



THE BEST OF Mount Everest

Perched high in the central Himalayas is the nation that gave meaning to the words
"Adventure Travel."

N E P A L

November 4 to November 18 or 21, 2019 ॐॐ October 22 to November 06 or 09 2020

Here are the reasons why **Nepal IS Adventure Travel** and why you would like to visit.

Itinerary ...

But First; what is a trek? A trek is a multiple Day, Day hike. Really, that's it! Trekking is "comfortable hiking," but may include the unpredictable like: a yak standing on a bridge you wish to cross; inconvenient weather, spontaneously being invited into someone's home for tea or to rest or to correct homework. Trekking in Nepal means a yak carries your gear and Sherpa friends/staff handle cooking and trail logistics. It's a pretty dang fun way to travel! AND the bonus is all Day long unbelievably photogenic scenery, all the time - it's crazy! Smile



Nepal, why go?

ॐ Nepal is a long flight to reach ... but amazing when you get there; it's worth the effort. Nepal didn't have a road in or out until 1955. Prior to that, everyone walked to/from India or walked from Tibet while crossing 17,000+ passes. Everyone walked Everywhere. Now there are nice hotels, WIFI, and hot water to bathe in after spending time walking the ancient trails while surrounded by the Himalaya.



ॐ Mt. Everest and 9 other summits are the highest in the world above 26,000' and are found inside Nepal or on its borders. Our trek will take us to within just a few miles of Mt. Everest Base Camp (EBC). We will have views of Mt Everest (fingers crossed) as we fly to Lukla (9200') and the start of our trek. We will have views of many of the over 250 summits of Nepal that are over 22,000' high as we enter the Everest region.



ॐ Nepal is friendly, especially so the ethnic group called the Sherpa. Sherpa people are polite, kind, loyal, and thoughtful Buddhist folks who inhabit the Mt. Everest region (Solu Khumbu), and they are our guides. The British taught the Sherpa how a visit the world's greatest mountain trails in a comfortable manner by trekking with yaks, good tea, and tasty food. Here is one place on earth that even the seasoned traveler considers a privilege to visit, a place where travelers

want to visit repeatedly. Nepal's sacred monasteries and numerous erotic temples, the fluttering prayer flags that line the high ridges, and the Buddhist red robed monks chanting their prayers exude the aura of another time.

Travelers often romanticize their experience in Nepal and justly so: it's the trip of a lifetime.

Highlights

- ☞ Experience the treasures of Nepal's Natural History & Traditional Cultures. Oh yes, Mountains too!
- ☞ Enjoy exploring the back streets of Kathmandu and the UNESCO 14th century city of Bhaktapur.
- ☞ Trek the Best of Everest, go for the views, the villages, and the wildlife Rusty will introduce you to.
- ☞ On this adventure we'll be staying in Sherpa lodges though out our trek.

This adventure is created for "travelers who have been everywhere," but never to a place as magical as this. Travelers, photographers, artists, and writers, young and old, will find this an inspirational adventure. Camera? Oh my-gosh, for sure bring it! Whether you are a traveler who wishes to explore and experience colorful cultures, a nature photographer, or perhaps you enjoy writing a blog, you'll enjoy this special tour and trek led by Rusty, a veteran Himalayanist, a walker, a climber, and student of cultures.



Meet your guides - Your adventure across Nepal is led by Rusty and Nancy who have 35 year of travel experience in Nepal, and have led numerous visits to the Himalayas (Nepal, Bhutan & Tibet). Their experience and knowledge are key assets to any visit to these wonderful places.

Besides Rusty and Nancy, we'll have a Sherpa trip leader whom Rusty has known for decades and who knows American's well and speaks English very well. He manages the porters, yaks, camp staff, and helps with our questions.



Let's Go!

~~ Important Note for Travelers ~~

This adventure is designed for fun travelers and friends of fun travelers.

The important feature when inviting someone to join this adventure is that you know you will wish to see them for breakfast on the 14th Day. Invite your best traveling friend to join you on this adventure.

Ideas: Arrive into Bangkok days prior to November 4 and enjoy visiting the sites in this city. Rusty has over 60 visits to Bangkok and SE Asia. Ask him for suggestions. Or join Rusty after the **Best of Everest** in **Chitwan National Park** to ride elephants and enjoy wildlife. See a list of ideas after the itinerary below.

OKAY, LETS GO!!

Day 01 Nov 04 2019 Arrive into Kathmandu, Nepal (4500')

There are now many carriers flying into Nepal from China, Korea, India and one of the best choices is **Thai Airways flight TG 319**. A pleasant flight between Bangkok and Kathmandu. Departing around 10 a.m. and arriving 3 hours later into Kathmandu. Whichever carrier you choose to fly on to Kathmandu, your flight will be met by Sherpa friends at the Kathmandu airport.

Arriving into the Kathmandu Airport, we'll be met by our Sherpa friends who will take us the 1-hour

drive to the Marshyangdi Hotel, which is an oasis on the edge of the Thamel district of Kathmandu. Check-in, change, and meet Rusty in the lobby for a casual walk through a maze of tiny streets to Durbar Square (the heartbeat of old Kathmandu). Getting lost here is easy, the distractions are continuous, and we'll walk slowly and enjoy the sites. We'll return to our "oasis" and find a fun restaurant for dinner. Please note that haggling for nearly everything is a way of life and an art form in Nepal. Christmas is coming and the goodies are many. Smile. ~ *lodging, guides, entry fees, and transfers are included*

Day 02 Nov 05 Sightseeing a few UNESCO World Heritage sights in Kathmandu Valley

Depart after a delicious breakfast. Bring your camera as this is the first of many photogenic days. The ancient city of Kathmandu is over 2200 years old, and the palaces and temple buildings you're visiting are many hundreds of years old. With some luck, we may also see a living goddess (the Kumari), sadhu holy men, and erotic figures (symbolic of yin/yang, positive/negative, etc.) carved in stone or wood.

We'll return to our "oasis" around 3p.m. Free time. We'll meet in the lobby this evening for a drive to a special location on the rim of the Kathmandu Valley for dinner. We'll also talk about tomorrow's flight into the Mt Everest region and our trek before returning to our oasis for a well-earned night's sleep. ~ *Breakfast and lodging, included*



Day 03 Nov 06 Kathmandu ~ Lukla (9200') ~ Phagding (8600')

Our flight time is likely to be at 8 a.m., which means an early wake-up time and departure to the airport for our flight to the Lukla airstrip. On landing at Lukla, we'll step away from the aircraft quickly to allow unloading to occur. We'll gather together, local Sherpa staff will meet us and take us to a location for tea and snacks while our gear is sorted out among Sherpa staff and loaded onto big hairy yaks.

We'll hangout in Lukla for an hour or so before getting on the trail DOWNHILL toward Phagding and Benkar villages where we'll spend our first night. We've an easy hike today where we'll encounter clean cool air, mani stone walls, yaks, trekkers, and Sherpa. As we're nearing Phagding there will be a hanging bridge constructed by Sir Edmond Hillary's brother (a New Zealand engineer/builder).

~ *trekking time 3 hours Lukla flight, all meals, lodging, guides, and yaks included*

Day 04 Nov 07 Phagding ~ Namche Bazaar (11,300')

Wash-up and toss your duffel outside before a breakfast of porridge, fruit, pancakes, and tea. We've a significant walk today with a 2000' elevation gain up to the village of Namche Bazaar. You will be seeing bright white and impossibly high Himalayan summits today (hopefully including Mt. Everest). The air is cool, clear, and sharp. We'll cross two hanging bridges above the Dudh Koshi River (Milk River) and share the trail of this sharply narrow valley with lamas, trekkers, traders, and yaks. Arriving at our Namche guesthouse around 4pm or so we'll continue hydrating with water, juices, and tea. Collapse in Namche and enjoy the sights, and sounds of village life while surrounded by huge snow-white mountains.

~ *trekking time 6 hours, all meals, lodging, guides, and beautiful yaks are included*

Day 05 Nov 08 "Rest Day" Namche Bazaar (today is a big day, a lot happens)

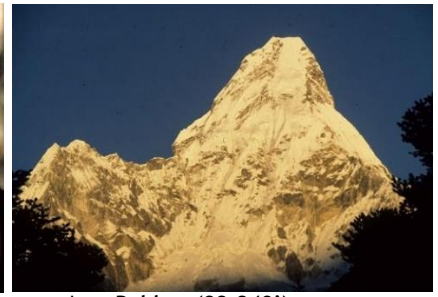
Up early, sorry. I feel bad about this; BUT, after some tea and snacks we've a 1-hour walk, actually a short distance (we've gained some altitude so we're enjoying a slow walk) to Sagarmatha National Park



Monal or Damphe Pheasant



Trekker and Lama Geshi



Ama Dablam (22,349')

headquarters to register AND enjoy the truly lifetime experience of Sunrise on Mt. Everest.

Before you and around you will be plethora of Himalayan giants. As you look east to north, first will be the dazzlingly steep and sharp ridges of Thamserku (21,680'). Then next is the saddle like summit of Kangtega with its thick hanging glaciers. Followed next by Ama Dablam, one of the three most photographed mountains in the world. Next comes the Nupste Ridge at over 3 miles long and 25,000' high that ultimately rises to become the 4th highest summit in the world - Lhotse. In turn, Lhotse descends to the North Col and then rises to become Mt. Everest, the "Mother Goddess of the World."

We promise, you will shoot your camera until your fingers are tired. When ready we'll descend the yak trails back to Namche and our Sherpa lodge and have a great late breakfast. Rest up, take our time and then depart winding our way up through the village (Namche is built on a half-moon shaped hillside) to the village monastery. We'll enjoy a tour and explanation of the monastery by a leading lama. We'll also enjoy looking up the Thame valley where we'll be heading tomorrow. Turning back to Namche we'll slowly descend (go high/sleep lower). Take a nap, explore Namche, and enjoy the views. This is a "rest Day;" we'll be enjoying the sites. ~ *all entry fees, meals, lodging, and guides are included (no yaks today - they are resting, too)*

Day 06 Nov 09 Namche ~ Thame Village and Monastery (13,300') (a really nice walk)

Departing in the morning with Sherpa staff/friends we'll take a trail less well traveled to the west toward the village and monastery of Thame. This is the very trail used by Tibetan and Sherpa traders for centuries to cross a broad high pass with trade-goods. We will pass Chorten temples, on their right side, surrounded by blessed prayer stones called "mani stones." Most stones have the sacred prayer of "Om Mani Padme Huum" (may the blessings of the lotus (or **Avaloketishvara** (a Buddhist saint) be with me)) carved into them. This is also a good trail for wildlife including Tahr mountain goats, and Impeyan pheasants. Golden griffons may be seen, and a big score would be seeing a lammergeyer vulture.

Today's trail is broad and gentle until the end when there is a 400' ascent. Enjoy the walk and arrive for the night at a small guest house surrounded by 21,000' peaks and the impressive and vertical Kwangde ridgeline (nearly 8 miles long). ~ *trekking time 5 hours, all meals, lodging, guides, and yaks included*

Day 07 Nov 10 Thame Village and Monastery

"Rest Day." We're going to do whatever we like. This may include: exploring the Thame Monastery and attending prayers; watching for musk deer and Impeyan pheasants; or ascending small trails up the "hill" that Thame monastery is built upon (Thame Ri tops out at over 17,400') to a lunch spot at 15,200' before taking a different path returning us to our guesthouse and hot tea. Thame has a sub-alpine atmosphere; it's peaceful. ~ *all meals, lodging, and guides included (yaks resting, too)*

Day 08 Nov 11 Thame ~ Phungi Tenga (10,876')

This is a full Day's exciting walk due to beautiful forests with a backdrop of huge Himalayan summits surrounding you 360 degrees ALL DAY. Today is also great because the 'UP' today is early on, and then



Monastery votive candles



Giant Prayer Wheel



Trekking Yak, Sherpa, hanging bridge

the afternoon is a downhill to end near the crashing Dudh Koshi (Milk River) and a small quiet village.
~ trekking time 6 hours, all meals, lodging, guides, and yaks included

Day 09 Nov 12 Phungi Tenga ~ Dubuche Nunnery (12,530')

Leaving Punkhi Tenga, we'll rise through a pine forest steeply for 50 minutes to **Thangboche Monastery** and it's million-dollar views of Mt Everest. There will be huge views of the "camera-magnet" peak called Ama Dablam, as well as numerous other glacial summits, impossibly high surrounding us. Walking past Thangboche, we'll be passing through a rhododendron forest at 12,700' and descending a short way to stay near a nunnery. For those who wish, there is a pleasant afternoons Day hike available to Pangboche monastery. ~ trekking time 4+ hours, all meals, lodging, guides, and yaks included

Day 10 Nov 13 Morning walk to Thangboche for Mani Rimdu Dances ~ end the Day in Khumjung

Thangboche Monastery possesses THE "million-dollar view" of the Himalaya. Its abbot is a Rinpoche or re-incarnated lama (like the Dalai Lama). We'll head to the monastery after breakfast, passing through the shaded rhododendrons while watching for musk deer. The morning promises to be a sky-blue cool weather Day with the sounds of festival activities and dances. The dances are stories about good vs evil, of saints and demons, of right and wrong, and are very photogenic. Lamas from the monastery put on all the costumes and through dance tell their stories. By the time lunch is over, it's about time to go down the trail and head for Khumjung. It's a down and up trail filled with rhodies, pine trees, prayer wheels, yaks, and Sherpa. Khumjung and Kunde' villages are where Sir Edmond Hillary spent many years building schools and a hospital for the region. ~ total trek time 5 hours, overnight among the rhododendrons at lodging with thick quilts to hold off the chilly air, all meals, lodging, guides, and yaks included

Day 11 Nov 14 Khumjung ~ Namche Bazaar

Today we're returning to Namche, but it's an easy walk, almost a "rest Day," to enjoy the views, the mountain air, and soak in the vibes of being sounded by Sherpa Buddhist culture and the lofty summits of the Himalaya. This is a great walk that may include some wildlife and a bit of bargaining with Tibetan traders along the trails. ~ trekking time 3 hours, all meals, lodging, guides, and yaks included

Day 12 Nov 15 Namche Bazar Market ~ Phagding

Breakfast with morning light on white summits. FriDay mornings Namche has a market where goods are purchased. Villagers walk several Days to come here (even from Tibet) to barter and trade. Everything is possible here, "Northface Down," sheep meat, potatoes, Tibetan pink coral and turquoise jewelery, carpets,



anything/everything might be found. The Festival has added the numerous shoppers here and this should be an extra interesting market today. We'll enjoy the market for a couple of hours and then begin our walk back down toward Phagding and a well deserved shower and bed. The air will now seem thick as we've spent over a week above 11,000' and there's a well-earned spring to our step. We'll have a trek celebration dinner this evening with our Sherpa guides who will remain behind.

~ trekking time 5+ hours, numerous distractions, all meals, lodging, guides, and yaks included

Day 13 Nov 16 Phagding ~ Lukla (9200') ~ Kathmandu This morning we'll be returning up the gentle trail we followed on the first trek Day. It's an ascent, but now there seems to be lots of oxygen to use. Arriving into Lukla prior to noon, if all goes as planned, we'll all fly to Kathmandu with an afternoon to rest up. Dinner is on your own (if you like, join Rusty at KC's Piano Restaurant).

~ trekking time 3 hours, breakfast, lodging, guides, flight, transfers, and yaks included

Day 14 Nov 17 Rest Day Kathmandu (head home?)

Today is a "catch-up" day in case the weather delayed our flight out of Lukla, and/or it's a Fun Day in Kathmandu. As you now know, "rest days" on Rusty trips are not restful, there is much to do.

You may wish to join Rusty for a visit to the UNESCO World Heritage site of Bhaktapur. People live here; it's not a "tourist" made up place, but it is a carved wooden city from medieval times. Cars are not allowed into the city and it is today much as it was in the 16th century. There are again temples and palaces here, many hundreds of years old, and the city is built in concentric circles ... if you are lost, just keep going and you'll end up where you started (so they say, smile). Bhaktapur looks today much as Kathmandu looked 40 and more years ago. It's a great place to visit as the city drops you into the past.

~ breakfast of course, lodging, and Rusty as your guide, are included

Day 15 Nov 18 Today is a good day to head home or Elephants in Chitwan National Park?

Today you may have chosen another adventure in Nepal/Asia or to depart for home. Sherpa will return you to the Kathmandu Airport on this Day. Or choose an optional adventure and join Nancy and Rusty in Chitwan National Park. *~ breakfast, transfer to airport included*

Optional Adventure: Chitwan National Park Day 15, 16, 17

Day 15 Nov 18 Kathmandu to Chitwan N.P.

(I love elephants, don't you? ... and rhinos, tigers, gharial, peacocks ...). After a very early Kathmandu breakfast we'll load the van for a drive to Chitwan National Park in the Nepalese Terai (lowlands) bordering India. The Daytime temperatures in the Terai are warm, but not likely to be hot. The road is paved, it's been widened, and it's reliable; usually ... smile

Along the way today, we'll see a cross section of Nepal through the middle hills and down to the lowlands: farms, roadside villages and markets, perhaps Manaslu Himal (the world's 10th highest summit), rafters on the Trisuli River, then the lowland jungle, and vast stretches of terraced cropland. We'll stop for photos, and for tea and bathrooms along the way. We'll bring some fruit and snacks to get us through to a real lunch at our wildlife lodge.

We'll arrive at Sarang Wildlife Sanctuary on the edge of Chitwan NP. A comfortable lodge set right on the border of the park buffer zone. After checking in to your comfortable room, we'll have a late lunch, then head out into the National Park. Over the next two days the lodge's Nepalese naturalist-guides will take us walking, birding, on a boat trip on a quiet river, and on jeep and elephant rides in and around the National Park. Keep your eyes and ears wide open, and camera and binoculars ready for wildlife and birds.

There will also be visits with local ethnic Tharu villagers, as well as a tour of the national Gharial crocodile research center. The Park is quiet except for barking deer, chital spotted deer (when startled they imitate a tiger), elephants trumpeting, a rare Bengal tiger (perhaps), and langur monkeys, all sounding off. Among the exotic birds, we'll look and listen for the somewhat pre-historic looking hornbills, numerous peacocks, colorful flycatchers, large Indian rollers, and many water birds. There are almost as many species of birds in Nepal as in all of North America. Each Day wear long pants, long sleeve shirts, and running shoes. Please keep your voice low, and if possible, wear darker clothing. Rusty will remind you to keep a camera and binoculars close at hand. ~ transportation to/from Chitwan NP, all meals, lodging, Chitwan Park fees & taxes, canoe, jeep, walking and elephant tours included

Day 16 Nov 19 Chitwan N. P.

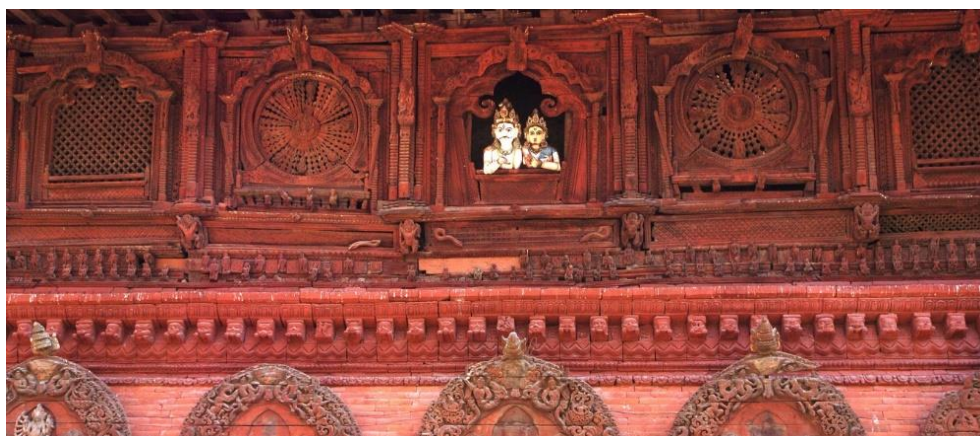
Begin your Day at 5:45am with tea and then head into the Park. Returning around 8:30a.m. hungry and ready for breakfast. The naturalist will have a plan to explain for how the Day will transpire for the best opportunities to find and watch the wildlife. ~ all meals, lodging, canoe, jeep, walking and elephant tours included

Day 17 Nov 20 Chitwan NP ~ Kathmandu

Join the early morning bird watching, and have breakfast." We'll return to Kathmandu this afternoon with no particular schedule. Accommodations this evening will be at the quiet **Chhahari Resort**. ~ breakfast, airport transfers, Chhahari lodging, and transfers to/from Chhahari Resort included.

Day 18 Nov 21 Depart Kathmandu for new adventures or home

Sherpa will return you to the airport to begin your journey. ~ breakfast, transfer to airport included



Important Details ☸ The Fine Print

Nepal is a developing country and though we will do our best to follow the itinerary, there are many reasons why alterations beyond our control may occur. You will find **Reservation & Release Trip Application** on the Ri Adventure Travel website. Among these materials is your trips **Terms and Conditions and Release of Liability Form** for Ri Adventure Travel LLC, please read through them, and ask questions when you have them. Your signature is required for participation in this adventure.

Best of Everest Dates: **NOV 04 – 18, 2019 or OCT 22 to Nov 06, 2020**
Reservation deposit: \$800 per person. Checks, or by using PAYPAL (see website).

Best of Everest 2019: **\$2440** per person double occupancy; includes flight to/from Lukla. Price for 2020 not yet available.

Single Traveler: **\$458** Requesting a single is available. Single Option below.

Optional Chitwan NP Dates: November 18-20, 2019
Chitwan NP Option: **\$630** Includes flight/van, NP fees, meals, lodging, critters ha.

Reserving Your Adventure

Making your reservation is easy; Call Ri Adventure Travel LLC at **307.460.4404**. Let us know you're coming. Go to **RiAdventureTravel.com** you'll find the trip application to print and mail back to RiAdvTvl along with your deposit check. PAYPAL is also an option for payments to RiAdvTvl on that site. An additional 3% will be added to your final invoice for payments using PAYPAL.

Mail your trip application and your deposit check to; RiAdvTvl, 10011 Bridgeport Way, Ste 1500-404, Lakewood WA 98499. We will notify you when your payment arrives, and send out your PrepToGo package.

Reservations

Print the Reservation & Release Application.
Your reservation deposit: \$800 per person.
Trip balance is due at 71 days prior to departure.

<http://riadventuretravel.com/index.php/reservations/>
If you prefer to use a major credit card, you may do so through PAYPAL. RiAdvTvl website will have a link to PAYPAL and their instructions.

Cancellation Schedule

91 or more days prior to departure, no fee
71 to 90 days prior, the deposit is forfeited
70 to 30 days prior, 50% of Land Cost is forfeited.
29 days or less, 100% of Land payments are forfeited.
Cancellation notice is based on when it is received in writing by mail or email.

What Is Included

Experienced leadership Rusty & Sherpa Guide; Kathmandu airport transfers, Kathmandu hotel, Chhahari lodge Day 14, Dinner Chhahari lodge, transportation by van and driver, all the mineral/boiled water you can drink, Breakfast Day 02-15, All meals Day 03-12; Optional to Chitwan N.P. All meals Day 15-16, breakfast Day 17, 18. Licensed professional and experienced English-speaking Nepalese translator and leader. All entrance fees for monasteries and museums, National Park fees, and government taxes in Nepal. Lukla flight (RiAdvTvl will reserve your Lukla flights for you) and yaks.

What Is Not Included

International transportation to/from Nepal, your passport, sightseeing Kathmandu (Rusty will informally take us sightseeing), services of taxi or renting a bicycle, Lunches and Dinners in Kathmandu, meals outside of Nepal, alcoholic beverages and soft drinks; personal laundry; inoculations you and your physician choose, personal gear. Airport departure taxes; trip evacuation and/or trip cancellation insurance (**highly recommended**, see below); gratuities for Nepalese guides.

Single Traveler

If you wish to be a single traveler, there is an additional charge of \$458. If you are single, but would like to have a roommate, we will assign a same gender roommate, first come, first serve. If there is no roommate available at 60 Days of departure, we will contact you for payment of the single fee. Should we later find a roommate, we will promptly return those funds to you. There is usually a limit of two singles. If you wish to be a single, we will accommodate you if at all possible.

Optional Fun!!!

☸ Additional Days in Nepal are an option prior to or after the adventure. Contact Rusty at 307.460.4404, or info@Rustytraveler.com and ask for Rusty to chat about options, suggestions and/or costs. You are in SE Asia during some of the best weather of the year. Exotic adventures are nearby, what can we suggest or assist you with the Kingdom of Bhutan, India, or Thailand?

Quick Rusty Suggestions

☸ **Bangkok, Thailand** deserves 3 nights 4 Days. November 01 Depart the USA for Bangkok, Thailand or travel there after your Nepal adventure. (No visa needed for less than 30 days for USA passport holders), Markets. Wonderful foods. Beaches. Great hotels (low cost options and airport hotels are very handy to use for simple overnights.)

☸ **Angkor Watt, Cambodia**. RiAdvTvl does not arrange tours here, but it's a popular destination and we recommend 3 nights and 4 days for a quality visit. Fewer days will "get the job done," but a bit rushed.

☸ **China, Beijing**. FYI. If Traveling to or from SE Asia via China you are currently allowed 72 hours entry into China without a visa. If you arrange your flights from Kathmandu to the USA via Beijing (Chinese carriers fly from Kathmandu via Beijing to the USA). Make your own arrangements or ask RiAdvTvl to assist you if you would like a package tour for visiting Beijing, or Shanghai or Guangzhou (Canton) for 2 nights and 3 Days with hotel/guide. Ask RiAdvTvl for suggestions or tour details.

Trip Cancellation Insurance

This is a fantastic trip! And it takes place in an exciting and interesting destination, but it's also a significant investment. We highly recommend that all travelers purchase trip cancellation insurance which includes provisions for emergency evacuation, trip delay, and luggage challenges. Ri Adventure Travel LLC will be happy to provide advice and/or get you signed up for travel insurance. You may purchase trip insurance at **RiAdventureTravel.com**, click on **Reservations**, and you may link to the **TravelEx Trip Insurance** site. The TravelEx website is user friendly, though if you have any questions please call us or **TravelEx 800.819.9004**.

Trip Rating :: Caloric Burn Level 3

What is an "active adventure?" We enjoy walking trails and going into the back-country so as to experience the best features of Nepal and the Himalaya. That means the adventure is going to be physically active with *hiking or trekking 6 to 8 miles in a day*. Medical facilities may be many hours or days away. This adventure in Nepal takes place between 8700 and 13,500 feet. There is quality time allowed for most travelers' bodies to acclimatize. Three "rest-days" are added for acclimatization, exploration and rest. Further information about being at moderate to higher elevations will be sent with your *Prep-To-Go* departure information. The CDC is also an excellent resource, as is consulting with your physician. Physical conditioning and consistent exercise prior to the trip is essential. You will be burning calories while exploring temples, ascending/ descending stone steps, and walking trails that are muddy, or over uneven terrain. For a description of Trip Levels and Qualifications, please refer to our website and Reservations page on RiAdventureTravel.com.

You've Made Your Reservation, What Happens Next?

When you reserve your trip with a deposit, then an invoice confirming your reservation is promptly sent to you.

A **Prep-To-Go** planning information package is mailed to you that includes suggested travel logistics, a complete gear list, visa and health information, travel insurance, as well as a suggested reading list. Your **Prep-To-Go** documents will answer many questions you have, and some of the options of your adventure.

Thirty Days prior to departure you will receive trip final documents package with confirmation details, last minute hints and common "horse sense" reminders about travel, emergency contact numbers in Nepal, and a trip roster of other travelers joining you on your adventure to the Kingdom of Nepal.



High Buddhist Lama



Sacred mani's and flags



Former Lama who fell in love

General Information :: Traveler Terms and Conditions

Once you have made a deposit for a trip, you agree to be bound by all our Terms and Conditions included in the Traveler Terms and Conditions and Release of Liability Form. Please read this information carefully. You will find this form on our website in **Reservation Form Materials**. Your participation in this active adventure tour is contingent on your signature on the full list of terms and conditions specified in the Reservation Application Form Materials. (RiAdventureTravel.com/forms.pdf).

Ready To Go?

Asking questions or reserving your adventure is easy; just give a ring to Ri Adventure Travel LLC, **307.460.4405**. Or fill out the online trip application and mail or email it to traveler@rustytraveler.com to confirm availability and your reservation. Just ask, with over 35 years of experience throughout Asia, and most especially in Nepal, Tibet and the Kingdom of Bhutan, we're sure to be an asset to your great adventure.

We look forward to having you join us for the trip of a lifetime! Why wait? Reserve your adventure today.

... Tashi Dalek and Namaste ...

Welcome to Nepal

