

ESSENTIAL INFORMATION NEPAL, CHINA & TIBET

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 one (1) blank visa page for entry and exit stamps.

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 \$30. A multiple-entry visa valid for 30 days is USD \$50. All fees are subject to change without notice and must be paid in cash in U.S. dollars. Carrying two passport-size photos is also recommended.

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.

China

A tourist visa is required for U.S. and Canadian passport holders for entry into China and must be obtained prior to departure.

A visa stamp in your passport can be obtained either by applying directly to a Chinese 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 additional assistance in the visa process.

U.S. citizens who have a passport with a remaining validity of one (1) year or more will be issued a multi-entry China visa that will be valid for 10 years. *Note: If you renew your passport after being issued a 10-year China visa, the visa will still remain valid for the full ten years. If you visit China again during this time, you will need to carry both your current, valid passport and the old passport with the 10-year China visa stamp.*

Those with passports that have less than one (1) year remaining validity will be issued a visa that is valid for 6 months. If your passport has less than one (1) year validity remaining, you must provide a signed letter stating you are aware that the consulate will not grant a visa greater than 6 months validity.

Please carefully read the following information prior to completing your China visa application.

- In the section requesting information about your intended trip, indicate your arrival date into Chengdu based on your A&K itinerary.
- Fill in TBD for both sections requesting Arrival Train/Ship/Flight Number and Departure Train/Ship/Flight Number.
- In the space requesting your address in Chengdu, enter: Wuhou District, Chengdu, China 610094.
- Please indicate a departure date of 4 days later from the date of your arrival in Chengdu (your application should reflect a 4-night stay). Indicating a one-night stay will result in your request for a regular China visa being denied. Do NOT apply for a transit visa. It is necessary to have a standard China visa in order to obtain a permit for entry into Tibet. Fill in Chengdu as your departure city from China.

- *Additionally, do NOT mention any planned travel to Tibet, which may result in your visa application being denied.*
- You may be asked to provide the name of the inviting agency hosting your stay in China on your visa application. In this instance, specify **A&K Hong Kong: Agency #350484**.

If you have ever travelled to Turkey or Afghanistan, you may be asked to provide a personal statement letter that includes specific dates and details about all visits. Your statement letter must include details for every immigration stamp for these countries in your current passport.

Of Special Note for Canadian Passport Holders

The government of China requires all visa applicants in Canada to submit fingerprints. Applicants may submit fingerprints at Visa Application Centers located in Montreal, Toronto, Ottawa, Calgary, and Vancouver. These application centers are jurisdictional and you must submit your application to the specific center that covers the region of your home address. Additionally, Canadian citizens applying for a visa for China will need to provide proof of a round-trip or onward ticket and a comprehensive travel itinerary including hotel reservations. Financial proof such as a bank statement may also be required. For more information, please visit our partner VisaCentral's Canadian offices at visacentral.ca/abercrombiekent or the Government of Canada's Travel Advice and Advisories page at travel.gc.ca/travelling/advisories.

Tibet

A special permit is required to enter Tibet. In order to obtain the appropriate authorization required to secure this permit, please email a clear, photo quality, copy of your passport – inclusive of both the photo/information page, as well as the page displaying your valid tourist visa for entry into the Peoples' Republic of China – to A&K at: operations@abercrombiekent.com

It is imperative that we receive photocopies of your passport information pages and your China visa no later than 45 days prior to your departure from the United States.

Our partner VisaCentral offers easy, efficient U.S. passport and visa processing. Visit them online at 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.

YELLOW FEVER VACCINATION & MALARIA PREVENTION

A yellow fever vaccination is only required to enter **Nepal, China** and **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.

You may be travelling to an area of malaria transmission. We strongly advise that you speak with your doctor or travel clinic regarding your itinerary, individual risk assessment and options for mosquito bite prevention and antimalarial drugs. We recommend filling any prescriptions before you depart.

LOCAL HEALTH & SAFETY PROTOCOLS

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.

China: Cash transactions should be made in Chinese renminbi. Hong Kong dollars cannot be used in China but are easily converted to renminbi. Major credit cards are widely accepted for goods and services. Access to ATM machines is widespread in cities and towns but may be 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.

OF SPECIAL NOTE: INTERNET RESTRICTIONS IN TIBET, CHINA

Please be aware that, due to government regulations, certain internet websites are not accessible in Mainland China, including Tibet. Currently blocked sites include, but are not limited to, Google, Gmail and Facebook.

PACKING LIST & BAGGAGE RESTRICTIONS

On flights within Nepal and China, 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.

Clothing

The varied topography and high altitudes of 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.

- 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

- The mountain roads of Tibet are very rough. An inflatable pillow or stadium cushion can help soften the bumps.
- Women may want to wear a supportive sports bra.

Other Recommended Items

- Face masks and hand sanitizer
- Sun block and insect repellent
- Sunglasses
- Prescriptions and medications (in their original bottles and/or packaging)
- Simple first-aid kit
- 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

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

	All Small Group Journeys and Pre/Post Tour Group Extensions	Tailor Made Journeys
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.