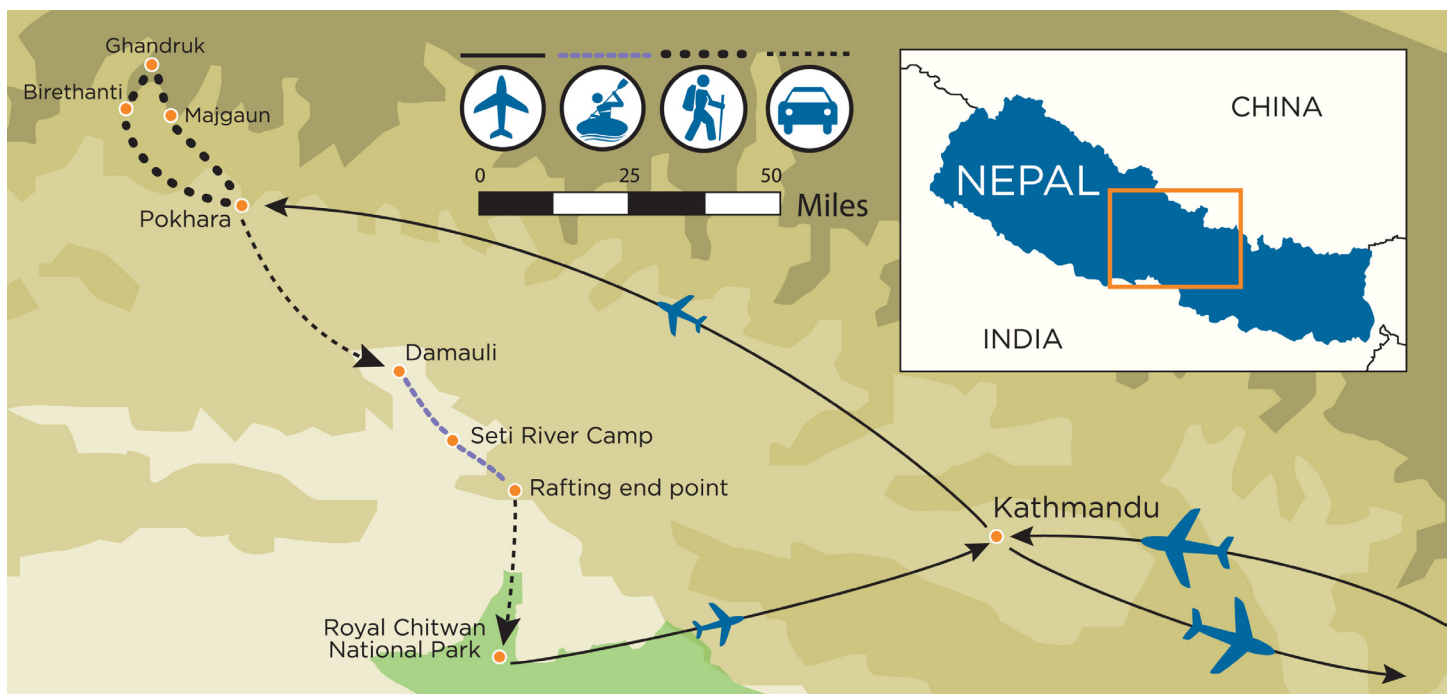
## Low-Altitude Trekking, Rafting, and Elephants

October 21 - November 3, 2020

### TRIP HIGHLIGHTS

- ▶ Experience the exotic culture of Nepal and meet artisans and local villagers making their living in Nepalese villages
- ▶ Trek to the heights of the Himalaya Mountains on a low altitude route allowing for maximum gain but spectacular views
- ▶ Travel back in time as you raft the Seti River through Nepal's pastoral countryside
- ▶ Paddle through Chitwan National Park on a wildlife safari

### TRIP ROUTE



# NEPAL

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October 21 - November 3, 2020

### QUICK VIEW ITINERARY

- Day 1: arrive in Kathmandu, trek briefing, organize your gear for the trek!
- Day 2: fly to Pokhara, trek into the Modi River Valley, ending at Sanctuary Lodge
- Day 3: trek in the river valley, slowly climb up into the mountains and finish at 6,600'
- Day 4: explore the village of Ghandruk, optional walk to a temple at 7,500'
- Day 5: trek through small villages, relax this afternoon or take an optional hike
- Day 6: ascend back up to Gurung lodge, explore picturesque villages
- Day 7: head back to Pokhara, prepare for rafting the Seti River
- Day 8: raft the Seti River, see an abundance of birds, and float by villages
- Day 9: relax at the Seti River Camp, optional hike to a nearby village
- Day 10: finish your rafting trip, wildlife viewing in Royal Chitwan National Park
- Day 11: full day of wildlife viewing in Royal Chitwan, help wash the elephants
- Day 12: fly back to Kathmandu, visit the Buddhist complex of Boudhanath
- Day 13: optional flight to see Mt. Everest (additional fee), farewell dinner
- Day 14: depart for the US

### TRIP PRICE

Main Trip: \$4,690

Optional Single Accommodations: \$950

Internal Air: \$300

# NEPAL

## Low-Altitude Trekking, Rafting, and Elephants

October 21 - November 3, 2020

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### your adventure in depth

#### DAY 1

Wednesday  
10/21/20

### Arrive in Kathmandu

Welcome to Nepal! Nepal's towering mountains and verdant valleys, ancient cities and villages and the exotic Nepalese people fascinate all who are lucky enough to visit this culturally and geologically rich country.

#### Pick-up and Transfer

You will be met at the Kathmandu Airport and transferred to your hotel.

#### Trip Briefing

This afternoon at 4:00pm, meet in the lobby of the Yak and Yeti Hotel. Have a full briefing on your adventure. You will be given your trek duffel bags and reminded how to pack for the trek.

#### Welcome Dinner

Enjoy a welcome dinner and group orientation this evening.

#### Accommodations

Yak & Yeti Hotel

#### Meals Included

dinner

# NEPAL

## Low-Altitude Trekking, Rafting, and Elephants

October 21 - November 3, 2020

### your adventure in depth

#### DAY 2

Thursday  
10/22/20

### Kathmandu to Birethanti

Annapurna is a Sanskrit name that literally means “full of food,” but it is normally translated to Goddess of the Harvests. The Annapurna Range includes one peak above 26,000 feet, 13 over 23,000 feet, and 16 over 20,000 feet. Your low-altitude trek to 7,500 feet will have stunning views of these massive mountains.

**Morning Flight** This morning you fly to Pokhara (3,300 feet), the rural capital of Western Nepal.

**Arrival and Briefing** Have a trek briefing before departing with your guides and porters for the one-hour drive to the trek starting point.

**First Day's Trek** Your first day's trek follows a ridgeline in the lower foothills of the Annapurnas, with surrounding views of the Pokhara Valley. The route then drops to the Modi River Valley, home to Sanctuary Lodge and your first night's stay. Trekking time is 4-6 hours.

**Lunch** Enjoy a picnic lunch in the village of Chandrakot before continuing your trek to the lodge.

#### Hiking Details

Approx. 4.5 miles  
1,532 ft elevation loss

#### Accommodations

Sanctuary Lodge

#### Meals Included

breakfast, lunch, dinner

# NEPAL

## Low-Altitude Trekking, Rafting, and Elephants

October 21 - November 3, 2020

.....

### your adventure in depth

#### DAY 3

Friday  
10/23/20

### Birethanti to Ghandruk

Ghandruk is an excellent place for views of Machapuchare, or Fishtail Mountain. The mountain is revered by the local population as sacred to the god Shiva, and is off-limits to climbing. The double summit resembles the tail of a fish, hence the name.

**Morning Trek** Leave Sanctuary Lodge and walk through outlying farms along the Modi River Valley. After an hour of easy walking, you begin to climb out of the valley and up towards the mountains. Snacks are provided en-route. The trail passes through small hamlets, terraced rice fields, and forests. Trekking Time 6-8 hours.

**Lunch** Arrive in the afternoon at the Himalaya Lodge in Ghandruk (6,600 feet) and enjoy a late lunch while taking in the spectacular close-up views of the surrounding mountains.

**Dinner** Take some time to freshen up and take a hot shower, change from your hiking clothes, and enjoy the evening Annapurna panorama before dinner.



#### Hiking Details

Approx. 7.5 miles  
2,850 ft elevation gain

#### Accommodations

Himalaya Lodge

#### Meals Included

breakfast, lunch, dinner

# NEPAL

## Low-Altitude Trekking, Rafting, and Elephants

October 21 - November 3, 2020

---

### your adventure in depth


#### DAY 4

Saturday  
10/24/20

### Ghandruk

Ghandruk is a village in the mountains that you can only reach on foot. It has a temple with a beautiful view, and you can learn about some of the unchanged local traditions in the area.


#### Free Morning and Meet with Ghandruk Women

Today you have a free morning to explore the mountain village of Ghandruk, a major recruitment center for the famous Gurkha soldiers. Meet and talk with the women of Ghandruk, who maintain a local industry weaving traditional Nepalese rugs. 

#### Walk or Relax this Afternoon

This afternoon you may choose an optional walk to an altitude of 7,500 feet, or relax in the beautiful garden area of the lodge.

#### Lunch and Dinner

Lunch and dinner are at the Himalaya Lodge today. 

#### Hiking Details

Approx. 3 miles  
900 ft elevation gain

#### Accommodations

Himalaya Lodge

#### Meals Included

breakfast, lunch, dinner

# NEPAL

## Low-Altitude Trekking, Rafting, and Elephants

October 21 - November 3, 2020

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### your adventure in depth

#### DAY 5

Sunday  
10/25/20

### Ghandruk to Birethanti

Enjoy the stunning views of the snow-capped Himalayas as you continue your trek in the Annapurna range.

**Morning Trek** After breakfast, depart the Himalaya Lodge and return to Birethanti via the village of Kimche, about midway through the trek. Hike approximately 4-6 hours back to Sanctuary Lodge.

**Lunch** Enjoy lunch at the lodge.

**Option to Relax or Hike to Waterfall** This afternoon, you can relax by the river or in the landscaped gardens from which the magnificent 23,000-foot Machapuchare can be viewed. Alternatively, join an optional guided hike to a nearby waterfall.

#### Hiking Details

Approx. 7.5 miles  
2,850 ft elevation loss

#### Accommodations

Sanctuary Lodge

#### Meals Included

breakfast, lunch, dinner



# NEPAL

## Low-Altitude Trekking, Rafting, and Elephants

October 21 - November 3, 2020

---

### your adventure in depth

#### DAY 6

Monday  
10/26/20

### Birethanti to Majgaun

The Himalayas of central Nepal are dominated by Annapurna I, II, III, IV, Annapurna South, Gangapurna, Machapuchare, Lamjung, and Hiunchuli. Together, they form one of the most dramatic and scenic spans of peaks found anywhere in the world.

- Morning Trek** After breakfast, leave the Sanctuary Lodge and follow the Modi River until arriving at a cable bridge about 20 minutes up river. After crossing the bridge, ascend partly on well-paved steps and partly on switch-backs, until you reach the welcome sign of the Gurung Lodge after about 2-4 hours of trekking.
- Afternoon Village Exploration** Spend the rest of the day exploring the nearby picturesque villages of Majgaun and Patleket.
- Dinner** Enjoy dinner at the lodge tonight.

#### Hiking Details

Approx. 3 miles  
843 ft elevation gain

#### Accommodations

Gurung Lodge

#### Meals Included

breakfast, lunch, dinner

# NEPAL

## Low-Altitude Trekking, Rafting, and Elephants

October 21 - November 3, 2020

### your adventure in depth

#### DAY 7

Tuesday  
10/27/20

### Majgaun to Pokhara

Pokhara is a remarkable place of natural beauty situated at an altitude of 827m from the sea level, 200 km from Kathmandu valley. The city has several beautiful lakes and offers stunning anatomic views of Himalayan peaks. The serenity of lakes and the magnificence of the Himalayas rising behind them create an ambiance of peace and magic. Today the city has not only become the starting point for most popular trekking and rafting destinations, but also a place to relax and enjoy the beauty of nature.


#### Morning Tea or Coffee and Photograph Opportunity

After early morning tea and coffee served on your verandah, you have the opportunity to photograph the stunning scenery of the Annapurnas from several different locations around the lodge.

#### Morning Trek and Transfer to Pokhara

Arrive at the village of Lumle, situated at 5,300 feet, where a vehicle is waiting to transfer you to Pokhara and the Temple Tree Resort. Trekking time 2-3 hours.

#### Free Afternoon

This afternoon is free to wander among the shops on the lakeside or take a row boat out on the lake 

#### Organization for Rafting Trip

Once at the Temple Tree Resort in Pokhara, your extra raft and Chitwan luggage (which you left in Pokhara before your trek departure) is waiting for you, to pack for tomorrow's departure. Waterproof bags are provided. All items for the two-night raft trip are carried in the raft in these waterproof bags. The boats also have watertight drums to keep cameras, sun screen, and any other small items you may need during the day. The remainder of your luggage/clothes for Chitwan is transported in a vehicle to the raft finish point.

#### Dinner

Dinner is at a colorful local restaurant.

#### Hiking Details

Approx. 2 miles  
689 ft elevation gain

#### Accommodations

Temple Tree  
Resort & Spa

#### Meals Included

breakfast, lunch, dinner

# NEPAL

## Low-Altitude Trekking, Rafting, and Elephants

October 21 - November 3, 2020

---

### your adventure in depth

#### DAY 8

Wednesday  
10/28/20

### Pokhara to the Seti River

The Seti River (elevation 1,000 feet) has no road access, so the river and surrounding valley remains pristine. Floating down the Seti gives you a chance to see village life along the banks as well as the abundant variety of birds.

#### Head to Raft Launch Point

After breakfast, leave the Temple Tree Resort for the two-day raft trip on the Seti River. From Pokhara, it is a one and a half hour journey through scenic countryside.

#### Meet Raft Crew and Briefing

Upon arrival at Damauli, the starting point on the river, meet the experienced boat crew, who give a full briefing prior to launch.

#### Lunch

On the way to camp, stop for a picnic lunch on a sandy beach.

#### Rafting Details

Today, there are two small rapids of no more than grade 2 (about 165 feet long). The remainder of the trip is very much a float experience, all the way to the river camp. Rafting time is about three hours, depending on water levels.

#### Accommodations

Seti River Camp

#### Meals Included

breakfast, lunch, dinner

# NEPAL

## Low-Altitude Trekking, Rafting, and Elephants

October 21 - November 3, 2020

.....

### your adventure in depth

#### DAY 9

Thursday  
10/29/20

### The Seti River

The Seti River is an important tributary of the Karnali system that drains western Nepal. It originates from the south-facing slopes of the Himalayas.

#### Layover Day

Today is just for relaxing at this beautiful, lush camp on the river. There are “treehouses” you can sit in and read a book. Or, you can choose to take a hike to one of the nearby villages. Many women from our past trips have found this to be a wonderful hike to the village of Darampani, about two hours above the river camp. Since no other trek companies hike to this village, it still remains quite untouched by tourism. Forty-five minutes above the village there is a spectacular viewpoint where you can see the entire Annapurna as well as the Manaslu Range of mountains.

#### Meals

Breakfast, lunch, and dinner are at camp.

#### Accommodations

Seti River Camp

#### Meals Included

breakfast, lunch, dinner

# NEPAL

## Low-Altitude Trekking, Rafting, and Elephants

October 21 - November 3, 2020

### your adventure in depth


#### DAY 10

Friday  
10/30/20

### Seti River to Royal Chitwan National Park

The rich wildlife of Chitwan has been famous for centuries, and for the next two days you will view wildlife from canoes and jeeps through the towering grasslands in search of animals. Leopard, Greater One-Horned rhinoceros, gaur, four kinds of deer, two species of monkey, two types of crocodile, and 450 different species of birds all live in the park, adding color and music to the biological symphony in the jungle. If you're extremely lucky, you might even spot the elusive Royal Bengal tiger.

From the peace and tranquility of Kasara Resort, walks (escorted by trained naturalists) are an opportunity to enjoy the remote jungle. In addition, bird watching, jungle treks, wildlife viewing, and photography allow you to experience the wildlife on an intimate basis.

**Morning Raft and Drive to Royal Chitwan National Park** Spend this morning rafting and then journey by vehicle for approximately two hours to Royal Chitwan National Park. 

**Lunch** Enjoy a picnic lunch along the way.

**Dinner** Dinner is at the resort tonight.

#### Accommodations

Kasara Resort

#### Meals Included

breakfast, lunch, dinner

# NEPAL

## Low-Altitude Trekking, Rafting, and Elephants

October 21 - November 3, 2020

---

### your adventure in depth

#### DAY 11

Saturday  
10/31/20

### Royal Chitwan National Park

Enjoy a full day of exploring the park and jungle. This is a day to immerse yourself in this natural tropical environment. Head out in jeeps to view wildlife. Rhino are also often found around the camp. Naturalists will lead guided nature walks, and you have a choice of other activities throughout the day.

#### Wildlife Viewing

Set out to explore the park by vehicle or canoe today.

#### Meals

Meals are provided by the resort today.

#### Optional Spa Visit

If you'd like, book a spa treatment today at the resort.

#### Accommodations

Kasara Resort

#### Meals Included

breakfast, lunch, dinner

# NEPAL

## Low-Altitude Trekking, Rafting, and Elephants


October 21 - November 3, 2020

### your adventure in depth

#### DAY 12

Sunday  
11/1/20

### Royal Chitwan National Park to Kathmandu

The Asian elephant is the largest of all mammals in Nepal. You'll have the chance to interact with the elephants, and if you're lucky, help bathe them 

#### Morning Game Viewing

Enjoy a final morning of game viewing before departing.

#### Flight to Kathmandu

After breakfast, transfer to the air field for the short flight back to Kathmandu. Enjoy lunch along the way.

#### Arrival and Tour of Boudhanath

Upon arrival in Kathmandu you are met at the airport and on the way back into the city, take a special tour of the exceptional Buddhist Complex of Boudhanath.

#### Visit to the Stupa and Free Time

After visiting the Stupa, the largest in Nepal, there is free time for shopping in this marvelous city of bargains.

#### Head to Hotel

In the late afternoon, transfer to the Yak and Yeti Hotel. Dinner is on your own tonight in one of the terrific local restaurants.

#### Accommodations

Yak & Yeti Hotel

#### Meals Included

breakfast, lunch

# NEPAL

## Low-Altitude Trekking, Rafting, and Elephants

October 21 - November 3, 2020

---

### your adventure in depth

#### DAY 13

Monday  
11/2/20

### Kathmandu

Kathmandu is at an elevation of approximately 4,600 feet in the Kathmandu Valley of central Nepal. The city has a multi-ethnic population and is a cultural center.

#### Optional Flightseeing Trip

This morning there may be time for those who made their reservations for the early morning (optional) flightseeing trip to view Mt. Everest (weather dependent).

#### Lunch

Lunch is on your own today.

#### Visit Bhaktapur

After lunch, enjoy a half-day guided sightseeing trip to the ancient city of Bhaktapur.

#### Free Afternoon

The rest of the afternoon is free for shopping and exploring.

#### Farewell Dinner

Have a farewell dinner with your new AdventureWomen friends. Reminisce over all of the memories you have made and celebrate the end of an amazing journey through this truly spectacular country.

### Accommodations

Yak & Yeti Hotel

### Meals Included

breakfast, dinner



# NEPAL

## Low-Altitude Trekking, Rafting, and Elephants

October 21 - November 3, 2020

---

### your adventure in depth

#### DAY 14

Tuesday  
11/3/20

### Kathmandu and Depart

Enjoy one last morning in Kathmandu before departing for the US.

#### Transfer to the Airport

Say goodbye to your new AdventureWomen friends as you transfer to the airport for your flights home.

Meals Included  
breakfast

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

# NEPAL

## Low-Altitude Trekking, Rafting, and Elephants

October 21 - November 3, 2020

.....

your adventure  
in depth

### Accommodation Details

#### Yak & Yeti Hotel

The restored 19th-century palace houses two restaurants, several grand banquet halls, and the Casino Royale. In the lobby, granite floors, carved wood pillars, and gleaming brass and copper provide a suitably exotic feel, and through a wall of glass you can see the hotel's extensive gardens. All of the guest rooms are comfortable and nicely equipped to give a feeling of being home while away from home. It is THE place to stay in Kathmandu!

#### Sanctuary Lodge

The lodge has stunning views of the sacred and unclimbed "Fishtail Mountain," or Machapuchare, as it is locally known. Set in lush surroundings with colorful flower gardens and the river nearby, the Sanctuary Lodge has twin bedrooms, solar heated showers, and Western toilet facilities. There is also a central reception and dining area with a fireplace, comfortable chairs, books, and magazines.

#### Himalaya Lodge

From the garden of the lodge, some of the highest peaks in the world can be seen in their snowcapped glory. The lodge is centered around a 150-year-old traditional Gurung village house, which now serves as the dining room and main reception area. New bedrooms with covered verandas, solar heated showers, and western toilet facilities have been added to this traditional house.

#### Gurung Lodge

The Gurung Lodge is built along the lines of a traditional Nepalese village. Every room has antique carved windows and spectacular views of the surrounding valley and mountains.

# NEPAL

## Low-Altitude Trekking, Rafting, and Elephants

October 21 - November 3, 2020

---

your adventure  
in depth

### Accommodation Details

#### Temple Tree Resort & Spa

Temple Tree Resort & Spa is a boutique hotel combining western standards with the distinctive architecture and culture of Nepal's Western Himalayas. Named after the fragrant temple tree plant frangipani found in the area, the Temple Tree offers a peaceful and relaxed atmosphere and attentive service. Nestled close by Fewa Lake in the Pokhara Valley, Temple Tree is framed by the foothills and majestic peaks of the Annapurna Mountain Range.

#### Seti River Camp

Accommodation at the camp is in comfortable safari-style tents, each with its own changing room, veranda, and attached bathroom with western-style toilets and hot showers. Tents are set up so they have fabulous views of the river. The camp is fully-staffed, with a central dining room that provides a veritable feast at each meal. The surrounding countryside is truly magnificent.

#### Kasara Resort

Accommodations at Kasara Resort are in air-conditioned, twin-bedded, spacious rooms, each with en suite private bathrooms. There is a swimming pool at the resort. Each room comes with a private water-garden courtyard, a private garden, an indoor-outdoor bathroom space, and a sun deck. The resort's proximity to the national park ensures a close interaction with the nature and the community forests of Chitwan.

# NEPAL

## Low-Altitude Trekking, Rafting, and Elephants

October 21 - November 3, 2020

.....

your adventure  
in depth

### Included/Not Included

#### Included:

- ▶ Accommodations based on double occupancy
- ▶ Meals as noted in the itinerary
- ▶ All transportation throughout the trip
- ▶ All activities as listed in the itinerary
- ▶ English-speaking guide throughout the trip
- ▶ Services of local guides and porters
- ▶ Purified drinking water, and all local beverages while on trek (in the lodges and river rafting camp)
- ▶ Loan of trek duffel for 5 day trek, and another trek duffel for the raft trip and Chitwan, plus loan of day pack, rain gear, and walking sticks while on trek. Complimentary water bottle and sun hat are supplied
- ▶ While on trek and in the lodges, the following is provided and on loan with your room each night, for each participant: down jacket, wool hat, and gloves
- ▶ All entrance fees
- ▶ Gratuities for rafting guides, Chitwan guide, Kathmandu guide, drivers, and baggage handlers
- ▶ Domestic airfare
- ▶ One AdventureWomen Ambassador

#### Not Included:

- ▶ International airfare
- ▶ Meals not specified in itinerary
- ▶ Alcoholic beverages, unless otherwise specified
- ▶ Optional scenic Everest flight while in Kathmandu (approximately \$185 -in US Dollars cash, to be paid for at the beginning of the trip while in Kathmandu)
- ▶ Items of a personal nature
- ▶ Passport and visa fees
- ▶ Travel insurance
- ▶ Gratuities for your head guide, assistant trekking guide, and porters on the trek

# NEPAL

## Low-Altitude Trekking, Rafting, and Elephants

October 21 - November 3, 2020

---

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

pack your  
bags!

the fine print

### Activity Level:

Moderate

Active

**High Energy**

Challenging

We rate this trip as High Energy with two Challenging Days. Our High Energy adventures are designed for women who enjoy a physical challenge and crave being on the go! You should be prepared for itineraries that include (but are not limited to): a full day of biking on rolling terrain, hiking 5-8 miles on moderate to steep trails, being active at high altitudes, whitewater rafting, or skiing. Our Challenging adventures get your heart rate pumping, these are demanding yet deeply rewarding and designed for seasoned outdoor enthusiasts. You should be in excellent physical condition, and be able to hike up to 10 miles, in steeper, more rugged terrain. Please note that this is a general description of what you might encounter; for specific details about your trip, please consult the itinerary.

We recommend training before your trip (with your doctor's permission!) to make the most of your adventure. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you with this itinerary in mind. Best of all, AdventureWomen guests get a 25% discount with the code FITWOMEN. Learn more at: <https://fitfortrips.com/partners/adventure-women/>

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

# NEPAL

## Low-Altitude Trekking, Rafting, and Elephants

October 21 - November 3, 2020

---

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

pack your  
bags!

the fine print

The deposit for this trip is \$800, and is nonrefundable and nontransferable. Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Supplemental Trekking Release
- Supplemental Rafting Release
- Copy of Flight Information
- Copy of Issuing Page of Passport (Photo Page)

**Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before July 23, 2020.** A maximum of \$1,500 per person can be put on a credit card, which includes your deposit.

### Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

You will need a tourist visa to enter Nepal. You can obtain your visa upon arrival at the airport for US\$25. You must bring two passport photos for your visa. If you choose, you can apply for your visa prior to your trip. For more details, please visit <http://www.nepalembassyusa.org/tourist-visa/>

# NEPAL

## Low-Altitude Trekking, Rafting, and Elephants

October 21 - November 3, 2020

---

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

pack your  
bags!

the fine print

### Health Considerations:

Make an appointment with a travel clinic. There are no immunization requirements for travel to Nepal, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history.

For more health information, go to [www.cdc.gov/travel](http://www.cdc.gov/travel) and navigate to the page about Nepal.

### Money:

The currency of Nepal is the Nepalese Rupee. US Dollars are generally not accepted in Nepal except for gratuities. Credit cards are accepted in a few large hotels, where there is generally a surcharge for credit card use of 3-4%. ATMs are in larger towns only. You should plan on bringing cash and exchanging it for local currency.

### Suggested Gratuities:

- ▶ Main guide: \$80
- ▶ Assistant guide: \$20
- ▶ Porters for the trek: \$50

# NEPAL

## Low-Altitude Trekking, Rafting, and Elephants

October 21 - November 3, 2020

---

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

pack your  
bags!

the fine print

**Arrive:** Arrive in Kathmandu, Nepal (KTM) on October 21, 2020 by 2:00pm.

**Depart:** Depart Kathmandu, Nepal (KTM) on November 3, 2020.

We are happy to help you make your flight and travel arrangements. Please contact us at:

**(800) 804-8686 or (617) 544-9393**  
**email: [info@adventurewomen.com](mailto:info@adventurewomen.com)**

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

**Note:** The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.



# NEPAL

## Low-Altitude Trekking, Rafting, and Elephants

October 21 - November 3, 2020

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

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bags!**

the fine print

**Packing Considerations:** Temperatures on your trip tend to be quite cool in the morning and evening, and will warm up at midday. You will have lows in the 40s and highs in the low 80s.

**Note:** You MUST bring four passport photos with you to Nepal for your visa and your trekking permits.

### Luggage:

- ▶ Suitcase: We suggest packing everything you need in one suitcase or duffel. Your suitcase with extra clean clothing will be stored while you are trekking, rafting, and in Chitwan. Please leave your suitcase at the Yak and Yeti before departing for the trek.
- ▶ Personal day pack: Use your day pack as your carry-on bag to Nepal. If you do not bring your own day pack, you can borrow one for the trek.
- ▶ Duffel bag #1: You will be provided with a duffel bag for the trek on your first night in Kathmandu. In this bag, you should pack all of your gear for the five-night lodge trek, as well as your clothing for rafting and Chitwan. This duffel is 12"x12"x28".
- ▶ Duffel bag #2: When you arrive in Pokhara, you will be supplied a second duffel bag. Transfer your clothing for the rafting and Chitwan portion of the trip into this bag. It will be left in Pokhara while you trek.

### Clothing and Gear:

- Medium-weight, waterproof hiking boots (make sure they are broken in!)
- 4-5 pairs wool hiking socks
- 3-4 short sleeve shirts (quick dry recommended)
- 1-2 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket for cool evenings
- 2-3 pairs of pants
- 1-2 pairs of longer shorts for trekking
- 1 pair of quick-drying river shorts for rafting
- 1-2 sets of nicer clothes for dinner
- 1 bathing suit
- Waterproof jacket
- Hat for sun protection
- 5-7 pairs underwear (quick dry recommended)
- Sport sandals (must stay attached to your feet for rafting)
- Sleepwear

# NEPAL

## Low-Altitude Trekking, Rafting, and Elephants

October 21 - November 3, 2020

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

**pack your  
bags!**

the fine print

### AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (optional; 8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters/power bank
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen water bottle
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at [www.earplugstore.com](http://www.earplugstore.com)

### Essentials Continued:

- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

### Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

# NEPAL

## Low-Altitude Trekking, Rafting, and Elephants

October 21 - November 3, 2020

your adventure  
in depth

is this trip right  
for me?

the important  
stuff

how do I get  
there?

pack your  
bags!

the fine print

### Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

### Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

### No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

### Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

**good-natured realist and have a sense of humor!** Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a