

3-DAY ADVENTURE

## CHITWAN NATIONAL PARK 3- DAY EXTENSION

Nepal

Chitwan was the first national park in Nepal. Formerly called Royal Chitwan National Park it was established in 1973 and granted the status of a World Heritage Site in 1984. It covers an area of 932 sq km (360 sq miles) and is located in the subtropical Inner Terai lowlands of south-central Nepal in the Chitwan District. The river plains and jungle at Chitwan are home to one of the few remaining populations of the rare Bengal tiger and also home to one-horned rhinos, wild elephants and marsh crocodiles. The park boasts more than 450 bird species and is one of the few known breeding sites of the endangered spotted eagle.

## TRIP HIGHLIGHTS

- Go in search of the endangered Bengal Tiger
- Take a canoe trip on the Rapta River
- Visit an elephant breeding centre



# ITINERARY

## DAY 1

### FLY KATHMANDU TO BHARATPUR

Early morning flight from Kathmandu to Bharatpur Airport and transfer to your lodge. You will have time to enjoy a spot of lunch before taking an afternoon village tour by ox cart to find out more about the local culture.

Transport: **Flight (0.3 hour)**

Accommodation: **Lodge**

Meals included: **Lunch / Dinner**

## DAY 2

### CHITWAN NATIONAL PARK

An elephant safari is an ideal opportunity to see some of Chitwan's larger animals such as deer, rhinoceros, wild boar, monkey, leopard and sloth bear. If you're really lucky, you may get to see the Royal Bengal Tiger -sightings are very rare so keep your eyes peeled. In the afternoon you will explore the Rapti River by canoe. Don't forget to take your binoculars to spot some of Chitwan's amazing birdlife and also the two rare species of crocodile: the Marsh Mugger and the fish-eating Gharial. You will complete the day by visiting the elephant breeding centre located within the park.

Accommodation: **Lodge**

Meals included:

**Breakfast / Lunch / Dinner**

## DAY 3

### FLY BHARATPUR TO KATHMANDU

You spend your last day in Chitwan on a bird watching tour to discover some of the 450 different species that abound. Look out for kingfishers, blue-throats, long-tailed nightjars, lesser adjutant storks, brown cranes and brown fish owl -just a few of the famous birds found in Chitwan. Transfer to Bharatpur airport for onward flight to Kathmandu.

Transport: **Flight (0.3 hour)**

Meals included: **Breakfast**

# TRIP INFORMATION

## DIFFICULTY

This 3 day extension trip is not strenuous. If you have just completed a Himalayan trek then you will have no difficulties in visiting Chitwan.

The park is located in the south of Nepal near the Indian border, you should expect the temperature and humidity to be much higher here than in the mountains.

## FOOD & DRINK

Your accommodation in Chitwan is booked on a **full board basis**. The lodge features a large dining room with an extensive buffet and a range of options for Breakfast, lunch and dinner. A mix of international dishes and local Nepali cuisine is available. If you have special dietary requirements please inform us at time of booking, we will do all we can to make sure your needs are met.

## ACCOMMODATION

During your visit to Chitwan you will be staying in **comfortable lodge accommodation** in twin or double en-suite rooms. Our accommodation offers a swimming pool, free WiFi and concierge service. All rooms have air conditioning, fridge, television and balcony.

## TRANSPORT

The general standard of driving throughout Nepal is **poor and badly regulated**. Roads in Kathmandu are very congested, many drivers are not properly licensed and vehicles are poorly maintained. During the monsoon season (June to September) many roads outside the Kathmandu valley are prone to landslides and may become impassable.

We insist on using a **high standard of vehicle and driver** for all of our transfers. In Nepal it is not a legal requirement to have seatbelts fitted in the back of vehicles, and while we try to use vehicles that do have rear seatbelts fitted, this cannot always be guaranteed. If you are unhappy about any aspect of the vehicle or the standard of driving, please speak to the driver or our local office immediately.

## LUGGAGE

Domestic flights in Nepal operate an absolutely **strict maximum limit of 10kg** for your main equipment bag and a **maximum of 5kg for your day sack**. To avoid any delays at the airport before boarding your flight to Bharatpur, please ensure your luggage is within these limits.

Your luggage can be left in your room at the lodge whilst you are out on activities.

## BUDGET & CHANGE

The **Nepali Rupee** is a closed currency so you will not be able to buy this before you arrive. It is advisable to travel with US Dollars, and exchange this in Kathmandu. It is very important that US bills be new (less than 10 years old), crisp and unturned. If you want some **local currency** then we can take you to an ATM or bank. Alternatively all the hotels in Kathmandu will change money for you. We recommend that you take local currency on the actual trek with you, as the teahouses prefer local currency to dollars. You will also get a more favourable exchange rate in Kathmandu.

If you are relying on a credit or debit card for emergency funds, make sure you tell your card issuer that you will be using it abroad, or you may find that it won't work when you really need it.

In Kathmandu a meal for two at a mid range restaurant will cost ~\$20. A taxi will generally start on a base rate of \$0.45 and then charge \$0.4 for every km. Or you can ride the bus which will be around \$0.15 for a 5km journey. Souvenirs in Kathmandu are generally on the cheaper side too.

Our recommended guidance for spending budget in Nepal would be between \$500-800 (depending on the length of the trip and your meal preferences) on top of your tips, to give you ample money for souvenirs and treats.

## TIPS

Tips are always discretionary and if you are not happy with the service you have received you do not have to pay tips. Tips can be made in US dollars or Nepali Rupees. It is very important that US bills be new (less than 10 years old), crisp and unturned.

# FORMALITIES & HEALTH

## PASSPORT

Please double check that your passport is valid for 6 months beyond the date of arrival in Nepal. We recommend that you take a photocopy of your passport and keep it separate from the original, and this will be useful if the original is lost while you are travelling. You must carry your passport on the trek with you, as it is required for internal flights.

## VISA

Most visitors to Nepal (including nationals from the UK, Europe, USA and Australia) require a tourist visa to enter Nepal. To secure a visa you will need to present proof that you have a return ticket, and proof that you have sufficient money to support yourself during your stay in Nepal. Visa can be obtained online at: <https://uk.nepalembassy.gov.np/visa/>. Visas are valid for 6 months from the date of issue, so do not send off your application too early.

The other option is to queue and pay for a visa on arrival at Kathmandu Tribhubhan International Airport. This will need to be paid for in cash. We highly recommend securing a visa before departure as this will ensure you have no problems passing immigration, as well as speed up the process of clearing immigration. You will need at least one blank visa page in your passport. Certain nationalities not mentioned above must apply for a visa in advance, so check with your local Nepalese Embassy or online at: <https://www.immigration.gov.np/page/visa-on-arrival>.

For most of our trips, you may be ok with a 15 day tourist visa which costs USD30 (around GBP25). However, if you are adding any extra days in Kathmandu you would then require a 30 day tourist visa which USD50 (around GBP40). Visas can be extended once you are in Nepal, but overstaying your visa is taken very seriously, and can result in your being detained or not allowed to leave without paying a fine. In Kathmandu airport they will assume you are paying in your home country currency so make sure you have the amount you need for your visa, or to extend your visa, in cash in your home currency. For smaller currencies, USD will be the best replacement.

## VACCINATIONS

The standard vaccinations required are diphtheria, tetanus, typhoid and hepatitis A, but you should always consult your doctor or travel clinic for the most up to date advice.

## INSURANCE

It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses. For the Annapurna and Everest Regions, we recommend cover up to 6000m of altitude. If you are climbing Mera Peak or Island Peak you will need cover for trekking up to 7000m of altitude.

Please take a copy of your insurance policy to the pre-trek briefing, as the guide will need to collect your insurance details. We also ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf.



# HEALTH

## Malaria

There is no risk of malaria in Kathmandu and on the majority of Himalayan treks that we operate, due to the altitude. However, there is a risk of malaria in areas of Nepal below 1,500m, particularly in the Terai district, the lowland region of Nepal adjacent to the Indian border. This region includes Chitwan National Park, so if you are planning a safari extension to your trek, you need to plan anti-malarial medication for this part of your trip. In addition to taking medication, we would recommend you take every precaution to prevent mosquito bites by wearing long-sleeved trousers and shirts at dusk and dawn when the mosquitos are active, and by using a DEET based mosquito repellent.

## Altitude Sickness

Altitude sickness, also called Acute Mountain Sickness (AMS), hypobaropathy and soroche, is an illness caused by exposure to low air pressure, especially low partial pressure of oxygen, which many trekkers experience at high altitudes. AMS is caused by exerting yourself at high altitudes, especially if you have not been properly acclimatised. It is most common at altitudes above 2400 metres. Your route into the Annapurna Sanctuary has been designed to aid your acclimatisation wherever possible, but the following will also help your body adjust:

Slow and steady. You need to keep your respiration rate low enough to maintain a normal conversation. If you are panting or breathing hard, you must slow down. There is no pressure on you to keep up with other members of your group.

Drink much more water than you think you need. Proper hydration helps acclimatisation dramatically. You need to drink at least three litres each day.

## Diamox

There has been a lot of research on Diamox that shows it has been reasonably well proven to be helpful in avoiding AMS by speeding up the acclimatisation process. In the UK it is a prescription drug which must be prescribed by a doctor, but some doctors are reluctant to prescribe it. The concern is that by taking Diamox, people believe that they are immune from AMS and can ignore the symptoms. In reality, although Diamox can help prevent the symptoms, should symptoms still develop it means that you are not acclimatising and you have to take notice. Diamox is taken before you start trekking to prevent altitude sickness, not once you are on the trek and symptoms have developed.

## Dehydration

You can easily become dehydrated at high altitudes. The lower air pressure forces you to breathe more quickly and deeply, and you lose a lot of water through your lungs. You will also be exerting yourself, and sweating, and may even suffer from diarrhoea. As a result, you will have to drink much more water than you normally would so you should drink at least 3 litres of fluids every day while trekking. Even when you do not feel thirsty you have to drink this amount as a minimum, preferably more. Stay on the look-out for signs of dehydration in yourself and your fellow trekkers. The most common symptoms include thirst, dry lips, nose or mouth, headache and feeling fatigued or lethargic.

# EQUIPMENT & CLOTHING

## CLOTHING TO BRING

In the south of Nepal away from the Himalaya, the weather is hot and humid. You should pack comfortable, loose fitting clothes that will allow some air to circulate and also protect you from the sun.

- Sun Hat
- Sun glasses
- Sturdy boots for wearing on safari / in the jungle
- Comfortable trainers for the evenings
- Socks (not too thick or warm)
- T-shirts and Long sleeved shirt for sun protection
- A fleece / soft shell in case it gets cold in the evenings
- Waterproof jacket
- Trekking trousers / shorts

## EQUIPMENT TO BRING

- Binoculars
- Sunscreen and lip balm - high SPF
- Toiletries, wet wipes and hand sanitiser
- Insect repellent
- Camera and spare batteries
- Plug adapter
- Personal medication and first aid kit
- Day pack (30-40 litre)
- Duffle bag for the bulk of your luggage
- Water bottles or hydration system



# HOW TO BOOK THIS TRIP

## **1 CHOOSE YOUR DATE AND CHECK AVAILABILITY**

A full list of available dates can be found on our website.

## **2 CONTACT US**

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

## **3 COMPLETE BOOKING AND PAYMENT**

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.

