

A scenic landscape of Nepal featuring snow-capped Himalayan mountains in the background, lush green trees in the middle ground, and a foreground of golden grasses with strings of colorful prayer flags (red, yellow, green, blue, white) hanging across the scene.

Nepal Adventure Trek

KATHMANDU ● POKHARA ● CHITWAN

The Offer

The best way to experience the remote nation of Nepal is to trek across its rugged trails, witness its snowy mountain peaks and breathe the fresh, cold air. Visit remote monasteries, encounter colourful communities, and spot jungle wildlife on your way. When you spend time with the locals, hike through spectacular villages and rugged mountain passes, you soon begin to uncover the extraordinary in the everyday.

This 13-day package has all the makings of a life-changing adventure as you take in Kathmandu, Pokhara, Chitwan, Poon Hill and more. Explore the historic city of Kathmandu and take in impressive sights such as Patan Durbar Square and Swayambhunath Stupa. You can then admire the changing landscapes on a tourist bus to Pokhara. From here, journey to Nayapul and begin a 4-day trek through the stunning Himalayan foothills. Pass through small villages and settlements, admire colourful rhododendron forests and snow-capped peaks. Witness a spectacular sunrise over the mountains from Poon Hill, see elephants bathe in Chitwan and more.

If you've ever longed to experience the unique wonders of Nepal, this is an adventure you do not want to miss. Take a bucket list adventure with return international flights, 11 nights of accommodation, 23 meals, professional mountain guides and porters, national park fees and more.

Want more? Add extra days to your itinerary with Arrive Early and Stay Behind in Kathmandu, Nepal, options.

Offer available for a limited time or until sold out. TRIP A DEAL PTY LTD: 50149240433

Updated: 29 Oct 2025 14:04:42

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Call our friendly team on 1300 158 912

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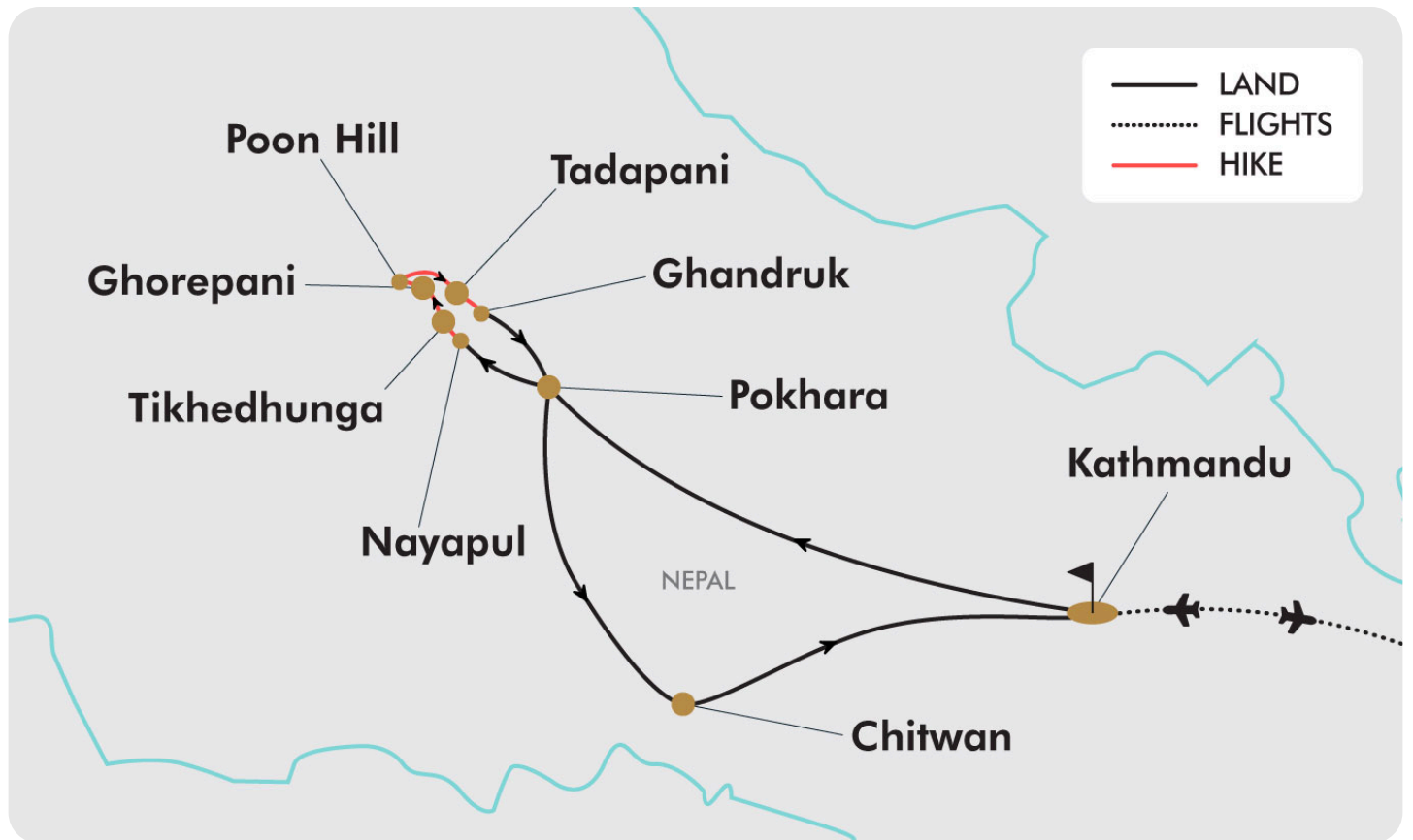
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13-DAY TOUR PACKAGE | NEPAL ADVENTURE TREK

The Map



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13-DAY TOUR PACKAGE | NEPAL ADVENTURE TREK

The Itinerary

Day 1 Australia or New Zealand - Kathmandu, Nepal

Today, depart from Australia or New Zealand for Kathmandu, Nepal!

Upon arrival at Kathmandu airport (1,338 metres above sea level), you will be met by a tour representative and transferred to your hotel. The Tour Manager will meet you at your hotel this evening to brief you on the program during your stay in Nepal.

Please note: Due to flight scheduling and availability, some departures may occur on Day 0. Affected customers must be at the airport the night before. Flight times will be indicated on your final documents at least 6 weeks prior to departure.

Overnight: Hotel Jampa or similar, Kathmandu

Meals included: In-Flight

Day 2 Kathmandu City Tour

Following breakfast this morning, you will set out for a sightseeing tour of the Kathmandu Valley (entrance fees not included), which takes in Kathmandu Durbar Square and Swayambhunath (also known as the 'Monkey Temple') in the morning, followed by sightseeing in Pashupatinath Temple and Boudhanath Stupa in the afternoon. Kathmandu is home to a wonderful blend of the ancient and the modern, incorporating Western influences that make visiting the capital an engaging experience. Some of the sites you visit are declared as UNESCO World Heritage Sites, and you will truly enjoy visiting these ancient monuments and learning about their fascinating history.

Optional Activity: Everest Scenic Flight

Those who are hungry for more exploration can take the opportunity to join an optional Everest mountain flight, which can be booked directly with the tour operator. Please see the current pricing in Important Information.

Overnight: Hotel Jampa or similar, Kathmandu

Meals included: Breakfast

Day 3 Kathmandu - Pokhara

After breakfast at the hotel, you will take the tourist bus to Pokhara (altitude 827 metres). Upon arrival, check in to the hotel and enjoy the remainder of the day at leisure after an approximately 200-kilometre travel day. If you would prefer to fly from Kathmandu to Pokhara, an optional flight is available for purchase from the tour operator.

Optional Activity: Flight to Pokhara

Due to ongoing road construction, an optional flight to Pokhara is recommended (approximately 30 minutes). This can be booked through the tour operator. Please see the current pricing in Important Information.

Overnight: Hotel Splendid View or similar, Pokhara

Meals included: Breakfast

Day 4 Pokhara - Nayapul - Tikhedhunga

Approximate Distance: 7 kilometres

Approximate Trekking Duration: 3 hours



13-DAY TOUR PACKAGE | NEPAL ADVENTURE TREK

The Itinerary

Following breakfast at the hotel, you will drive to Nayapul (altitude 1,050 metres) and then trek to Tikhedhunga (altitude 1,577 metres) via Birethanti. It is an easy trek, passing through several small villages and settlements. Afterwards, you will ascend gently to the final destination of the day.

Overnight: Mountain Lodge

Meals included: Breakfast; Lunch; Dinner

Day 5 Tikhedhunga - Ghorepani

Approximate Distance: 12 kilometres

Approximate Trekking Duration: 7 hours

Today, you will ascend steeply for the first 2 hours and then continue at a gentler pace, passing through Ulleri and Banthanti. You will see a good view of the mountains of Machhapuchhre (Fish Tail), Hiunchuli and Annapurna South on the way. The trail becomes easier, passing through rhododendron forests and shadowy trees, ascending gently to the final stop in Ghorepani (altitude 2,874 metres).

Overnight: Mountain Lodge

Meals included: Breakfast; Lunch; Dinner

Day 6 Ghorepani - Poon Hill - Tadapani

Approximate Distance: 10 kilometres

Approximate Trekking Duration: 6 hours

Early this morning, you will hike to Poon Hill (altitude 3,210 metres) to enjoy the sunrise view over Mt Dhaulagiri and other numerous snow-capped mountains. After taking in the beauty and serenity of the sight, you will then hike back down to

Ghorepani for breakfast at the Lodge. Continue the trek to Tadapani (altitude 2,630 metres). Most of the trail will be through the rhododendron forest; the beautiful flowers make the jungle colourful when they bloom in spring.

Overnight: Mountain Lodge

Meals included: Breakfast; Lunch; Dinner

Day 7 Tadapani - Ghandruk - Pokhara

Approximate Distance: 10 kilometres

Approximate Trekking Duration: 6 hours

Today's journey begins with a scenic trek from Tadapani to the traditional Gurung village of Ghandruk. The trail winds through the forested hills of Bhaise Kharka, passing beneath a lush canopy of rhododendrons, pines, oaks and firs. Along the way, take in the fresh mountain air and occasional glimpses of snow-capped peaks through the foliage.

The path gradually ascends before arriving at Ghandruk, a charming hillside village known for its warm hospitality and stunning Himalayan outlook. From here, enjoy panoramic views of Hiunchuli, Annapurna South and the distinctive peak of Machapuchare (Fishtail), rising in the distance. After stopping in the village to enjoy a well-earned lunch, continue your descent for a short while before meeting your vehicle for the drive back to Pokhara. Upon arrival, check in to the hotel and enjoy the remainder of the day at leisure in this picturesque lakeside city.

Overnight: Hotel Splendid View or similar, Pokhara

Meals included: Breakfast; Lunch



13-DAY TOUR PACKAGE | NEPAL ADVENTURE TREK

The Itinerary

Day 8 Pokhara

Today, explore the highlights of Pokhara, a relaxed lakeside city nestled in the shadow of the Annapurna range. Begin with a visit to the Shanti Stupa, also known as the Peace Pagoda, perched on a hilltop overlooking the lake. This tranquil monument offers sweeping views of the mountains and the city below. Continue to the thundering waters of Devi's Falls and the nearby Gupteshwar Cave, a sacred Hindu site hidden beneath the earth. Afterwards, visit Barahi Temple, located on a small island in Phewa Lake, and enjoy a peaceful boat ride across its calm waters. The remainder of the day is free for you to relax or explore at your own pace. Wander along the lakefront, shop for souvenirs, or simply enjoy the laid-back atmosphere of this scenic town.

Overnight: Hotel Splendid View or similar, Pokhara
Meals included: Breakfast

Day 9 Pokhara - Chitwan

After an early morning breakfast, you will drive to Chitwan on an approximately 150-kilometre travel day. Check in to your jungle lodge and embark on a wildlife Tharu village tour. The tour gives you the opportunity for a close and personal observation of the Tharu culture. Witness the daily lifestyle and activities of the Tharu community. The Tharu are indigenous to Chitwan and are popular for their traditional culture.

Overnight: Hotel Rhino Land Jungle Lodge or similar, Chitwan
Meals included: Breakfast; Lunch; Dinner

Day 10 Chitwan Jungle Activities

After breakfast, you will set out for a full day of jungle activities. You will also enjoy an opportunity to watch elephants bathing and visit an elephant breeding centre. At dinner this evening, you will enjoy a brilliant Tharu cultural performance featuring a traditional stick dance.

Overnight: Hotel Rhino Land Jungle Lodge or similar, Chitwan
Meals included: Breakfast; Lunch; Dinner

Day 11 Chitwan - Kathmandu

After breakfast, enjoy an interesting bird-watching tour in the morning before returning to Kathmandu by tourist bus on an approximately 180-kilometre travel day. For those who would prefer to skip the drive, take an optional flight from Chitwan to Kathmandu.

Optional Activity: Flight to Kathmandu

This approximately 30-minute flight can be booked through the tour operator, and is not included. Please see the current pricing in Important Information

Overnight: Hotel Jampa or similar, Kathmandu
Meals included: Breakfast; Dinner

Day 12 Kathmandu, Nepal - Australia or New Zealand

After breakfast, you will be transferred to the airport for your flight back home.

Meals included: Breakfast; In-Flight

Day 13 Arrive in Australia or New Zealand



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The Itinerary

Meals included: None

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13-DAY TOUR PACKAGE | NEPAL ADVENTURE TREK

Tour Inclusions

HIGHLIGHTS

Discover the very best of Nepal, from vibrant cities to the soaring Himalayas

Enjoy a breathtaking 4-day trek through the Annapurna region

Explore Kathmandu, Pokhara, Chitwan, Nayapul and more

Trek to Tikhedhunga, Ghorepani, Poon Hill, Tadapani and Ghandruk

Witness an unforgettable sunrise over the mountains from scenic Poon Hill

Admire panoramic views of Machhapuchhre, the striking FishTail peak

Walk among blooming rhododendron forests and peaceful mountain trails

Visit the sacred Swayambhunath Stupa, also known as the 'Monkey Temple'

Discover the highlights of Kathmandu on a guided city tour

Visit Pokhara's Peace Stupa, Devi's Falls and Gupteshwor Cave

Enjoy a serene boat ride on the tranquil waters of Phewa Lake

Immerse yourself in Tharu culture with a village tour and traditional stick dance performance

Spend a full day exploring the wildlife-rich jungles of Chitwan National Park

Search for exotic birdlife on an included bird-watching tour

FLIGHTS

Return international full-service flights (economy class), surcharges may apply.

ACCOMMODATION

8 nights of quality hotel accommodation

3 nights in mountain lodges during the trek

DINING

Enjoy 23 meals, including all while trekking

ESSENTIALS

Professionally trained mountain guide and porter

All ground transportation as per the itinerary

All national park entry fees and TIMS permit

Sleeping bag and down jacket for the trek

Please note: Refer to the "Suggested Equipment" section in the Important Information for more details.

TRANSPORT

Transportation by private air-conditioned vehicles

TRANSFERS

Return airport transfers

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FREQUENT FLYER 

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Important Information

**Please note: All information provided in this brochure is subject to both change and availability. Prior to purchase please check the current deal for up-to-date information. If you have already purchased this deal, the terms and conditions on your Purchase Confirmation apply and take precedence over the information in this brochure.*

Booking Information

After purchase, you will receive a receipt and a Purchase Confirmation, directing you to an online Passenger Information Form. You must complete the Passenger Information Form within 72 hours of purchase.

Any special requests, preferences and optional extras MUST be clearly stated in your Passenger Information Form. Any change requested after submitting your Passenger Information Form cannot be guaranteed, is strictly subject to availability and will incur surcharges as outlined in the Schedule of Fees below.

Please note: All countries and territories have different entry requirements in relation to vaccinations, quarantine/isolation periods and travel restrictions. Due to the evolving nature, we would ask all of our customers to monitor, meet and adhere to the specific requirements of their intended destination(s) in the lead-up to and immediately before travel, as well as any requirements post-travel upon their return.

Our Policies

Cancellation & Refund Policy

By placing a booking with us, you acknowledge the following important information:

- **we act as your booking agent ;**

TripADeal is a booking services provider, and curates the Travel Offers available on our website. We act as your booking agent, and we receive payment for the Booking Services as part of the booking price, however, we do not provide any of the Travel Services (flights, accommodation, tours or other products or services) included in your booking – the Travel Services are provided by a number of third party Travel Suppliers.

- **each booking is unique ;** our Travel Offers are made up of a variety of different components and are, during the booking process, uniquely tailored to suit your requirements, for example, departure dates and ports, flight and room upgrades, tour inclusions, etc.

- **changes/modifications to your booking may not be possible ;** once your booking has been made, changes or modifications may not be possible, and where possible, may incur a fee. It is important to ensure that the information you provide during the booking process is accurate and up to date, and that you read the Travel Offer carefully before placing your order.

- **Travel Offers are a package ;** our Travel Offers have been curated into package offerings and must be used as a package – individual components cannot be used independently of the full package offering.

- **our Travel Offers are generally non-refundable ;** in order to provide great value Travel Offers, we work with a variety of Travel Suppliers to find the best deals – this often means the Travel Suppliers' offerings are non-refundable to ensure the best price. We recommend that you obtain travel insurance as soon as you make a booking with us.

To read more about our Cancellation and Refund Policy, [please click here](#).

General Terms & Conditions

By placing your booking with us, you acknowledge and agree to our [Terms & Conditions](#), [Privacy Policy](#) and [Cancellation Policy](#).

Offer Essentials

This Travel Offer is valid for travel on selected dates until the 30th December 2027.

Minimum group size 2, maximum group size 12 per vehicle.

This Travel Offer is priced per person based on a twin share.

Departure Dates & Surcharges

See the checkout for live dates and

availability.

Single Traveller Supplement

For solo travellers, a mandatory single supplement of \$400 applies.

Please note: Accommodation for single customers who are travelling on a tour or cruise package may be in a single room, depending on availability.

Child Policy

- No child discounts are offered. The full price applies to all children travelling with their parents.
- Valid for children 12 years old and over.

Please note: Children must be accompanied by a responsible adult 18 years old and over to travel. No unaccompanied minors are allowed.

Flights

Departure Cities

Sydney, Melbourne, Brisbane*, Adelaide*, Perth and Auckland*

Departure City Surcharges

Brisbane & Adelaide: \$250 per person
Auckland: \$600 per person

International Flight(s)

Full-Service Airline(s) Used

- Cabin Class: Economy Class

Please note: We cannot accommodate one-way flights. Travellers must take all included flights within the package, and any flights intentionally forfeited will result in later flights being subject to cancellation.

Please note: From Sydney or Melbourne, the flying journey to your destination may take up to 20 hours, with up to 1 stop.

From Brisbane or Adelaide, the flying journey to your destination may take up to 27 hours, with up to 2 stops.

From Perth, the flying journey to your destination may take up to 17 hours, with up to 1 stop.

From Auckland, the flying journey to your destination may take up to 28 hours, with up to 2 stops.

Important Information

This is provided as a guide only - actual flight duration can vary depending on availability and airline schedules. Your booking's final details will be confirmed to you via email once available.

Preferred Airline Surcharge

- Cabin Class: Economy Class
- Singapore Airlines: \$500 per person

Please note:

- Preferred airlines are subject to availability. If we are unable to fulfil your request, the above extra cost will be refunded.
- On any upgrade purchase, short-haul flights and domestic flight sectors are not guaranteed, subject to aircraft configuration.
- In the event that a purchased stopover package and a purchased preferred airline upgrade are not compatible, you will have the option to receive a refund for the preferred airline upgrade or be offered an alternative stopover city option, e.g if you choose to fly with Singapore Airlines you cannot stopover in Dubai.
- Preferred airline refers to the marketing carrier and could include codeshare partners.

Arrive Early & Stay Behind Options

Fly out and return home up to 60 days pre and post your tour dates.

Arrive Early

Kathmandu, Nepal - From \$300 per person, subject to availability.

Stay Behind

Kathmandu, Nepal - From \$300 per person, subject to availability.

Please note:

• Exclusions:

This fee does not include extra nights' accommodation, meals or airport transfers.

• Cancellations & Changes:

Flight booking changes or cancellations after air tickets have been issued are not guaranteed and may incur additional fees and fare difference, subject to the airline cancellation and change policies. Flight changes are subject to availability at the time of booking.

• High-Season:

A high-season Arrive Early or Stay Behind can be purchased for an additional charge, subject to availability. For pricing, please refer to the cart.

• + 60 Days:

You can fly out up to 60 days before your package's start date, and/or return home 60 days after your package's end date. Should you wish to fly out or return home for more than 60 days from the tour, please contact us to request availability. Additional costs may apply.

• Estimated Dates:

Your estimated departure, return, and arrival dates are all subject to availability and may vary. The confirmed schedule for all flights will be provided when you receive your flight tickets.

• High season surcharges apply to flights departing between the below date ranges:

- 23rd September 2024 - 20th October 2024
- 6th December 2024 - 20th December 2024
- 21st December 2024 - 5th January 2025
- 6th January 2025 - 31st January 2025
- 28th March 2025 - 27th April 2025
- 16th June 2025 - 20th July 2025
- 15th September 2025 - 12th October 2025
- 1st December 2025 - 19th December 2025
- 20th December 2025 - 4th January 2026
- 5th January 2026 - 31st January 2026
- 3rd April 2026 - 20th April 2026
- 26th June 2026 - 17th July 2026
- 18th September 2026 - 9th October 2026

- 12th December 2026 - 18th December 2026
- 19th December 2026 - 3rd January 2027
- 4th January 2027 - 26th January 2027

Stopover Packages

- Singapore
 - Kuala Lumpur
- Includes:
- 2, 3 or 5 nights in 4-star accommodation
 - Daily breakfast
 - Return airport transfers
- For pricing, please refer to the payment cart at checkout.

Please note:

- When a pre and post-tour stopover is chosen, the same stopover location must be chosen each way, due to the airline used.
- When selecting to Arrive Early for your tour in conjunction with a Stopover Package, your fly out date from home will take place before the stopover.
- When selecting to Stay Behind after your tour in conjunction with a Stopover Package, your stopover will take place before your final flight home.
- Stopover packages are subject to availability.
- In the event that a purchased stopover package and a purchased preferred airline upgrade are not compatible, you will have the option to receive a refund for the preferred airline upgrade or be offered an alternative stopover city option, e.g if you choose to fly with Singapore Airlines you cannot stopover in Dubai.
- Blackout dates apply to flights departing between the below date ranges:

Christmas and New Year's Eve: 22 December 2025 - 2 January 2026
Singapore Grand Prix: 01 October - 09 October 2026
Christmas and New Year's Eve: 18 December 2026 - 3 January 2027

Flight Class Upgrades

Business Class: For pricing, please refer to the payment cart at checkout.

Please note:

Important Information

- *Flight upgrades are subject to availability and pricing changes (if we cannot fulfil your request, the upgrade cost will be refunded).*
- *On any upgrade purchase, short-haul flights and domestic flight sectors are not guaranteed, subject to aircraft configuration.*

Missed Flights

If you fail to arrive for your outbound flight, you risk all flight and land arrangements in your destination being automatically cancelled by the airlines and land operator, respectively. Additional fees may apply to reinstate these services. If you miss your flight for whatever reason, please contact us as soon as possible to make arrangements.

Accommodation

Accommodation Used

3-Star Properties (Self-Rated)

- Kathmandu: Hotel Jampa or similar
- Pokhara: Hotel Splendid View or similar
- Chitwan: Rhino Land Jungle Lodge or similar

No-Star Ratings

- Trek: Mountain Lodges – All lodges have beds with linen and indoor bathrooms. Hot water is available on request. A hot shower is an additional cost of approx \$2.50 - \$5AUD at the Mountain Lodges. Please note some lodges do not provide towels, so packing a towel is necessary.

Please note: Accommodation/rooms offered are based on a lead-in room type and are subject to availability based on seasonality. In the instance a property is not available, a similar standard of accommodation will be provided. Properties will be confirmed and included in your travel pack, which you will receive 4-6 weeks before travel.

Extra Nights

Not available.

Please note: If you are interested in booking additional nights of accommodation pre or post-tour, please wait until you receive your travel documentation approximately 4-6

weeks before departure for the confirmed list of hotels. If booking your own additional accommodation directly with the hotel, please be aware that you may be required to change rooms at the start/end of your tour.

Maximum Room Capacity

2 people.

Triple Share

Not available.

Bedding Configuration

Twin or double (subject to availability).

Optional Tours/activities

- Day 2: Everest Scenic Flight - \$250 USD (approximately \$380 AUD)
- Day 3: Upgrade to flight from Kathmandu to Pokhara - \$130 USD (approximately \$200 AUD)
- Day 11: Upgrade to flight from Chitwan to Kathmandu - \$140 USD (approximately \$215 AUD)

Please note: Prices are based per person, are subject to availability, time permitting and weather conditions, and are payable directly to the tour operator in the currency specified.

Exclusions

- Visa fees and requirements
- Domestic transfers and flights not stated in the deal offer
- Meals/beverages not stated in the deal offer, including water which is available to purchase (approx \$.80c to \$2).
- Optional gratuities/tipping
- Optional activities/tours
- Monument entrance fees (Kathmandu City Tour): Approximately \$25 USD (approximately \$35 AUD).
- Personal expenses
- Travel insurance
- Any costs associated with an interruption to your tour as a result of an airline schedule change or cancellation
- Mandatory city tax

Gratuities/tipping

Land

Gratuities (tips) are not included in the tour price for services of the tour/trek leader (when available), driver and porters throughout the trip. The recommended tip is \$15 per person for the Kathmandu guided city tour, which is split between the guide and the driver. A total of AUD \$100 per person is the recommended gratuities for the rest of the trek which will cover your guides and porters.

Other Important Information

Electricity & Battery Charges On Trek

Electricity, where you can recharge your camera batteries, is available in some of the villages on the trek, and there is also solar power in some villages that you will trek through. We suggest you bring spare batteries, and be prepared to pay a small fee to charge electronic items.

Suggested Equipment

General

- Four-season sleeping bag (optional: The operator in Nepal can provide one if you do not have one of your own, to be returned after the trek).
- Duffel or rucksack bag to keep all the gear. This will be carried by the porters (maximum 10 kilograms per person).
- Daypack for yourself.
- A down jacket (alternatively, these can be borrowed and returned at the end of the trek free of charge).
- Shade hat.
- Warm wool hat to cover your ears.
- A pair of lightweight warm gloves.
- T-shirts (2-3 pieces).
- Lightweight thermal tops.
- Fleece jacket.
- Wind-stopper jacket (optional).
- A pair of nylon quick-drying hiking shorts.
- Underwear.
- Two pairs of trekking pants, preferably that zip on/off at the knees so they double as shorts.
- Four pairs of liner warm socks.
- A pair of light to medium-weight waterproof hiking/trekking boots.
- A pair of light trekking shoes for camps/

Important Information

lodges.

- A pair of sandals (optional).
- A water bottle.
- Head/torch Light.
- A medium-sized towel.
- Walking poles (optional).

Medicines & First Aid Kits

The operator recommends consulting your local medical practitioner (GP) regarding any medication suggestions for these regions.

Important Miscellaneous

- Passport and extra passport photos (4 copies, extra passport photos are necessary to obtain the trekking permits)
- Durable wallet/pouch for travel documents, money and passport.
- Lip balm (at least SPF 20, 2 sticks).
- Sun cream with SPF 40 is recommended.
- Pocket knife.
- Water purification Iodine tablets.
- Toiletry kit including toilet paper stored in a plastic bag, hand wipes, liquid hand sanitiser, towel, soap, etc.

TOUR GUIDE VS. TOUR LEADER

Tour Guide

Often locals with intimate knowledge of an area, its culture, and history. Their role entails providing commentary, routing the tour, and seeing that people have a good time. They are a licensed, qualified expert who supplies specific information on the history, art, architecture and culture of the city/village/attraction where they are guiding the tour. The guide meets the group at the required place and leaves them at the end of the tour; they do not travel with the group.

Tour Leader

An experienced person tasked with ensuring the smooth operation of tours, as well as providing practical support to passengers throughout the whole trip. Their role primarily includes assisting with accommodation, transportation between locations, and communication with tour guides at each stop. A tour leader may provide general guidance around a city or

village and offer information on the place visited on the bus. However, they are not required to have specific art, architecture, or historical knowledge. They are not allowed to provide a guided tour or commentary of a city/village/attraction once there and, if caught doing so, can be fined.

Please note: Tour leaders/guides are not a standard inclusion in all travel offers. Tour leaders/guides will only be made available when required to enhance the experience of the destination featured.

CLIMATE & AVERAGE TEMPERATURES

The best time to visit Nepal is during Spring and Autumn, however, Nepal can be visited the whole year round. There is no seasonal constraint on traveling in and through Nepal. Even in December and January, when winter is at its severest, there are compensating bright sun and brilliant views.

High Altitude Sickness

Altitude sickness can occur at high elevations when the body receives less oxygen. It can affect anyone, regardless of age or fitness, with symptoms such as headache, nausea, dizziness, fatigue, and shortness of breath.

Tips to help prevent altitude sickness:

- Stay well hydrated and eat light, high-carbohydrate meals
- Avoid overexertion during the first 24–48 hours at high altitudes
- Limit alcohol and avoid smoking
- Consult your healthcare professional about preventive medications or your suitability for travel to high-altitude areas

Weather

We always suggest referring to an online source for the most up-to-date weather information for your destination/s.

FLIGHTS

Seat Selection & Frequent Flyer Points

We do not arrange seat selection. It is essential to highlight that some airlines do not allow pre-selected seats. We strongly suggest you contact the airline directly

with seating allocation requirements and/or arrive at the airport earlier to arrange your seating. While we do not add frequent flyer member details to bookings, you can do this directly with the airline once you have your flight information.

Passport Validity

Customers must provide valid passport details either at the time of purchase or no later than 45 days before the departure date. Failure to do so may result in the cancellation of the booking. Customers will be responsible for any costs and fees incurred in this instance.

Cruise Loyalty Discounts

Please note: Travellers must contact the cruise line directly upon receiving their travel documents in order to request any membership benefits they may be entitled to.

COACH TOUR

Meals

For meals not included, the tour leader (when available) will offer assistance with reservations, suggestions and directions to local restaurants. It is your responsibility to notify us of any dietary requests/requirements.

Please note: We will do our best to meet your requests/requirements; however, we cannot guarantee that we will always be able to.

Luggage

You will be responsible for all your personal belongings whilst on tour. You must carry your own luggage from the vehicle to the hotel room and back to the vehicle. The driver will assist with the uploading and unloading of bags from the vehicle.

OTHER

Mobility

If you require wheelchair access, please contact our friendly sales and service team to inquire on your behalf.

Fitness Level Required

Important Information

Adventure (and spontaneity) create some of the best travel memories. Bear in mind, your home schedules and timings might not be adhered to on tour - it's all part of the fun!

An active level of fitness will be required. Expect an active pace of travel where the focus is on adventure with no limitations. You will need to be self-reliant, physically fit and healthy to participate in fast-paced travel, extended walking/trekking over several hours/days, navigate steep steps, slopes, rugged and uneven terrain, varying weather conditions, remote locations and higher elevations. You will be responsible for your own luggage and able to board all modes of transport without assistance. This tour is typically inaccessible to wheelchairs, mobility scooters and those requiring assistance while travelling.

Please note:

- *It is expected that every traveller must be self-reliant and able to undertake all aspects of their own travel. Please speak to your booking agent about your personal circumstances and any assistance requirements to ensure this tour is right for you.*
- *If you have any concerns, please consult your healthcare provider prior to purchase/travel.*

Sightseeing

Please note: If entry to a site is affected by changes in operating hours or public holiday closures, your itinerary, where possible, may be adjusted, or a similar activity will be offered in its place (subject to availability).

Shopping

Shopping overseas can be a daunting and confusing experience, especially when there is a language barrier. Please be very cautious when foreign currencies and prices are involved. If paying by credit card, please pay close attention to the amount you are being charged and keep all your receipts. Do not make any purchases you are not comfortable with or feel pressured into. If you are uncertain or need assistance with the language barrier, please seek assistance from your Tour

Guide/Leader. Please refer to our [Terms and Conditions](#) regarding shopping for further information.

Visas

A Tourist Visa for Nepal is required if travelling on an Australian Passport. This can be arranged on arrival for approximately \$30 USD, valid for 15 days. Visas must be arranged in USD currency at the border with 2 passport-sized photos.

Important:

- *Please start arranging your visa three weeks before departure to account for any delays due to consulate operating hours.*
- *Visa rules are subject to change. Please check with the nearest embassy, consulate or immigration department of the destination/s you are visiting once you receive your travel documentation to ensure you have the most up to date information.*
- *It is your responsibility to be travel-ready and ensure that you are aware and comply with any destination or travel requirements, including the validity of all required travel documents.*
- *Passengers who are not Australian citizens must also check with the respective consulate or visa agency to determine what their visa requirements are and what personal identification is required.*
- *It is also important to note that some areas of employment, such as journalism, government authorities and charity organisations, may have additional restrictions in applying for visas. This may, in turn, affect the type of application required.*

Travel Insurance

Embarking on your next trip is exciting, and while you hope the unexpected does not happen, it is best to be prepared. We strongly recommend you take out travel insurance when making your booking. Whether it's a potential medical emergency, a flight cancellation, a delayed suitcase, or an unforeseen event, it's important to ensure you're adequately

protected. For more information or advice visit <https://www.tripadeal.com.au/travel-insurance>

Schedule Of Fees

Voluntary Changes

This includes booking changes requested by you, including but not limited to those changes requiring an airline ticket or a Purchase Confirmation reissue.

- Changes - \$100 per booking and any additional charges applied by the airline/cruise company/accommodation/other travel providers.

Name Changes Due To Passenger Error

If the incorrect name has been provided, charges of \$100 per booking and any additional charges applied by the airline/cruise company/accommodation/other travel providers.

Supplier Fees

In the event the tour package you have purchased is unable to proceed, and/or a Travel Supplier is unable to fulfil the tour due to external circumstances (Limitation of Liability e.g. a Force Majeure event), there may be a fee or amount of money that is withheld by our Suppliers and is unrecoverable. This may be due to non-refundable airline tickets, cancellation penalties with cruise cabins or unrecoverable payments with our land/accommodation partners. If refunds are not available from Suppliers, we will endeavour to obtain a travel credit on the best terms available and communicate these outcomes to you. In the event we are unable to obtain a refund or travel service credit, or part thereof, this cost is passed on to the customer as a Supplier Fee.