

EXPLORE!



Annapurna Panorama

Enjoy a gentle four-day trek in the quieter foothills of the Himalaya with spectacular views of the Annapurna range. Walking among traditional villages and beautifully terraced fields, with the iconic silhouette of Machhapuchhre's 'fishtail' often in sight, we stay in teahouses (mountain lodges) and meet the friendly locals. We also explore the bazaars of Kathmandu and search for rare one-horned rhino on a jeep safari through Chitwan National Park.

Trip highlights

- ★ **Panoramic trek** - Take to the trails and complete a four-day trek through the Annapurna foothills
- ★ **Kathmandu** - Explore the temples and Bazaars of Nepal's capital including a visit to Bodnath Stupa
- ★ **Chitwan National Park** - Spot a wide variety of animal species and the rare one-horned rhino.
- ★ **Pokhara** - Relax on the banks of Lake Phewa

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

WALKING GRADE:

Moderate

For those who are fit and active, these moderate walks are normally on good paths and tracks at low altitude. Days may include some fairly demanding ascents and descents, so previous experience is preferable but not essential.

GROUP SIZE:

10 - 16

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join trip in the Nepalese capital Kathmandu

Our trip begins today in Kathmandu. After time to freshen up there will be a quick briefing with your Tour Leader and the rest of the day is at leisure to relax or take a first wander in the bustling streets of Kathmandu.



Accommodation: Yellow Pagoda Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - Walking tour of old city and visit temples

After breakfast we have arranged a walking tour visiting the bazaar and temples of old Kathmandu. Much of the day to day life of Kathmandu takes place in the local bazaar: a fascinating mixture of people selling spices; potters spinning their wheels; rickshaw wallahs honking their horns and the ever present sacred cow wandering amongst it all. In the afternoon we plan to visit the temple of Pashupatinath on the banks of the Bagmati River, the holiest Hindu shrine in Nepal, and also to visit Bodnath, the largest stupa in the country and a destination for Buddhist pilgrims from all over Nepal.



Accommodation: Yellow Pagoda Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast & Lunch

DAY 3 - Drive to Pokhara

Today we leave the Kathmandu Valley behind and drive to Pokhara. Pokhara is smaller and more relaxed than Kathmandu and is beautifully situated on the banks of Phewa Tal (lake). From here there are superb views of the snowcapped Annapurna range, including Machhapuchhre - the famous Fishtail Mountain. Only foothills separate the town from the high mountains, making it a fine starting point for trekking. In the afternoon there will be a briefing by your tour leader to give you an idea of what to expect on a day to day basis while on trek and to make sure that everyone is properly equipped.



Accommodation: The Lake Side Retreat (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 4 - Trek to Badauri (1661m)

First we drive north west from Pokhara (840m) to our trek start point at Kande (1700m). From here we walk for around two hours across country passing cultivated fields and scattered small settlements to the Gurung village of Badauri (1661m) where several trails cross. After lunch in the village we set out on an afternoon walk to explore some of the nearby villages. Today's five kilometre walk is expected to take around two hours with a total ascent of 305 metres and a descent of 405 metres.



Accommodation: Badauri Tea House (or similar)



Simple Teahouse



Meals Provided: Breakfast, Lunch & Dinner

DAY 5 - Hike with panoramic mountain views to Panchase Bhanjyang (2100m)

After breakfast our walk takes us mostly through mixed oak and rhododendron forest to the high point of the trek - Panchase Danda 2500m. The summit has panoramic views of all the Annapurna peaks as well as 8000m Dhaulagiri to the west and 8000m Manaslu to the east. This area is also part of a pilgrimage route and we may visit the nearby shrine to the Hindu god Shiva. We descend to Panchase Bhanjyang - a bhanjyang being the local name for a pass (2100m). There are several local houses at the pass and we have wonderful views of the mountains as well as of Pokhara and Phewa Tal. Today's nine kilometre walk is expected to take around six hours with a total ascent of 940 metres and a descent of 440 metres.



Accommodation: Panchase Bhanjyang Tea House (or similar)



Simple Teahouse



Meals Provided: Breakfast, Lunch & Dinner

DAY 6 - Trek through forest and meadow to Bumdi (1500m)

Our walk today is through a largely uninhabited area on a less major trail. We will spend some time in forest but will also pass several open meadows specifically cleared to graze water buffalo. In the spring you can look out for rhododendrons and white orchids in bloom in the forest. There are several welcome stone built resting places along the route which climbs to the top of a ridge and then

crosses three small passes on the descent to our overnight stop at Bumdi (1500m). Today's 14 kilometre walk is expected to take around six hours with a total ascent of 470 metres and a descent of 1020 metres.



Accommodation: Bumdi Tea House (or similar)



Simple Teahouse



Meals Provided: Breakfast, Lunch & Dinner

DAY 7 - Trek back to Pokhara (850m) via Peace Pagoda

We're now coming back into a much more inhabited area and pass many cultivated fields and several settlements. There are lots of cherry trees in blossom here in November. We pass the chhettri village of Pumdi with its distinctive houses to reach the white dome of the Japanese Peace Pagoda all the while with good views of the mountains to the north. From here we descend through Rani Ban (the Queen's Forest) to the end of the trek near the dam at the south eastern end of Phewa Tal. From here we drive a very short distance to our hotel. Today's 10 kilometre walk is expected to take around four hours with a total ascent of 60 metres and a descent of 791 metres.



Accommodation: The Lake Side Retreat (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast & Lunch

DAY 8 - A free day in Pokhara to relax and explore

The day is free to explore the interesting town of Pokhara. You could visit Tashiling, a thriving village of Tibetan refugees with its own schools and monastery, where you can watch Tibetan carpets being made. Alternatively hire a boat to visit a small temple on an island in Phewa Tal. There will also be time for some souvenir shopping.



Accommodation: The Lake Side Retreat (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 9 - Drive to Chitwan National Park. Jungle activity

We drive from Pokhara to Mugling then follow the Naryani River to Naryanghat into the flat Terai region of Nepal very close to the Indian border. Our lodge is situated outside the park, near the village of Jagatpur, just across the Rapti river from the Chitwan National Park. Once a private hunting ground, Chitwan is now a National Park with thick tree cover and tall elephant grass sheltering a wealth of animals. In January the local people are permitted to enter the park to cut the long grass for roof thatching. Total driving approx 5-6 hours.



Accommodation: Machan Country Villa (or similar)



Standard Lodge



Single room available



Meals Provided: Breakfast, Lunch & Dinner

DAY 10 - Full day of activities in Chitwan National Park

Throughout your stay you will be kept busy except for a couple of hours around lunch time when you can read or relax in the shade. Activities available in the Park include jeep safaris searching out the famous one-horned rhino, bird watching, jungle walks and dugout canoe trips along the Rapti River. Canoeing on the Rapti River is dependent on the water level. Floating silently along in a traditional dugout canoe you may spot many varieties of water birds. There are more than 450 species to be found here and an early morning walk near the river to visit a watch tower is another great opportunity for keen bird watchers. Alternatively you may wish to visit the nearby small lake which supports a lot of birdlife as well as several marsh muggers - a variety of crocodile. A trained naturalist will help you get the best enjoyment and interest from these excursions.



Accommodation: Machan Country Villa (or similar)



Standard Lodge



Single room available



Meals Provided: Breakfast, Lunch & Dinner

DAY 11 - Early morning jungle activity. Drive to Kathmandu

We drive back to Kathmandu via Naryanghat and Mugling.



Accommodation: Yellow Pagoda Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 12 - A free day in Kathmandu

Today there is an opportunity to take an optional excursion to the Newari town of Bhaktapur in the eastern corner of the Kathmandu Valley. Also known as Bhadgaun or the City of the Devotees, Bhaktapur evokes the feel of a medieval village, a snapshot of a time when the city lay along the prosperous trade routes between Tibet, China and India. The ancient centre of the town is a dazzling collection of temples, palaces and monasteries that has earned it a place on the UNESCO list of World Heritage Sites.



Accommodation: Yellow Pagoda Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 13 - Trip ends in Kathmandu

Our trip ends this morning after breakfast.



Meals Provided: Breakfast

Walking and Trekking information

Walking grade

Moderate

Trek details

We trek for 4 days for an average of 4 to 6 hours a day. We reach an altitude of 2600m and have graded this trip as Moderate.

Max walking altitude (m)

2600



Why book this trip

10 Reasons to trek Nepal with Explore - Local knowledge: Over 30 years of experience in organising treks in Nepal and long established network of local partners throughout the country - Our trek leaders in Nepal are consistently voted among the best Explore leaders anywhere in the world - Our trekking ascent rates are carefully planned to be safe and fall within Wilderness Medicine Society (WMS) guidelines - All our trek leaders are qualified in first aid and specially trained to recognise and deal with Altitude Sickness - We carry a Portable Altitude Chamber (PAC) on treks above 3000 metres - On treks into extremely remote areas we carry a satellite phone for emergency use - We support our trek crew by following the guidelines of the International Porter Protection Group (www.ippg.net) - All our trekking staff, from trek leaders to guides, porters and cooks, are Nepali - revenues from our treks benefit the local people - All meals are included on camping and teahouse based treks making them excellent value for money - FREE Explore kitbag. If you trek with us in Nepal you will receive a free Explore kitbag when you arrive in Kathmandu

What's included?



Included meals

Breakfast: 12
Lunch: 7
Dinner: 5



Transport

Bus
4WD



Trip staff

Explore Tour Leader
Driver(s)
Naturalist(s)
Porter(s)



Accommodation

7 nights standard hotel
2 nights standard lodge
3 nights simple teahouse

Trip information

Country information

Nepal Holidays & Tours

Climate

Temperatures in the lower altitude regions are extremely pleasant. At Pokhara variations in temperature are very limited: from the coldest recorded of 8°C (46°F) to the highest of 31°C (88°F). The mountains are best admired, with greater air clarity, from October to January, while from February to May the skies may be hazy. Monsoon rains are strongest in June, July and August. The coldest months are December and January.

Time difference to GMT

+5.45

Plugs

2 Pin Round

Religion

Hinduism

Language

Nepali

Budgeting and packing

Optional activities

Please note: for all excursions the minimum number of participants is 4 in order for it to operate. Bhaktapur- US\$ 35

Clothing

While you are trekking, daytime temperatures will generally be warm. On this trek you do not go above 2500m, so although you will need a sweater or fleece for the evenings, weather will generally be mild. However it can be chilly in the evenings, particularly between November and February, and at those times you will need warm weather clothing including a woolly hat and gloves, and a warm down jacket. Long Trousers - For everyday walking, light cotton trousers are the most suitable. Knee length shorts are also

acceptable Although comfortable, leggings are not recommended as they may cause offence to local people. Jeans are also not recommended as they are often difficult to walk in over longer distances and become cumbersome when wet. Waterproofs - Breathable waterproofs not only protect against rain and wind but also stop you from overheating. They breathe and avoid condensation which you will experience from nylon waterproofs. Rain during the trekking season is fairly rare but can be heavy if it does happen. Gloves - Especially useful around camp in the morning and in the evening in the winter months (December/January). Thermals or similar types are most suitable. Socks - It is best to wear a pair of reasonably thick loop stitch socks. These help to protect your feet against blisters. Avoid nylon socks, they are abrasive, don't breathe well and can cause blisters. Fleece pullover/jacket - You will need a fleece pullover/jacket for the evenings. Make sure that your waterproof jacket is loose enough to wear over your pullover or fleece. Thin Shirts/T-Shirts Laundry - Clothing may be left at the hotel in Pokhara to be washed and ironed ready for your return from trek.

Footwear

We strongly recommend walking in a good, comfortable, broken in pair of boots. Trainers and tennis shoes do not give the ankle support afforded by a decent pair of walking boots. Ideally, visit a specialist outdoor pursuits shop who will offer advice. It is a good idea to carry your boots in your hand luggage on international flights or wear them. Trainers and/or sandals are useful for post trek relaxation, whilst travelling and in towns.

Luggage

20kg

Luggage: On tour

Your luggage should consist of three main pieces: Main Baggage: The item of luggage used to carry all your belongings in the hold of the plane and used to store all of the items you don't need on trek. This can be left behind at the group hotel used prior to the trek. Trek Kitbag: Customer on all of our treks in Nepal receive a free Explore kitbag on the tour prior to the start of the trek. Approximately 80 litres in size it's ideal for all items you need to take on trek and the luggage preferred by our porters. The weight limit for this is 10kg but you will probably find that you do not need this much. Daysac/Rucksack: 30-35 litres recommended. During the course of a trekking day, you do not have access to the luggage which is being carried for you by the porters. In any mountain region the weather can change rapidly and you must be equipped for this eventuality. Your daysac should therefore be large enough to carry waterproofs, fleece jacket/water, long trousers (if walking in shorts), warm hat and gloves, sun hat, sun cream, water bottle (minimum 1 litre) and your camera. Most people normally find that this adds up to about 2 to 3kg. Other optional items in a daysac might be a diary or a book to read at lunch time. On a few occasions it is also necessary to carry your own packed lunch. We advise you to take a waterproof rucksack cover or alternatively line the sack with a large plastic bag to keep the contents dry. Advice on how and what to pack for the trek will be given at the tour briefing but it may be useful to do a trial pack before you leave home.

Equipment

We recommend taking the following items: Sleeping Bag- The teahouses we use on trek all provide bedding and blankets however you will need a 4-season sleeping bag. Water Bottle - Water along the trail must never be considered as drinkable. Each day you must sterilise water with Chlorine Dioxide with which to fill your own bottle. 1 litre is the minimum size suitable. If you dislike the taste of sterilised water, it is a good idea to add some powdered fruit juice. You MUST bring Chlorine Dioxide with you on this trek. For environmental reasons, we do not encourage the purchase of bottled mineral water nor the boiling of water due to fuel and power shortages. Plastic Bags - If you pack bits and pieces in plastic bags inside your bag they will stay dry in case of rain and be easier for you to sort through in camp. Remember, the less you have to unpack in the evening, the less you have to repack each morning! A bin liner to pack inside your daysac is also a good idea. Torch/Batteries/Bulb - A small torch is essential. Head torches are particularly useful. Only a limited selection of batteries may be available locally so bring spare batteries and bulb. Toiletries - Try to keep heavy cosmetics etc to a minimum. Essentials are toothbrush/paste, bio-degradable soap, small towel, small nail brush and toilet rolls. Wet wipes are great for a quick clean up. Binoculars - Useful for game viewing in Chitwan. Sunglasses - A good pair of sunglasses is essential for protection against UV rays and glare. Sun Hat, Sun Cream/Block and Lip Salve - Choose a high factor suncream (Factor 15 or more) to protect your skin against the sun at higher altitudes. A combination sunblock/lipsalve is ideal for facial protection. Personal First Aid Kit - Each trek carries an extensive first aid kit but no prescription medicines. You should have your own supply of plasters, aspirin, diarrhoea tablets and also a comprehensive blister kit, plus any other items you or your doctor feels advisable. (Please do not give medicines to local people without consulting the trek leader.) Trekking poles - Trekking poles with rubber points are recommended. Swimsuit Spare Laces Chlorine Dioxide for water purification Anti-bacterial handwash Ear Plugs- some may find it more comfortable to bring ear plugs with them so that while in hotels and teahouses they are not disturbed at night. Insect repellent Almost every item required for a trek can be purchased or hired in Kathmandu and your Tour Leader can advise on the best shops to visit at your tour briefing.

Tipping

Explore leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Local crew

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly, you should allow £40 for tipping of trek staff, drivers, guides etc. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.

Nepal Holidays & Tours

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price

£7

Dinner price

£10

Beer price

£3

Water price

£0.3

Foreign Exchange

Local currency

Nepali Rupee.

Recommended Currency For Exchange

US\$ or GBP.

Where To Exchange

In major cities and towns

ATM Availability

Although you may occasionally find cash machines these are very unreliable - do not rely on plastic!

Credit Card Acceptance

Credit cards are not generally accepted except in larger establishments in Kathmandu.

Travellers Cheques

Travellers cheques are not accepted as a valid mode of payment in Nepal.

Transport, Accommodation & Meals

Transport Information

Bus, 4WD

Accommodation notes

Booking a Single Room

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

A Tea House in Nepal is a local family house where the family have opened their doors to visitors. Over time their homes have developed into a homestay-hotel hybrid and the concept of the Tea House established. You will have a twin room with a bed, mattress and pillow but you need to bring your own sleeping bag. Tea Houses are likened to 'indoor camping' - there is no central heating. The toilet facilities will be basic (they may have a squat toilet) most Tea Houses have shower facilities, but not always hot water. Bathroom facilities are sometimes shared. Meals are taken at the Tea House and there will be a range of Nepali, Chinese and Western dishes. Vegetarians are well catered for. A comprehensive range of hot and cold drinks will be available. The Tea Houses are a great way of meeting the kind-natured men, women and children of Nepal.

Essential information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa Information

Nepal: An entry visa is required by UK, New Zealand, Australian, US & Canadian citizens and can be obtained on arrival at Kathmandu Airport and various international border crossings between Nepal and its neighbouring countries. This currently costs 25USD for a 15 day visa, and 40USD for a 30 day visa. All visas are issued as multiple entry visas and are valid from the date they are issued. A passport-sized photograph for immigration is required. Payment must be made in cash, UK sterling and US dollars are both accepted. You should confirm all visa related questions with the relevant Embassy prior to departure.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

Booking conditions

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Maximum altitude (m)

2600

Non refundable permits

Nepal Holidays & Tours

Vaccinations

Nothing compulsory, but we recommend protection against malaria, infectious hepatitis, typhoid, tetanus, polio and Japanese encephalitis. Consult your travel clinic for latest advice on different prophylaxis available against malaria. Although not compulsory, travellers may wish to take immunisation against meningococcal meningitis.
