# Nepal Discovery - Family Adventure

Trip Code: FND

Version:

| MULTI ACTIVITY | FAMILY | MODERATE |
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## HIGHLIGHTS

- Visit four UNESCO World Heritage Sites including a temple which houses a living Goddess worshipped by all in Nepal.
- Embark on a three-day trek in the Annapurna region, including staying in a homestay and joining in with the cooking and daily life of the people that live there.
- Learn to throw some traditional Nepalese pottery and then take your creations home as a souvenir.

- Journey down river on an overnight rafting trip including a night in a tent on the banks of the beautiful Seti River.
- Seek out rhinos and elephants at Chitwan on a jungle safari by canoe and 4x4.

### AT A GLANCE

- 3 day mini-trek
- 2 day rafting expedition
- 2 days wildlife safari in Chitwan
- Crafting and culture in Kathmandu
- Max altitude- 2050m
- Join at Kathmandu International Airport

### ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

# Introduction

From the bustling city to the snow-draped mountains, the rushing river to a serene safari, this action-packed family adventure gets underneath the skin of Nepal and reveals all of its many incredible facets. We'll start in the city and spend some time with artisans who will show us how to wood carve, and throw pots, all whilst surrounded by some of the most incredible examples of Hindu and Buddhist architecture. After our city explorations, it's time to hit the trek. We'll climb up to Australian Camp from a point near Pokhara on a three day trek including time in a tea house and a homestay. This is where Nepal really comes to life, surrounded by some of the highest mountains on planet Earth. We'll then head down to the Seti river for a two day rafting trip, letting the currents drift us downstream to an overnight camp on the river bank with the flow of the river providing the perfect restful soundtrack for our night's sleep. Onwards we move to the lowlands and Chitwan in search of rhinos and elephants, and if we're incredibly lucky, possibly even a tiger or two, before eventually returning to Kathmandu to round out our trip. This whirlwind tour filled with authentic people, exciting adventure and incredible wildlife encounters will provide indelible memories for all the family.

## Is this holiday for you?

Suitable for children aged 8yrs+

This is a fast-paced trip with busy days and lots of driving as we move between stages of our adventure.

The trip involves a 3-day trek. Day 1 of the trek is predominantly uphill on well-made stone paths, often with steps, through rhododendron forest. It is just 2-3km long, and climbs around 350m. We will take our time and enjoy rest stops for the views and snacks on the way. On day 2 we walk steadily downhill, -500m, on similar paths for around 7km to Hemjakot, and then on Day 3 we drop down to the road head at Phedi, a final short walk of around 4km and -400m.

The river rafting includes some stretches of grade 2 rapids and one grade 3 rapid. The International Scale of River Difficulty Guide defines these as: Grade 2: Easy rapids and waves requiring some

manoeuvring. Grade 3: Moderate difficulty with large waves and features requiring skilled manoeuvring. We will have a skilled guide on each raft to manoeuvre us correctly and give us a full safety briefing prior to setting off. This rafting journey will be a proper adventure which is suitable for strong swimmers that can comfortably swim 25m+ and are aged at least 8yrs old. We will be required to help make and break camp, erect tents and build a fire. We will also make sure to only run this section of the trip in favourable conditions. In poor weather, or if poor weather is forecast, our agent will replace the rafting portion of the trip with extra days in Pokhara.

The canoe ride and 4x4 safari in Chitwan are gentle trips on flat water and in well equipped 4x4 vehicles suitable for adults and children of all ages, but may require an early start to maximise wildlife viewing.

# Itinerary

Version:

# Holiday Information

## What's Included

- A professional and qualified Nepalese tour leader
- Kathmandu Airport transfers
- Internal flights and all land transport involved in the itinerary
- All accommodation as described
- All meals
- All monument Entrances and National Park fees
- All activities/excursions mentioned except where specified as 'optional'

## What's not Included

- Travel insurance
- Visas
- Any additional activities/excursions indicated as optional
- Tips for guides and porters/trekking crew
- Miscellaneous personal expenditure - drinks and souvenirs etc

## Joining Arrangements & Transfers

The group will meet at the hotel in Kathmandu.

Airport transfers are provided for all clients to the group hotel.

Hotel contact details and an emergency number will be provided with your booking confirmation.

## Meal Plan

All meals are included from dinner on day 1 to breakfast on day 11.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Food & Water

### Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

The food served when at the homestay and tea house will be a mix of traditional Nepali and international cuisine (pizza, chips, apple pie) using locally sourced ingredients and cooked for us by our hosts. Breakfast will include options of porridge, eggs, bread and hot drinks. Lunch is usually a simple meal with a hot drink, and dinners which are always included usually consist of three courses often starting with soup, then a main meal and a simple pudding.

Boiled water is the most effective method of purification, and this is provided at the homestays and lodges for a small charge. You should take hard plastic or metal water bottles for this purpose (2 x 1 litre bottles). Additionally you can bring along your own water purification tablets.

## Accommodation

Whilst in Kathmandu at the beginning and end of your trip, you will stay in 4* and 5* hotels in two different districts of town, the first in the spiritual Boudhanath area, and at the end of the trip, in the more central and lively Thamel district, in order to showcase each exciting part of the city. These accommodations vary depending on availability, and sometimes but not always, include a pool.

At Pokhara we also stay in a 3* hotel with a pool.

At Australian Camp and Hemjakot we will stay in a teahouse and a homestay, both hosted by local Nepali families, where we will have the opportunity to engage with and enjoy the simple ways of life of people in these rural communities.

Whilst rafting we will spend a night in tents on the gravel river bank. These are four berth tents, which can be set up for four family members in one tent with provided sleeping bags and mats, or for two family members with provided mattresses, pillows and duvets. We will arrange these as per rooming allocations requested at time of booking.

At Chitwan we stay in a community run ecolodge predominantly run by local women. The rooms are basic but functional and the homely atmosphere created by the nurturing community will make this stay one to remember.

## Internal flights

Access to the high and remote areas of the Himalaya where our treks start is often only possible using internal flights. The changeable nature of mountain weather makes flying conditions complex. In addition, the Civil Aviation Authority of Nepal does not operate to the same standards as those of western nations and all airlines in Nepal appear on the UK Air Safety List (ASL), and are banned from operating commercial air services to, from, and within the United Kingdom. Flying in Nepal is an acknowledged risk, and the UK Foreign and Commonwealth Office travel advice provides further details which you can read on their website. KE is mindful of its duty of care to clients travelling with us in Nepal and we are stakeholders in an annual independent air audit of Nepal airlines undertaken by UK tour operators. KE only uses airlines in Nepal which have been approved by this audit. We continue to cooperate with other tour operators to monitor aviation safety in Nepal and will ensure we remain a stakeholder in any further air safety audits. While we have taken appropriate action to try to minimise the risks of flying in Nepal, you should be aware that flying in mountainous terrain is not without any risk.

Please note that poor weather can cause delays on internal flights. If at the start of your holiday internal flights are cancelled for the day, you will spend an extra night near the airport (this may be at a hotel other than the group hotel). On the majority of trips there is enough flexibility in the trekking itinerary to make up 1 or possibly 2 lost days, but an alternative trek will be provided if delays to internal flights mean the original itinerary (or a shortened version of it) is no longer feasible.

For trips that end with an internal flight out of the mountains with no alternative road access, we have included 2 nights in Kathmandu as a contingency against delay. In the extremely unlikely event that a delay to your internal flight causes you to miss your homeward international flight, KE will re-book international flights for Flight Inclusive clients, but please be aware that clients booking on a Land Only basis will be responsible for re-booking their onward travel and for any associated costs. We advise you to take out suitable travel insurance and to keep your receipts, as you may subsequently be able to make a claim.

## Group Leader & Support Staff

The group will be led by professional and qualified Nepalese tour leaders. On our river trip we will be joined by expert rafting guides, and at Chitwan we will be joined by expert wildlife guides.

## Spending Money

Approximately £600 - 700 (or equivalent in US dollars or Euros) per family of four should be sufficient for tips, drinks, snacks, souvenirs and miscellaneous expenses. You should have the majority of this money available in Nepalese rupees, although it is not necessary to purchase local currency outside the country. Bring your own currency with you. Please note: Scottish and Northern Ireland bank notes are not accepted in Nepal. There will be the opportunity to change money into local currency on arrival at the airport and your local leader will advise the best places to change money en-route. Alternatively, you will be able to get currency from bank ATMs in Kathmandu and Pokhara. 0% worldwide use credit cards are useful and it is a good idea to carry one in case of emergency.

## Guidance on Tipping

Tipping is the accepted way of saying thank you for good service. Tips do not form part of the wages of your guides, porters and trek crew but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. Normally the tips are given at the end of the trek/rafting/safari trip and this is best done as a group. Your tour leader will give you help and advice on this. Most groups will give the tips with a bit of ceremony (or sometimes a party) on the last evening of each section of the trip, to mark the end of that part of the adventure. As a guide, we recommend the contribution to these tips is around £10 (in rupees) per family member per day of activity (£20-30 for the trek, £10-20 for the rafting, £10 for the safari). You should also consider tipping your tour leader who will be with you for all other points of the trip, in a similar way.

## Baggage Allowance

Your main items of luggage should be large soft-sided trek bags or similar, as they are easier than hard cases to pack into the transfer vans we will be using for the majority of this trip. Smaller trek bags or similar should be packed for the mini-trek, and then re-packed for the rafting days, and should weigh no more than 7-8kgs, as they will be carried by porters during the trek and then packed into the rafts. You should also consider carrying day packs of approximately 25-30 litres capacity for this trip, although kids should be fine with smaller packs for their essentials, layers, water etc. For your international flights, please check the baggage allowance with your airline.

# General Information

## Passport & Visas

**The information that we provide is for UK passport holders.**

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates** *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

**Visa Nepal**

All nationalities require a visa. The visa process is partly automated and the fee is $30 for 15 days, $50 for 30 days, $125 for 90 days. The visa is FREE for children under 10 years. The visa allows multiple re-entry. Payment must be made in cash and USD, GBP or Euros are accepted.

Part of this on-arrival visa process involves filling in a 'Tourist Visa Application Form' and you can simplify the procedure at Kathmandu Airport by filling this form in online (**within 15 days of travelling**) at this link. This generates a receipt which you present (hard copy or saved on your phone) on arrival. This should allow you to go straight to the cashier to pay for your visa and has the potential to save you time in the visa queue.

Whilst these are not now needed for the visa process, we recommend that you travel with at least 2 spare passport photographs.

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**NEW REQUIREMENT - FNMIS - Foreign Nationals Management Information System**

The Nepalese Department of Immigration has introduced this system which aims to assist in the tracking of foreign nationals when in Nepal. It is intended to streamline service delivery and to ensure the safety of travellers. It does not collect any additional personal data beyond that which is already obtained through existing immigration procedures.

**You are required to download app before travelling.** Use the app download links below:

• iOS: https://apps.apple.com/us/app/department-of-immigration/id6749536250

• Android: https://play.google.com/store/apps/details?id=com.govnp.doi

**Please Note:** The system is not yet operating smoothly and if you have problems accessing the app or making it work, you can travel without it. You will be assisted to register on arrival in Nepal and your details can still be entered manually if necessary at hotel check-in, airport etc..

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## Health & Vaccinations

**Vaccinations:**

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.**

**Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.**

**Severe Allergies:**

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

## Currency

The unit of currency in Nepal is the Nepalese Rupee.

## Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience. You should be comfortable with walking 2 to 4 hours for consecutive days. Even the youngsters will benefit from some kind of fun, outdoor activity ahead of your holiday. Running, cycling and swimming will all help.

## Climate

The best time to visit Nepal is from late September through to early May, The summer period can be wetter but in recent years the predicted monsoon season (usually July and August) has begun to shift towards September and October, making the previous period a better time to book. If heavy rains do arrive whilst on tour, we will adjust the trip to remove the rafting portion, and instead spend some more time in Pokhara. For trekking in the foothills, the most agreeable climate is usually found between End October and April when daytime temperatures at lower elevations are not too hot. For the rhododendron blooms, March to early May is the best time to visit. At the timings of this holiday you will encounter daytime highs of around 25°C (a few degrees higher at Easter) and around 15-20°C at higher elevations. At night temperatures will drop and evenings can be chilly.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## FAQ's about our family holidays

We welcome all family dynamics and we will try to accommodate you in the roomings of your choice. The only stipulation for joining a family group holiday is that 1 party member is 17yrs or under, and they are accompanied by an adult. An average group size is around 10 members in total. Further general information and FAQ's are available here: KE Family Adventure Holidays general information.

### Private Groups Information

## Make this KE family holiday your own!

- Choose your own departure date
- Travel on this holiday with just your family and friends
- Tailor your holiday by adding extra days for relaxation or upgrade your hotels

If our standard dates do not fit with your school holidays or you wish to travel with just your family or with your family and friends, we will be pleased to set up a private departure for any of our family holidays.

Depending on what you are looking for we can look at tweaking the itinerary to allow you some extra relaxation time or upgrading the hotels. Our personal service means you'll be fully involved as we make the arrangements for your perfect family adventure holiday.

### Independence with Security

Travelling as a KE private family group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for you and your family and friends by a reputable adventure travel company.

To take your first step to an amazing adventure with your family and friends complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

### Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation.  When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct.  Please go to our Travel Insurance page for further information and to get a quote.

# Equipment Information

### Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

**You should bring the following items:**

Hiking boots (waterproof)

Trainers / sandals / watershoes

Walking / trekking socks

Underwear

Trekking trousers

Waterproof jacket and overtrousers

Warm jacket (lightweight down)

Fleece jacket or warm jumper

Thermal baselayer - leggings & top

T-shirt, top and/or casual shirt

Warm and waterproof gloves or mittens

Warm hat

Sunhat

Sunglasses

Sun protection (including for lips)

Water bottles 1 Litre (x2) We encourage re-filling water bottles rather than single use plastic

Water purification tablets

Headtorch and spare batteries

Washbag and toiletries

Trek towel

Daypack 25-30 litres (depending on how much of the children's stuff you want to carry)

Selection of dry bags (to keep daypack contents dry)

Smaller trek bag for mini-trek / rafting (drybags supplied on rafting trip)

Antibacterial handwash

Basic First Aid Kit including: painkillers, antiseptic cream/spray, throat lozenges, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite) and diarrhoea treatment (Imodium)

**The following items are optional:**

Trekking poles (recommended)

Gaiters

Sleeping bag liner

Shorts

Spare laces

Travel clothes

Camera

Binoculars

Pen-knife (remember to put all sharp objects in hold baggage)

Reusable cloth bag for shopping (to avoid plastic bags)

# Why Choose KE

## Why KE?

No one does Nepal like KE. It's in the fabric of our business, and this trip pulls out all of the best and most family friendly elements for all ages to get stuck into and enjoy.

**Please Note** This document was downloaded on 11/11/2026 and the trip is subject to change