



Peru, Cusco Province

Welcome



Travel has been my life for 20 years. St Augustine's famous quote remains as true to me today as it was when I first set up 2by2 Holidays – "the world is a book and those who do not travel, read only one page".

My first love was Africa, the place of my birth. Its remarkable wildlife and cultures continue to captivate me today. A recent visit to the gorillas of Uganda has starkly reminded me just how fragile the survival of so many endangered species remains. And reinforced my belief that travel must always have conservation at its heart.

In recent years I have discovered the joys of travel in the Indian subcontinent and Latin America. The iconic sites and cultures here are no less enthralling. And everywhere wildlife adapts and survives, from harsh barren deserts to cool mountain cloud forests and tropical wetlands.

My enthusiasm burns as brightly as ever and I continue to be as involved in every aspect of the business as I always have been, backed up by our superb travel team. I'm particularly thrilled that so many of our customers return time after time.

I do hope you find our latest brochure inspiring and we all look forward to hearing from you.

Hambe Kahle – Travel Safely

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Nepal

Home to the magnificent snow-capped Himalayas and renowned for its trekking, Nepal's immense natural beauty is matched by centuries of sacred history.

Landlocked Nepal is only 497 miles long and 124 miles wide, but its landscapes embrace both the awe-inspiring Himalayas in the north and lush subtropical forests in the south. In between, you will find temperate lowlands like the Kathmandu Valley, filled with ancient palaces, monasteries and temples. With eight of the world's ten highest mountains, trekking here is glorious and undoubtedly amongst the best in the world. This is a place of immense natural beauty and culture.

Life in Nepal's mountain villages and cities goes on as it has for centuries and the blend of ancient Hindu and Buddhist religion has helped to evolve its rich heritage. Nepal's national parks are notable too, with some rare animals and birds thriving in some of the best-protected wildlife havens in the world. Located on Nepal's border with India, Chitwan National Park provides sanctuary to at least 70 mammal species including elephant, One-horned rhino, Sloth bear and the elusive Bengal tiger.

To the west, Bardia National Park is quieter and less developed, spanning dense riverine forest, grasslands and dry upland slopes. The density and diversity of this region's wildlife is impressive and together with adjacent Banke National Park, this is now the most extensive tiger corridor in Asia.

For a change of pace, the white water rafting in Nepal is superb, with options at all grades. Flowing close to Kathmandu and on to Chitwan and Pokhara, the Trishuli River is one of the most accessible.

The most developed and highly populated part of Nepal is the Kathmandu Valley. It has been an attractive destination down the ages because of its temperate climate and location at a trading crossroads in Asia. The civilisation created here by the Newars, around 300 years BC, is still very much alive and there remains a fantastic amount to see. The two great faiths of Hinduism and Buddhism have co-existed in harmony for centuries and the resulting cultural and religious mix is remarkable. Buddha's birthplace is in the south of the country at Lumbini, which was part of India at the time of his birth. Today it is a pilgrimage destination.

The districts of Kathmandu, Bhaktapur and Lalitpur (historic Patan) together make up the political and economic hub of Nepal. Their seven world-famous 'monument

zones' illustrate the country's rich history. These comprise the three Durbar Squares, the Buddhist stupas of Swayambhunath and Boudhanath and the Hindu temples of Pashupatinath and Changu Narayan, complete with a traditional Newar settlement and tiny museum.

Home to 5 million of the 26-million population, Kathmandu provides a contrast to the serenity of the countryside. Its streets are narrow, chaotic and noisy. Rickshaws jostle with motorbikes and the occasional sacred cow holds up the traffic, oblivious to the pandemonium around it. Despite the devastation of the 2015 earthquake, much of Nepal's heritage has survived and the country is back on its feet with visitor numbers increasing again.

While food in Nepal reflects many Asian influences, the further you get from

the cities, the more simple life becomes. No trip would be complete without trying tasty Momo dumplings and the staple dish of Dal Bhat, a thick lentil soup served with rice and curried vegetables.

Without a doubt, trekking in Nepal is the most exhilarating way to experience the Himalayas. There are scenic trails near Kathmandu with Nagarkot the best place to take in the vista. Short treks from Pokhara provide stunning views of the Annapurna Massif and Dhaulagiri 1. The views of Mount Everest from Namche Bazar in the Solukhumbu district are breathtaking. More challenging treks to Annapurna and Everest Basecamp ensure that there really is something very special for anyone who loves hiking and a challenge.



Discover Nepal

- DAYS 1/2** Arrive Kathmandu & city tour
- DAY 3** Fly to Pokhara, with sightseeing & boat ride on lake
- DAYS 4/6** Walk portion of Annapurna Trail, seeing traditional villages & spectacular views of Himalayas
- DAY 7** Drive to preserved Bandipur
- DAYS 8/10** Travel to Chitwan National Park, with game viewing by jeep, elephant, boat & canoe
- DAYS 11/12** Fly to Kathmandu & travel to Dhulikhel, for spectacular Himalayas sunsets
- DAY 13** Depart from Kathmandu

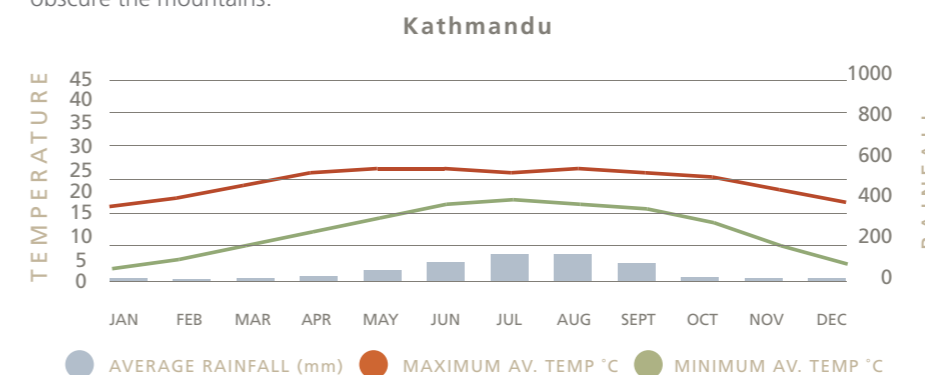
From £2,695 per person sharing including flights, mid season



This is an example itinerary – see page 5 for key. For more ideas, information and prices please call us on **01582 766 122** or visit www.2by2holidays.co.uk

When to go

Nepal's climate varies with altitude and is temperate alpine on the lower mountainous slopes and subtropical in the south. Trekking is good from late September to early December as the days are warm and the skies are clear. March and April are also popular when spectacular rhododendrons bloom. January and February can be extremely cold, especially at night, but will reward you with incredible views and quieter trails. From May the heat and humidity levels increase, until the monsoon rains arrive in June, when clouds obscure the mountains.





Book with confidence

We have ATOL certification and membership of the Association of Tour Operators (AITO).

Booking your holiday

When you are ready to book, we will guide you through the process. In all our dealings we aim to be transparent and encourage you to read our terms and conditions thoroughly. These are on our website at www.2by2holidays.co.uk. Please do contact us if anything is unclear.

Financial Protection

Through our membership of ATOL (9025) and our Tour Operator Insurance, your holiday is fully financially protected wherever in the world you live, regardless of whether you book land-only arrangements or a complete holiday package with flights.

AITO Quality Charter

AITO is the Association for independent and specialist holiday companies. Our member companies, usually owner-managed, strive to create overseas holidays with high levels of professionalism and a shared concern for quality and personal service. The Association encourages the highest standards in all aspects of tour operating.

Exclusive Membership

AITO sets criteria regarding ownership, finance and quality which must be satisfied before new companies are admitted to membership. All members are required to adhere to a Code of Business Practice which encourages high operational standards and conduct.

Financial Security

An AITO member is required to arrange financial protection for all holidays and other arrangements (including accommodation only) booked by customers with the member under the AITO logo. This financial protection applies to customers who are resident in the UK at the time of booking and to most overseas customers who have booked directly with the member. In doing so, the member must comply with UK Government regulations. Members are required to submit details of their financial protection arrangements to AITO on a regular basis.

Accurate brochures and websites

All members do their utmost to ensure that all their brochures and other publications, print or electronic, clearly and accurately describe the holidays and services offered.

Professional service and continual improvements

All members are committed to high standards of service and believe in regular and thorough training of employees. Members continually seek to review and improve their holidays. They listen to their customers and always welcome suggestions for improving standards.

Monitoring standards

AITO endeavours to monitor quality standards regularly. All customers should receive a post-holiday questionnaire from their tour operator, the results of which are scrutinised by the Association.

Sustainable tourism

Our members acknowledge the importance of AITOs Sustainable Tourism ethos, which recognises the social, economic and environmental responsibilities of tour operating.

Customer relations

All members endeavour to deal swiftly and fairly with any issues their customers may raise. In the unlikely event that a dispute between an AITO member and a customer cannot be settled amicably, either party can call on an arbitration service to bring the matter to a speedy and acceptable conclusion.

To contact AITO call 020 8744 9280 or visit their website www.aito.com

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