

# NEPAL TREKKING



## FAIR TRADE TOURS TO NEPAL

### Ethical Tourism – Fair Trade

### Making a difference

These tours combine Fair Trade and the culture of Nepal together with views and sights of the high Himalayan Mountains in one of the most beautiful countries in the world. Tours can be Tailor-made and are available during the seasons of March/April or October/November. For full details and to book contact Nepal Trekking direct.

The package includes excellent 4/5 star hotel accommodation and food. Sightseeing in Kathmandu and the valley, also in other regions of Nepal. Depending on individual's specific interests the content of the itinerary can remain flexible.

This is not a trekking holiday, it is instead a tour designed to introduce you to the culture and the people of Nepal and to Fair Trade and to show how this is making a difference to the lives of those affected by Leprosy, Polio, and Poverty. Our full trekking and tour programme is also available if required.

You will make visits to our craft producers New SADLE (New Skill And Development Learning Experience) in Kathmandu and elsewhere in Nepal, see the production of the handicrafts that give so much employment as well as funding all the medical and welfare needs of patients.

In Kathmandu and the surrounding valley area there are seven World Heritage Sites, you will visit some or all of these and also fly to the west of Nepal to visit Lumbini the birth place of Lord Buddha.

A spectacular Mountain Flight takes you on a close up tour of the mountains in the Everest region. Mount Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, Kangtega, and many more can be seen as the pilot takes you along the eastern Himalaya and through some of the most spectacular mountain scenery in the world.

Chitwan National Park is one of the renowned wildlife areas in Nepal and a visit here gives the opportunity to see the endangered one horned Rhinoceros as well as many other mammals and birds resident in the area, and, if we are really fortunate, maybe the illusive Bengal Tiger.

Time in the 'Resort City' of Pokhara allows for relaxation in the scenic Lakeside area with views of the western Himalaya. A short trek to Sarangkot Hill or to visit Devi Falls the spectacular waterfalls is possible.

A night at the Hill Resort of Nagarkot on the Kathmandu Valley Rim, enjoy sunset and sunrise on the Himalaya Range, weather permitting, excellent hotel and good food and drinks.

Shopping in Kathmandu is an experience not to be missed – Also most of the Fair Trade shops can be visited.

The Land Only cost of the tour for the 15-day package is from £1140.00 per person on a twin-sharing basis. Full details and itinerary on application. Small numbers can be accommodated but ideally for logistical purposes a group of six or more is required.

Flights: You are free to make your own flight arrangements to Kathmandu Nepal. A return flight with Qatar Airways is approximately £650.00.

Nepal Trekking does not sell international flight tickets. However, you can contact us any time to discuss flights and we will assist you in whatever way possible to find a flight suitable to your requirements. We do have direct contact with an agent for some of the airlines that service Nepal.

**Items included in tour;** All internal transport, domestic flights and transfers as required for itinerary; Hotel accommodation in all sectors, including breakfast; Guides and other staff as required; Visits to Fair Trade producers; Mountain flight; Visits to Lumbini, Chitwan and Pokhara; A tour kit bag; The visit to Chitwan National Park for wildlife watching includes- All accommodation, all meals, all permits, services of all naturalists, guides, and other staff;

**Items not included** are International airfares; Vaccination costs; Visa fees; Airport taxes; Photography permits; Entrance permits; Personal expenditure, bar bills, laundry, telephone calls, taxis etc.; Tips; All meals in Kathmandu, Nagarkot, Lumbini and Pokhara except breakfast; Optional trips; Travel insurance; Personal clothing and equipment.

Nepal Trekking is a recognised importer of BAFTS (British Association for Fair Trade Shops)

New SADDLE is one of the leading members of Fair Trade Group Nepal (FTG Nepal) and associated with International Fair Trade Association (IFAT), Asia Fair Trade Forum (AFTF) and Nepal Leprosy Network. (NLN)

The tour is jointly organised by Nepal Trekking in UK/Nepal, and New SADDLE in Nepal.

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