



## Nepal Uncovered Dossier

### Immerse Yourself Tour | 12 Days | Active

Kathmandu – Chitwan – Bandipur – Pokhara

Set in one of the world's most magnificent locations, Nepal is a land of richness and diversity. Explore under the gaze of Himalayan peaks, discovering the heritage of the Kathmandu Valley, the wildlife of Chitwan and hiking amongst the beauty of Pokhara.

#### TOUR HIGHLIGHTS:

- Experience a Lama blessing
- Learn to cook Nepali style
- See Nepal's magical temples
- Meet ethnic communities
- Spot rhinos in Chitwan NP
- Hike around Pokhara



## Nepal Uncovered tour inclusions

- Return international flights, taxes and current fuel surcharges (unless a land only option is selected)
- All accommodation
- Meals as stated on itinerary
- All sightseeing and entrance fees
- All transportation and transfers
- English-speaking National Escort (If your group is 10 or more passengers)

*Personal expenditures e.g. drinks, optional excursions or shows, insurance of any kind, customary tipping, early check in or late checkout and other items not specified on the itinerary are at your own expense.*

## Immerse Yourself

Designed for those who wish to be further immersed in the authentic charm of Asia; our Immerse Yourself Tours include more cultural and active experiences. You will be accompanied by our dedicated and professional National Escorts or Local Guides, whose unparalleled knowledge will turn your holiday into an unforgettable experience. Our Immerse Yourself tours include:

- Cycling and walking through classic sites
- Unique cultural experiences and encounters
- Off the beaten track destinations
- More evenings at leisure for independent exploration

## Active Tour

‘Nepal Uncovered’ is an **active** tour. This is one of the more demanding trips that Wendy Wu tours offer. As a whole, this itinerary requires a high level of fitness.

- Sightseeing will involve walking for extended periods of time in some areas
- Touring in Pokhara and Bandipur involves hiking for up to approximately four hours at a time and sometimes on steep or uneven ground
- Sightseeing at temples may involve climbing quite a number of steps, often without handrails
- You may be required to get on and off various sizes such as boats, jeeps and rickshaws throughout the tour

Our National Escort and Local Guides will always endeavour to provide the highest level of service and assistance; however, they cannot be expected to cater for customers who are unfit to complete the itinerary. If you require any more information about the pace of our Immerse Yourself tours, please contact our reservations team who will be happy to answer your questions.

## Country Profile: Nepal

Nepal is one of the richest countries in the world in terms of biodiversity and has an incredible variety of ecosystems. Here you will witness the greatest mountain range on Earth, which has eight of the world’s 14 highest mountains, including Mt. Everest (8,848m). See thick tropical jungles teeming with a wealth of wildlife, thundering rivers and forested hills. Within this spectacular geography is a rich cultural landscape. The majority of the population is found in the Kathmandu Valley, located in the centre of Nepal and home to three major towns, Kathmandu, Patan and Bhaktapur.

## Joining Your Tour

The tour is 12 days in duration including international flights.

Travellers booked on Land Only, the price includes visa fees and your arrival/ departure airport transfers if arriving/departing on the start and conclusion date of your tour. Please advise your international flight times to reservations. Join the tour on Day 1 in Kathmandu and end the tour on Day 11 in Kathmandu. Please refer to your final itinerary for more specific meeting instructions pertaining to your departure.

## Itinerary Changes

It is our intention to adhere to the day-to-day itinerary as printed; however, the order of events or sightseeing may change as we look to improve our tours or as local conditions dictate. In these circumstances we will make the best possible arrangements maintaining the integrity of your trip.

- The domestic airlines in this region have frequent schedule changes. For this reason we have indicated morning, afternoon or evening flights only in the following section. Your Local Guide or National Escort will inform you of any schedule changes as they are informed of them.

## Important Information Regarding Itinerary Changes and Flight Delays

Due to unforeseen circumstances, flights can be delayed, and therefore connecting flights may be missed. If you find yourself in this situation, please contact our India office on **+91 98 1899 0222/+91 98 1048 8398** (outside India) or **98 1899 0222/98 1048 8398** (within India) to urgently advise your arrival details have changed. Please ensure you have your trip number, tour name (both included in your final documentation) and new arrival details (flight number and arrival time) handy to pass on to our local office in India. This will ensure your National Escort/Local Guide can be informed of your most up to date information and ensure someone is at the airport to meet you on arrival. There is also a dedicated duty officer available 24 hours a day at the international airport, who can be contacted on **+91 81 3039 1236** if required upon arrival in Delhi.

If we are not advised of late changes and missed connections, Wendy Wu Tours cannot guarantee someone will be able to meet you upon arrival in India as our local office will have no way of knowing which flight you will be arriving on. Wendy Wu Tours will not be responsible for providing reimbursement of transportation costs from the airport to your hotel in the event that our local office was not advised of changes.

## Nepal Uncovered Itinerary

### DAY 1: FLY TO KATHMANDU

Fly overnight to Kathmandu for a three-night stay. Your National Escort or Local Guide from Wendy Wu Tours will meet you at the airport in the Arrivals Hall. Together with other group members who may be arriving at a similar time, you will transfer approximately 45 minutes to your hotel and check-in. The rest of your day will be at leisure.

#### Destination Information

**Nepal** - The small Kingdom of Nepal sits atop the Himalayas wedged between India, Tibet and China. It is renowned for its incredible landscapes and is home to 10 of the world's 14 tallest mountains. The mountaineering race of the early 20<sup>th</sup> century brought this tiny nation to the attention of the entire world. Even today, from the low lands of the Terai (the plain in the southwest), through the ancient and noble towns of the Kathmandu Valley, to the unrivalled heights of Mt. Everest, the country retains a mediaeval atmosphere. Markets thrive in town squares, alleys wind between temples, homes and water wells, and statues of Ganesh are covered in rice, tiny flowers and coloured powder.

*Meals included: Dinner*

### DAY 2: KATHMANDU

Begin your explorations with a sightseeing tour of Swayambhunath Stupa and Kathmandu City followed by an exciting rickshaw ride through Indra Chowk and Ason Tole to Thamel Markets. In the afternoon, visit Boudhanath and meet with a Lama and visit the Pashupatinath Temple. Keep a firm hold of your cameras today as monkeys have been known to steal them!

*Please note that here you may see the practice of animal sacrifice or cremation at Pashupatinath Temple – Please refer to the Nepalese Customs section below for further information.*

*Meals included: Breakfast, Lunch, and Dinner*

#### Destination Information

**Durbar Square** - At the heart of the Old City is the UNESCO World Heritage listed Durbar Square, where there is a cluster of ancient temples, palaces and courtyards that date back to 12<sup>th</sup> and 18<sup>th</sup> centuries. The square is located on the site of Hanuman Dhoka Palace, which was the Royal Nepalese residence until the 19<sup>th</sup> Century.

**Swayambhunath Stupa** - Often called 'the monkey temple' because of the hundreds of monkeys that scamper about the place. Its location, atop a hill west of Kathmandu, makes the stupa visible for miles and is thought to have been a Buddhist pilgrimage site since the 5<sup>th</sup> century.

**Boudhanath Stupa** - The largest stupa in Nepal and the capital city's religious centre for ethnic Tibetans who form a significant proportion of Nepal's population. The Boudhanath Stupa is thought to have been originally built in 600AD, after the famous Tibetan King, Songtsen Gampo, converted to Buddhism.

**Pashupatinath Temple** - A Hindu temple of Lord Shiva situated 5km east of Kathmandu on the banks of the sacred Bagmati River. Pashupatinath Temple has a two-tiered golden roof and is famous for its superb architecture. It is a centre of annual pilgrimage on the day of Maha Shivaratri. Here one may also witness the cremations of the dead bodies of Hindus. Devotees from all over the world come here to pay their homage to Lord Shiva.

**Thamel Market** - A popular tourist area filled with mountaineering shops, cafés and restaurants.

#### **DAY 3: KATHMANDU**

This morning, drive approximately half an hour to Patan. Take a walking tour of Durbar Square, taking in this magnificent World Heritage Site, along with its palace buildings, courtyards and pagoda temples. Later, attend a cooking class to learn about Nepali dishes and enjoy a sumptuous lunch. Return to Kathmandu, the rest of your day will be at leisure.

*Meals included: Breakfast, Lunch*

#### **Destination Information**

**Patan Durbar Square** - Situated in the heart of the city, Durbar Square is the centre of Patan's religious and social life. The stunning display of Newari architecture houses three main courtyards, an array of temples, shrines, houses and the Royal Palace.

**Iba Bahi** - Iba Bahi is one of the oldest Buddhist monasteries in the Kathmandu Valley, and reflects the sophisticated architecture of the Malla period. There is a shrine dedicated to Shakyamuni right across the entrance.

**Mahaboudha** - This Buddhist monument is an excellent example of terracotta art form which points to the skill of Patan's ancient craftsmen with a variety of building styles.

**Oku Bahal** - Oku Bahal is situated a few steps past Mahaboudha and is one of the best-known Buddhist places of worship in Patan. The stone-paved courtyard is enclosed by a two-story building with gilded roofs. The woodcarvings on the roof struts are especially attractive.

**Kwa Bahal** - Kwa Bahal, or the Golden Temple, is a Buddhist monastery courtyard dating back to the 12<sup>th</sup> century. The monastery is embellished with exceptionally fine wood-carvings and repousse work.

**Kumbheswar** - Built in 1392, this Shiva temple is the oldest temple in the city. It is also one of the only three temples in the Valley with five roofs. The water in the two ponds here (Kwanti) is believed to originate in the holy Gosaikund lake.

#### **DAY 4: KATHMANDU TO CHITWAN**

After breakfast at your hotel drive approximately five to six hours to Chitwan, visiting the Manakamana Temple en-route. Your group will travel 10 minutes by cable car to the temple which overlooks the river valleys of Trishuli in the south and Marshyangdi in the west. The spectacular views of the Annapurna range can be seen to the north of the temple.

Continue on to Chitwan, your accommodation while in the park will be simple. Rustic huts blend with the natural environment nonetheless the facilities are humble; they provide comfy beds and hot showers. After checking into your hotel, a naturalist guide will hold an induction meeting and provide information on all the options available to you during your time here. These include jungle walks, canoe rides and bird watching, all of which are included in your tour cost.

*Meals included: Breakfast, Lunch, and Dinner*

#### **Destination Information**

**Manakamana Temple** – The name Manakamana originates from two words, "mana" meaning heart and "kamana" meaning wish. Venerated since the 17<sup>th</sup> century, it is believed that Goddess Manakamana grants the wishes of all those who make the pilgrimage to her shrine to worship her.

**Chitwan National Park** – One of Asia's richest and the most spectacular National Parks, Chitwan is a UNESCO World Heritage Site. Discover a lost world of towering trees and twisting vines, of pre-historic rhinos and lumbering elephants, of crocodiles, pythons and deer, of brilliantly coloured birds and if you are fortunate - the superb Royal Bengal Tiger.

## **DAY 5: CHITWAN**

Today you will take part in jungle activities provided by the lodge, with lunch back at the lodge. Please note that the program in Chitwan is subject to change according to local conditions and will be confirmed upon arrival. The activities are adjusted according to the property you will stay at, the length of your stay, the season and present weather conditions. During the jungle safari, you will be accompanied by an expert naturalist who will advise on safety procedures, we request you to respect their judgment at all times. If you wish to stroll in the forest, a guide will have to accompany you for safety.

A typical day in Chitwan National would include rising early for tea and coffee before a nature walk. Return to the hotel for breakfast followed by an elephant briefing and a visit to the elephant stables. Enjoy lunch and some free time before the afternoon program begins. Take a traditional dug-out canoe down the Rapti River and in the evening, enjoy a Tharu Stick Dance followed by dinner around the campfire.

*Meals included: Breakfast, Lunch, and Dinner*

## **DAY 6: CHITWAN TO BANDIPUR**

Today you will transfer approximately four hours to Bandipur Hill Station. Check into your hotel on arrival, the rest of your day is free for you to relax or begin exploring.

### **Destination Information**

**Bandipur** - Untouched by modernization, and laced with abundance of ancient houses, temples of great significance, and historical architecture, this medieval-era town boasts festivals all year around, besides the plethora of cultural offerings.

*Meals included: Breakfast, Dinner*

## **DAY 7: BANDIPUR TO POKHARA**

Early this morning, start your Thani Mai Hike to enjoy the beautiful views of the Himalayas at sunrise. Soak up the fantastic panoramic views of the snow-capped neighbouring mountains before returning to your hotel for breakfast. Later this morning transfer approximately two and a half hours to Pokhara where the rest of your day will be at leisure.

*Meals included: Breakfast, Lunch, and Dinner*

### **Destination Information**

**Pokhara** - The finishing point for the famous Annapurna Circuit trek and the starting point for various other treks through the Annapurna Range. Pokhara became a popular tourist destination in the 1970s, with its laid-back setting

and idyllic scenery. It has rapidly developed since then into a modern mountain resort and offers a last chance stop for trekking supplies. Yet it retains much charm, with its calm lakes and surrounding snowy peaks offering serenity to those who visit.

## **DAY 8: POKHARA**

Drive approximately 30 to 40 mins to Khade Khola where you will start your hike to Kalabang Village, you will be walking for around two hours. During your time here, you will visit the village school, a coffee plantation and a local home. Continue your hike down the hill and return to Pokhara. The rest of your afternoon is at leisure. Altogether, the time spent hiking today will be around four hours.

*Meals included: Breakfast, Lunch, and Dinner*

### **Destination Information**

**Kalabang Village** - Situated at the height of about 1500m above sea level the village offers magnificent views of the snowcapped mountain ranges, hills, green vegetation, the shimmering Phewa Lake and the Pokhara valley.

## **DAY 9: POKHARA TO KATHMANDU**

Today you will fly approximately 30 minutes to Kathmandu. The rest of your day will be at leisure.

*Meals included: Breakfast, Lunch, Dinner*

## **DAY 10: KATHMANDU**

Today you will have a sightseeing tour of Bhaktapur city, where you will visit a local Newari family. Learn from a master potter at a pottery workshop and take home your very own creation as a souvenir. In the evening, enjoy a Nepali farewell dinner and a traditional cultural show at a local restaurant.

*Meals included: Breakfast, Dinner*

### **Destination Information**

**Bhaktapur** – Close to Kathmandu, Bhaktapur is full of vibrant cultures, colourful festivals, generations old craftsmanship and preserved old houses.

## **DAYS 11-12: KATHMANDU TO AUSTRALIA**

Any time before your departure today is at leisure for some last, minute exploration. You will be transferred to the airport according to the departure time of your flight, arriving home the same or following day.

*Meals included: Breakfast*

## NEPAL UNCOVERED TRAVEL INFORMATION

### Visas

Entry visas are required by all visitors to Nepal and Wendy Wu Tours Visa Department can assist you with the process of obtaining a visa. Please be advised that your passport must have at least 6 months validity left on it when you arrive back into Australia.

Please be advised that for all visa applications to Nepal, Wendy Wu Tours will provide passengers with forms to be completed by hand. Once the form is completed, the application and passport will need to be sent to Wendy Wu Tours. Visa application forms and all relevant documentation are due in our office 60 days prior to departure; if received after this date; urgent visa processing fees will apply.

Passports will be returned with your final documentation 2-3 weeks prior to your group tour's scheduled departure. If you require your passport to be returned earlier, a \$15 courier fee will apply.

### Insurance

We strongly encourage all customers to take a copy of their travel insurance documents (especially relevant international contact numbers) with them while on tour. We advise that you check the inclusions and procedures for lodging claims prior to your departure. These documents should be stored separately from the originals.

### Eating in Nepal

Nepalese cuisine is one of the most influential, diverse and flavorsome culinary styles in the world. Nepalese dishes incorporate many spices and seasoning to create an explosion of flavors. Though Nepalese cuisine can vary greatly from the Nepalese food we get in Australia, it is important to keep an open mind and be adventurous. Meals as listed on the above itinerary (excluding drinks) are included in our group tour. Please be aware that dishes selected for your meals reflect the cooking styles and signature dishes of the local area you are in.

Dishes served in restaurants on our group tours are varied. Some will be vegetable-based, vegetable based with meat mixed in, and a few will be solely meat-based. Our restaurants are well aware of the western palate – there are plenty of non-spiced options.

When eating meals on group tours, you will be seated around a circular table with other tour members. Dishes will be served in the traditional 'family style'; meaning that various dishes will be laid out in the centre of the table top. These dishes are intended to be shared amongst the group – there is always more than enough to feed everybody.

Please read your travel guide which you will receive with your final documents for more information about eating in Nepal. We recommend that when it comes to Nepalese food, you stay open minded and try to be adventurous!

### Accommodation

All group tour hotels have private western bathroom facilities, air conditioning, TV and a telephone. Plumbing and electricity supplies can be erratic and quite often the power in hotel rooms is turned off while guests are out of the room. If you experience any difficulty, please speak to your National Escort/Local Guide.

Your accommodation has been selected for convenience of location, comfort or character, and can range from a business hotel in one city to a family-run guesthouse in a smaller town or a heritage-type hotel. In remote areas, accommodation may be of a lower standard and may not have western amenities. Hotels are generally rated as local three to four-star standard, but do please note that there is no international classification system for hotels and differences in facilities and quality do exist between Australia and Nepal. Rest assured that all hotels used by Wendy Wu Tours are regularly inspected by our staff and our partners to ensure that standards are met. Please note double bed requests can be made at time of booking but cannot be guaranteed.

## Early Check-In/Late Check-out

Early check-in and late check out is not included in our Indian group tours. If you wish to add early check-in/late check out to your booking, please contact our reservations department who can confirm additional pricing and make this arrangement for you, subject to availability at the hotel.

## Transport

**Coaches:** Coaches with air conditioning are used on our group tours for city sightseeing, short excursions to the countryside and longer transfers where necessary. Main and inner city roads in Nepal have a reputation for being very congested. For this reason, it may not always be possible to return to your hotel after sightseeing to freshen up before going to the restaurant for dinner.

*Roads in Nepal have generally been improved over recent years, but traffic and/or weather conditions may extend driving times. Road construction work usually covers an enormous section of road - not just one or two kilometres as you may be used to. For this reason, the timings listed in the sections above are approximations only.*

**Air:** Internal flights are based on economy class, with reputable airlines. Pre-flight seat allocation is not available on international and internal flight sectors.

## Development in Nepal

Although Nepal is developing quickly, they still lack the international standards of civil infrastructure and tourist facilities. Concepts of personal responsibility are also different to those in Australia. Consequently, tourist and public facilities may not uphold the same safety standards as in Australia; for example, you may see a hole in the road without a warning sign or safety barricade. All of our suppliers meet local safety standards as a minimum. We want you to have an enjoyable holiday so we ask that you take extra care, use your common sense, refer to notices and follow advice from your National Escort/Local Guides.

## Souvenirs

We want to be able to give you an opportunity to buy souvenirs so we include some stops at museums or exhibitions which demonstrates a craft or product unique to that region with pieces available to buy. We understand that souvenir hunting is not for everyone so we aim to take you to places which hold local interest. We trust you will enjoy these opportunities to learn about local arts and crafts and understand their historical and cultural importance.

## Public Holidays in Nepal

If you are travelling within the below Nepali Public Holidays please note that celebrations can last a couple of days and during these times some businesses will be closed and coach, air and train travel may be affected. Tourist attractions will be open, but may be crowded. The Holi Festival 1<sup>st</sup> - 2<sup>nd</sup> March 2018 (The Hindu 'Festival of Colours' can include locals smearing coloured powder on one another. Every effort will be made to minimise the effect on passengers whilst touring). Nepali New Year is celebrated on the 14<sup>th</sup> April and Dashain Festival on 19<sup>th</sup> October.

## Group Size

Most of our groups consist of 10 travellers or more and will be accompanied by both a National Escort and a Local Guide. There will usually be no more than 18 travellers in each group although you may encounter other Wendy Wu tour groups while you are travelling.

All our departures are guaranteed to operate with a minimum of 8 travellers booked (unless cancelled due to factors beyond our control). However, at our discretion we may operate departures with a smaller group size as we try to operate advertised departures wherever it is viable to do so. For groups with fewer than 10 travellers, departures will operate with Local Guides only.

## Tipping Policy

Local tipping is customary in Asia. However, this can often lead to awkwardness in knowing when it is appropriate to tip and how much, as well as ensuring you have a suitable amount of change available at the time. For your convenience, with years of experience in providing the best customer service, Wendy Wu Tours operates a kitty system on our Group Tours so your National Escort will look after this aspect of your trip for you. It also ensures that the amounts paid are reasonable for you but still fair for the local people. The amount is stated on each Group Tour page and will be advised again on your final documentation. Tipping is in US Dollars and will be collected by your National Escort on arrival and distributed throughout the tour on your behalf. Any additional tipping on any of our tours is welcomed at your discretion. Further guidance for tipping contributions will be outlined in your final documentation.

## Packing List and Climate

You will find a complete packing list and a helpful climate chart in the 'Suggested Packing List', which will be included in the pre-departure information link sent within your deposit documentation. Seasonal weather patterns can be quite unpredictable. Up to the minute information on worldwide weather can be found on [www.weather.com](http://www.weather.com)

## Luggage

All travellers are limited to two items of luggage each; a suitcase with a maximum weight of 15kg and one piece of hand luggage with a maximum weight of 5kg. It is essential that your luggage is lockable. Please note that authorities will only allow bottles onto the aircraft if they have been checked in as main baggage. Bottles in hand luggage may be confiscated.

## Exchanging Cash

It is highly recommended that when travelling to cities outside of Kathmandu and other main cities that extra care and attention is paid when exchanging money. US Dollars are easily exchanged throughout Nepal however, other currencies such as Australian Dollars can generally be exchanged in hotels and airports provided notes are new and undamaged. We suggest exchanging your money before travelling to remote areas and smaller towns, as exchange facilities can be limited. Your National Escort/Local Guide will remind you to do this before departure.

## Personal Expenses & Optional Tours

**Personal Expenses** - You will need to take some extra money to cover drinks, laundry and souvenirs, plus any additional sightseeing that may be offered to you. Based on the advice of previous customers an approximate amount of AUD\$250 per person, per week should be sufficient; however for those that can't resist a bargain or may wish to participate in all of the optional excursions, consider allocating a higher amount.

**Optional Tours** - May be offered in each city you visit during your tour. These are not included in the standard itinerary and will only be available if time permits and if seats are available. In your Final Documentation an Optional Excursion Sheet will be included outlining the activities available in each city and local cost associated. Please ensure you have additional funds available if you feel you may wish to participate in any extra activities. Each option will be arranged locally by your National Escort/Local Guide, participation and tipping for optional excursions is completely at your discretion.

## Climbing Steps

Sightseeing at nearly all of the palaces, fortresses and some temples involves climbing quite a number of steps. These palaces were built to provide defense against potential invaders so nearly all of them stand on top of a hill, while the interiors have layers of narrow hallways and steps to slow down the advance of enemies once they were inside. The steps tend to be quite large, not level and sometimes without handrails. Hindu and Buddhist temples or pagodas also tend to be built at an elevation, as this is the most auspicious position according to ancient beliefs. This means you sometimes need to walk from the bus park to the entrance, and/or need to climb some steps inside.

People with knee or hip injuries, who have poor balance or are otherwise unable to complete these activities independently should consider the suitability of this itinerary carefully.

## Cultural Difference

Nepal has many special customs and rituals that tie into daily life, some of these may be surprising or unsettling for some passengers. While the guide will make every effort to forewarn passengers when visiting sites that may participate in the practice of animal sacrifice or cremation, there may be special local festivals within villages where such rituals are unavoidable. When visiting the Pashupatinath Temple in Kathmandu, please be aware that you may witness cremations taking place across the canal. Please note when visiting Dakshinkali Temple the ritual of animal sacrifice is performed before the deity on Tuesdays and Saturdays. If you would prefer not to participate in this touring, please let your National Escort/Local Guide know upon arrival in Nepal.

## Appropriate Dress

When visiting temples or mosques, both men and women should dress in conservative, non-revealing clothing. Full-length trousers with a shirt or t-shirt for men; and pants or skirts well below the knee with a top that covers the shoulders and upper arms for women. Women might also consider carrying a 'modesty shawl' in their backpack – this could be a sarong or light scarf – which they can wear over their shoulders and heads to feel more comfortable while sightseeing at mosques. When visiting Jain temples, you must not wear or take in any leather items such as belts, watches, camera straps, purses and shoes.

Religious sites and homes throughout Nepal – for Hindus, Jains, Sikhs, Muslims or Buddhists to name a few – require all visitors to remove their shoes to enter. Even if you then need to walk outdoors, over hot or rough ground, you will not be allowed to wear shoes. You will often find shoe storage rooms near the entrance of a site where it is customary to leave your shoes near the entrance. Occasionally there are 'shoe minders' who will offer to keep your shoes safe for a 'tip' – this is not compulsory so each customer can choose to tip for this service or not. If you do not want to remove your shoes, you will have to remain outside.

We recommend shoes that easily slip on and off, and carry a pair of thick socks in your backpack, which you can wear to protect your feet from any rough or hot surfaces. The following itinerary will indicate when you need to consider this.

## Vaccinations and Your Health

We recommend that you contact either your GP or Travelvax (1300 360 164) for advice on vaccinations and travel health. Travelvax has a comprehensive website that you may also find useful [www.travelvax.com.au](http://www.travelvax.com.au)

## Before You Leave

We strongly recommend registering your travel plans with [www.smartraveller.gov.au](http://www.smartraveller.gov.au) as in the event of an emergency, Australian Consular assistance will be more readily available. You can also access the Australian Government's travel advisory service for up to date information about your destination on the same website.

## After Your Booking

Once you have booked with Wendy Wu Tours, you will receive a confirmation invoice with deposit documentation via email. This includes important information and links to access the visa application form and instructions sheet online (if applicable). Your final documentation pack will be sent to you approximately four weeks prior to departure.

**Updated: 12<sup>th</sup> October 2017**