

# NEPAL BIKE, HIKE & RAFT ADVENTURE



## Highlights

- Get off the beaten track in Nepal and experience local life first as you trek, cycle and raft through awe-inspiring landscapes
- Experience breath-taking scenery on this thrilling journey carefully created by Adventurous Ewe
- Cycle trails against the backdrop of the impressive Langtang Himalayan range
- Summit Poon Hill at sunrise and witness the colour changes over Dhaulagiri and the Annapurna Range
- Raft Nepal's world-class white water carving through gorges and lush jungle
- Stay in remote farm villages and wander through the local bazaar, 17th century palace & fortress and ancient temples
- Steeped heavily in ancient tradition and rich culture the Nepali people will leave a lasting impression on you
- Enjoy this multi activity adventure in small groups accompanied by experienced Local Guides
- Receive a complimentary Water-To-Go bottle when you depart on this trip to minimise our foot-print in Nepal!



# WELCOME

Svāgatam

## Overview

This carefully crafted itinerary takes you into the enthralling depths of Nepal where you will experience a thrilling off the beaten track journey by foot, by bike and by rafts.

Over a period of 9 days you will traverse the foothills of the Annapurna Range, cycle trails against the backdrop of the impressive Langtang Himalaya, trek through remote mountain villages and to the summit of Poon Hill at sunrise, raft Nepal's world-class white water carving through gorges and lush jungle and stay in remote farm villages and wild camp on the banks of the river.

Not only will you be amidst the awe-inspiring views of Himalayan mountains and glacial rivers, you'll experience the rich culture and traditions of Nepal with exploring ancient palaces, some which date back to the 16<sup>th</sup> century, and walk amidst ornate villages with the opportunity to see first hand the local way of life in these remote areas and the unique local cultures of the Gurung and Magar communities. You'll conquer many, many stairs, and wind your way through jungles and over rivers.

Travelling through Nepal and mixing with the local Nepali people will leave a lasting imprint on your soul. Something all adventurers should experience and cherish at least once in their life.

If you have any questions, please feel free to get touch with us at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk)  
01492 588 069.





# TRIP SUMMARY



**Activity:** Cycling, hiking & rafting  
**Duration:** 11 days & 10 nights  
**Active days:** 9 days  
**Altitude:** Poon Hill at 3210m  
**Accommodation:** Local guesthouses, teahouses & camping  
**Cost:** Deposit: £195 per person  
 Remaining balance: £2080 per person

**Group size:** 6 – 16 people  
**Level of difficulty:** ■■■■■  
**Dates:** Feb – Mar / Oct - Dec  
**Typical trip:** Thursday - Sunday (11 days)  
**Tough**



# ROUTE MAP

Get ready for an adventure



## DAY 1

Flight from UK to Kathmandu Nepal. Transfer to the hotel in Thamel Kathmandu

## DAY 2

Transfer to Nuwakot and The Famous Farm

## DAY 3

Cycle from Nuwakot and The Famous Farm to Dhading Besi (50kms)

## DAY 4

Cycle from Dhading Besi to Gorkha. Transfer to Bandipur (66kms)

## DAY 5

Transfer from Bandipur to Damauli. Raft the blue waters of the Seti River

## DAY 6

Raft Seti River and private transfer to Pokhara

## DAY 7

Private transfer from Pokhara to Nayapul and Kimche. Trek to Tadapani at 2590m

## DAY 8

Trek from Tadapani 2590m to Ghorepani 2750m

## DAY 9

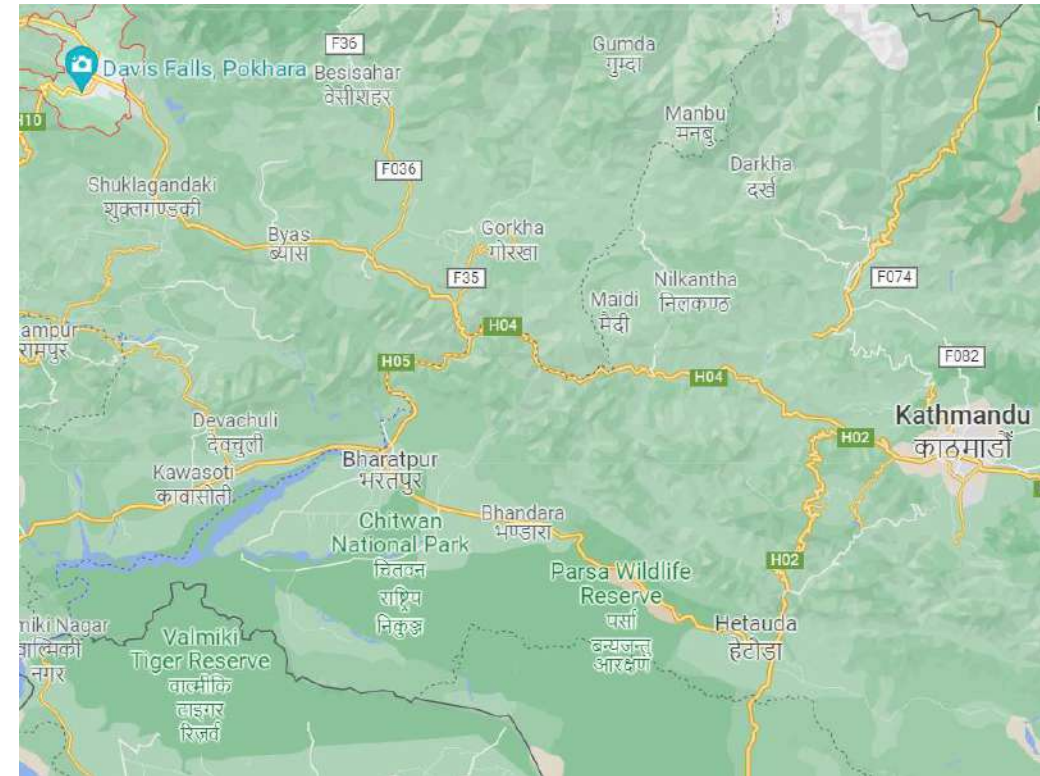
Sunrise trek to Poon Hill (3210m) and on to Hille. Return private transfer to Pokhara

## DAY 10

Pokhara to Kathmandu

## DAY 11

Return flight home.



# ITINERARY

## 2 boots. 1 bike. 1 raft. 1 epic off the beaten track adventure

### DAY 1

#### Overnight flight from UK to Kathmandu Nepal

On signing up for the trip, we will provide you with the recommended flights to book or alternately, we can book the flights for you through our ATOL protected Flight Agent at an additional cost. Flights are not included in your package to give you the flexibility to travel from your nearest airport, use your frequent flyer points or extend your stay in Nepal if you wish. The recommended flights for this will include airport transfers in Nepal.

There are direct flights from London and other major airports across the UK. Return flights from the UK to Kathmandu Airport are operated by Etihad, Qatar, British Airways, Oman Airways, Turkish Airways and Emirates.

#### Transfer from Kathmandu Airport to hotel

On arrival in to Kathmandu Airport you will be met and transferred to your hotel where you will meet your fellow team-mates and local Nepalese Guide. There will be a briefing of the journey ahead and your chance to ask any questions and make any last-minute preparations plus you'll be equipped with your bike.

The remainder of the day is at your leisure or you can join an orientation walk around the inner part of the city through the back lanes and old market square (time permitting).

#### Included

Transfer:	Private transfer
Meals:	Dinner
Accommodation:	Kathmandu Guesthouse or similar (twin share basis)

### DAY 2

#### Transfer to Nuwakot and The Famous Farm

Following breakfast your adventure begins with a private transfer heading northwards of Kathmandu valley. Winding through the valley the views of lush green hills and terraced farmlands provide a glimpse into the rural lifestyle of Nepal before you're graced with an outlook of Himalayas and the Langtang range which dominates the skyline. Soon you'll reach the township of Bidur and start travelling through pine forest to the delightful village and former citadel of Nuwakot (3.5hrs approx). Above Nuwakot is the inspirationally restored The Famous Farm with its wonderful location and river-valley views. The farm is a cluster of three buildings which provide the semi luxurious Nepali country living. Here you'll have time to stroll around the village visiting 17th century palace and fortress, the bazaar and an ancient temple. There's also time to jump in the saddle of your bike and have a pedal around the area to get in groove for a challenging bike ride the following couple of days.

#### Included

Transfers:	Private vehicle transfer
Meals:	Breakfast, lunch and dinner
Accommodation:	Guesthouse (share & save basis)

# ITINERARY CONTINUED

2 boots. 1 bike. 1 raft. 1 epic off the beaten track adventure

## DAY 3

### Cycle from Nuwakot and The Famous Farm to Dhading Besi

Waking early with a home cooked breakfast, today sees you taking on a classic cross country cycling journey. With your backdrop being the Langtang Himalayan range, vast green countryside and rural areas, you'll never be short of remarkable view for your first day in the saddle. Your route kindly starts with a descent into town before heading up the trail to Samari Bhanjyang. Continuing on the trail drops down to the river and before a gradual incline for approx. 8kms to your destination of the day, Dhading Besi. Overnight in a local lodge.

#### Cycling info

Distance: 50kms  
Ascent: approx 500m  
Descent: approx 700m  
Time: approx. 5 - 6 hours

#### Included

Meals: Breakfast, lunch and dinner  
Accommodation: Local lodge (share & save basis)

## DAY 4

### Cycle from Dhading Besi to Gorkha. Transfer to Bandipur

Get ready for a big yet great day on your bike. Starting out on good roadways till Murali Bhanjyang, your journey then starts to get a little rougher as you pedal along a jeep track that leads you up to Mathillo Rampur (9kms approx). Here you'll be rewarded with great views of the famed peaks of Manaslu and Annapurna range of Himalaya. The trail then descends the dusty track to Tallo Rampur - the second largest valley floor in Nepal. Marvel at the Nepalese ingenuity of farming as you cycle through the village of Bunkghat and to the bridge before you tackle the steep trail up through sub-tropical forest for about 8kms. As you emerge from the forest, the route eases into a undulating jeep track all the way to the historic town of Gorkha where your cycling journey ends with a quick visit to the ancient Gorkha Palace, which dates back to the 16th century.

Now your legs can have a welcomed rest as you have a private transfer to the hill-top village of Bandipur with its eagle's nest location, provincial architecture, interesting walks and a warm welcome at The Old Inn. Transfer time is approx. 1 hour 15 mins.

#### Cycling info

Distance: 66kms  
Ascent: approx 600m  
Descent: approx 350m  
Time: approx. 6 - 7 hours

#### Included

Transfers: Private transfer  
Meals: Breakfast, lunch and dinner  
Accommodation: The Old Inn (share & save basis)

# ITINERARY CONTINUED

2 boots. 1 bike. 1 raft. 1 epic off the beaten track adventure

## DAY 5

### Transfer from Bandipur to Damauli. Raft the blue waters of the Seti River

Start the day with a short transfer from Bandipur to Damauli (approx. 1 hour). Here you'll rendezvous with your rafting crew on the shores of the Seti Khola River for a safety briefing. It's then time to hit the pristine blue waters of the Seti River which runs from the mountains above Pokhara right down into the lowlands of the Chitwan area, and flows through some wonderfully-remote valleys. It's the perfect river for first time rafters with a nice flow and less technical rapids. The whitewaters of Seti carve through gorges and channels allowing your skills as paddlers to grow as you head down river. The beauty of Seti extends beyond its warmish sparkling waters, to a spectacular gorge surrounded by flourishing jungle. It's a great opportunity to spot wildlife along the river banks including monkeys, deer & a wide array of birds. Several villages are nestled neatly into the face of the gorge as well. The rapids are grade II & III. Overnight camp along the river banks.

#### Rafting info

Time: approx. 4 - 5 hours

#### Included

Meals: Breakfast, lunch and dinner  
Accommodation: Camping

## DAY 6

### Raft Seti River and private transfer to Pokhara

Wake up to the sounds of river life and enjoy a camp brekkie on the shores. You'll help take down camp, set up the rafts and leave no trace of our fortunate overnight stay. Today the scenery is stunning as you paddle some grade II and III rapids plus enjoy drifting and swimming in the river. The best grade III rapids are saved till last as the Seti meets with the Trisuli river and we soon reach 'take-out' point at Gaighat. Your crew prepares your last meal on the sandy river banks before you bid bidāī (goodbye) and continue with your onward journey towards Pokhara.

Against the backdrop of the Himalayan Peaks your private transfer will take you to Pokhara, the tranquil lakeside town and gateway to the Annapurna region. Enroute you'll see the mighty Machhapuchhre (Fishtail mountain), which is off limits to climbing due to its religious significance and is dubbed the fishtail due to its distinctive summit feature. Continuing on you'll soon see the still waters of Fewa Lake with it's bobbing paddle boats dotted along the shoreline and the surrounding hillsides renowned for where the famed 'Gurkha' soldiers reside. The charm of Pokhara welcomes you where you'll have time to explore the streets, experience the natural beauty of Phewa Lake by boat, enjoy a fresh juice of coffee on the lake shore at The Juicery Café famed for their 'From Farm To Table' ethos, climb up to the nearby World Peace Pagoda or simply relax and recharge your batteries.

There will be a trek briefing in the late afternoon and you'll overnight in a local guesthouse.

#### Trip info

Rafting time: approx. 4 hours  
Transfer time: approx. 3.5 hours

#### Included

Transfer: Private transfer  
Meals: Breakfast and lunch  
Accommodation: Guesthouse (share & save basis)

# ITINERARY CONTINUED

2 boots. 1 bike. 1 raft. 1 epic off the beaten track adventure

## DAY 7

**Private transfer from Pokhara to Nayapul and Kimche. Trek to Tadapani at 2590m**

Following a comfy nights rest it's time to make your way to the gateway of the famed trekking region of the Annapurna region. Your first stop is the small village of Nayapul (1.5hr approx) and then into the Annapurna Conservation Area through Modi river valley to Kimche (1hr approx) where you'll lace up your boots for the start of your trekking journey.

A short uphill walk brings you to Ghandruk (1940m) an ornate 'Gurung' village which has grown large and prosperous on the pensions of re-tired Gurkha soldiers. From Ghandruk, your trail winds through some of the world's tallest mountains with dramatic views of the peaks of Annapurna South, Gangapurna, Hiunchuli and the all-so-famous Machhapuchhre. Following a well deserved lunch at Ghandruk, the trek continues uphill for most part of the afternoon, through forests, climbing steadily with some steep sections as the route reaches Tadapani, a small mountain village in the Annapurna Himalaya where you can continue to enjoy the beautiful hospitality of the Nepalese people. Annapurna South and Hiunchuli become increasingly closer and even more impressive. Overnight in a basic local teahouse.

### Trip info

Transfer time: approx. 2.5 hours  
Trekking time: approx. 4 hours

### Included

Meals: Breakfast only  
Accommodation: Teahouse

## DAY 8

**Trek from Tadapani at 2590m to Ghorepani at 2750m**

Today's trek starts with a picturesque descent down stone-paved steps through woodland to emerge at a stream where we cross a typical styled Nepalese bridge. What comes down must go back up with a tough 150m climb through dense forest leading to a clearing with a solitary lodge. You'll be graced with superb panoramic view of the towering mountain peaks. A short distance away is a hamlet of Banthanti and then another stream crossing to wind your way up to the remote mountain village of Deurali. The climb continues before easing to a series of ups and downs through the woodlands with tantalising glimpses of the Himalayan peaks between the trees. There's a break in the trees affording you an incredible viewpoint where you can admire the towering peaks rising amongst the clouds in the distance. Simply awe-inspiring in size and stature.

Finishing this great day of trekking in Ghorepani where you'll overnight in a local teahouse.

### Trek info

Trekking time: approx. 5 hours

### Included

Meals: Breakfast only  
Accommodation: Teahouse



# ITINERARY CONTINUED

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## DAY 9

### Sunrise trek to Poon Hill (3210m) and on to Hille. Return private transfer to Pokhara

Rising early for a pre-dawn hike (45 mins) to the summit of Poon Hill at 3210m, the highest point of your trek, in time for sunrise. This moment will stay with you for many years to come whilst you try and take in the uninterrupted, panoramic views of some of the largest and most photogenic Himalayan mountains, including Dhaulagiri, Nilgiri, Machhapuchhare, Annapurna II and Lamjung as they change colours with the rising sun. It's then time to return to your teahouse for breakfast and back down to Ghorepani village. Beyond the village is a long forested stretch that is abundant with rhododendron flowers in spring and summer. Continuing down past a cluster of lodges at Nayathanti, crossing a stream to venture back into the forest again. Another bridge crossing will take you into the settlement of Banthanti where the forest gives way to pastures and farmlands as you approach the large village of Ulleri. Now its time to fastening your laces ready for a 500m steep descent down the 3,421 steps to Bhurungdi river bridge. Trail now rises to cross another bridge to enter the village of Tirkhedhunga and on to Hille where you'll board your private jeeps back to Nayapul (1.5hrs approx) and onwards to Pokhara (1.5hrs approx). Overnight in a local guesthouse and enjoy a well deserved shower following an epic day in the mountains.

#### Trip info

Trekking time: approx. 6 hours  
Transfer time: approx. 3 hours

#### Included

Meals: Breakfast only  
Accommodation: Guesthouse (share & save basis)

## DAY 10

### Pokhara to Kathmandu

It's time to depart the gateway to the Annapurna's and return to Kathmandu. With a morning flight From Pokhara to Kathmandu you'll have plenty of free time to explore this endlessly fascinating streets, hidden medieval temples, or simply relax in local coffee shop, this place is a mixing pot full of things to see and experience which will kindle all your senses.

#### Trip info

Flight time: Morning flight departure. Flight length, approx. 25 mins

#### Included

Meals: Breakfast only  
Transfer: Private transfers to and from domestic airports  
Accommodation: Kathmandu Guesthouse (share & save basis)

## DAY 11

### Return flight home

Following breakfast you'll leave the hustle and bustle of Nepal's capital city Kathmandu and return home filled with so many fascinating memories and stories worth sharing.

#### Included

Meals: Breakfast only  
Transfer: Private transfers to and from domestic airports


# TRAVEL APP

Once signed up, all your trip details and updates will be available through our free travel app, **Vamoos**. It's accessible 24/7 and the excitement will build with the countdown to your adventure starts. Plus no more paper, A'ppy days.



 **TRIP SUMMARY**  
Dates, trip overview

 **TRIP DETAILS**  
Itinerary, activity details and inclusions

 **TRAVEL DOCUMENTS**  
Training guide, kit list & exclusive discount codes, meet the team, emergency contact details, safety & wellbeing guidelines

 **OTHER INFO**  
Weather, maps, etc.



# ESSENTIAL INFO

The nuts & bolts of your adventure

01



## Safety & wellbeing

Adventurous Ewe puts the safety and wellbeing of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and wellbeing is our top priority and as such we have implemented a new operational procedures focused on safety and strong hygiene practices for all our adventures.

The Spanish 3 Peaks Summer Trek will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something amazing. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place.

You're in safe hands with Adventurous Ewe.



## Leaders & crew

An Adventurous Ewe UK Leader will accompany groups of over 8 people and is an experienced high-altitude leader. Leaders have been carefully selected to ensure you have the best experience with a bit of humour thrown in for good measure. Your Leader will be Wilderness First Aid trained too.

Your Local Mountain, Cycle & Rafting Guides are a key part to this trip. They are expertly trained and experienced in every field of this adventure, bilingual (Nepalese & English) and qualified in first aid and/or Wilderness First responder. They also have a huge passion for what they do and have plenty of knowledge ready to share with you. They are responsible for ensuring the complete safety, wellbeing and enjoyment of the team whilst also retaining a flexible and fun attitude.

## Level of difficulty

The Nepal Hike, Bike & Raft is graded as **'Tough'**. This trip has been designed to be challenging, but achievable by anyone as long as you train and prepare accordingly. It is an ideal intro to trekking in the Himalayas with the maximum altitude gain of 3210m.

### Cycling

Whilst the mountain biking is not on technical trails, some sections are on gravel and rough tarmac, so it is advisable that you train on a variety of surfaces including gravel trails or bridleways to get accustomed to this terrain.

### Rafting

Experience of whitewater rafting is not necessary but you will be paddling and balancing for the majority of time that you are on the raft so fitness and stamina are key.

### Altitude

This trip goes to high altitudes where there is a risk of being affected by Acute Mountain Sickness (AMS). Our itinerary is designed to enable you to acclimatise to these altitudes, but you should be aware that it is still possible for you to be affected. Whilst you may feel some initial effects of this you are unlikely to have any serious AMS issues. It is very important to drink plenty of water and maintain a good hydration level.



02



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## Group size

We pride ourselves in small group trips to minimise the impact on the environment, to maximise your safety & wellbeing and to make your experience more authentic.

The minimum group size for this trek to run is **6 people** and the maximum group size is **16 people**.

You are most welcome to join this trek as a group of friends, family or colleagues or as a solo traveller. You are also welcome to use this trip as a fundraiser for the charity of your choice.

If you have a group of over 8 people, we would be more than happy to run a private trip for your team, your charity or your company. Please get in touch for more info.

## Training

We strongly recommend doing both cardio and strength training in preparation for this challenge.

We also have exclusive offers with our Training Partners and Communities – **Her Spirit** and the **Bath Kettlebell Society**. For more info, please visit our [Training and Preparation](#) page.

The more you are prepared, the more you will enjoy the challenge.

**Our motto is: Train hard, smile harder and enjoy the journey!**



## Kit and discount codes

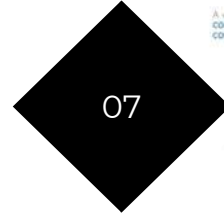
A full kit list will be provided when you join this adventure together with an exclusive Adventurous Ewe discount code for independent outdoor retailers **Joe Brown, The Climbers Shop** and **ashmei** athletic apparel where sustainability meets performance.

Packing and kit tips will also be provided when you sign up.

Rest assured any equipment that we supply will be hygienically cleaned and sanitised.



06



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## Adventure with purpose

Adventurous Ewe is a **Snowdonia National Park Gold Accredited Ambassador** and **Snowdon Visit Specialist**. We also support the vital work of the **Snowdonia Society** who work tirelessly to ensure that Snowdonia is well-protected, well-managed and enjoyed by all.

Internationally we support the leading climate change charity **Cool Earth & Tomorrow's Air**. We invest a % of our revenue into supporting their sustainable conservation projects around the world. This partnership means that just by joining the flock and taking part in this adventure, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe.

# Any queries?

Feel free to contact Jim or Sue at:

[jim@adventurousewe.co.uk](mailto:jim@adventurousewe.co.uk)

[susan@adventurousewe.co.uk](mailto:susan@adventurousewe.co.uk)

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.

# Travel Admin

A quick snapshot of what you need to know...

We regularly update our travel info, but please double-check the travel restrictions that apply for you before booking.

## Adventurous Ewe Financial Guarantee

Any monies paid to Adventurous Ewe for a trip are immediately placed into a Trust account and not used for the day-to-day operations of the company. So, in the unlikely event of our insolvency, money paid in respect of future travel will be refunded, in full. This pledge has been honoured since the foundation of Adventurous Ewe in 2007. No client has suffered financial loss outside our T&C's whilst travelling with us.

## Financial security

Rest assured, your money is safe in any and all circumstances. There has been and always will be full financial protection on your booking. If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection through our insurance. What's more, in the very unlikely event of Adventurous Ewe going under, you'll get your money back and be repatriated if you were on a trip at the time.

## Passport

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. For the latest info, please visit <https://www.gov.uk/foreign-travel-advice/nepal/entry-requirements>

## Visa

Most nationalities require a visa for Nepal, which can be obtained in advance or on entry into the country. To avoid queuing, unnecessary delays or potential clearance problems, we recommend you contact your nearest Nepali embassy to organise your visa prior to arrival. For British passport holders, please visit the UK Foreign & Commonwealth office website for the latest travel information on Nepal at: <https://www.gov.uk/foreign-travel-advice/nepal>

## Insurance

It is compulsory that everyone who travels with us has taken out adequate travel insurance which includes, among other things, cover for the full value of your trip, medical (emergency, evacuation and repatriation) arrangements, activities undertaken, personal liability, cancellation, curtailment and loss of luggage and personal effects and COVID-19 travel cover. For UK residents we have partnered with **Campbell & Irvine Direct** to provide you with a travel insurance. If you would like to obtain cover for your trip please feel free to contact specialist Insurance Brokers, [Campbell Irvine Direct](#) for a quote.

## Global Rescue Membership

For peace of mind whilst in the mountains, Global Rescue provides short term membership giving access to travel, security, medical advisory and evacuation services up to \$US500,000. For more info, please visit <https://ss.globalrescue.com/partner/adventurousewe/index.html>

## COVID-19

For the latest health and travel info please visit [NaTHNaC - Nepal \(travelhealthpro.org.uk\)](#)

## Vaccinations

Vaccinations for consideration are: Polio, Tetanus, Diphtheria, Typhoid, Hepatitis A and Rabies. For the most up to date info, please consult with your GP or travel healthcare practitioner 8 weeks in advance of travel. For more info, feel free to visit <https://www.fitfortravel.nhs.uk/destinations>.







# WHO IS ADVENTUROUS EWE

## Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

## Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the *whole* journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

## All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**

# HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

## AITO

Following a meticulous assessment process, Adventurous Ewe is delighted to be a member of AITO, the association for specialist travel companies. The membership is formed of companies, usually owner-managed, who strive to create travel experiences with high levels of professionalism and a shared concern for quality and personal service. The Association promotes the unique range of its members' travel packages and encourages the highest standards in all aspects of tour operating. Our membership also dictates that we have financial protection for all our trips and other arrangements (including accommodation only) booked by you. This financial protection applies to customers who are resident in the UK at the time of booking and to most overseas customers who have booked directly with the member. In doing so, the member must comply with UK government regulations.

## We're #GoodToGo

Following the COVID-19 Industry Standard in Partnership with The National Tourist Organisations of Great Britain and Northern Ireland, we have followed and implemented government and industry COVID-19 guidelines, ensuring processes are in place to maintain cleanliness and aid social/physical distancing.

## World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

## Tourism Declares Climate Emergency

As part of being part of Tourism Declares a Climate Emergency, we have put in place an action plan to reduce our carbon emissions in the next 12 months.

## Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism. Learn more at [www.futureoftourism.org](http://www.futureoftourism.org). #FutureofTourism



For more info please visit: <https://www.adventuroousewe.co.uk/pre-trip-info/travel-with-confidence/>



# ADVENTURE WITH PURPOSE

**Our mission:** to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

**Our goal:** to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

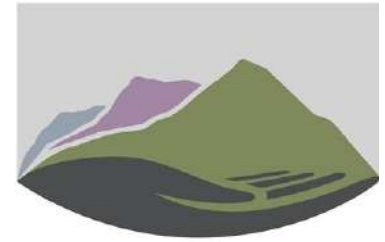
Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabulous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.



For more info please visit:

<https://www.adventuroousewe.co.uk/cooearth-partnership/>



Cymdeithas Eryri  
Snowdonia Society



IN SUPPORT OF  
**cooearth**



# COST

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**Deposit:** £195 per person payable on booking

**Remaining balance:** £2080 per person payable 6 weeks prior to start of trip

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## **Book & Travel with Confidence**

As well as carefully crafting amazing and meaningful adventures across the planet, we've made booking them as flexible, safe and as simple as possible.

For the latest info regarding booking and travelling with Adventurous Ewe, please visit our [website](#).

## **Fundraising**

You're welcome to fundraise for a charity of your choice if you wish to do so. All sponsorship monies are to be sent directly to your chosen charity.

# INCLUSIONS & EXCLUSIONS

## NEPAL HIKE, BIKE & RAFT ADVENTURE

### INCLUDED

#### Pre-trip:

- Personalised trip support in the lead up to your trek from Adventurous Ewe
- Training guide
- Discount on personal kit from Joe Brown, The Climber's Shop and ashmei athletic apparel both in shop and online
- Trip info supplied via our free mobile travel platform
- Public liability insurance
- Financial Protection for your booking
- Monthly payment plan available
- Risk assessment and emergency management planning
- Free Adventurous Ewe Water-to-Go Bottle

#### During your trip:

- Adventurous Ewe UK Leader (for groups over 8 people)
- Local Mountain Guides, Cycling Guides & Rafting Guides
- All ground crew per your
- VHF radio comms & satellite phone
- Private transfers per your itinerary including airport transfers in Nepal
- Accommodation – 10 nights (7 x guesthouse, 2 x teahouse, 1 x camping)
- All meals as stated in the itinerary (all breakfasts, 5 lunches and 5 dinners)
- Mountain bikes and rafting equipment
- Medical kit and supplies
- All logistical and safety management whilst in Nepal
- All trip management and hygienic cleaning procedures of equipment before, during and post trek.

### NOT INCLUDED

- Travel insurance (mandatory)
- Return flights to Kathmandu Nepal. These can be arranged for you at an additional cost through our Flight Agent who is ATOL protected
- Regional flight from Pokhara to Kathmandu. Our local operator will organise these for you which you will pay them directly
- Visa
- Vaccinations and any UK/Nepal entry requirements from COVID-19
- Personal spending money and drinks
- Meals not listed in your itinerary
- Snacks, electrolytes, water purification tablets
- Kit and equipment as listed on your kit list and medication
- Tips for local crew
- Single room supplement where available
- Any associated costs with leaving the trip early.

### TRIP EXTENSION

If you wish to extend your stay in Nepal, we can help you with plenty of recommendations of things to do and see. For more information, please contact us at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk).

# KIT LIST

Good quality, durable kit could mean the difference between a fantastic adventure and an uncomfortable one. This is a list of recommended kit to take on your trip.

## BAGS

- Main kit bag (duffle bag)** – recommend no more than 80L soft duffle bag with back straps as you will need to carry this bag at some points. Your kit bag will be transferred to each accommodation place apart from the fixed jungle camps as there is no vehicle access. Please clearly mark bag with name tag
- Daypack** – for trekking and can be used on the bike sections to carry essentials. A rain cover is ideal
- Bike bag/bum bag or saddle bag** – to carry essential items. Enclose items in dry bags just in case
- Dry bags** – for kit and one used as a laundry bag

## CLOTHING

- Water-proof jacket with hood AND water-proof trousers.** It is imperative to have good quality water-proof clothing which is breathable. We recommend the following fabrics: Gore-Tex Pro, Gore-Tex or Páramo.
- Wicking/merino wool t-shirts/cycling jerseys**
- Padded cycling shorts** – worn under your cycling clothing
- Cycling shorts** – wicking fabric and comfy (check for chaffing)
- Lightweight arm top** – an extra layer if needed whilst cycling
- Light weight down jacket** – can double up as a pillow in camp
- Cycling gloves** – padded, fingerless gloves are ideal
- Trekking trousers** – Softshell is ideal for higher altitude
- Board shorts or similar** - for rafting & kayaking
- Casual clothes** – for evenings at accommodation or camp, for trekking, free time and travel. Ensure you have some lightweight full length clothing that can be worn in the evening for mozzie protection. Slouchy trousers, lightweight trekking trousers or leggings are ideal
- Headwear** - cap/sunhat which can be worn under your helmet plus sunhat that can be worn casually
- Buff** – for sun protection and can be soaked in water for cooling the back of your neck. We recommend at least 2 x buffs
- Swimwear** - and small towel or sarong
- Underwear** - merino wool or wicking material, not cotton.

## FOOTWEAR

- Approach shoes or trail running trainers** – light, durable pair of trainers! We'd recommend something that will be comfortable as you ride and can be used for rafting and casual wear
- Hiking boots** – well worn in, water-proof with good support
- SPD's & pedals** – optional for those who wish to use cleats whilst cycling
- Socks** – recommend merino wool/wicking cycling socks and some casual wear socks
- Sandals** – for evenings and casual wear.

## EQUIPMENT

- Bike helmet** – essential. You must always wear a helmet whilst on your bike
- Water bottle** – (essential) 2-3 litre capacity. Water-to-Go bottle ideal and a platypus / camelbak. There are bottle cages on your mountain bike
- Sleeping bag** – 3 season for camping. Liner is optional.
- Sleeping matt** – thermarest or similar
- Head torch** & spare batteries
- Spare torch** for tent
- Sunglasses** – strong UVA/UVB protection preferable. Ensure they are comfy and do not slide off your face whilst cycling

## TRAVEL ADMIN

- Passport + photocopy of passport**
- Flight tickets**
- Travel insurance policy and emergency number**
- Debit/credit cards**
- Cash – Nepalese rupee.** We suggest you have around \$US150 for tips for local crew. <https://www.xe.com/>

## ADDITIONAL ITEMS

- Antibacterial hand gel & face mask**
- Sunscreen, lip block & lip balm** – minimum SPF50
- Favourite snacks** - both sweet and savoury, high calorie
- Electrolytes** – ie. High5 Zero Electrolyte drink tablets
- Camera** – enclose in a dry bag
- Toiletries** – biodegradable soap/shampoo, travel hand soap, eco-friendly wet-wipes, toothpaste & bamboo toothbrush, deodorant, etc.
- Personal First Aid** - personal medication plus paracetamol, ibuprofen, antihistamines, antiseptic wipes & cream, rehydration sachets, anti diarrhea medicine and plasters/Compeed blister pads, zinc oxide or Rock tape, etc.
- Insect repellent** - heavy duty insect repellent. If you wish to avoid DEET products try Smidge waterproof protection or Incognito insect repellent.
- Chamois cream**
- Contact lenses** (plus spare glasses)\*

## NICE TO HAVE

- Rear LED bike light** for your bike
- Gel bike seat**
- Dextrose tables** for extra energy
- Duct tape** for emergency repairs – wrap some around your water bottle rather than carrying a whole roll
- Ear plugs and eye mask** for lodges & camping
- Reading material / card games**
- Portable charger and plug converter**
- Small foldaway bag** for shopping, etc.
- Poncho** for trekking in wet weather
- Multitool/Swiss army knife**
- Pegs** for hanging out wet clothing
- Travel padlocks**



# EXCLUSIVE DISCOUNT CODES

To help you get the very best from your Adventurous Ewe trip we have teamed up with independent UK outdoor specialists:

**Joe Brown and The Climber Shop** who are kindly offering any members of our flock a 10% discount\* in either Joe Brown / The Climbers Shops or online at <https://www.climbers-shop.com/>

**Ashmei** who produce sustainable high-performance sporting apparel. <https://ashmei.com/>

Exclusive discount codes will be provided when you sign up for this adventure.

For more info please visit:

<https://www.adventurousewe.co.uk/training-kit/>



# ADVENTUROUS EWE

Big Adventures, Small Footprints

EST 2007

We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

- We believe in epic goals, trailblazing adventures and pushing boundaries
- We cheer, salute and support every person stepping outside their comfort zone
- We celebrate the things that make us different and doing things that make a difference
- We dream big, aim high, inspire others and believe #ewecandoit



EPIC  
ADVENTURES

# CONTACT US

For any further info or any questions,  
please feel free to contact us at:



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Online chat on our website at  
<https://www.adventurousewe.co.uk/>



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We look forward to welcoming you to Nepal for this epic multi activity adventure in the heart of the Himalayas.

