



Pokhara

Optometry in Nepal

7 – 19 April 2018





Bodnath Stupa in Kathmandu

Squeezed between India and Tibet, Nepal ranges from lush subtropical forest to soaring Himalayan peaks. This is a country that is both geographically and culturally diverse. With distinctive ethnic groups and languages, a wide range of architecture, vivid colours and vibrant street life, Nepal is a treat for the senses.

This tour, led by David Shannon, will take you from bustling Kathmandu to the serene mountainside city of Pokhara before heading to the jungle of Chitwan National Park. You will see the many faces of Nepal and its people. Throughout the tour there will be several professional visits looking at the developments in eye care and health in Nepal.

Arrive in Kathmandu and transfer to your hotel, located in the heart of the bustling Nepalese capital, before dinner in the evening.

The following day explore Kathmandu with a full day tour. Starting in the historical heart of the city explore the UNESCO listed Durbar Square, the Old Royal Palace and see the Temple of the Living Goddess. In the afternoon explore

the Buddhist soul of the city by visiting the Bodnath Stupa, Swayambunath and the Tibetan Monastery. Continue to the Pashupatinath's Ghats, located on the outskirts of the city, and take a moment to absorb the atmosphere as Hindu devotees ritualistically bathe in the river waters, holy men perform rituals on the stone steps and families prepare funeral pyres across the river. In the evening enjoy a welcome dinner.

After breakfast visit the B.P. Koirala Lions Centre for Ophthalmic Studies at the Institute of Medicine to see how optometrists are trained and educated in Nepal. After lunch continue



Monkey at Swayambunath Temple, Kathmandu



Durbar Square, Patan

to the 'Artists' City' of Patan, where one of the finest collections of temples and palaces in the whole of Nepal can be found in its spectacular Durbar Square.

The next day fly across the country to the lakeside city of Pokhara, flanked by the soaring Annapurna Mountains. On arrival check into the hotel before visiting the Himalaya Eye Hospital to learn about the work they do and the outreach projects they run in rural communities.

Take in the stunning views from the World Peace Pagoda the next morning, gazing out across the majestic Annapurna Mountains, shimmering Lake Phewa and rolling valleys. Take the short hike down to Phewa Lake through the trees and past the homes of the Pokharan people and take a relaxing boat ride across the lake. In the afternoon visit the International Mountain Museum, devoted to the mountains, the mountaineers who climbed them and the people who call them home. There will also be chance to visit a local optometry shop.

For those inspired by the mountains there is the option of a full day trek to see the countryside the next day. Otherwise the day is at leisure to relax in Pokhara, perhaps visit the Gurkha Museum or explore the many temples in the old town.

The next morning descend to the plains and jungles, heading for the home of tigers and

rhinos - Chitwan National Park. The World Heritage listed reserve protects over 932 square km of forest, marshland and rippling grassland. It is one of the best wild life viewing national parks in Asia and there are excellent chances at spotting one horned rhino, deer and monkeys as well as a huge number of different bird species. On arrival check into the lodge with the rest of the afternoon to relax or take part in activities.

The next day is at leisure to take part in the many activities that the lodge has to offer, including jungle walks, bird watching, ox cart rides, canoeing or visiting a local village.

After breakfast the following morning visit a local health clinic to see how they provide eye healthcare to the poor rural communities in the area. Return to the lodge in the afternoon and at leisure.

After breakfast depart Chitwan National Park and fly back to Kathmandu. The afternoon is at leisure to explore the winding streets of the old



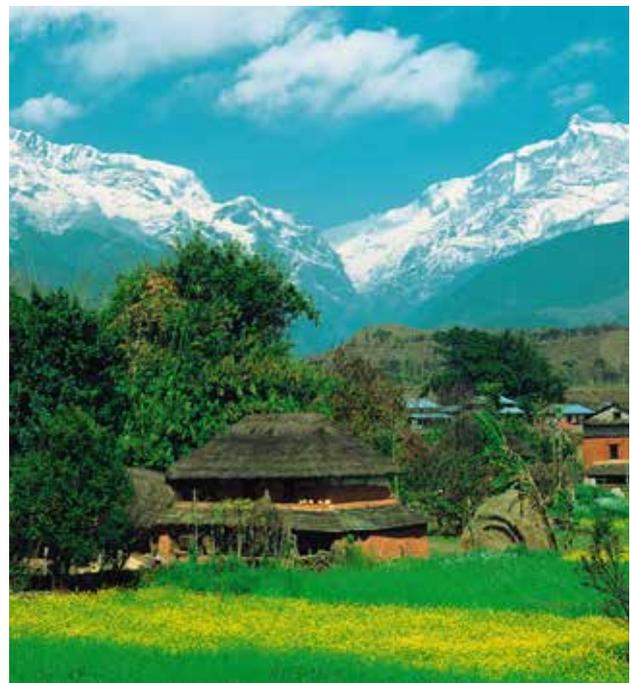
Nepalese women and children (top); Boats on Lake Phewa (above)



town, shop or just relax in one of the many cafes and watch the world go by.

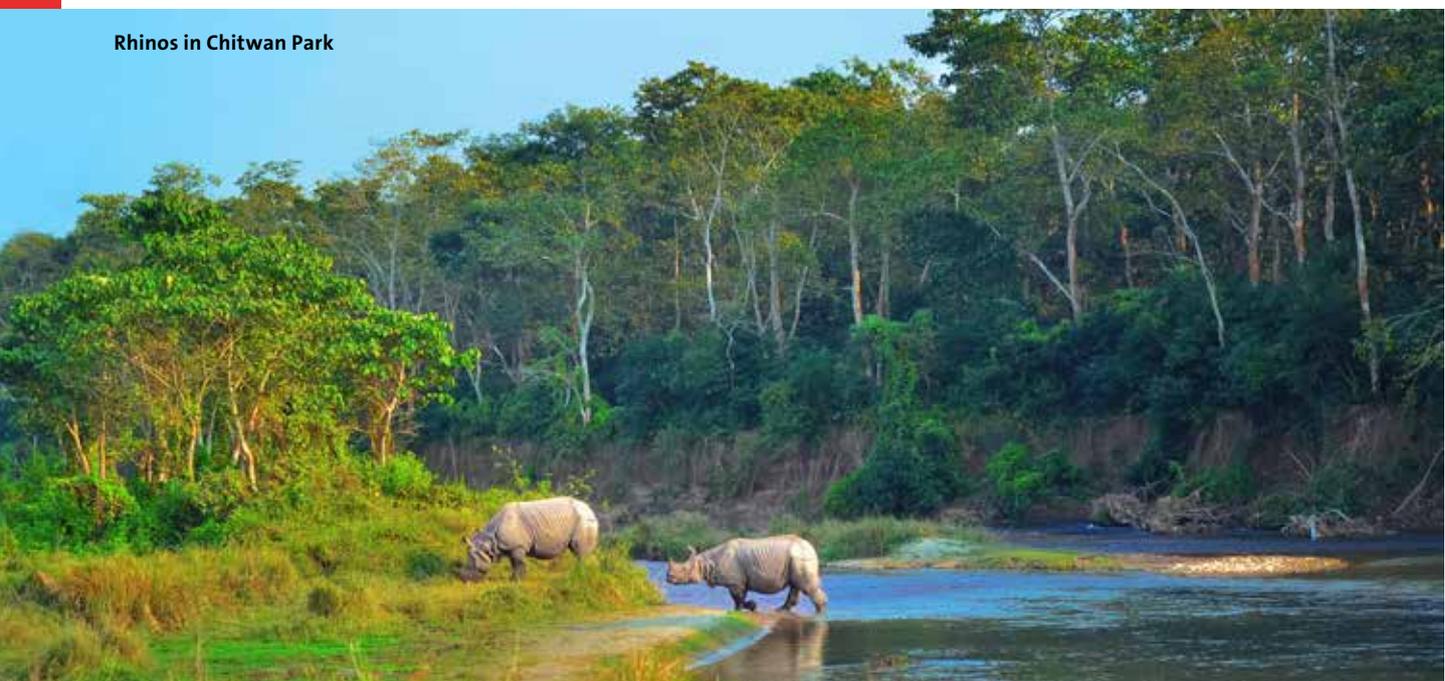
For early risers there is the option to take a morning flight over Everest and the Himalayan ranges the next day. Fly from Kathmandu over the breathtaking mountains and see the world's highest peak without having to put on walking boots. Return to the hotel for breakfast and later that morning head to the Newari villages of Bungmati and Khokana. Admire the traditional architecture and cultures that are reminiscent of the medieval era. Return to Kathmandu for a farewell dinner.

The next day transfer to the airport for the flight home or extend your stay in Kathmandu.



A village near Pokhara

Rhinos in Chitwan Park



Itinerary 8 – 19 April 2018

B = Breakfast **L** = Lunch **D** = Dinner

3 nights Kathmandu – 3 nights Pokhara – 3 nights Chitwan National Park – 2 nights Kathmandu

8 Apr (Sun) Kathmandu **D**
Pm Arrive in Kathmandu and transfer to the Shangri-La Hotel
Eve Dinner at the hotel

9 Apr (Mon) Kathmandu **B D**
Am Full day tour of Kathmandu. Visit Durbar Square, the Old Royal Palace and see the temple of the Living Goddess. Onto Bodnath Stupa, Swayambunath and Tibetan Monastery. Visit the Eastern Ghats
Eve Welcome dinner at Mul Chowk Restaurant

10 Apr (Tues) Kathmandu **B D**
Am Visit to the B.P. Koirala Lions Centre for Ophthalmic Studies at the Institute of Medicine
Pm After lunch visit the 'Artist's City' of Patan

11 Apr (Wed) Kathmandu / Pokhara **B D**
Am Fly to Pokhara and transfer to the Lakeside Retreat
Pm Visit the Himalaya Eye Hospital and learn of the work they do

12 Apr (Thur) Pokhara **B D**
Am Visit the World Peace Pagoda and walk down to Phewa Lake. Take a boat ride out to Barahi Temple
Pm Visit the International Mountain Museum and a local optometry shop

13 Apr (Fri) Pokhara **B**
Am Day at leisure or optional full day trek

14 Apr (Sat) Pokhara / Chitwan National Park **B L D**
Am Drive through the mountains to the plains and Chitwan National Park. Check into the Jungle Village Resort
Pm Afternoon activities at the Park, including jungle walk, ox cart ride or bird watching

15 Apr (Sun) Chitwan National Park **B L D**
Am Full day of activities in the National Park including jeep safaris

16 Apr (Mon) Chitwan National Park **B L D**
Am Visit a local health centre to see how rural communities receive eye care
Pm Afternoon at leisure

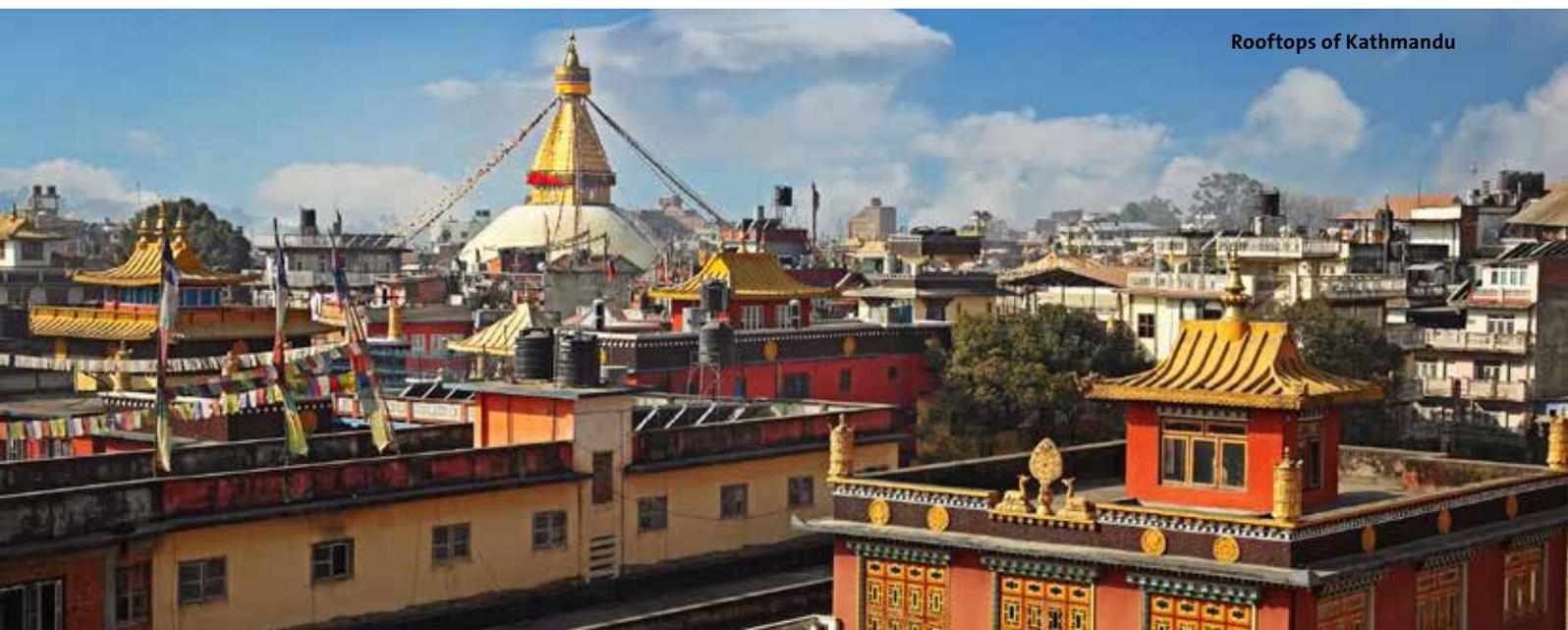
17 Apr (Tues) Chitwan National Park / Kathmandu **B D**
Am Transfer to Bharatpur for the flight back to Kathmandu
Pm Arrive Kathmandu and at leisure

18 Apr (Wed) Kathmandu **B D**
Am Optional flight over Everest, return to the hotel for breakfast
Pm Visit to the Newari villages of Bungmati and Khokana
Eve Farewell dinner

19 Apr (Thur) Kathmandu **B**
Am Depart Kathmandu

NB: All itineraries are subject to change according to local conditions.

This itinerary is ground only and departure and arrival dates may differ.



Rooftops of Kathmandu



Pokhara and Lake Phewa

Hotels

Shangri-La (Kathmandu)

Surrounded by green gardens, the Shangri-La is an oasis in the heart of Kathmandu. The hotel has an outdoor pool as well as a spa. The well-equipped rooms are contemporary with wooden floors and include tea making facilities and free wifi.

Hotel Lakeside Retreat (Pokhara)

Located a short walk from Phewa Lake, this is the ideal place to relax in Pokhara. The rooms combine traditional style with contemporary touches and come with a garden side terrace. There is also a bar with outdoor seating.

Jungle Village Resort (Chitwan National Park)

Located in the north of the National Park on the bank of the Rapti River, the lodge is surrounded by forest. The air-conditioned rooms are situated in cottages with private balconies. The lodge itself has a restaurant offering a variety of cuisines for lunch and dinner and a bar area to relax in.

“The guides and tour leader (David Shannon) were absolutely brilliant. They deserve medals.”

John Attrill and Helen Kershaw, Optometry and Eye Care in North India, 2013



A room at the Shangri La Hotel, Kathmandu (top); Lakeside Retreat, Pokhara; Jungle Village Resort, Chitwan (above)



The Himalayas from Kathmandu Valley

Tour Leader

David Shannon graduated in 1986 from Southern College of Optometry, Memphis, Tennessee, as a Doctor of Optometry. In 2015 he took on the role of UK Development Manager for Optometry Giving Sight and in 2016 took on responsibility for their European operations. Between 2010 and 2013 he was Chairman of the AOP (Association of Optometrists). Previously he was AOP Board member responsible for OT (Optometry Today) and established the OT Editorial Advisory Board. He has consulted for Johnson & Johnson Vision Care and has trained practitioners and managers across the UK. Until 2014 he worked in the family practice, Shannon and Carton Ltd, in London. David has supervised undergraduate optometry students at City University's contact lens clinic. David led optometry study tours to China, Cuba, South India, North India, South Africa, Sri Lanka, Vietnam and Peru in association with Jon Baines Tours.

Projects

While in Pokhara you will visit the **Himalaya Eye Hospital**, which was established in 1993 with the aim of providing comprehensive eye care services to the people residing in the Gandaki, Dhaulagiri and Karnali zones. It also serves as the base hospital for different eye care foundations operating in the region. Those living in the three zones are in hilly and mountainous areas and are poor, rural communities who have very limited access to health or eye care. The main aim of the hospital and its projects is to reduce blindness in these communities by 90%. The Himalaya Eye Hospital also plays a key role in developing ophthalmic manpower by offering training services throughout the country.

**Ground only cost of tour
USD \$3,182 per person
(excluding international
flights and transfers)**

The cost includes:

- 11 nights' accommodation in twin bedded rooms with private facilities in medium grade hotels

The single room supplement is USD \$551

- Meals as per the itinerary
- Tour leader (David Shannon)
- Services of an English speaking national guide
- A full programme of cultural and professional visits as per the itinerary
- Admission fees where applicable
- Domestic flights and all transport within Nepal
- Tips

The cost excludes:

- International flights and airport transfers
- Meals not mentioned and drinks
- All personal extras such as portorage, laundry, inoculation fees
- All optional excursions, tours and visits
- Visas and travel insurance

Flights

International flights are not included in the price of the tour, but we can help you organise these. There are no direct flights to Nepal from the UK or Australia but there are several options that fly via the Gulf or India. Most flights in and out of Nepal are overnight flights so please take this into consideration when looking at the travel dates. For more information about flight options and prices, please contact either the London or the Melbourne office.

The tour professional programme is eligible for CPD. Please contact us after the tour to request an attendance certificate.

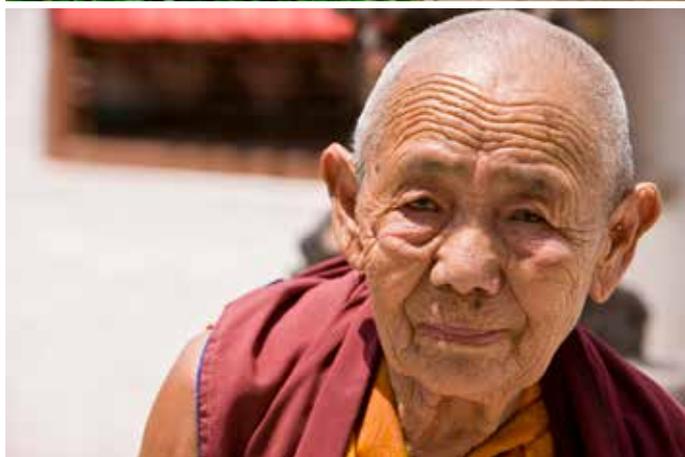
About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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Tibetan flags in front of Annapurna mountains (top); A Nepalese boy;
Ox riding in Chitwan Park; Buddhist Monk (above)



Jon Baines
tours

