

## HIMALAYAN HEALING

*Nepal*



# Let your imagination soar

## About &Beyond

Established in 1991, &Beyond strives to leave our world a better place through the delivery of extraordinary travel experiences and our care of the land, wildlife and people. We are a bespoke tour operator for sub-Saharan Africa, Asia, South America and Antarctica. We also own and manage 29 lodges and camps across 3 continents, as well as a luxury expedition yacht. Together with our long-standing community and conservation development partner, Africa Foundation, we positively impact 75 communities and directly conserve our footprint of 1 million acres. Our 2030 vision is to scale our impact through partnerships to support the conservation of an associated 40 million acres of key biospheres and to double our 2020 impact investment, while offering discerning travellers a rare and authentic experience of the world as it should be.

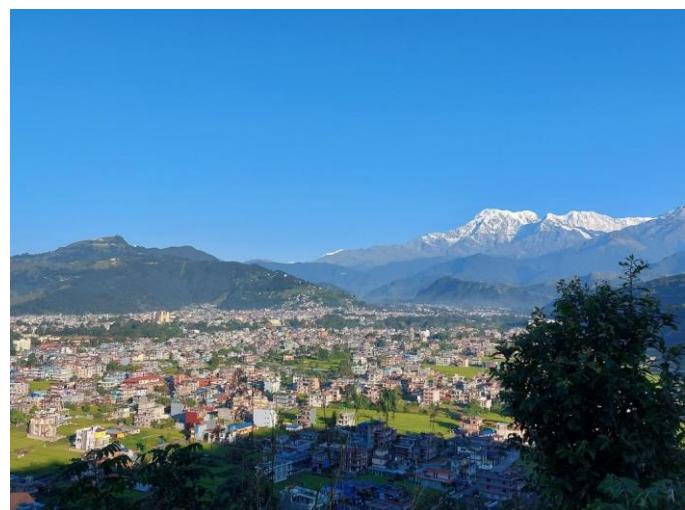
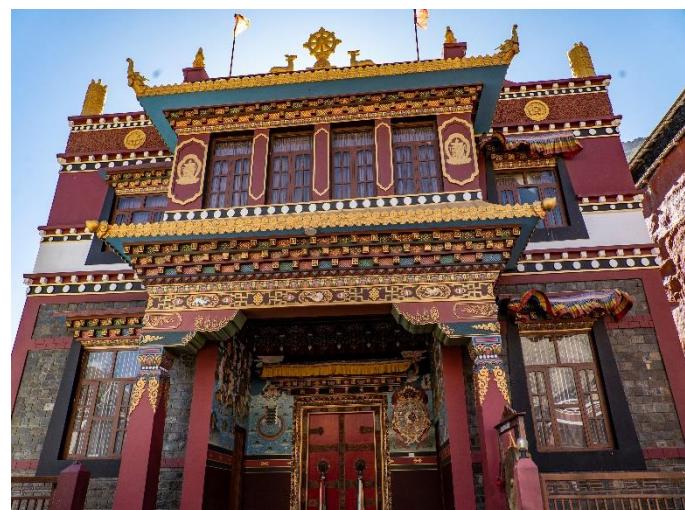
## Welcome to Nepal

Nepal is a land locked country sharing its territorial borders with China in the north and India in the south, east and west. Previously ruled as a kingdom, today it is a Federal Democratic Republic. Nepal is known for its exquisite natural beauty, with the iconic Himalayas running across the northern and western part of the country. Eight of the fourteen highest mountains in the world, including Mount Everest, reside within the country's borders. Although Nepal is a relatively small country, it has an astonishingly diverse landscape having the world's highest point Mt. Everest standing at 8,848.86m while the lowest point is in the Terai plains in the eastern Nepal at 60m only.

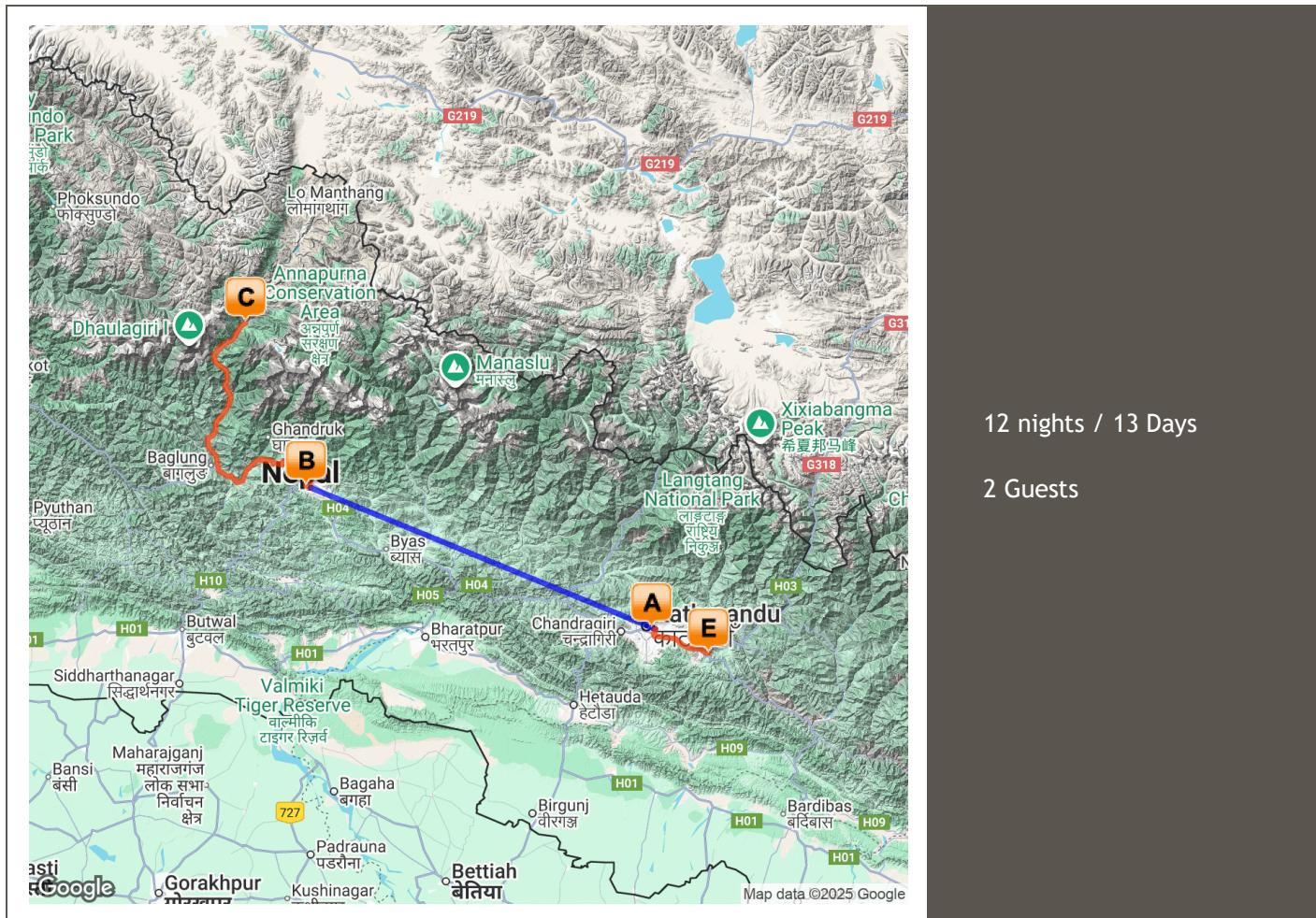
Nepal is a land where deities mingle with mortals, and strange legends follow yak caravans down from the mountain passes to become part of the Hindu folklore. Here live the Gurkhas, famed for their courage; the Sherpas, legends in mountaineering and the Newars, skilled craftsmen who contribute to the rich artistic heritage of the Kathmandu Valley.

## What we love about this journey

- Kumari Blessing
- Private audience with a Khenpo
- Private Sound Healing session at Pokhara
- Monastery visits and more at Lower Mustang
- Rejuvenating SoRig SPA treatments, including steam, sauna, and hot tub
- Holistic wellness experiences at Dhulikhel, including Ayurvedic consultation, creative therapies, yoga, meditation, and personalised healing treatments



# At a glance



	Programme	Accommodation
Day 1	<ul style="list-style-type: none"> <li>Transfer from Tribhuvan International Airport to Dwarika's Hotel</li> </ul>	Dwarika's Hotel <i>Kathmandu Valley, Nepal</i>
Day 2	<ul style="list-style-type: none"> <li>Patan Durbar Square and Museum</li> <li>Kumari Blessing</li> <li>Pashupatinath Temple</li> <li>Boudhnath Stupa</li> <li>Audience with a Khenpo</li> </ul>	Junior Suite BB (Double) Breakfast
	Programme	Accommodation
Day 3	<ul style="list-style-type: none"> <li>Transfer from Dwarika's Hotel to Tribhuvan International Airport</li> <li>Scheduled flight from FLIGHT, Kathmandu to FLIGHT, Pokhara</li> <li>Transfer from Pokhara Airport to Hotel Barahi</li> <li>Private Sound Healing session (1 hour)</li> </ul>	Hotel Barahi <i>Pokhara, Nepal</i> Deluxe Room (Double) Breakfast

	Programme	Accommodation
Day 4	<ul style="list-style-type: none"> <li>Transfer from Hotel Barahi to Shinta Mani Mustang - A BENSLEY Collection</li> <li>Jomsom</li> </ul>	Shinta Mani Mustang - A BENSLEY Collection <i>Jomsom, Nepal</i>
Day 5	<ul style="list-style-type: none"> <li>Jomsom - Wilderness trekking</li> </ul>	Top Floor Suite (Double)
Day 6	<ul style="list-style-type: none"> <li>Jomsom - Marpha Village visit</li> </ul>	Breakfast
Day 7	<ul style="list-style-type: none"> <li>Jomsom - Jharkot, Jhong and Kagbeni Excursion with an option to visit Muktinath</li> </ul>	
Day 8	<ul style="list-style-type: none"> <li>Jomsom - Lubra - Bon Buddhist Village</li> </ul>	
	Programme	Accommodation
Day 9	<ul style="list-style-type: none"> <li>Transfer from Shinta Mani Mustang - A BENSLEY Collection to Hotel Barahi</li> </ul>	Hotel Barahi <i>Pokhara, Nepal</i> Deluxe Room (Double) Breakfast
	Programme	Accommodation
Day 10 to 12	<ul style="list-style-type: none"> <li>Transfer from Hotel Barahi to Pokhara Airport</li> <li>Scheduled flight from FLIGHT, Pokhara to FLIGHT, Kathmandu</li> <li>Transfer from Tribhuvan International Airport to Dwarika's Sanctuary</li> <li>Holistic wellness in-house experiences</li> </ul>	Dwarika's Sanctuary <i>Dhulikhel, Nepal</i> Himalayan Sanctuary Suite (Double) Full Board and activities
Day 13	<ul style="list-style-type: none"> <li>Transfer from Dwarika's Sanctuary to Tribhuvan International Airport</li> </ul>	

# Expect the extraordinary

## Dwarika's Hotel

Kathmandu Valley, Nepal

### Day 1

Upon arrival at Tribhuvan International Airport in Kathmandu (international flights must be booked and issued independently), you will be met by our &Beyond representative, who will assist with your luggage and transfer you to Dwarika's Hotel. The rest is a leisure day.

Spend two nights at Dwarika's Hotel. You will be accommodated in a Junior Suite, and your stay includes bed and breakfast.

Day includes:

BB - Accommodation and breakfast



# Expect the extraordinary

## Dwarika's Hotel

Kathmandu Valley, Nepal

### Day 2

Today, embark on a sightseeing tour of Patan Durbar Square, including a visit to its museum. Based on time and availability, we can also arrange a visit to the living goddess of Patan, The Kumari, for blessings. Continue on to the sacred hindu temple, Pashupatinath Temple before concluding at the iconic Boudhanath Stupa, where you may meet a respected Khenpo for a quiet moment of reflection and spiritual insight.

### Included activities

#### Patan Durbar Square and Museum

Patan's Durbar Square was the site of the Royal Palace and the seat of power for the Malla dynasty ( before 1768). Today the palace is the Patan Museum. The square incorporates a marvellous collection of Newari architecture, incorporating a blend of the Hindu and Buddhist styles. Surrounded by 136 bahals (small temple courtyards), the square has 55 main temples and the famous Taleju Bell. Among the important buildings are the Hiranya Varna Mahavihar (The Golden Temple) and the Krishna Mandir.

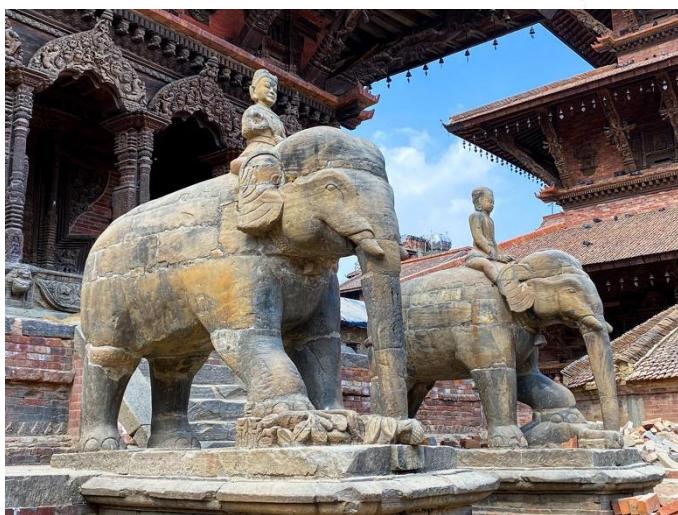
The Patan Museum, with its marvellous collection of ancient artefacts, has to be one of the finest small museums in the world. The museum is located in King Siddhi Narsingh Malla's former palace, and displays his 17th century throne. The Patan Museum provides ample opportunity to discover and study Nepalese, Hindu and Buddhist iconography, arts, and craftsmanship.

#### Kumari Blessing

The Kumari, or “Living Goddess,” is one of Nepal’s most captivating ancestral traditions. Around ten young goddesses reside in the Kathmandu Valley, each honored as a living deity whose blessing is believed to bring peace, prosperity, and protection from evil. In Patan, you can witness this sacred ritual at Kumari Bahal, where the Kumari lives. You will briefly meet her, accompanied by her family, who will speak with you as the Kumari applies a red tika to your forehead. Though the meeting is short, the blessing holds profound significance in Nepali tradition.

#### Pashupatinath Temple

Dedicated to Lord Shiva, Pashupatinath is considered as one of the holiest Hindu shrines. Pashupatinath is the name of Shiva as lord of all living creatures. Established in the 5th century, this pagoda styled temple built in 1692, is one of the seven UNESCO World Heritage Sites of the Kathmandu Valley. Here on the banks of the holy River Bagmati, cremations take place. Devout Hindus consider it a blessing to the departed person to be cremated here.



Although only Hindus are allowed inside the main temple, the surroundings on the banks of the Bagmati River are worth exploring. Colourful sadhus and the local worshippers abound. The evening Aarti ceremony performed at sunset on the banks of the river also draws a crowd of both worshipers and visitors.

### Boudhnath Stupa

Founded in the 5th century and listed in UNESCO's World Heritage Sites, Boudhanath Stupa is one of the largest stupas in Asia, and certainly the largest in Nepal. Whatever time of day you will see devotees taking a kora (circumambulation) of the stupa while chanting their prayers, holding prayer wheels in their hands. This is a place of immense spiritual energy.

Embrace this atmosphere as you walk around, sit in one of the many restaurants overlooking the stupa and soak it all in. With prayer flags fluttering in the breeze, and the smell of incense floating through the air, stroll into the small by-lanes leading to various monasteries, or venture into stores selling a variety of Tibetan items.

### Audience with a Khenpo

A private audience with a Khenpo at a monastery in Kathmandu is a rare and meaningful opportunity for personal spiritual guidance. A Khenpo is a highly learned Buddhist scholar and teacher, respected for deep understanding of philosophy, meditation, and ethical practice. Such meetings are usually held within the quiet and disciplined setting of a monastery. During a private audience, an individual may seek advice on spiritual practice, receive personal guidance, request prayers or blessings, or discuss life challenges from a Buddhist perspective.



# Expect the extraordinary

## Dwarika's Hotel

Kathmandu Valley, Nepal

The Dwarika's Hotel is situated a short drive from the International Airport. The hotel is well known for its' intricate carved wood and terracotta work that must have taken millions of hours of the best craftsmen in Nepal to construct.

The whole ambience is one of being in a living museum incorporating luxury and of course the intimate spirit of hospitality of the Nepalese. The meticulously designed rooms and suites are spacious and incorporate Nepalese textiles and designs.

The hotel is also well equipped with a spa, uniquely designed swimming pool, an excellent all day multi cuisine dining restaurant Toran, and boasts of a unique Nepalese speciality restaurant called Krishnarpan. Mako's, the restaurant serving Japanese food is no less talked about and so is the Fusion Bar.

## What we love about Kathmandu Valley

Legend has it that Kathmandu valley was once a lake, and the Buddhist saint, Manjushree, used his mystical sword to rupture the edges of this lake, draining it and transforming it into a valley. Completely surrounded by hills, on a clear morning you can see the majestic Himalaya towards the northeast of the valley. The Kathmandu Valley is made up of what used to be three ancient kingdoms, Kathmandu, Patan and Bhaktapur, each bringing their own history. Each city with its historic durbar (palace) squares, their distinctive architecture, temples and monasteries are cultural hubs with something for everyone.

Visiting stupas and temples, browsing through independent bookstores, sampling various indigenous foods, or strolling through alleys in search of exquisite hand-painted art are just some of the things you can do. For those passionate about music, food and interesting buildings, there is something to be discovered in many parts of the valley. The best part is the diversity of the Nepalese people. The people of Kathmandu are drawn from various ethnic backgrounds. Many are descendants of those who came from other parts of Nepal, and now call this valley their home.



# Expect the extraordinary

## Hotel Barahi

Pokhara, Nepal

### Day 3

After breakfast, you will be transferred to the domestic airport for your scheduled flight to Pokhara. On arrival, a private transfer will take you to Hotel Barahi for the night.

After lunch, drive a short distance from your hotel to enjoy a private one-hour sound-healing session. Guided by vibration and resonance, this transformative experience focuses on chakra balancing, aura cleansing and energetic alignment, creating space for profound relaxation, clarity and renewal.

The remainder of the day is at leisure, allowing time to unwind and enjoy a more relaxed evening at your own pace.

Spend 1 nights at Barahi in a Deluxe room. Your stay includes breakfast.

Day includes:

BB - Accommodation and breakfast



# Expect the extraordinary

## Hotel Barahi

Pokhara, Nepal

Nestled beside the serene waters of Lake Fewa and surrounded by the towering Himalayan peaks of the Annapurna range, **Hotel Barahi** offers a tranquil escape in the heart of Pokhara. Since opening its doors in 1993, this elegant retreat has become a landmark of Nepali hospitality, known for its warm service, refined comfort, and stunning natural surroundings.

Located in the vibrant Lakeside area, just minutes from the iconic Barahi Temple on Phewa Lake, the hotel offers well-appointed guest rooms, each featuring a private balcony with views of the lake or mountains. Guests can enjoy 24-hour room service, laundry facilities, and the ease of a central location for exploring the Pokhara valley.

Hotel Barahi's extensive amenities include a refreshing outdoor swimming pool with sun loungers, a full-service spa offering treatments such as Shiatsu, aromatherapy, and reflexology, and a travel desk to help plan everything from peaceful sightseeing tours to thrilling outdoor adventures and extreme sports.

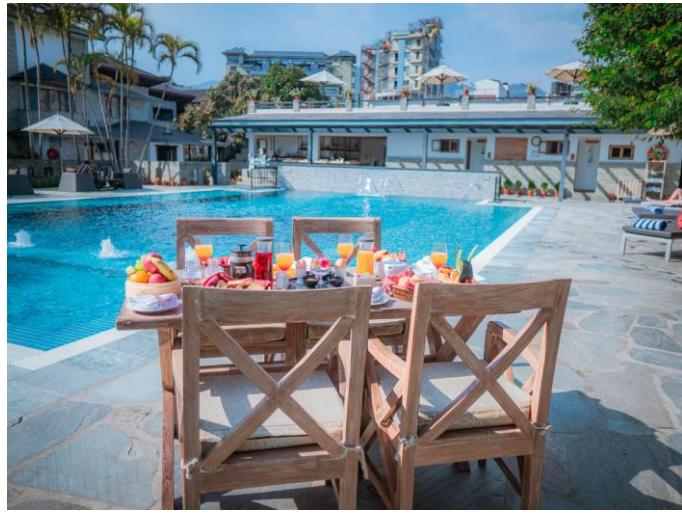
Whether you're seeking relaxation or adventure, Hotel Barahi combines comfort, luxury, and authentic local hospitality to create an unforgettable stay in one of Nepal's most picturesque destinations.

## What we love about Pokhara

Pokhara is located 200 km (120 mi) west of Kathmandu at an altitude of 822 m (2696 ft). This idyllically positioned town is surrounded by hills and mountains and is famous for the stunning views of the Dhaulagiri range, the Annapurna range, the Fishtail peak, many of these are reflected in the Fewa Tal (lake).

This popular destination is where people come to, to begin their trek into the Annapurna region, or just to enjoy boating, walking or to try out some adrenaline pumping sports like paragliding, bungee jumping, zip lining and rafting. It is one of the few places on earth from where mountains above 6,000 m (19685 ft), can be seen unobstructed from an altitude of 800 m (2624 ft).

The eastern shore of the Fewa Tal, or the lakeside district, is where all the shops, restaurants, yoga centres and numerous hotels are situated. The area comes alive in the evenings with live bands performing in pubs. Whether one is looking for peace and tranquillity or extreme adventure, Pokhara has it all.



# Expect the extraordinary

## Shinta Mani Mustang - A BENSLEY Collection

Jomsom, Nepal

### Day 4

Today, you will be driving to Jomsom. The drive takes approximately 7 to 8 hours, covering 160 kilometres through the dramatic Kali Gandaki Valley. Along the way, you'll pass through traditional villages, terraced fields, and rugged landscapes, with sweeping views of the Annapurna and Dhaulagiri ranges. As you ascend, the terrain gradually shifts to the arid beauty of the Tibetan plateau, revealing the striking landscapes of the Mustang region.

*\* It's important to note that the road conditions can be somewhat challenging. Only certain sections are paved, with some of the route being rough and uneven.*

Upon arrival in Jomsom, your BENSLEY guide will escort you to Shinta Mani Mustang, a luxury retreat at 2,800m/9,186 ft with stunning Himalayan views. After check-in, unwind with spa treatments or explore traditional Tibetan healing with Amchi practitioners. Take a scenic hike to Thini Village for a glimpse of local culture before returning for a relaxing dinner.

Spend 5 nights at Shinta Mani Mustang in a Top floor suite. Your stay includes all meals, accommodation and activities.

Day includes:

FB - Accommodation with all meals with activities.



# Expect the extraordinary

## Shinta Mani Mustang - A BENSLEY Collection

Jomsom, Nepal

### Day 5

#### Included activities

##### Jomsom - Wilderness trekking

Embark on a wilderness trek through the stunning Jomsom Valley, navigating rugged trails, crossing streams, and passing through forests while soaking in breathtaking views of the snowcapped Himalaya. Carefully designed for an optimal outdoor experience, the trek offers stops at scenic vantage points to capture unforgettable moments. Midway, pause for a mountaineer-inspired picnic featuring high-energy foods and a glass of chilled Rosé, embracing the rare joy of dining amidst nature's grandeur. Whether you seek a challenging hike or a relaxed pace, our treks are fully customizable to match your fitness level and experience, ensuring a safe, comfortable, and unforgettable journey through Mustang's untouched landscapes



## Shinta Mani Mustang - A BENSLEY Collection

Jomsom, Nepal

### Day 6

#### Included activities

##### Jomsom - Marpha Village visit

Nestled at the southern edge of Nepal's breathtaking Mustang region, Marpha Village is a hidden gem known for its apple orchards, traditional stone houses, and rich Buddhist monasteries. Your excursion begins in the morning with a 2-hour trek from the lodge to Dumba Lake and the Khutsab Terenga Monastery, offering stunning views of the Kali Gandaki valley, the world's deepest valley. You can choose to drive, trek or mountain bike to Marpha, where you can wander through narrow flagstone streets, enjoy the aroma of apple brandy and cider, and explore beautifully painted monasteries and artisan shops. A highlight of your visit is a traditional Thakali lunch prepared by Mrs. Kamala, a renowned local chef and civic leader, offering an authentic taste of local cuisine. After lunch, continue to explore the village's rich history, visit Buddhist monasteries, walk through apple orchards, or simply relax and take in the tranquil Himalayan ambiance.

# Expect the extraordinary

## Shinta Mani Mustang - A BENSLEY Collection

Jomsom, Nepal

### Day 7

#### Included activities

##### Jomsom - Jharkot, Jhong and Kagbeni Excursion with an option to visit Muktinath

Begin your journey after breakfast with a leisurely 1-hour drive to Jharkot, a historic Tibetan village known for its serene atmosphere and ancient gompa. From Jharkot, embark on a scenic hike through ancient orchards, cross suspension bridges, and ascend to Jhong village, where you'll explore a traditional home before enjoying a freshly prepared lunch by the Shinta Mani culinary team at the monastery, surrounded by breathtaking 360-degree mountain and valley views. After lunch, choose between an exhilarating mountain bike descent on a lesser-traveled trail or a comfortable jeep ride to Kagbeni, the gateway to Upper Mustang, where you'll visit the revered Kag Chode Thupten Samphel Ling Monastery.

For those seeking a deeper cultural experience, an optional early departure—two hours before breakfast—allows for a visit to the sacred pilgrimage site of Muktinath, home to 108 holy fountains, believed to offer spiritual purification. This excursion blends history, culture, and adventure, making for a truly immersive Nepalese experience.



## Shinta Mani Mustang - A BENSLEY Collection

Jomsom, Nepal

### Day 8

#### Included activities

##### Jomsom - Lubra - Bon Buddhist Village

Lubra Village, an 800-year-old Bon Buddhist settlement in Mustang, offers a rare glimpse into one of the last remaining strongholds of Bon Buddhism, a spiritual tradition that predates mainstream Buddhism. Accessible via a scenic hike along the Panda Khola River gorge, this hidden gem is a living testament to resilience and heritage. Explore its ancient gompa, an intriguing cave monastery, and savor traditional Bon cuisine atop an old village home, all set against the stunning Himalayan backdrop. Trek through picturesque landscapes, immerse yourself in the village's vibrant cultural traditions, and experience a way of life preserved for centuries, making Lubra a truly unforgettable journey into Nepal's spiritual and cultural past.

# Expect the extraordinary

## Shinta Mani Mustang - A BENSLEY Collection

Jomsom, Nepal

Shinta Mani Mustang - A BENSLEY Collection is situated in Mustang, Nepal, surrounded by mountains and near Dhumba Taal and the Mustang Venture Apple Farm. Suites feature floor-to-ceiling windows, Tibetan art-inspired decor, hand-woven blankets and a private bathroom. Some suites also have a balcony. There is an on-site restaurant and a bar. Guests are invited to enjoy curated dinner experiences while staying at the resort. Additional amenities include a spa with a steam room, a sauna, massage therapy and beauty treatments.

### What we love about Jomsom

Jomsom is an idyllic town resting at the feet of Nepal's jaw-dropping Annapurna Mountains, at the start of the magnificent Kali Gandaki River Valley. Surrounded by awe-inspiring snowy giants, fertile farmlands and glassy lakes, this is an unmissable destination for outdoor enthusiasts and photographers. The town serves as the base for several phenomenal hiking routes, (the Jomsom-Muktinath Trek is a top choice), as well as a range of exciting adrenaline sports. The area is rich in cultural heritage - make sure to visit the fascinating Mustang Eco-Museum, featuring Tibetan herbal medicine displays, and the Kagchode Thubten Sampheling Gompa in Kagbeni, an incredible Sakyapa monastery, filled with masks, trumpets, and ancient texts. Attractions nearby include the gorgeous Dhumba Lake and apple orchards in Marpha.



# Expect the extraordinary

## Hotel Barahi

Pokhara, Nepal

### Day 9

After breakfast today, you will drive back to Pokhara and check in at The Barahi Hotel. The rest of the day is at leisure.

Spend 1 nights at Barahi in a Deluxe room. Your stay includes breakfast.

Day includes:

BB - Accommodation and breakfast

## Hotel Barahi

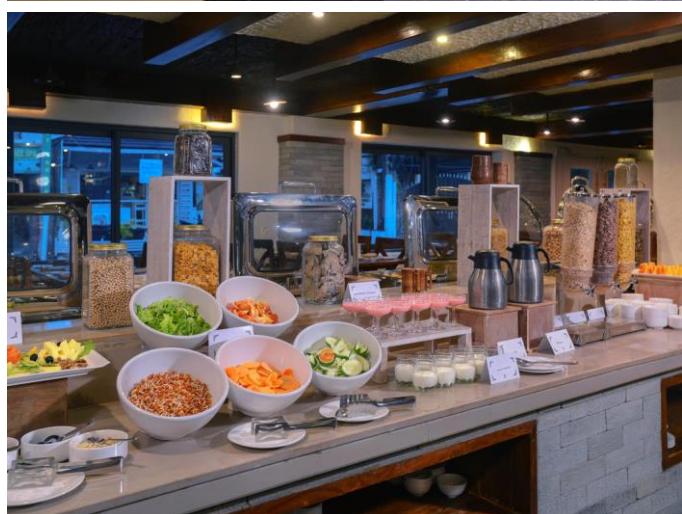
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Whether you're seeking relaxation or adventure, Hotel Barahi combines comfort, luxury, and authentic local hospitality to create an unforgettable stay in one of Nepal's most picturesque destinations.



# Expect the extraordinary

## Dwarika's Sanctuary

Dhulikhel, Nepal

### Day 10 to 12

Today after breakfast, you will be driven to the airport for your scheduled flight to Pokhara, where you will board your connecting flight to Kathmandu. Representative from &Beyond will assist you with your luggage and escort you to Dwarika's Sanctuary for the rest of the stay.

Dwarika's Sanctuary seamlessly blends ancient Eastern healing traditions with modern luxury. Guided by Ayurvedic doctors, yoga and meditation experts, spa specialists, astrologers, and visiting monks, it offers a truly holistic sanctuary for well-being.

Spend 3 nights at Dwarika's Sanctuary in a Himalayan Sanctuary Suite. Your stay includes breakfast and in-house activities.

## Dwarika's Sanctuary

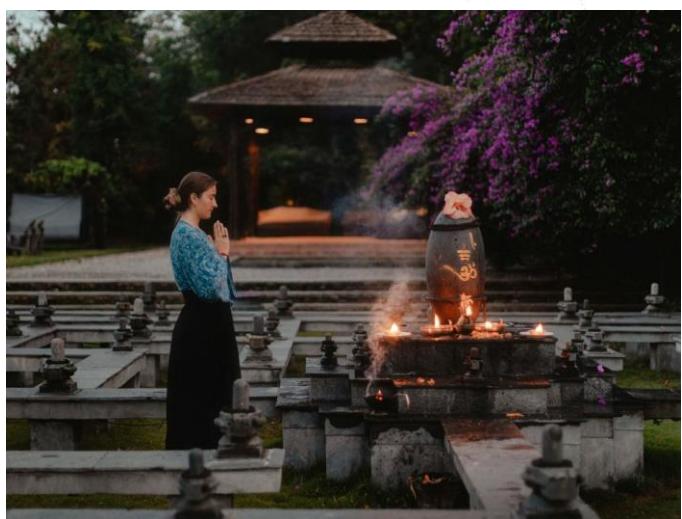
Dhulikhel, Nepal

With a stunning and panoramic view of the Himalayas, Dwarika's Sanctuary - Dhulikhel is located 32 km (20 mi) east of Kathmandu. An outdoor pool, an organic garden, pottery lessons, yoga, and meditation classes are all available at the resort. The modern air-conditioned suites come with a minibar, and a living area. All suites have mountain views. Local, continental, and Japanese cuisine are available at the on-site restaurant. Room service is available 24 hours a day, seven days a week.

The resort has been designed based on the knowledge of ancient philosophies about holistic wellbeing. The spaces within the resort are consecrated, and designed to attract positive energy, and to keep negative energy at bay. For example, the resort is surrounded by a cactus (Ketuki), which is believed to cleanse the space around it of all the negative energy and attract positive energy instead, adding to the calm and nurturing environment offered within the resort.

### What we love about Dhulikhel

The town of Dulikhel is set at the far east of the Kathmandu Valley. It's one of the best spots in the country from which to admire the magnificence of these rugged peaks offering phenomenal views of the surroundings. There's plenty more to enjoy here than just views though. This is an authentic Nepalese town where the culture and traditions of the local Newari people have stayed strong. There is a charming old town with two lovely temples in distinct Vishnu and Hari Siddhi styles, and a Kali temple set on a hilltop above the town, from where there are lovely views of Dulikhel and its surrounds.



# *Expect the extraordinary*

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## *Departure*

*Dhulikhel, Nepal*

### **Day 13**

After breakfast, you will be escorted to Tribhuvan International Airport for your onward flight. Your &Beyond representative will brief you regarding the departure time from the sanctuary.



# Journey overview

RATES FOR 2 PAYING GUESTS	
Validity - 2026	Per person sharing
Cost for Nepal Itinerary on double/twin sharing basis	USD 11,200.00
ADDITIONAL COST	
Single Supplement	USD 6,677.00
Supplement Charter Helicopter ride from Pokhara - Jomsom - Pokhara (Heli based in Pokhara)	USD 3,900.00

## Accommodation

DAY	DESTINATION	ACCOMMODATION	DETAILS
Day 1 - Day 3	Kathmandu Valley	Dwarika's Hotel	Breakfast Junior Suite (Double)
Day 3 - Day 4	Pokhara	Hotel Barahi	Breakfast Deluxe Room (Double)
Day 4 - Day 9	Jomsom	Shinta Mani Mustang - A BENSLEY Collection	Breakfast Top Floor Suite (Double)
Day 9 - Day 10	Pokhara	Hotel Barahi	Breakfast Deluxe Room (Double)
Day 10 - Day 13	Dhulikhel	Dwarika's Sanctuary	Full Board and activities Himalayan Sanctuary Suite (Double)

## Transfers

DAY	DETAILS
Day 1	Tribhuvan International Airport to Dwarika's Hotel
Day 3	Dwarika's Hotel to Tribhuvan International Airport
Day 3	Pokhara Airport to Hotel Barahi
Day 4	Hotel Barahi to Shinta Mani Mustang - A BENSLEY Collection
Day 9	Shinta Mani Mustang - A BENSLEY Collection to Hotel Barahi
Day 10	Hotel Barahi to Pokhara Airport
Day 10	Tribhuvan International Airport to Dwarika's Sanctuary
Day 13	Dwarika's Sanctuary to Tribhuvan International Airport

## Flights

DAY	DETAILS	DEPARTURE	ARRIVAL
Day 3	FLIGHT, Kathmandu to FLIGHT, Pokhara	TBA	TBA
Day 10	FLIGHT, Pokhara to FLIGHT, Kathmandu	TBA	TBA

# *Journey overview*

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## **What's included:**

### **Kathmandu - Dwarika's Hotel**

- Accommodation at Dwarika's Hotel in Junior Suite on Bed and breakfast basis.
- All transfers and sightseeing tours by air-conditioned vehicle.
- All city sightseeing with a private English-speaking guide, including entrance fees to all monuments.
- Bottled water in vehicles and hotels.
- All current taxes as applicable on the date.

### **Pokhara - Hotel Barahi**

- Accommodation at Hotel Barahi in a Deluxe Room on bed and breakfast basis.
- All current taxes as applicable on the date.
- Sound Healing session for 1 hour
- Land Cruiser transfers between Pokhara and Jomsom (return)

### **Jomsom - Shinta Mani Mustang**

- Accommodation at Shinta Mani Mustang in a Top Floor suite with all meals and activities included.
- Suite room accommodation with amenities
- All meals and beverages (alcoholic and non-alcoholic), including outdoor locations during excursions
- All private guided excursions and activities in the Lower Mustang area (as per the guest program/itinerary)
- Personal Bensley Adventure Butler
- Usage of SoRig SPA (steam, sauna, hot tub) and treatments
- In-room mini-bar replenished daily (alcoholic and non-alcoholic)
- Laundry service (dry cleaning not available)
- Wi-Fi in the resort
- Round-trip vehicle transfers to/from Resort/Jomsom airport
- Lower Mustang Permits (ACAP & TIMS)
- All taxes & gratuity

### **Dhulikhel - Dwarika's Sanctuary**

- Accommodation in the booked suite category
- Meals comprising of breakfast, lunch, and dinner, one dinner at Mako's (Japanese Restaurant).
- Non-alcoholic beverages, excluding minibar items.
- One consultation with the Ayurvedic doctor.
- Participation in all daily Dwarika's Sanctuary activities.
- Access to all Dwarika's Sanctuary's facilities.
- One massage treatment per three nights of stay.
- Complimentary Wi-Fi.
- A choice of one curated experience: a Monastery Hike with Lunch or a Farm Hike with Farmer's Lunch.

- For each additional night beyond the initial booking, guests shall be entitled to one additional treatment or one of the curated experiences per day (mentioned above).

The following services and items shall be charged separately: additional spa treatments or signature therapies, astrologer consultations, private guided yoga or meditation sessions, excursions, alcoholic beverages, minibar, and room service.

#### **Others**

- Domestic flight
  - Kathmandu - Pokhara - Kathmandu
- Nepal 15-day visa/ETA.

#### **What's not included:**

- Any International Airfare.
- Any charter helicopter flight.
- Meals not mentioned here in.
- Any change in tax structure resulting from the hike in published tariff.
- Items of personal nature like tips, bar bills, laundry, phone calls etc.
- Any video / still camera fee to the monuments and places of visit.
- Any other item not explicitly mentioned under price includes.
- Any Insurance.

# *The details are in the fine print*

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## Nepal

### General information

#### PHOTOGRAPHY

Bring enough battery backups as there may be areas where you may not have electricity to charge the batteries. Basic video cameras are permitted. Professional video equipment and 16 mm movie cameras require prior permission. Photography inside religious monuments is generally not allowed. Always maintain discretion while taking photos of women, religious festivals, cremation grounds, temple interiors, etc. Make sure to always ask for permission.

#### COMMUNICATION AND MAIL

As in the rest of the world, information technology has made life much easier in Nepal. Even remote villages are now connected by phone and internet. It is easy as anywhere in the world to get connected.

The Foreign Post Office is located next to the General Post Office in Kathmandu, and it sends and receives foreign parcels. Please note that parcels sent to Kathmandu must be cleared by the Customs located in the post office. It is best to send documents by international courier for faster and more reliable service.

#### TOUR GUIDE

Normally English speaking guides would accompany travellers during sightseeing tours. Tour guides are trained and licensed by the government. Tour guides speaking other international languages can also be arranged with prior request.

#### SHOPPING & SOUVENIRS

Shopping can be fun if you just know how to do it. General rule is not to ask the price if you do not want the item. If you are interested, you may start bargaining. Normally it is good to start at 50% less than offered price. If it is expensive items, best to compare prices. Remember that it is prohibited by law to export antique items. There are several items including jewellery, semi-precious stones, Tibetan and Nepali style Thangka paintings, wool carpets, woollen sweaters and jackets, pashmina shawls, handicrafts, wooden and metal crafts etc. that can be taken home. There are several courier companies that can help you ship the items.

#### TIPPING GUIDE LINES

Hotel / Airport porters - USD 1 per suitcase

Drivers - USD 15-20 per day

Airport representative - USD 5 per transfer

City Guide - USD 25-30 per day for two guests travelling

Trek Guide - USD 30 per day for two guests travelling

Trek Porter - USD 10 per day per porter

Restaurants - approximately 10% of the bill

Chitwan and Pokhara hotels - USD 30 per day (this includes all staff at the respective properties)

Official language is Nepali. This is widely spoken everywhere except in remote villages where local dialects are more common. In cities English is generally understood, and you will have no problem in getting help or advice. You might always get wide smiles for yes or no answers.

#### ENGLISH

How are you?

I'm fine and you?

I'm/ It's okay

What's up/

What's the matter, what's happened?

#### NEPALI

Tapaailaai kasto chha?(or simply Aaramai?)

Malaai sanchai chha, tapaai ni?

Thik chha

Ke chha?

Ke bhayo? Ke bhayo?

# *The details are in the fine print*

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What's your name?	Tappai ko naam ke ho?
My name is -----	Mero naam ----- ho
Where do you live?	Tapaaikahaa basnu huncha?
I'm from the U.S.	Ma Americaan ho
How old are you?	Tapaaiko umer kati bhayo?
I'm -----years old	Mo ----- barsha ko bhayaee
Are you married?	Tapaaiko bihaa bhayo?
Do you speak Nepali/ English?	Nepali/English (kura) bolnu hunchha?
I speak a little	Ma ali ali bolchuu
Please speak slowly	Bistari bolnuhos
I understand/ don't understand	Bujhyo / Bujhdaina
I (don't) know	Malaai tahaa chha (ina)
Pardon?	Hajur?
Excuse me	Maaph Garnuhos
Let's go	Jaau or Jaam
Where is this bus going?	Yo bas kahaa jaanchha?
What time will we reach?	.... maa kati baaje pugchha?
What time do we go?	Kati baaje jaanchha?
Taxi! Are you empty?	Taaksi! Khaali ho?
Please go to Thamel	Thamel jaanuhos
Put on the meter	Mitar chalaunuhos

## **SUGGESTED READING LIST**

Do try to grasp a few of the principals of the Buddhist, Lama and Hindu religions before you travel. There is such a wealth of religious artefacts displayed in the monasteries that a little knowledge will help you understand some of what you see. There has been a great explosion of new material written about Tibet and Nepal. This Book List has tentative titles. Lonely Planet Guides, Rough Guides, Insight Guides, Moon Handbook to Nepal, various guides to Kathmandu and the art, people, etc. The Rough Guide and Lonely Planet are the most updated reference books. There are literally thousands of books available on Nepal and this region in general.

Below are a few suggestions:

### **History, Current Affairs, Travel.**

1. Allen, Charles. *The Prisoner of Kathmandu: Brian Hodgson in Nepal 1820-43*. Haus Books, London 2015.
2. Bell, Thomas. *Kathmandu*. Random House, New Delhi 2014
3. Choegyal, Lisa, Craig Potton & Gautam SJB Rana *Kathmandu Valley Style*. Serindia Publications, London 2008
4. Davis, Wade. *Into The Silence; The Great War, Mallory and the Conquest of Everest*. Bodley Head, London 2011.
5. Douglas, Ed editor. *House of Snow: An Anthology of the Greatest Writing About Nepal*. London, Head of Zeus 2015.

### ***Himalaya: A Human History***. London, Bodley Head 2000

1. Gregson, Jonathan. *Massacre at the Palace* (UK edition titled *Blood Against The Snows*). Miramax Book 2002
2. Kincaid, Jamaica. *Among Flowers: A Walk in the Himalaya*. National Geographic Directions, Washington DC 2005
3. Krakauer, Jon. *Into Thin Air; A Personal Account of the Mount Everest Disaster*. 1999.
4. Matthiesson, Peter. *The Snow Leopard*. Chatto & Windus, London 1978
5. Peissel, Michel. *Mustang: A Lost Tibetan Kingdom*. Collins, London 1967.

### ***Tiger For Breakfast***. Hodder, London 1966

1. Tree, Isabella. *The Living Goddess: A Journey into the Heart of Kathmandu*. Eland, London 2015

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2. Rana, Sagar S.J.B. *Singha Durbar: Rise and Fall of the Rana Regime of Nepal*. Rupa, New Delhi 2017

## Wildlife & Natural History

1. Dinerstein, Eric. *Return of the Unicorns - The Natural History and Conservation of the Greater One-Horned Rhinoceros*. New York, Colombia University Press 2003

*Tigerland, and Other Unintended Destinations*. Shearwater Books 2007

1. Carol & Tim Inskip. *A Guide to the Birds of Nepal*. Helm, London 1991,
2. Grimmett, Richard, Carol & Tim Inskip, Hem Sagar Baral. *Birds of Nepal (Revised edition)*. Princeton, US, Christopher Helm, London 2016
3. McDougal, Charles. *The Face of the Tiger*. Rivington Books, London 1977.
4. Mishra, Hemanta. *The Soul of The Rhino* Penguin India, New Delhi 2011

*Bones of the Tiger: Of Man-Eating Tigers and Tiger-Eating Men*. Penguin India, New Delhi 2013.

1. Sungquist, Mel & Fiona Sungquist. *Tiger Moon; Tracking The Great Cats in Nepal*. Chicago UP,
2. Taylor, Daniel C. *Yeti: The Ecology of a Mystery*. OUP, New Delhi 2017

## **FUN FACTS ABOUT NEPAL**

1. Nepal has four UNESCO World Heritage Sites including the Sagarmatha (Mt Everest) and Chitwan national parks, Lumbini (the Buddha's birthplace), and the Kathmandu Valley., with 15 other sites on the tentative list.
2. Nepal has eight out of fourteen of the worlds' peaks over 8,000m (26,246 ft)
3. Nepal has 123 languages listed out of which 14 have been designated as official. Many are dialects of Nepali or Hindi. In the area along the northern border such as Mustang and the Khumbu region Tibetan dialects are spoken.
4. Nepal was unified in the 18th century when Prithvi Narayan Shah, the ruler of Gorkha first took over the Kathmandu valley and then expanded his control east to the borders of Bhutan, west to include Uttarakhand and parts of Himachal Pradesh in India, and south to include parts of the terai region. It subsequently shrunk to the present borders after the Treaty of Segauli with The East India Company in 1816.
5. Nepal's borders were closed to foreigners from the late 18th century until 1950s.
6. Nepal's flag is the only one of its kind, consisting of two united pennant (triangular flag) shapes.
7. Nepal's biodiversity - Nepal has over 500 species of wild orchid, and 33 species of rhododendron. More than 800 species of birds, 650 species of butterflies and over 6000 species of moths.
8. Nepal is home to the Kumari, the only living Goddess in the world.
9. The legend of the Yeti, the elusive and mysterious snowman, also known as the abominable snowman.
10. The Spiny Babbler is the endemic bird which is found only in Nepal.

## **CONTACT DETAILS**

### **&Beyond ASIA (NEPAL)**

The office is open from 09h30 to 17h30, Sunday to Friday.

#### **PHYSICAL ADDRESS:**

Baluwatar (Opp. Nepal Rastra Bank)

Lamtangin Marg, Ward No - 4

House No#237

Kathmandu, NEPAL

Tel +977 1 4531296

#### **EMERGENCY TELEPHONE NUMBERS:**

Pradeep Shah (General Manager) +977 98010 31115

Roshan Gurung (Senior Consultant) +977 9807937974

Dushyant Singh (General Manager Touring - Asia) +919818077955

# *The details are in the fine print*

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## Banking and currency

### FOREIGN CURRENCY AND CREDIT CARDS

Payment in hotels, travel agencies, and airlines are made in foreign exchange. Credit cards like American Express, MasterCard and Visa are widely accepted at major hotels, shops, and restaurants. However, MasterCard and Visa credit cards are generally preferred.

Remember to keep your Foreign Exchange Encashment Receipt while making foreign exchange payments or converting foreign currency into Nepalese rupees. The receipts may be needed to change unutilized Nepalese rupees back into hard currency when leaving the country. Only 10 percent of the total amount may be reconverted by the bank.

ATMs are widely in use in Kathmandu and Pokhara.

Major banks, hotels, and the exchange counters at Tribhuvan Airport provide services for exchanging foreign currency. Exchange rates are published in English dailies such as The Rising Nepal, The Kathmandu Post and The Himalayan Times. Nepalese rupees are found in denominations of 1000, 500, 100, 50, 20, 10 and 5. Only Rs. 5/-, 2/- and 1/- coins are in use in the market. One rupee equals 100 paisa.

On arrival it is a good idea to change some money into small denominations - useful for shopping (no-one ever has any change). Both Euro and USD travellers' cheques can be cashed relatively easily in most banks and major hotels throughout the country. Nepalese rupees fluctuate daily and is relative to the international basket of currencies.

### Indian currency in Nepal

The Government of Nepal has not lifted the ban on import or export of 500 Indian rupee notes. and the maximum limit one can carry is limited to 25000/-. Lower denomination notes from India are accepted in Nepal. Indian Residents are allowed to carry upto INR 25000 in Indian currency notes while leaving the country.

## Climate and weather

### BEST TIME TO VISIT NEPAL

Spring (March to May) and autumn (early October to late November) are the best time to visit Nepal. After the monsoons, usually mid-September, and early December are also good to visit.

**Spring:** Spring is the time when wildflowers bloom. Rhododendrons of varieties of colour dominate forests on the mountain slopes. Early March is cold with lots of snow on elevations above 4 000m, there is rarely snow on lower elevations. Mornings and evenings are clear with blue sky, and the daytime is cloudy. As the season approaches the end of April the weather becomes warmer and hotter as it moves into May.

**Summer:** After the first week of May the temperature at lower altitudes gets very hot during the day. Nighttime is pleasant, and generally the monsoon starts from the middle of June and remains until the middle of September.

**Autumn:** Monsoon rains normally end by middle of September, but occasionally drags on to the first week of October. The weather in October and November is then cool and dry, and the sky is usually clear with decent views of the mountains. Major festivals happen during this season. In the beginning or middle of November the weather generally changes briefly with snowfall in the mountains, above 2 500m, and rain in the lower region, lasting just a week. Temperature in the later part of November is much colder than in October. This weather may continue until the middle of December. The sky normally remains clear in the early morning and evening, and cloudy during the daytime.

**Winter:** Mid-December until the end of February is usually considered as winter. It is coldest of all the seasons.

The average temperature in Kathmandu varies from 26C/8C in March, 38C/18C in May, 33C/18C in July, 33C/18C in Sept, 24C/9C in Nov, and 20C/3C in January.

The average temperature in the subtropical Chitwan valley, varies from 30C/9C in March, 30C/16C in May, 33C/18C in July, 28C/18C in Sept, 30C/7C in Nov, and 20C/1C in January.

# *The details are in the fine print*

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## Food, drink and cuisine advice

### Food and water safety:

Can you drink the tap water: No

Fresh fruit and veg: Yes

Ice: No

Meat: Yes

Street food: Yes

**Local cuisine:** Nepali cuisine offers a variety of flavors influenced by its diverse ethnic groups. Dal Bhat, a lentil soup served with rice and vegetable curry, is a staple. Momo, dumplings filled with meat or vegetables, are a popular street food. Other notable dishes include Sel Roti, a sweet, deep-fried rice bread, and Dhido, a traditional Nepali dish made from buckwheat or millet flour.

**Drinks:** Chyang (traditional millet-based beer), Raksi (traditional distilled liquor), and Chiya (Nepali milk tea).

**Tipping:** Tipping is not expected but appreciated, typically rounding up the bill.

## Clothing and dress recommendations

### WHAT TO WEAR

From March to May (spring) it is warm during the day and cool in the evening, with some dusty rain showers. May is the hottest of all months, and high mountain areas have pleasant temperatures.

June to August (monsoon) is lush green and wet. Peak monsoon is normally in July and August. It does not rain throughout the day and night, and there could be several days with no rain.

September to November (autumn) is warm during the day and cool in the evening. The sky starts getting clearer. This is also Nepal's festival time and two of the biggest festivals of Nepal fall during October and November.

December to February (winter) is cold and snows up in the mountains. The end of December and January is usually very cold, in the mountains. However, during the day, it is quite pleasant.

It is advised to bring clothes according to the season and place you would want to visit. A more detailed clothing list can be sent on request.

## Electricity and plug standards

Normally, domestic consumption of electricity in Nepal comes to 220 Volts/50 cycles. Climatic conditions in Nepal may bring in fluctuation in electric supply leading to load shedding. However, Nepal hotels have UPS (Uninterruptible Power Supply) to deal with this electric crisis.

Electric plugs in Nepal are two or three round prongs, but not flat prongs as used in the United States or in other countries. If your electronic uses 110 Volt 60 MHZ electricity, you will need a voltage converter. This is easily available at the shopping malls in the cities of Nepal. Also advisable is the multi adaptor.

## Health and medical information

### PRECAUTIONS

Amoebas and giardia are something tourists should take special precaution with while traveling in Nepal. You should not drink water that is not boiled and filtered or has ice cubes from an unknown source. Please note that sometimes tablets for disinfecting water are not effective against all types of amoebae. Bottled water is available throughout the country and is considered safe. When buying the bottle, make sure the lid is sealed.

### IMMUNISATION

It is usually recommended to get Hepatitis A, Tetanus, Polio, and Typhoid inoculations for travel to Nepal.

# *The details are in the fine print*

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Malaria prevention tablets are recommended if you want to visit the terai (low land areas) or jungles. However, it is strongly recommended that you consult with your doctor prior to your departure from home.

## **FIRST AID KIT**

It is advisable to take a small personal first aid kit with you.

It should include:

Aspirins/paracetamol

Insect repellent

Antiseptic cream

Sun cream (at least factor 15)

Elastoplast

Lip balm

Moleskin pads

Throat pastilles

Medication for relief of diarrhoea

Puri tabs or Aqueous Iodine solution (for water purification on treks)

Mild Laxative

2" - 3" wide crepe bandage

Malaria prophylactic tablets (seek medical advice)

Safety pins

## **MEDICATION**

Bring all your customary medicines with you: anti-diarrhoea medicine, antihistamine tablets, anti-nausea tablets, eye lotion, and lip salve. There are several pharmacies and medical clinics in cities like Kathmandu and Pokhara that can supply antibiotics and analgesics. Carry prescription medicines carefully. Retain a copy of your doctor's prescriptions safely with your travel documents.

## **WATER**

It is not advisable to drink tap water. Boiled and filtered water, or bottled water is recommended.

## **HOSPITALS**

There are some good hospitals in Kathmandu with excellent medical facilities and modern medical equipment for emergency. In villages and secondary cities, the medical facilities are limited. There are also many highly qualified physicians, specialists and dentists in Kathmandu. Our office can assist if a consultation is required.

## **MALARIA**

Malaria does still exist in pockets of the lowland terai. It is more prevalent in the late and post monsoon months. Keep plenty of mosquito repellent, cream or lotion on any exposed areas of skin when you are outdoors. We advise people to wear long sleeve trousers, socks, and long sleeve shirts and blouses. Take advice from your medical practitioner as to what anti-malarial prophylactic to be taken.

## **Safety information**

### **INSURANCE**

You should purchase comprehensive travel and medical insurance before travelling as it is not readily available in Nepal, and even if available can be very expensive. If you are intending to travel at higher altitudes in Nepal, please ensure that the insurance policy covers medical treatment, accidents and evacuation by helicopter (presently costing USD 2500 per flying hour). It is advisable to have coverage for unexpected losses resulting from the circumstances beyond our control.

# *The details are in the fine print*

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## Travel, transport and getting around

### Air:

Main airlines: Nepal Airlines, Himalaya Airlines

International Airports: Tribhuvan International Airport (KTM)

Domestic Airports: Pokhara Airport, Bharatpur Airport, etc.

### Road:

Driving on the: Left

Tar roads: Yes

Gravel roads: Yes

Valid International Driver's License needed: Yes

Car hire available: Yes

Taxis: Yes

E-hailing services: No

### Bus:

Inter-city bus services: Yes

Local city bus networks: Yes

### Rail:

Railway system: Limited

Subway System: No

### Water:

Ferries: No

Water taxis: No

Leisure cruises: No

## Entry requirements

### VISAS & ARRIVAL INFORMATION

Foreigners who travel to Nepal must hold a valid passport. If you did not obtain an entry visa for Nepal from the Nepalese Embassy or Consulate in your home country, you may obtain one on arrival at the airport. You may also apply online by going to the link <https://nepaliport.immigration.gov.np/eta-visa-processing>. However, this can only be done within two weeks prior to your arrival in Nepal. You will need your passport details, a digital photograph, and address of accommodation in Nepal. Once your application is accepted, you need to print the acceptance receipt and carry it along with you. Please note that this is not a visa, and neither is it payable online. Upon arrival at the airport in Kathmandu, and in the immigration hall, you will first need to go to the Bank counter on your left (as you enter) and pay the visa fees (retain the receipt) before heading for the immigration desk.

If you were not able to fill out the online application, you will need to go straight to the Electronic Scanners in the immigration hall and complete the application. The machine will also take your picture. Once you receive the printout, go to the Bank counter to pay the visa fees before proceeding to the immigration desk. Currently there are ten of these application machines at the airport, and there is often a queue.

**Tourist Visa:** Good for multiple entry (always advisable to have the exact amount in US dollars to pay for the visa fee.)

15 days: USD 30 or equivalent convertible currency

30 days: USD 50 or equivalent convertible currency

90 days: USD 125 or equivalent convertible currency

### CUSTOMS:

## *The details are in the fine print*

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### SATELLITE PHONES ARE NOT ALLOWED IN NEPAL.

Although drones are allowed, it is advisable not to bring one as you will have to go through a barrage of questions as to what the purpose of the drone is and what do you plan to shoot images of. Depending upon the custom official, he could possibly deny you the permission to bring it in and request you to deposit the drone and to pick it up on departure. Advise is NOT TO BRING DRONES.

All baggage must be declared and cleared through the customs on arrival. Personal effects are permitted free entry. Passengers arriving at Tribhuvan International Airport (TIA) without any dutiable goods can proceed through the Green Channel for quick clearance without a baggage check. If you are carrying dutiable articles, you must pass through the Red Channel for detailed customs clearance.

Once you get through the Immigration process, you head down the escalator to baggage claim. There are only five conveyor belts and limited space on them at any one time. It is normal for people to take bags off the conveyor belt and put them to one side and allow other bags to come off the plane. So do not panic if you see someone else handling your bag. If you do not see your bag, do a thorough walk-around before claiming your bag is missing.

To report your lost bags, walk to the “lost and found” desk against the wall and give them your information. You will be given the form that needs to be completed and submitted to the person in charge (also get their phone contacts so you can check with the airport about your baggage status).