

McCabe
Escorted Journeys

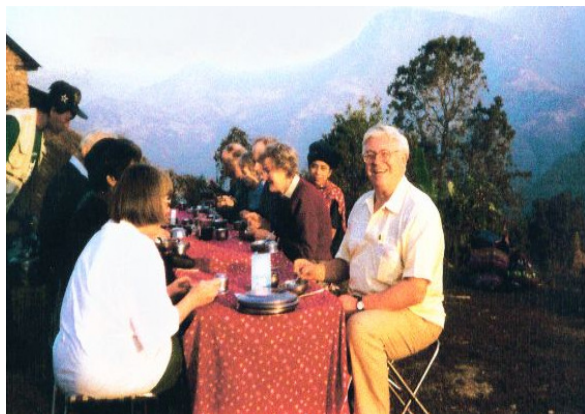
A Journey to Nepal

with the Revd Bob Jackson
1st - 12th November 2010



A tour to Nepal with sightseeing in Kathmandu
And six nights at the Begnas Lake Resort with a visit to Daduwa School

A Journey to Nepal



with the Revd Bob Jackson
1st - 12th November 2010

I invite you to join me on another Himalayan adventure, this time featuring less touring and an extended, relaxing break at Begnas Lake Resort. We start and end the tour in Kathmandu where we have opportunity to visit the principle sites. Our base is the first-class hotel Shankar where we have always stayed on previous visits.

While our programme at Begnas is very relaxed, we will spend one day visiting the remote Daduwa school, which is supported by the McCabe Educational Trust and which also the group visited in 2009. For many, it was the outstanding highlight of the tour and the hospitality shown by the staff, pupils and villagers was overwhelming: something we shall never forget.

As on previous journeys we have included all meals in the tour price and also all visa fees & ever-increasing air travel taxes. Flights are from Manchester via London and Delhi, so you can join the tour at either Manchester or London airports. (Travellers joining in London will pay £100 less)

The only extras to budget for are drinks, shopping & a contribution to the group gratuity fund.

Bob Jackson



Daily Programme

Monday 1st November: Depart from Manchester

British Midland flight BD591 departs Manchester at 1650 arriving Heathrow at 1755. Bags can be checked-in at Manchester straight through to Kathmandu.

Jet Airways from Heathrow via Delhi to Kathmandu.

Jet flight 121 departs at 2050 hours arriving Delhi at 1040 on Tuesday morning. Our onward Jet flight 262 departs Delhi at 1305 arriving Kathmandu 1445.

Tuesday: Arrive Kathmandu

Arrival Kathmandu 1445. **Two night stay in Kathmandu at hotel Shankar.**

Wednesday: Kathmandu

A day at leisure with light local sightseeing programme including the Durbar Square areas of Kathmandu and Patan, the cremation site by the river at Pashupatinath and the great stupa at Bodhnath. Dinner at the hotel.

Thursday: Kathmandu to Pokhara

We drive from Kathmandu to Pokhara with lunch en route. **Six night stay at the Begnas Lake Resort.**

Friday: Begnas

We have five days to enjoy the idyllic surroundings of the lakeside resort at Begnas. Local walks can be arranged or a visit to Pokhara and the resort now features a spa with treatments and massage facilities!

Saturday: Begnas

A day at leisure with light local sightseeing programme

Sunday: Begnas

A day at leisure with light local sightseeing programme

Monday: Daduwa

Today we will visit the school at Daduwa supported by the McCabe Educational Trust. For details please see the enclosed newsletter from the Trust which features our visit last year.



Tuesday: Begnas

A day at leisure with light local sightseeing programme

Wednesday: Fly to Kathmandu

Morning flight from Pokhara back to Kathmandu. **Our final two nights are at the Shankar Hotel.**

Thursday: Kathmandu tour

Morning visits in the Kathmandu Valley including the medieval world heritage sites of Bhaktapur and then a relaxed lunch at Dhulikhel at the Hotel Himalayan Horizon. We continue on to Panauti Village. There would be the opportunity today, weather-permitting to take the Mount Everest mountain flight. Farewell dinner at the Baithak restaurant.

Friday 12th November: Homeward Bound

Day-time return flight with Jet Airways. Jet flight 263 departs at 1030 hours arriving Delhi at 1200. Our onward Jet flight 122 departs Delhi at 1340 arriving Heathrow at 1740.

Connecting British Midland flight to Manchester BD 592 departs at 1930 arriving Manchester 2035.

Begnas Lake Resort www.begnaslakeresort.com

In a pristine natural setting, with gurgling mountain springs forming natural boundaries on either side, the resort rolls down the hillside to Begnas lake. To the North and the North-East are the great Himalayan snowy peaks of the Annapurna range below which lie terraced paddy fields and the tranquil Begnas lake - a perfect picture frame from the window of every guestroom. On the southern upper slopes there are hazelnut trees interspersed by coffee, cardamom and flowering plants.

In this healing and life-nourishing environment, you will find a Spa that offers a range of classical Ayurvedic treatments as well as soothing and rejuvenating massages.



A JOURNEY TO NEPAL

with the Revd Bob Jackson

Price: £1,995 single supplement: £235

Our price includes:

- flights between Manchester and Kathamandu
- Breakfast, lunch and dinner daily
- Quality hotels
- All visa fees and airport taxes
- All touring with guide and entrance fees included

Not included

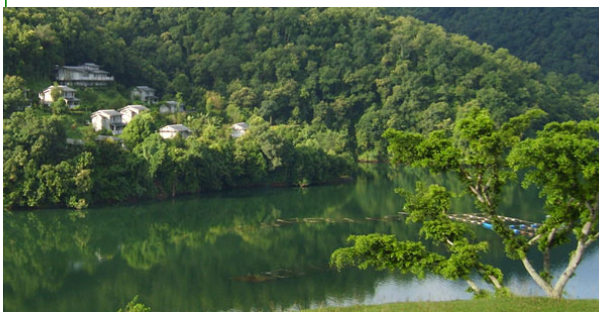
- Single room supplement
- Gratuities
- Travel insurance
- Drinks and shopping

TO MAKE A RESERVATION

To reserve your place on this journey please complete the enclosed booking form and send it, with a deposit of £100, plus the insurance premium of £59 (double if aged over 65) to McCabe Pilgrimages or the tour leader. Please make cheques payable to "McCabe Travel".

The Revd Bob Jackson
8 Squirrel's Chase
Lostock Hall
Preston PR5 5NE

Tel: (01772) 338756



Bob Jackson has a great love for the Himalayas (having visited on many occasions) and this tour is being designed as a follow-on to his journeys through Kalimpong to Bhutan and to Tibet and Nepal in 2009.

Bob has built a close friendship with Prem and Purnima Rana in Kathmandu and attended their daughter's wedding four years ago. Prem and Purnima are once again looking after the detail of our journey. This time the focus is on a relaxing five days at the lakeside resort at Begnas, which they own. During our time at Begnas we will spend a long day visiting the remote hilltop school at Daduwa which was built with funds donated by the McCabe Educational Trust.

PASSPORTS, VISAS AND HEALTH

A valid passport is required with at least six months validity after your return from holiday. If you need a new passport apply early as there can be considerable backlogs at passport offices. McCabe will arrange visas for Nepal (at no extra charge) and will contact you prior to the tour with visa application forms which we will then organise. If you are holding a non-UK passport, or require further advice, please consult the McCabe office. No inoculations are essential but the McCabe office will be happy to make recommendations and we advise you to consult your doctor regarding your own personal requirements.

TRAVEL INSURANCE

McCabe will arrange comprehensive travel insurance cover for each passenger unless otherwise indicated on the booking form. We have negotiated the premium (see 'Tour Information' section inside for rate) which as well as offering full medical and baggage cover also gives cover against loss of deposits. Cover is arranged by Preferential Insurance Services Ltd and is underwritten by Optimum Underwriting Limited as underwriting agents for Groupama Insurance Company Limited – each aforementioned organisation is authorised and regulated by The Financial Services Authority (FSA). The policy wording sets out full details of cover and will be sent to you with your confirmation invoice. This document also acts as your insurance certificate so that your booking reference number is also your insurance policy number.

A special feature of the McCabe insurance is that there is no age limit. Please, however, note it is a requirement that all insured persons must adhere to the Medical Health Requirements section on page 5 of the Policy wording document (which we will send you with your confirmation invoice). If you answer yes to any of the questions asked within this section you must contact the **HELPLINE 0845 250 5220**. This is a confidential service that will decide whether or not this insurance is appropriate for you. If they decline to offer cover, or if you are unhappy with any aspect of the cover, you can return the policy within 14 days of issue and receive a full refund. In cases of difficulty, we have specialist insurers we can introduce you to.

AITO Quality Statement

McCabe Pilgrimages is a member of the Association of Independent Tour Operators. The Association represents Britain's leading independent tour operators and encourages high standards of quality and service. McCabe abides by the Association's Code of Conduct and adheres to the AITO Quality Charter which can be viewed on www.aito.co.uk. Visit the website to find out more about the Association or call 020 8744 9280.

This journey is ATOL protected by the Civil Aviation Authority. The McCabe ATOL number is 2920.

McCabe Escorted Journeys

11 Hillgate Place Balham Hill London SW12 9ER

Telephone 020 8675 6828 Fax 020 8673 1204

Email alistair@mccabe-travel.co.uk

www.mccabe-travel.co.uk

