

# ESSENTIAL INFORMATION

## MARCO POLO JOURNEYS NEPAL & TIBET: FROM THE JUNGLE TO THE ROOF OF THE WORLD

### PASSPORT AND VISA INFORMATION

Your passport needs to be valid for **at least six (6) months** after your journey ends, and should have a minimum of two (2) blank visa pages for entry and exit stamps.

### NEPAL

**A tourist visa is required for U.S. and Canadian passport holders for entry into Nepal.**

There are currently two options available as outlined below. A&K recommends a visa on arrival.

**Visa on Arrival:** A tourist visa can be obtained on arrival at Tribhuvan International Airport (KTM). The current fee for a multiple-entry visa valid for 15 days is USD \$25. A multiple-entry visa valid for 30 days is USD \$40. All fees are subject to change without notice and must be paid in cash in U.S. dollars or local currency.

**Visa Stamp:** A visa stamp in your passport can be obtained either by applying directly to a Nepalese consulate or through a visa processing service. While there are additional costs involved in using a visa service, this option is available for guests who prefer assistance in the visa process.

### TIBET, CHINA

Travellers entering Tibet from Nepal should be aware that a Tibet permit/China visa must be obtained in Kathmandu prior to your arrival in Tibet. In order to obtain the pre-authorization arrangements to obtain these documents locally in Kathmandu, please complete the "Important Tibet Permit/China Visa Information for Travellers Entering Tibet from Nepal" form included in your pre-travel materials and return it, along with a scanned color copy of the identification pages of your passport to A&K's Downers Grove office by email at [operations@abercrombiekent.com](mailto:operations@abercrombiekent.com). If you do not have a copy of this form, please contact A&K so that one can be sent to you.

Note: Please do not apply for a China visa ahead of time. If you have an existing China visa in your passport, this will be canceled by the Chinese Embassy in Kathmandu. If you are continuing on in Mainland China after visiting Tibet, please provide A&K with a copy of your flight itinerary, hotel contact information and exact dates of travel to ensure that, if required, a separate China visa be obtained for you. The standard China visa obtained in Kathmandu is a single-entry visa valid for between 10-15 days.

On arrival in Kathmandu, you will need to have the following documentation on hand to obtain your Tibet Permit/China Visa:

- Original passport (must be the same passport as passport photocopy submitted to A&K prior to departure).
- Two (2) full-color, passport-sized photos.
- USD \$200 in cash for U.S. passport holders for the China visa fee. For non U.S. passport holders, the fee is USD \$115 per person. Bills should be crisp, new currency. Visa fees are subject to change without notice.

Our partner VisaCentral offers easy, efficient U.S. passport and visa processing. Visit them online at [visacentral.com/abercrombiekent](http://visacentral.com/abercrombiekent) or call 844 823 1224 and reference A&K's account number 73001. Service fees apply.

Citizens of other countries should contact the appropriate consular office for entry requirements pertaining to their journey.

## VACCINATIONS

A yellow fever vaccination is only required to enter **Nepal** and **China** (including Tibet) if you are arriving from, or have transited through, a yellow fever-endemic area in South America or Africa. The CDC and WHO each provide a current list of all affected countries. If vaccination for yellow fever is necessary, you must carry an International Certificate of Vaccination provided by your physician; you may be denied entry without it. If your physician advises against receiving the vaccination because of your personal medical history, he or she can provide you with the necessary documentation for the country/countries you are visiting.

## STAY HEALTHY ON THE ROAD

High altitudes are a feature of travel in **Nepal** and **Tibet**. You may experience altitude sickness. Please consult your healthcare provider for suggestions on prevention and treatment.

## CASH & CREDIT CARDS

**Nepal:** Cash transactions can generally be made in either U.S. dollars or local currency. U.S. dollars should be recently issued bills in smaller denominations. Major credit cards are accepted on a limited basis, mainly in the larger shops, hotels and restaurants. Access to ATM machines is available in Kathmandu but limited in rural areas.

**Tibet:** Cash transactions should be made in Chinese renminbi. Major credit cards have limited accepted for goods and services. Access to ATM machines is limited to a few locations in Lhasa and Shigatse.

# PACKING LIST & BAGGAGE RESTRICTIONS

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### BAGGAGE RESTRICTIONS

On Internal Air flights within Nepal, each passenger is limited to one piece of checked baggage with a maximum weight of approximately 44 pounds (20 kilograms) in Economy Class and approximately 66 pounds (30 kilograms) in Business Class. For carry-on baggage, passengers are limited to one piece of baggage with a maximum weight of approximately 11 pounds (5 kilograms) in both Economy and Business Class.

Please use the provided A&K luggage tags, even if your bags already have ID tags. This makes it easier for A&K staff to collect and manage your luggage for you.

### PACKING LIST

The varied topography and high altitudes in **Nepal** and **Tibet** create weather conditions which can change radically in the course of the day and evening. Choose versatile, casual clothing that can be layered if the weather requires. Smart casual attire is appropriate for evenings. Formal clothing is not necessary.

Temples and other religious sites require modest dress to enter. Guests are advised to pack clothing that covers knees, shoulders, and upper arms for select visits. You may be required to remove shoes when entering sacred sites.

#### Clothing

- Casual slacks
- Walking shorts
- Polo shirts, casual short-sleeve shirts or blouses
- Long sleeve shirts or blouses
- Sweater or lightweight jacket
- Long comfortable skirts for women
- Comfortable walking shoes with traction
- Lightweight raincoat or poncho
- Brimmed hat for sun protection
- Sleepwear
- Personal garments
- Socks
- Swimwear/cover-up
- Foldable umbrella for rain protection and sun shade

#### Other Recommended Items

- Sunglasses
- Sun block / Insect repellent
- Simple first-aid kit
- Prescriptions and medications (in their original bottles and/or packaging)
- Extra eyeglasses/contact lenses
- Smartphone
- Charging cables for electronics
- Global travel adapter

#### Optional Items

□ Small LED flashlight

□ Foldable walking stick

□ Lightweight binoculars

□ Small daypack or fanny pack

Laundry service is available at most hotels and dry cleaning is available in larger cities. Check costs and return times before using these services.

## TIPPING GUIDELINES

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While decisions regarding tipping rest entirely with you, we suggest the following gratuities (noted in U.S. dollars) depending on the type of journey.

	<b>All Small Group Journeys and Pre/Post Tour Group Extensions</b>	<b>Tailor Made and Signature Journeys</b>
Resident Tour Director or Group Extension Guide	\$15 per person, per day	Not applicable
Local Guides	Included	\$20 per person, per day (full day)
Drivers	Included	\$10 per person, per day (full day)
Airport Transfer Drivers	Included	\$5 per person, per transfer
Hotel Porters	Included	\$2 per bag
Housekeepers	Included	\$2 per person, per night
Included Meals	Included	Included
Restaurants or Room Service on Own	10-15% unless already added	10-15% unless already added

For extra nights or Tailor Made services added to a Small Group Journey, please follow the Tailor Made Journeys guidelines for these days only.