

*Innovate
yourself!*

NEPAL, GANGES AND RAJASTHAN

Kathmandu - Bombay or Bombay - Kathmandu (28 Days)

I. PASSPORTS & VISAS

A. PASSPORTS

Please note that your passport should contain at least **4 clear and completely unstamped pages**. Your passport should also be valid for not less than **6 months** after the end of the project. If your current passport cannot meet these requirements you will need to obtain a new one.

B. VISAS (PLEASE REFER TO YOUR AGENT)

The following visa should be obtained before you leave home:

INDIA: All nationalities require visas to visit India. Tourist visas are usually issued in 48 hours by the Indian Embassy, Consulate or High Commission in your country of residence and are valid for entry into India for 6 months from the date of issue for a stay of 3 months. Three photographs are required and the consular fee is variable depending on your nationality. (please refer to the visa chart and your agent)

If you are flying directly to Kathmandu or Bombay and flying directly out again, you will need a single entry visa only. If you intend making a stop in India before or after the EO project, you should obtain a double entry visa.

Please note that if a visa is applied for outside your country of residence, it can take up to 6 weeks to be issued. (On Kathmandu - Bombay departures, do not rely on obtaining an Indian visa in Kathmandu).

Anyone arriving at an Indian port or border without a visa will be refused entry.

The following visa, depending on your own travel plans, can be obtained either before you leave home or on arrival in Nepal:

NEPAL: All nationalities require visas to visit Nepal. Visas are usually issued in 48 hours by any Nepalese Embassy or Consulate and are valid for 3 months from date of issue for a stay of 30 days. 1 photograph is required and the consular fee is variable depending on your nationality. (please refer to the visa chart and your agent).

Nepalese visas valid for a stay of 30 days can also be obtained on arrival at Kathmandu airport and the Nepalese land borders. (1 photo and applicable consular fee required). However, we suggest that you obtain a visa before leaving home.

2. VACCINATIONS

REQUIRED: **Yellow Fever** (if arriving from equatorial Africa or South America).

RECOMMENDED: **Cholera** *(See below)
Tetanus
Typhoid
Polio Booster
Gamma Globulin or **Havrix** (against Hepatitis)
Meningococcal A&C (against Meningitis)

Two Havrix injections 2-4 weeks apart give strong coverage for 1 year a further injection six months later gives cover for 10 years. Havrix is available in the UK, but not yet in some countries. If you are a regular traveller we would recommend that you are vaccinated with Havrix, if not then you should be vaccinated with Gamma Globulin.

Meningitis is a high risk in northern India and Nepal, especially between November and April. Vaccination against Meningitis with the Meningococcal A&C vaccine is therefore strongly recommended and should be obtained before you leave home and not less than 2 weeks before your arrival on the sub-continent.

If applicable, you must also be in possession of an "**International Certificate of Vaccination**" as proof of having received the above **required** vaccination).

• **CHOLERA:** The following is based on an update from WHO, the World Health Organisation:

Cholera is still endemic throughout Asia, Africa and most of Central & South America. Many countries still require visitors to show evidence of a recent vaccination against this disease. Few vaccination clinics or doctors, however, will administer this vaccination for the following reasons:

- A. It can cause side effects.
- B. It is only valid for up to 6 months, rarely effective after 3, & even then its cover is debatable.
- C. It creates a false sense of security, lessening ones personal precautions with water/food etc in endemic areas.

Nevertheless India is a cholera risk area and Encounter Overland will continue to request that wherever possible you should obtain a cholera vaccination. (Please make your Project Leader aware of whether you have/have not had this vaccination).

3. MALARIA

India and the lowlands of Nepal are malarial areas. Tropical Disease authorities are currently advising that we use the following anti-malarial tablets:

| | |
|--|-----------------------|
| PALUDRIN (Proguanil Hydrochloride, 100mg) | 2 tablets daily |
| & | |
| NIVAQUIN (Chloroquin Sulphate, 200mg) | 2 tablets once a week |

A suitable and currently recommended alternative could be:

| | |
|-----------------------------------|-------------------|
| LARIUM (Mefloquine, 250mg) | 1 tablet per week |
|-----------------------------------|-------------------|

MALARIA (CONT)

A course of these tablets (or a suitable and acceptable equivalent) should be started 1 week before your arrival in Kathmandu/Bombay and continued for 6 weeks after the conclusion of the project (or 2 weeks after in the case of Mefloquine). You will therefore need to obtain a 10 week supply of tablets (or 6 weeks for Mefloquine); more if your continuing travels are through malarial areas.

4. INSURANCE

Everyone must have personal travel insurance. Various policies are available, but they must include a minimum of £20,000 or US\$30,000 for medical, hospital and additional expenses including emergency repatriation. Your insurance should also cover 'cancellation & curtailment' and personal effects. If your policy does not cover this minimum level then EO will not accept responsibility for consequences. EO or your agent can direct you to, or provide you with responsible insurance underwritten for expedition travel.

5. PERSONAL SPENDING MONEY

As a guideline we suggest that you take at least £60.00/US\$100.00 per week with you; more if you can afford it and are an avid souvenir collector. Travellers cheques (in US Dollars or Pounds) should be those of an international and well known organisation such as Thomas Cook or American Express.

Cash is more useful and negotiable but obviously much less safe than travellers cheques. Take only as much cash as you, personally, feel safe carrying and have a good proportion of your cash and travellers cheques issued in small denominations. Only very small amounts of Indian and Nepalese Rupees can be re-converted into hard currency when you leave. Credit cards are not widely recognised although some are accepted in the main centres.

Some form of secure money belt, sold by most camping supply shops, is strongly recommended for carrying your passport and money.

There is an airport tax on your departure from either Kathmandu or Bombay of approximately US\$20.

6. YOUR PERSONAL EQUIPMENT

SUGGESTED CLOTHING LIST

You may find it useful to interpret this list in conjunction with the climate charts in the "Nepal, The Ganges & Rajasthan" Dossier which will show you the range of temperatures and rainfall likely to be met during your Brief Encounter.

| | |
|--|---|
| 1 large bag (<i>see Luggage, below</i>) | 1 pair strong hiking shoes/boots |
| 1 small daypack | 1 pair tennis shoes |
| 1 sleeping bag | 1 lightweight waterproof/windproof jacket |
| 1 inner sheet or liner | 1 pair of jeans (<i>or similar</i>) |
| 1 torch and spare batteries | 2 pairs of light cotton trousers |
| 1 Swiss army type knife | 1 pair of shorts |
| 1 water bottle | 1 Swimming costume |
| 1 medium towel | 1 light sweater/sweat shirt |
| 1 strong nail brush | 2 T-shirts |
| Washing kit & sewing kit | 2 cotton shirts |
| Personal toiletries (<i>including toilet paper</i>) | 1 warm sweater (<i>except April- Sept departures</i>) |
| Sunglasses & sunhat, Sunblock/sunburn cream | Underwear & socks |
| Moneybelt | Plastic bags for storing clothes |
| (<i>Suggested optional extras</i> <i>binoculars, pocket calculator</i>) | (<i>A track suit may also be found useful</i>) |

For November to February departures we suggest you take

- 1 warm outer jacket
- Warm hat & gloves

Cotton or wool clothing is far more comfortable than synthetic materials and we recommend that as many items as possible be easily washable. A plastic jar is useful for carrying washing powder or laundry soap and you might like to bring some clothes pegs and thin cord as washing line.

The effects of the sun in India should not be underestimated. A strong sunblock cream or lotion is useful. If you redden or burn easily, we suggest you use a high factor of sunblock and that you perhaps substitute light, long-sleeved shirts for the T-shirts.

LUGGAGE

Flights in and out of India & Nepal have a baggage weight limit of 44lbs/20kgs. Please use these airline limits as a guide when packing. If you are bringing a frame rucksack, please ensure that the frame is detachable or flat internal as projecting metal parts will damage other luggage in the trailer. Suitcases should measure approx. 26ins x 19ins x 6ins (66cms x 47cms x 14cms). A canvas or nylon grip or sausage-bag is the most suitable type of luggage to withstand the considerable wear.

Don't buy expensive luggage for this journey!

FILM

Standard daylight film will cover most conditions, but you might like to bring a couple of rolls of slow speed film (60-100 ASA) for the often higher light levels and glare of Rajasthan.

7. RECOMMENDED READING & MAPS

| TITLE | AUTHOR OR PUBLISHER | TITLE | AUTHOR OR PUBLISHER |
|------------------------------------|----------------------------|----------------------------------|----------------------------|
| Insight Guide to Nepal | Insight Guides | The Snow Leopard | Peter Mathieson |
| Nepal - A Travellers Guide | Prakash Raj | A Princess Remembers | Gayatra Devi |
| Kathmandu and the Kingdom of Nepal | Prakash Raj | Passage to India | E.M. Forster |
| A History of India | Romila Thapar | The Raj Quartet and other titles | Paul Scott |
| South Asia Handbook | Trade & Travel | The Far Pavilions | M.M. Kaye |
| India - A Travel Survival Kit | Lonely Planet | Chasing the Monsoon | Frater |
| Delhi, Jaipur & Agra | Insight Guides | Freedom at Midnight | Collins & Lapierre |
| Rajasthan | Insight Guides | Into India | John Keay |
| Fodors Guide to India | Eugene Fodor | | |

MAPS

| | |
|-----------------------------------|--------------|
| Indian Sub-Continent, 1:4,000,000 | Bartholomews |
| Nepal, 1:5,000,000 | Nelles Maps |
| North India, 1:5,000,000 | Nelles Maps |
| West India, 1:5,000,000 | Nelles Maps |

8. JOINING INSTRUCTIONS AND ACCOMMODATION BEFORE DEPARTURE

KATHMANDU - BOMBAY

ARRIVING - When you arrive in Kathmandu, please check in with us at:

Encounter Overland/Himalayan Encounters Office
The Kathmandu Guest House
Thamel, Kathmandu (Tel: 1 417 426)

Taxis are available from Kathmandu's Tribhuvan airport and the fare to the Guest House is approximately US\$5 (equivalent) in Nepalese Rupees. Taxi fares can be variable and you should agree a price before you start. There are no public buses between the airport and the city.

MEETING - There will be a pre-departure meeting in the Encounter Overland/Himalayan Encounters office at the Kathmandu Guest House at 6.00pm two days before Day 1.

ACCOMMODATION BEFORE DEPARTURE - Providing you give E.O. advance notice and providing your arrival date in Kathmandu is definite and confirmed, we can reserve a room for you at one of a number of hotels that we use in Kathmandu. All these travellers' hotels are of a similar standard and are located close to our office in the Thamel area of Kathmandu. The range of room prices is approx US\$ 10-15 per night. Please check in at our office on your arrival so that we can direct you to the hotel holding your reservation. Please note that all accommodation in Nepal must be paid for in hard currency (cash or travellers cheques).

JOINING INSTRUCTIONS AND ACCOMMODATION BEFORE DEPARTURE. (CONT)

BOMBAY - KATHMANDU

ARRIVING - When you arrive in Bombay, please check in with us at:

The Daria Mahal

Versova Beach, Bombay

(Tel: 626 0165/ 626 3648 - Manager: Mr M. Chinai)

The Daria Mahal is 10 miles/15 kms north west of Bombay International airport and the taxi fare from the airport is approx US\$7 (equivalent) in Rupees. If you take a taxi without a meter, agree the price before you start.

MEETING - There will be a pre-departure meeting at the Daria Mahal at 6.00pm on the evening before Day 1.

ACCOMMODATION - The Daria Mahal is a family run Guest House in a walled garden on Versova Beach, 19 miles/30 kms north of Bombay city centre. Room charges are approx US\$15-20 per night. The Chinai family are aware of all EO's departure and arrival dates and pre-booking of accommodation is not necessary. However, if you are arriving into Bombay in the late evening or early morning, please telephone Mr Chinai from the airport to advise him of your arrival. Public transport is available to/from Versova Beach and Bombay city centre. If you intend staying in downtown Bombay prior to departure, be warned - hotels are very full and very expensive. Inexpensive hotels may be found in the Colaba district near the Gateway of India but standards are often poor. Please note that all accommodation in India must be paid for in hard currency (cash or travellers cheques).

9. FLIGHTS OUT OF KATHMANDU

Flights out of Nepal are often full and the local airline offices are not connected to the international booking systems. It is essential that you reconfirm your return or onward flight out of Kathmandu as early as possible and, at the very latest, by 72 hours before your flight departure. This can only be done on presentation of your ticket to the relevant airline office in Kathmandu. Failure to do so will very likely result in the cancellation of your seat.

**HAVE YOU FINALISED YOUR FLIGHT ARRANGEMENTS
INTO AND OUT OF BOMBAY/KATHMANDU?
IF NOT, PLEASE CONTACT YOUR AGENT/EO**

***If Encounter Overland is not organising your flights,
we would appreciate knowing your arrival details.***

WE LOOK FORWARD TO MEETING YOU IN EITHER INDIA OR NEPAL