



T: 1-800-985-4852
E: info@realgap.com
P: Real Gap Experience, 8 Essex Center Drive, Peabody, MA 01960

Nepal Experience

Adventure



Relaxation



Culture



Trip Name: Nepal Experience **Trip Code:** NEXP **Duration:**

Trip Highlights

- White water rafting adventure on the River Trisuli
- Jungle safari in Chitwan
- 5 days trekking in the Annapurna region of the Himalaya mountains
- Learning about the magnificent culture and language of this wonderful country
- Helping make a difference to the community in Pokhara with 10 days of volunteering



Overview

This is the best trip to give you a Real taste of Nepal. It includes sightseeing in World Heritage sites; Kathmandu and Chitwan National Park, as well as stunning Himalayan region of Pokhara. To ease you into this amazing culture your first few days will include language lessons, cultural information and some sightseeing of Nepal's capital, Kathmandu.

After few days of orientation in Kathmandu you will start the first part of your adventure out of the city with a day and half of white water rafting on the Trisuli River, camping on the banks of the river in-between.

Following the rafting you will do the elephant safari in Chitwan National park which may include a chance to see the One-horned Rhino and probably a few monkeys too. While in Chitwan you will also get to go on a jungle walk and see the cultural side to the area with a Tharu Cultural Dance.

After your jungle adventure, you will head to Pokhara for an amazing mountain experience. Here you will spend 5 days trekking in the Annapurna region of the Himalayan Mountains which will take you as high as 3600 metres. During the trek you will be able to observe the local Tamang culture and stay in the tea houses en-route.

After the trek you will have a day to rest before starting your 10 days volunteering in the lake side town of Pokhara.

Destination Info

Nepal is a country of superlatives. It's in the Himalayas and the country has eight of the world's 10 tallest mountains and 240 peaks over 20,000 feet. And, of course, it is home to Mount Everest, the highest point on earth (let's give it its Nepalese name: Sagarmatha).

Nepal is the perfect destination for the adventurous traveler with the stunning Kathmandu valley and the rivers that flow there, the spectacular mountains in the north (near Pokhara) and in the south (near Mount Everest), to the low lying fields and jungles of Chitwan National Park where you can see some of the world's rarest animals in their natural habitat.

However, Nepal is not all about the stunning mountains and amazing scenery, there is also the wonderful culture that shows influences from both its neighboring countries, India and China.

Itinerary



Day 1

Welcome to Nepal! Get to know Kathmandu's touristy Thamel for the first few days; recover from jet lag, enjoy sightseeing and shop around to find essential equipment for your trek. Thamel has a wide variety of restaurants, Internet cafes, coffee shops and shopping areas. Make sure you arrange your flight to arrive in the afternoon as there's a welcome dinner in the evening so that the group can meet and get to know each other.

Meals included: D

Day 2 - 3

Spend the next couple of days with breakfast followed by a two hour language lesson allowing you to get to grips with the basics. Following lunch on both days, enjoy sightseeing in Nepal's metropolitan capital Kathmandu, which includes temple visits to the Monkey temple, the Boudha stupa and Pashupati temple. You'll also have the

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chance to taste the local food with evening meals of various delicacies.

Meals included: B

Day 4

Today you will have an orientation covering all the information you will need to know for the next few days including cultural considerations and details about your white water rafting trip and jungle safari. After lunch enjoy a tour of Darbar Square and spend the evening exploring the ancient city of Ashan Chok, be sure to capture the atmosphere as you peruse the ancient bazaars.

Meals included: B



Day 5 - 7

An early start this morning with your bus departing at approximately 6:30am to head to the Trisuli River for your white water rafting adventure. Rafting is a one of the most exciting and best ways to explore Nepal, as it allows you to view the country's natural scenery, cultural heritage and of course provide you with an exhilarating ride! Upon arrival at the site enjoy breakfast whilst the team pump up the rafts. During the day, you'll experience a number of rapids. Rated between grade 2 and 3, all the rapids have been given names in both Nepali and English. After a lunch stop you will continue your raft adventure before reaching your final destination for the day and help the crew set up camp and prepare dinner. Spend the night in a tented camp and catch up on the amazing first few days you have had.

The next day will be spent on the water and you'll also have the fantastic opportunity to explore Nepal's jungle in Chitwan National Park including an elephant back safari where you will have the chance to bathe these incredible creatures (except in monsoons). You will also visit elephant stables and a Tribal village, spot Nepal's native bird life and watch a traditional Tharu indigenous cultural show.

Meals included: B,L,D

Day 8 and 9

Start your last morning in Chitwan with an early morning jungle walk before having breakfast and heading for Pokhara. Stop en-route to grab some lunch from one of the local restaurants. Enjoy an afternoon sightseeing tour of Pokhara - Nepal's second largest city and spend the evening exploring or just chilling out!

The next day will start with a visit to the World Peace Pagoda where you will not only learn about the Buddhist culture but also admire stunning views of the Annapurna range, which you soon see on foot! Next, head to David's Falls where the water from the Seti disappears into the ground, not to emerge again for half a km further south. Spend the rest of the day relaxing and building up your strength for the trek ahead. This will also be your last opportunity to do any last minute shopping that you may need for the trek.

Meals included: B



Day 10 - 14

Trek it out! Welcome to the Annapurna range of the Himalayan Mountains. Over the next few days you'll get a great taste of the trekking Nepal is becoming famous for - witness beautiful scenery and experience charming village life of this part of the Himalayas. Catch a bus journey in the morning to the settlement of Naya Pul - at 1340m your trek starts here.

The team of amazing porters and Sherpas will be carrying your main backpack to each stop along the route, which means all you need to carry is your day-pack. Spend your first day trekking (around 5 hours) and stopping for lunch at Tikhedhunga before reaching your first stop, the village of Ulleri (at an altitude of 1950m).

The following day, it's a gradual trek (approximately 4 hours) through Nagge Thati to reach Ghorepani (at an altitude of 2900m) where you will stay for the night. From Ghorepani you will have an early start the next morning so that you can walk to Poon Hill (at an altitude of 3210m) to witness a stunning sunrise view of the Himalayas.

Following this breathtaking view you will trek back to Ghorepani for a thoroughly deserved breakfast before continuing your trek to Deurali where you will stop for lunch. You will then start your descent, trekking across a river to reach Tadapani village where you will stay overnight (approximately 6 hours trekking).

The next morning after breakfast you'll head off on a 4 hour trek to Ghandruk, where you will stop for lunch and then have the rest of the day free to either rest or explore the village and observe the Gurung and Magar cultures of the native people.

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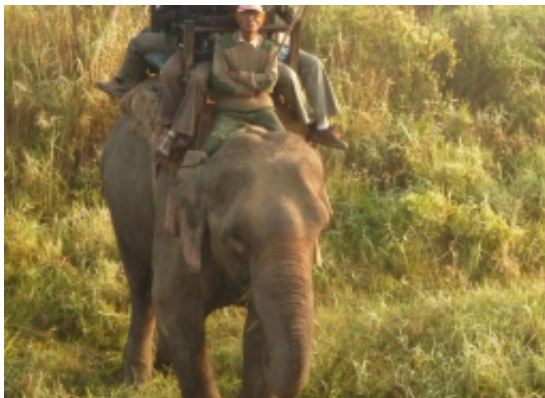
Day 14 will be the final day of trekking, most of which you will do in the morning as you make your way to Beri Thanthi to stop for lunch before the final push back to Naya Pul to say your goodbyes and thank yous to your amazing porters. Next, you'll be transferred back to Pokhara where you will have the rest of the day to rest and contemplate the amazing scenery of the Himalayan mountains you have just been trekking through.

Meals included: B,L,D

Day 15

Time to remove those very worn out hiking boots and enjoy a day of rest after the past five days of trekking.

Meals included: B



Day 16 - 25

After a day of relaxation and recuperation, you'll spend the 10 days getting involved with worthwhile community work. Volunteering is a fantastic opportunity for you to get a feel for true Nepali life, while making a positive contribution to the country. Divided into groups, each group will spend 10 days helping out in an orphanage, working with youth groups or assisting with other community members on various projects.

This community phase organised in collaboration with the local community was established to address a variety of social, economic and political problems faced by the youth and children of Nepal. Volunteer duties will vary however you may get involved in any of the following activities:

- Teach children including conducting English lessons, help organise fun and educational games and assist with their homework. You may even get the opportunity to help build a classroom depending on the size of the group.
- Spend time interacting with community members. By allowing the locals to see how important education is for the children, you will be helping to encourage them to become more interested in learning and see how it can make a difference.
- Help at an orphanage/childcare centre in the community with children who are fortunate to go to school during the day with their homework and help give those that are at the centre all day the care and attention they greatly deserve.

Meals included: B,L,D

**Day 26**

Today will be your final day in Pokhara. This is a free day for you to make the most of this green lakeside town and the stunning views that surround it.

Meals included: B

Day 27

Time to say goodbye to Pokhara and head to Kathmandu where a farewell dinner will be arranged for you and the group to celebrate the time you have spent together.

Meals included: B,D

Day 28

Goodbye Nepal! Today is a free day until you are transferred to the airport to continue with your travels or return home.

Meals included: B

Accommodation

Accommodation will vary throughout the trip, dependent on the activities and locations. At the very beginning and the very end of the trip you will stay in a guesthouse in the Thamel area of Kathmandu. The rooms will be basic but you will have a comfortable bed, Western style toilet and shower, with hot water.

Your accommodation on the rafting will be camping on the bank of a river and jungle safari will be in a resort with a beautiful view of the National park and the sunset over the river!

Your accommodation during the Annapurna trek will be in Tea House accommodations which have bathroom facilities. The bathroom facilities will vary, some of the places you will stop at will have good western toilets and hot shower but some will have traditional Nepalese toilets.

During the community phase of the project you will be staying with a host family. Depending on the number of people in the group you will either be sharing with another member of the group or may be the only one staying with the family.

Programme Services and Facilities

Internet

Internet services are readily available in Kathmandu, especially around Thamel, so you will have plenty of surfing choices when you are there. You should expect to pay around £1.50 / 2€ an hour. During other times of your programme we are unable to guarantee that you will have access to the Internet, and if you do, connections are likely to be slow and a little more costly.

Telephone

The international telephone access code for Nepal is +977.

To place an outgoing call, direct dialled international call, dial +44 for the UK, +49 for Germany, followed by the telephone number. For example to call Real Gap Experience dial +44 1892 516164 / +49 69 222226 475.

Internet cafes are also a good place to find cheap rates on International Calls, when you are in Kathmandu. We also recommend purchasing a Real Gap SIM card, or a local Nepali SIM card which you should be able to use in any unblocked handset. However, please remember that you may not be able to get mobile phone signal in all areas.

Laundry

There will be laundry facilities available in Kathmandu and also in Chitwan, mainly in the form of a laundrette. You could also hand wash your clothes if you wish. Whilst you are on the Everest trek and on the jungle expedition, you should not expect to be able to wash your clothes.

Electricity

Unless you are camping, you will have access to electricity sockets throughout your stay for charging and the use of electrical appliances.

Meals

Please see the itinerary for meals included.

The food that you will generally eat will be typical Nepalese fare- noodles, rice and curry. On the trekking you may

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have to pay for the hot shower which will be between 200-300 rupees. The prices for a bottle of water will go up from 100 rupees at start to 300 rupees at the highest place.

During your volunteering you will have the opportunity to have a go at preparing and eating the traditional Nepali cuisine, i.e. Dal- Bhat (rice, lentils and potato curry), which you will most likely have for breakfast lunch and dinner when included.

The majority of your meals are provided for you on this trip. Please don't forget to let us know if you have any special dietary requirements, so we can make the necessary arrangements.

What's Included

- Airport transfer on arrival and departure
- Cultural activities and language lessons
- Breakfast x 25, Lunch x 15, Dinner x 16
- 5 Day Annapurna trek
- White water rafting on the Trisuli River
- 10 days volunteering in Pokhara
- All accommodation
- Services of tour leader throughout



What's Not Included

- Flights
- Airport Tax
- Visas
- Some meals
- Travel insurance
- Drinks



Additional Information

Travelling at Altitude

Parts of this trip go above 2800 metres / 9200 feet where it is common for travellers to experience some adverse effects on your health due to the altitude. Please see further information on Acute Mountain Sickness (AMS), High Altitude Cerebral Edema (HACE) and High Altitude Pulmonary Edema (HAPE).

What to Pack

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Please note that this kit list is intended to help you plan what you may need to take with you and, therefore, you may not need all of the listed items on your travels nor it is exhaustive.

Personal Admin

- Photocopies of important papers such as passport, airline tickets and insurance documents

General

- Sleeping Bag (sufficient for temperatures to -5°C)
- Day bag / rucksack (for excursions)
- A torch
- Mobile phone
- Camera batteries
- Telephone charger with a two pin adaptor plug
- Playing cards for free time
- Diary – you will have so many amazing experiences to remember
- MP3, CD walkman and speakers (if you wish)
- Tissues
- Plastic bags
- Snacks (biscuits, Kendal mint cakes etc)
- Pocket-knife
- Towel
- All specialist equipment that is needed for the trek is best to buy/ hire there- its much cheaper and time is allocated within the programme to do this.

Clothing

- Hiking boots
- Flip Flops
- A hat to protect you from the sun
- Rain coat
- Clothes. Long sleeve shirts and trousers are great.
- Warm clothing

Medical Kit

- Small medical kit containing plasters, medicine for diarrhoea, head ache tablets, anti-histamine cream and any medication you will need.
- Mosquito repellent
- Contraception including condoms
- Biological soap
- Antibacterial soap gel (does not need water to rinse off)
- Travel wash for clothes

Minimum Age

The minimum age to take part in the in this Experience is 18 years old.

Minimum Numbers

This trip requires minimum numbers to operate.

Flights

Your flight to Nepal should arrive at Kathmandu Airport on your programme start date, and your return flight should be arranged for your programme end date.

To book your flights, please contact your Travel Advisor who can look into the best flight quote for you.

It is important that once you have booked your flights you add these details to your online account or alternatively you can contact us with your departure date, the flight number and arrival time at your destination.

Please note: This programme requires a minimum of participants to run. Please contact us to confirm whether the minimum numbers have been met for your start date, we recommend that you do not book your flights until we have confirmed these numbers and the programme will be running.

FAQs

1. **Do I need to take a sleeping bag?**

Yes, you will need to take a sleeping bag with you.

2. **Do I need to take a mosquito net?**

Mosquito nets are needed from March to August, however if it is easier you can buy a net when you are in Nepal as they are cheaper out there.

3. **Will there be a safe/safety deposit box available?**

Yes, you will be able to leave it with the team in Nepal and they will look after it for you. You can either leave your valuable in their house, office or their safe in the bank which is next to their office.

Police Check

This trip requires a Police Check to be carried out - please contact us for further information on how to do this.

Support & Advice

Your safety is paramount which is why all our programs have been visited and assessments have been conducted to ensure any major risks have been minimized.

In addition, you will have access to a 24 hour emergency contact number so you can contact one of our staff at any time should you need to. In addition our overseas partners and coordinators are on hand in-country to assist you.

Financial Security

We know that the last thing you want to worry about when you're planning your trip of a lifetime is whether your money is in safe hands. As a leading global gap year provider it's our job to make sure your finances are secure, so when you book with us you can be confident that we do just that.

Real Gap Experience is part of TUI Travel Plc, one of the largest travel organisations in the world, and these days in the travel industry, large means secure.

Insurance

Whether you're traveling for two weeks or two years, trekking the Amazon in Ecuador or on safari in Africa, insurance is an essential part of your adventure and will help you enjoy your travels, secure in the knowledge that you have the protection you need. In fact, everyone traveling with us must have adequate cover before their trip begins.

Of course you are free to buy insurance from any provider, however at Real Gap Experience, we have partnered with World Nomads to offer policies that have been specifically designed to meet the needs of global travel. If you think you're already covered by an existing policy, such as those offered by credit card providers, check the policy wording very carefully to ensure it covers you for your Real Gap Experience.

For more information on travel insurance please contact us to speak to one of our travel advisors.

Money Matters

The national currency of Nepal is the rupee (Rs) and is divided in 100 subunits called paisa (p). Coin denominations come in units of 1, 5 and 10 rupees and 50, 25 and 10 paisa. Banknotes are in denominations of 1, 2, 5, 10, 20, 25, 50, 100, 500 and 1000 Rs.

Changing foreign money outside Solu Khumbu and on the Annapurna treks can be very difficult, if not impossible and changing large bank notes in more rural areas can also be very difficult. It's always advised to carry some small value coins when travelling especially when using taxis. ATMs are widely available in towns and cities and accept most major cards. However access to money in the mountains is still very limited so ensure you take enough cash (coins as well) to last the entire length of your trek. Traveller's cheques in US dollar and Sterling pounds are the most accepted but again very hard to change in rural areas and on treks.

Example typical costs are as follows:

Meal, Inexpensive Restaurant 3.38 \$
Domestic Beer (0.5 litre draught) 3.27 \$
Coke/Pepsi (0.33 litre bottle) 0.37 \$
Water (0.33 litre bottle) 0.31 \$

(Prices quoted in US Dollars)

Passports and Visas

You should ensure that you have a full passport that is valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information provided below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

All foreign travellers, apart from Indian nationals, must get a visa to travel to Nepal.

Tourist visas are obtained in your local embassy or on arrival to Nepal but it is advised to obtain the visa before you travel. Tourist visas are available from 3 to 6 months. Indian visas become valid from the date of issue note the date of entry. Please ensure you take this into consideration when applying and calculate the optimum time to submit your application. For further information on all visas please contact your nearest Nepalese embassy.

Cultural Considerations

As you will be experiencing a different culture, please ensure you respect the values and traditions of the Nepalese.

The Nepalese do not shake hands like Westerners when greeting each other. Instead they place their palms together with fingers up in front of their chests or chin and say “namaste” or “Namaskar” to superiors.

Within families, the father tends to be the head of the family, so they are served first at mealtime. Women tend to be subordinate to men and do not have as much access to education, economic resources and political power. However, women’s status tends to be somewhat better amongst the Tibeto-Nepalese community, as oppose to the Indo-Nepalese community. Women tend to work harder and longer than men, taking care of the household. In contrast, women of a higher status in Nepal have maids to work for them.

Unless you are going to a formal event, wearing informal clothing is acceptable.

Smoking, Alcohol

Smoking and drinking is acceptable in Vietnam and readily available. However, please respect other people. Smoking is not permissible in volunteer apartments or the host families’ homes. Drinking is only permissible in moderation and must not impact upon any volunteer work you undertake. While we want you to have fun in your free time, antisocial behaviour will not be tolerated.

Bathroom Facilities

You will experience a range of different shower and toilet facilities. Unless you are staying in a hotel you will rarely have hot water. The cool water takes a little getting used to but I’m sure you’ll find it refreshing after a hot and humid day. Toilets will be a combination of western and Asian. Remember to put all toilet tissue in the bin provided and not in the toilet.

Whilst on excursions you will notice that many places do not have a western toilet and will have a typical Asian toilet; again this is all part of the Vietnamese culture. Also, many places do not have soap in the bathrooms. It is a

good idea to take a small bottle of soap gel and keep it in your day bag. This is an antibacterial gel that you don't need to rinse off. These are available in chemists in the travel section.

Vaccinations & Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad. The risks to your health whilst travelling will vary depending on your general health and the type of activities you are going to be partaking in and the length of your stay.

Since we are not medically qualified, it is recommended that you consult with your Doctor or a recognised Travel Medical Advisory Service who will assess your particular health risks before recommending vaccines and/or anti-malarial tablets and advising you on what precautions you should take.

Safety

Always keep your personal items such as passport, money and camera with you and in a safe place. Always walk around in groups and never go out alone after dark.

We recommend you bring a padlock for your bag and lock it at all times when not in use. Also a money belt/pouch is very useful.

If you do go somewhere alone, then ensure you inform someone of your whereabouts, and that you have the contact details of your accommodation with you. When getting a taxi, please ensure it is a registered taxi service.

We advise that you check your government's advice before travelling abroad. For UK, American and Australian customers please see the relevant links below;

UK: www.fco.gov.uk

USA: www.travel.state.gov

Australia: www.smarttraveller.gov.au

ATM Theft

It is very likely that you will need to withdraw cash at some point during your travels. Please be cautious when withdrawing money from an ATM and ensure that you are vigilant of other people near the ATM, especially those that offer unsolicited assistance if your card is detained. It has been recognised that individuals are operating unlawful withdrawals by placing 'traps' in ATMs whereby personal bank cards are being detained, causing the victim to believe their card transaction has not been completed, and leaving their bank card in the ATM which is then later retrieved by the thief.

If your card is confiscated or you are concerned that your card has been tampered with, please report immediately to the bank or cancel your card.

Language Guide

The language is Nepali, however there are 20 other languages all divided into different dialects. English is one of their main spoken languages.

We suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

English - *Nepali*

Hello/goodbye - *Namaste*

Thank you - *Dhanyabad* (said when something special, not in shop)

Sorry - *Maaf 'o*

Please (give me) - *Dinuhos* (pronounced *Dinoos*)

Please take - *Linuhos* (pronounced *Linoos*).

Please eat - *Khanuhos* (pronounced *Khanoos*)

Me, he, she - *Ma, wa, uni*

You - *Topai* (timi when talking to children)

Excuse Me - *Hajur?*

How are you? - *Topailai kosto chha?*

Yes - 'A, or (yes, it is) 'O

I have - *Cha*

No (it isn't) - *Oina*

No (I don't have) - *Chhaina*

OK - *Theekcha*

Where..? - *Kaha?* or *Kaha cha?* (pronounced as a nasal *Khaan*)

How much (cost) - *Koti Paisa bayo?*

I don't like - *Par daina* (better: *malai man par daina*).

I don't want - *Chain daina* [pronounced *cha-en di na*]

Slow - *Bistare*

Quick (or also early) - *Chito*

Come - *Aunuhos* (pronounced *Ownoos*)

Go - *Jaun* (pronounced *jao* or *jow*)

It's expensive - *Mongo cha*

It's cheap - *Shwasto cha*

Ill - *Birami*

Water - *Pani*

Food - *Khanna*

I feel happy - *Malai Kurshi lag cha*

I feel pain/hurt - *Malai dookha lag cha*

I feel hungry - *Malai bog lag cha*

I feel thirsty - *Malai teerkha lag cha*

I really love Nepal - *Malai Nepal-lai dhere maya lag cha*

Which country do you come from? - *Topai koon desh vara aunu bayeko?*

Hot - *Tato* (object, food etc.) *Gorum* (weather, feeling) *piro* (spicy chilly hot).

Cold - *Cheeso* (object, drink etc.) *Jaaro* (weather, feeling)

Useful Phrases

How can I get to Kathmandu? - *Kosare Kathmandu-ma jaane?*

Is it far from here? - *Yo bato koti Tara chha?*

Does your taxi have a meter? - *Topaiko taxi ma meter chha?*

What time is it? - *Koti Baji 'o?*

I'm a Vegetarian - *Ma sakahari hu' 13*

Numbers

Nought - *Sun-ya*

One - *Ek*

Two - *Dui (pronounced dooee)*

Three - *Tin (pronounced teen)*

Four - *Char*

Five - *Panch*

Six - *Chha (a more emphatic and shorter CHA than four)*

Seven - *Sat*

Eight - *Ath (pronounced At)*

Nine - *Nau (pronounced like English No)*

Ten - *Das*

Twenty - *Bis (pronounced bees)*

One hundred - *Soi*

two Hundred - *Dui se*

One thousand rupees - *Ek 'azar rupeeya*

Addressing people

A younger man - *Bhai (literally younger brother)*

An older man - *Dai (literally elder brother)*

A younger woman - *Bahini (pronounced baini) (literally younger sister)*

An older woman - *Didi (literally elder sister)*

Calling attention of an older man - *Bhaaje?*

Calling attention of an older woman - *Bhajai?*

Food & Drink

A typical dish in Nepal is Dal-bhat, a dish made out of pulses and lentils and served with rice. Meat is not commonly consumed due to the fact that Hindus do not eat beef and Muslims do not eat pork, however it's unlikely that you won't be able to find any. Cuisine is quite similar to Indian in terms of vegetable curries and generally meat, eggs and fish are seen as a treat. In tourist areas such as Thamel in Kathmandu, you will find a range of Western food such as pizza and pasta as well as Indian and possibly Tibetan food establishments.

Public Holidays

When planning your trip, you should be aware of the major national holidays celebrated throughout the country. However, although businesses and government offices are closed on public holidays, tourist attractions and shops are almost never closed. The main impact on the tourist of these holidays is the increased competition for travel and accommodation from Nepalese who use long weekends to get away from the big city.

To view a list of the public holidays for Nepal, please see the link below:

www.worldtravelguide.net/nepal/public-holidays

Weather

Nepal has two monsoons per year. The dry season runs from October to May and the wet from June to September. Summer is May to September with temperatures reaching 30 degrees. Even in the winter months from October to April, the bright sunny days can reach 20 degrees but plummets at night.

Time

Nepal is 5 hours 45 minutes ahead of GMT.

Electricity

Electricity in Mozambique runs on 220 volts, 50Hz. Outlets across Nepal generally accept the following two plug types;

Three round pins arranged in a triangle



or

Two round pins



Trip Note Disclaimer

The information contained in this trip note has been compiled with great care and is provided in good faith. Any itinerary featured is correct at time of release. However, our itineraries may change as we make improvements that result from travellers' comments, our own research or from time to time as a result of recommended travel advice.

You can rest assured that it is always our goal to provide you with the most rewarding trip and experience ever!

Our Details

If you have any questions about this trip please do not hesitate to contact us and we'll be happy to answer them.

Phone: 1-800-985-4852

Email: info@realgap.com

Post: Real Gap Experience, 8 Essex Center Drive, Peabody, MA 01960

Web: www.realgap.com