



EARTHBOUND EXPEDITIONS

Himalayan adventure travel and trekking

Hope all is well!

This pre-departure information is for everyone traveling with Earthbound Expeditions. Kindly read it carefully as it is important and be prepared for the adventure of a lifetime! *Also, please send all the information that we requested.*

Visa

U.S. And other travelers can get a Nepal visa upon arrival at the airport and/or boarder. We recommend carrying at least USD \$50 per person in cash for a visa and/or other emergency purposes. You can fill online form in advance or get visa upon arrival. You may need a passport-sized photo for the visa if you have please bring if not can take upon arrival at airport. A visa can be obtained from your local Nepal Consulate or Embassy. For those traveling to more than one country, we recommend getting a multiple entry visa. Lastly, we request that you carry 2 extra photos for the trekking permit. Please expect a queue at the visa desk upon arrival if you are thinking to get visa upon arrival.

Arrival

We hope your preparations are going well and you're feeling energized your trip! Here are a few last minute pointers to make your arrival into Kathmandu as smooth as possible.

- Arrival at Kathmandu airport can sometimes be confusing and chaotic. Once you have been through immigration and collected your luggage, exit out of the main doors and look out for the 'Earthbound Expeditions' sign amongst the many hotel/tour operator signs that will be displayed. The person with our sign will then take you to our driver. The driver will have your name on his checklists. We recommend you carry your own luggage to the vehicle and place it in yourself. There are many touts operating at the airport and they will try to get a tip for simply placing your luggage from your trolley into the vehicle. If you use a luggage handler, then a dollar or two as a tip will suffice (the touts can be very persistent). This is a small hassle you will face at arrival here. It is hard to control even by the Police and we are sorry for this, it should improve soon.

We hope you are all set for the trip of a lifetime, in one of the most fascinating, beautiful and rewarding places on earth.

Important information

Please email us your exact arrival and departure details like flight date, number and airlines name so we can pick you up at the airport. We recommend you write down our phone numbers so that in case we miss each other at the airport you can call us.

Because of new airline rules we need your full details to complete the bookings. *Make sure to email us your your full names, gender, nationality, date of birth and passport number to create a permit and book domestic and international flights (if necessary).*

Payments

We accept cash, credit card and PayPal. We recommend paying in cash on arrival to avoid a service



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charge. If you want to pay via Visa, Mastercard or PayPal there will be a 4% service charge. ATMs are available in major cities and if you want to get a local sim card, it's possible in certain cities. Please note for that you need to have an extra passport sized photo and copy of your passport.

Insurance

We highly recommend you purchase travel insurance for your trip! Sites we recommend include Travel Guard, CSA Travel Protection, InsureandGo and World Nomad. If you are trekking, make sure to bring a backpack for the porter and a day pack for you. If you have a camel bag or reusable water bottles please bring it. A good trekking shoe/boot and flashlight is good too. (If you want to travel light you can buy or rent these things in Kathmandu). For the general recommendation for equipment list please refer to our website <http://enepaltrkking.com/trekking-equipments.html> for more details on equipment, what to bring etc.

Why travel with Earthbound Expeditions?

We contribute a percentage of our profit towards our society and practice responsible tourism. We support number of charities, please check this website to read some more about our work http://www.enepaltrkking.com/earthboundexp_social_work.php.

If you want to help some of these projects you are welcome to. And if you want to bring some books, pencils, clothes, money, toys etc. as a gift for the kids please do!

Weather

If you want to know about the weather before travelling to us you can find it from BBC at: http://www.bbc.co.uk/weather/world/country_guides/results.shtml?tt=TT002640

Or: <http://www.bbc.co.uk/weather/1283240> Another website you can reference is: <http://www.weallnepali.com/home/weather> - this link provides information about Nepal dates, weather, recipes, food, festivals and general information about Nepal.

Important notes about the itinerary

Although we will do our very best to stick to the itinerary and its schedule, it should be considered an approximate indication of the schedule, scope of activities and the trip routing, rather than an inflexible schedule of events. It is likely that there will be changes in the itinerary in terms of anything from the exact hotel to the villages we may stop in for the night. Our tour guides and crew will do everything to ensure that you are inconvenienced as little as possible.

Tipping on the trip

Tipping is not mandatory but at times expected. We recommend around \$7-10 per day for each member of the crew.



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Trip Expectations

There are a few key points to remember while traveling through Nepal:

- Even though we do our very best, it is important to acknowledge that some things are simply out of our control. For example weather and people with their concept and culture. In Nepal you simply have to hang loose, be open-minded and allow the culture and experience to enhance your life.
- In terms of the accommodation, you should expect slightly less than the international norm of hotel star standardization. The services in Nepal are not comparable to international standards. Western food tends to be version of what they think western tourists expect. The best way to look at a trip is with an open mind.

This doesn't mean that you shouldn't expect good service, however it does mean that you should be flexible and let things happen!

Preparations

We strongly recommend that you read Lonely Planet and/or other related guide books to learn about this part of the world so you don't have cultural shock upon arrival. It is a once in a lifetime experience so come prepared and accept things as they come! Please come with an open mind, sense of humor and sense of adventure.

“Happiness is all about managing your expectations”

Trip Comments

When you return from your trip, please share your experience with us. Although we try our best, tourism is a trade that isn't perfect and there will always remain a room for improvement. Your comments (both criticism and compliments) are invaluable to us and we look forward to hear from you upon your return.

Kindly write it down and email us and let us know if you have any questions. We will always be glad to be at your service!

Most of all - enjoy!