

## Multi-Country Trekking and Touring

### Nepal

To visit any one of these countries is a wonderful experience; to combine them will provide you with a cultural explosion especially if you choose to trek in one of them.

Use Travel and Trek's expertise of these countries to design your tailor made itinerary linking whichever countries you wish to visit.

Your personal itinerary will factor in your time available, the time of year, where to go, what to do, what mode of transport you use and your budget.

Many of the best trekking routes in the world are found in these countries and when combined with the touring or sightseeing options in India, Nepal and Bhutan, it becomes a journey of a lifetime.

**India.** Tour Delhi, Kolkata, Agra (Taj Mahal), Jaipur, Jodhpur, Varanasi, Rajasthan, experience the long distance trains, trek in West Bengal (Darjeeling and Sikkim) or the remote Ladakh.

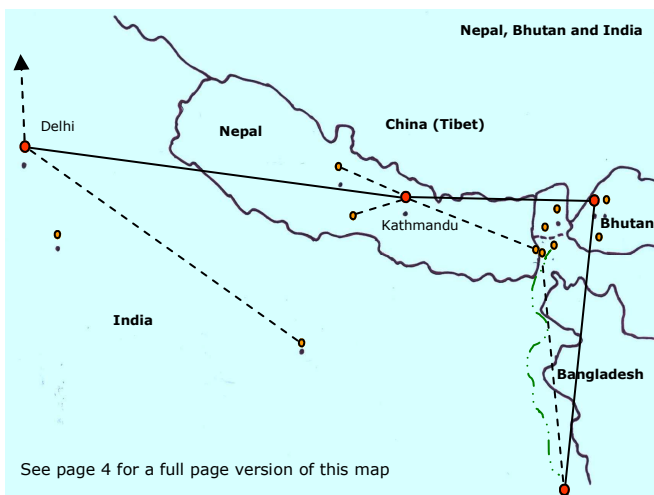
**Nepal.** World class trekking in the Annapurnas and Everest regions, numerous world heritage sites in Kathmandu (Patan, Bhaktaphur, Durbar Square), Pokhara and Chitwan National Park.

**Bhutan.** Unique country, steeped in Buddhist history and traditions, still untouched by western influences, remote trekking and the Tigers Nest Monastery.

You will need a good lead in time for trips of this nature (a min of 6 months is suggested although last minute trips may be possible). Visa requirements, flight, train and hotel reservations may all have an impact on whether your itinerary can be successfully put together depending on the time of year. For example, October is a busy time in these countries and internal flights can cause a bottle neck.

### Bhutan

### India



See page 4 for a full page version of this map

This map gives you a geographical overview of the region with Nepal as the central hub.

The maximum flying time between any of these destinations (direct) is 90 mins and many of the internal flights are much shorter.

India is the only Nation of the three with a **train network**; a world famous one at that. It is certainly an experience to travel long distance on one of these trains; an overnight sleeper is available on some routes and they are not expensive.

How Much Time Do I Need In Each Country?	
This very much depends on what you wish to do in each country. This table gives you an idea of timescales	
Bhutan	No of Days
To complete a worthwhile cultural tour of Bhutan (no trekking).	6
To complete the Druk Path trek and include days on either side of the trek	11
Nepal	
To see something of Kathmandu, drive to Pokhara, complete a worthwhile 7 day trek in the Annapurna region, relax in Pokhara for 2 nights, get back to Kathmandu and depart.	12
Add a visit to Chitwan National Park	3
A tour of Kathmandu, Pokhara and Chitwan (no trekking)	10
India	
A trek in Darjeeling or Sikkim will take approx 10 – 12 days.	10 or 12
To trek in Ladakh	17
Tours in India can range from a 36hr visit to Agra to see the Taj Mahal to weeks if you go deep in Rajasthan!	2 upwards

### Visas

**Bhutan.** Travel and Trek will process and deliver your visa; it is an integral part of the Bhutanese system. You cannot obtain it yourself. The visa costs US\$20, payable on entry to the country.

**Nepal.** The cost of a visa will vary from it being free (for visits under 72hrs) to £27 for visits over 15 days. The visa can be obtained on arrival in Nepal (Travel and Trek will supply the required paperwork) or prior to departing the UK by sending it to the Nepal High Commission in London.

[http://www.nepembassy.org.uk/visa\\_information.html](http://www.nepembassy.org.uk/visa_information.html)

**India.** For visits of any duration, your visa must be obtained prior to departure from the UK. The official agency that deals with issuing visas on behalf of the Indian Govt is VFS Global. The visa will cost ~£39.

Short transits for connecting flights should not require a visa.

<http://in.vfsglobal.co.uk/>

### Planning Tips:

- For cost reasons, try to avoid using one way international flights.
- For onward connecting flights, try to use the same airline. It is then responsible for your luggage and is more likely to assist you if something goes wrong in transit.
- If you do use different airlines for connecting, allow a bit of flexi time. It is much better (and cheaper) if you can to add a day or night in a city than to run the risk of a tight connection and ultimately missing your flight (not to mention the stress!).
- Delhi is the cheapest airport to fly to but arrival times tend to be very unsociable. Kathmandu represents a good hub (see below).
- Don't discount business class on some flights within the region; some are very good value and not as expensive as you may think. The use of the lounges on some legs can be very advantageous.
- If Bhutan is going to be included in your itinerary, you are strongly advised to base your travel plans around getting into and out of this country. The only airline that serves Bhutan is Druk Air and with the exception of Bangkok, they do not fly all of their routes everyday. For more details of this go to [getting into Bhutan](#).

### Flights and Airports

There are 4 main airports in this region: Delhi (DEL), Kathmandu (KTM), Kolkata (CCU) and Paro (PBH). It is important to get your planning right when connecting your places of interest; it can save you several days of travel and therefore cost.

PBH is only used for specific trips into and out Bhutan so for transit and usefulness as a hub it should be discounted. DEL and KTM are by far the easiest to connect to for other locations.

If you are visiting Nepal, I would suggest that you use KTM as your hub as it is by far the easiest airport to arrive at and/or transit:

- It is less busy than DEL or CCU.
- The transit time to the Thamel area (hotels) is a realistic 25 mins (over 40 for CCU and DEL).
- Accommodation is cheaper and better.

**Inclusions and Exclusions**

These are the general inclusions and exclusions. It will vary with each trip as they will be designed for you; please check your own itinerary for confirmation.

**Inclusions:**

All accommodation on a twin share basis (hotels, tea houses, tents as applicable)

Breakfast in most hotels

Airport pick up on international arrival and domestic air transfers

Transport to and from any trek area

Domestic flights as per your itinerary

Return Druk Air flights for Bhutan trips

For Bhutan only; all food, mineral water, ground transport, Guide, portage and entry to Monasteries and other sights within Bhutan

National Park fees and trekking permits as applicable

Services of an English speaking Guide throughout the trek

Porterage

Comprehensive Trip Notes

**Exclusions:**

Some domestic and international airport departure taxes (Nepal's departure tax is now included)

Tourist visas

Personal spending

Staff gratuities

Personal travel insurance

Food, other than that stated

**CONTACT DETAILS**

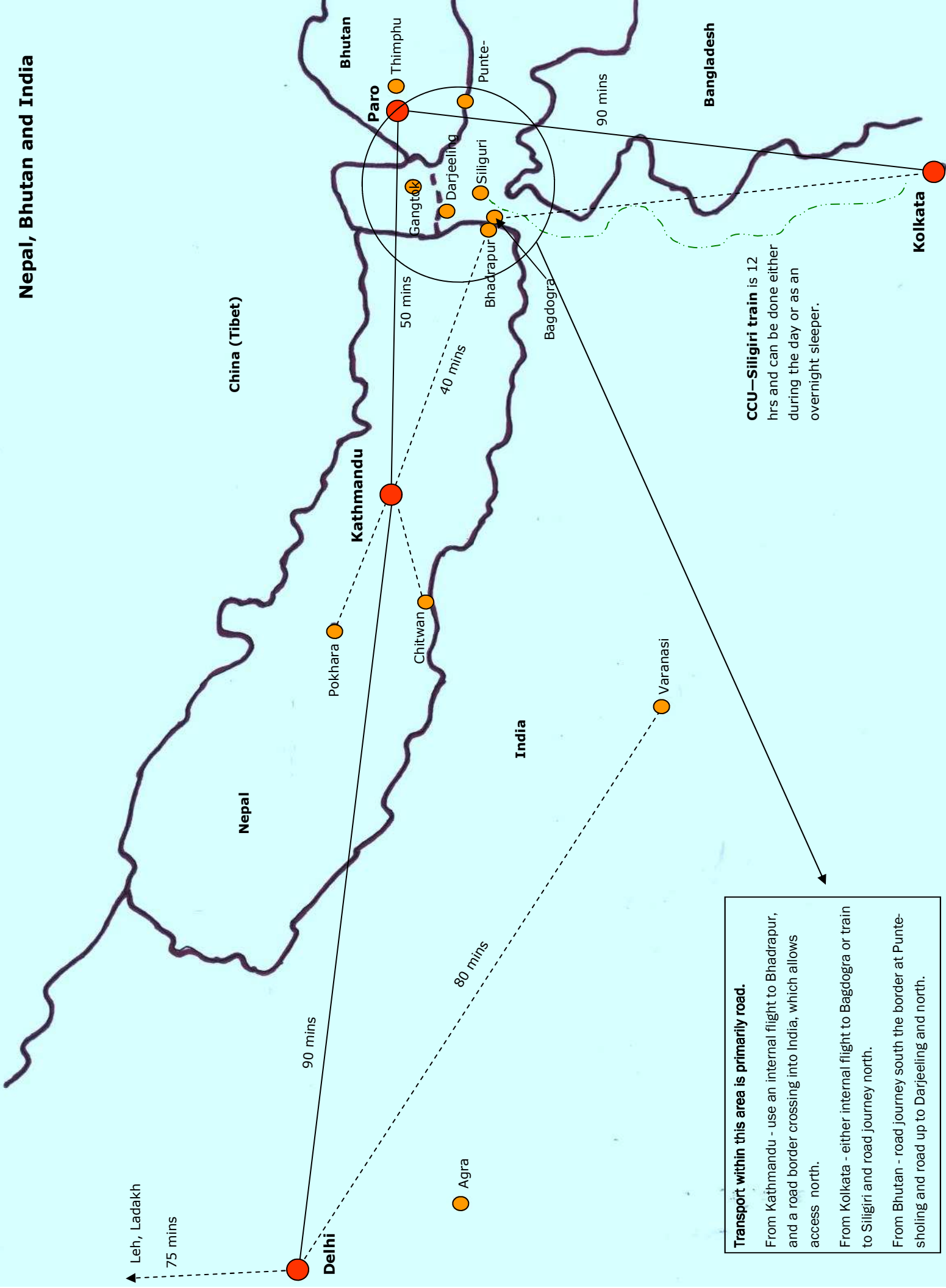
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# Nepal, Bhutan and India



**CCU—Siliguri train** is 12 hrs and can be done either during the day or as an overnight sleeper.

**Transport within this area is primarily road.**

- From Kathmandu - use an internal flight to Bhadrapur, and a road border crossing into India, which allows access north.
- From Kolkata - either internal flight to Bagdogra or train to Siliguri and road journey north.
- From Bhutan - road journey south the border at Punte-sholing and road up to Darjeeling and north.

## Multi-Country Trek/Tour

Please see page 6 for a day to day breakdown of this example itinerary.

This itinerary visits India, Nepal and Bhutan. It uses three international return flights.

### Nepal

Kathmandu (KTM) is the first stop having transited Delhi (DEL) for just a few hours. 24hrs is spent here to counter any problems with Druk Air, who will take you into Bhutan.

The time in KTM should be spent relaxing in the Thamel district and perhaps identifying places of interest for your return visits (there are 3 visits in total).

### Bhutan

The wonderful 50 min flight in Bhutan is one of the best flights you may ever take. It flies straight past Mt Everest and many other of the highest mountains on the planet.

On arrival in Bhutan, you will be met by your Guide and over a period of 6 days, he will show you the cultural side of this very unique, Buddhist Kingdom. Old traditions die hard here; there are no traffic lights, the population prefer to wear National costume and in the Takin, Bhutan has a National animal like you have never seen before! You will visit the iconic Tigers Nest Monastery. Accommodation is in comfortable hotels; if you feel that you want to experience family life, a farm stay can be arranged for you as can a traditional hot stone bath (well worth it!).

### Nepal

On your return to KTM, you will spend another night here before you experience Nepal's rural countryside on the 5-6 hr road journey to the trek start point (Phedi). Lunch will be in Pokhara.

This wonderful 7 day trek is in the lower Annapurna region, which is full of rural life. There are many villages en route and you will see how these hardy people live their spartan but happy existence. The walking times per day are not long and it is possible to lengthen the route if you feel that it is well within your capabilities. The itinerary is therefore very flexible.

This trek attains a maximum sleeping altitude of 2900m, although you do trek higher to Poon Hill (3200m), for a fantastic sunrise photographic opportunity of both the Annapurna and Dhaulagiri mountain ranges. These altitudes should not present a problem with altitude sickness.

Once you reach the end of the trek (Naya Pul), it is a 90 min drive back to Pokhara and time for you to relax in the Lake View Resort. This comfortable Resort has all of amenities that you would expect; friendly helpful staff, comfortable en suite rooms, balcony view of the Phewa lake, full bar and restaurant facilities and a regular evening performance of Nepali traditional dancing.

Pokhara itself is a very chilled out town, plenty of relaxing places to sit and watch the world go by. For the more energetic, there is truly world class paragliding and microliting on hand to experience, the former potentially with birds of prey!

Having driven to Pokhara, it is time to experience the journey from the air. Your hotel staff will transfer you to the airport for your 30 min flight to KTM, another day and night in the capital to finish off anything that you have been unable to do so far and then your flight to Delhi the next day. Another full day in KTM is perfectly feasible; to allow a full day without travel.

### India

You will be met in Delhi and driven in your air conditioned vehicle to the famous town of Agra. The Taj Mahal is best seen in the evening leaving the equally impressive Red Fort to be viewed the following morning. It is then back to Delhi for your final night, full day at leisure and a flight back to the UK.

The time you spend in India is of course entirely up to you; Travel and Trek can adjust the itinerary to suit your wishes.



This example itinerary gives you an idea of how it can fit together; it is of course just an example and has an enormous amount of flexibility.

No of Days	Daily Itinerary		Remarks
1	UK - DEL		Client own flight
2	DEL - KTM (90 min flight)	Arrive KTM	Client own flight, airport pick up, transfer to hotel, overnight KTM
3	Fly KTM - PBH (50 min flight)	Wonderful flight straight past Mt Everest. Met by Guide, transfer to hotel	Overnight Paro
4	Bhutan	Cultural tour	
5	Bhutan	Cultural tour	
6	Bhutan	Cultural tour	
7	Bhutan	Cultural tour	
8	Fly PBH - KTM	Met at airport in KTM, transfer to hotel	Overnight KTM
9	Nepal	Drive KTM to Pokhara, begin half day trek in the Annapurna region	Overnight tea house
10	Nepal	This trek in the lower Annapurna area covers the following route:  Phedi - Damphus (or Pothana) - Landruk - Ghandruk - Tadapani - Ghorepani - Ulleri - Naya Pul  It attains a maximum sleeping altitude of 2900m	Overnight tea house
11	Nepal		Overnight tea house
12	Nepal		Overnight tea house
13	Nepal		Overnight tea house
14	Nepal		Overnight tea house
15	Nepal	Short trek to finish and pick up. 90 min drive to Pokhara to rest and relax	Overnight Pokhara
16	Nepal	Client at leisure  Pokhara is a wonderful 'chill out' place. The pace of life here is slow and there are numerous cafes, restaurants and bars in amongst the shops to do what you wish at your own pace.	Overnight Pokhara
17	Nepal	Transfer to airport for domestic flight POK - KTM (30 mins)	Overnight KTM
18	Nepal/India	Transfer to international airport for 90 min flight to DEL. Pick up at the airport for car transfer straight to Agra. Visit Taj Mahal in the evening	Overnight Agra
19	India	Visit Red Fort in the morning before either heading back to Delhi or onwards to Jaipur	Overnight Delhi
20	India	Client at leisure in Delhi	Overnight Delhi
21	Fly DEL—UK	V early morning flight to UK	

Costs will vary enormously depending on time spent in each country, how many flights you use, etc... Bhutan for example has a fixed nightly rate, which cannot be changed.

This itinerary would cost approx £1800, based on 2 people sharing.

For general inclusions and exclusions, see page 3.