

# EXPLORE!



## Annapurna Circuit

NEPAL - TRIP CODE AN

WALKING AND TREKKING

### Why book this trip?

One of Nepal's classic treks, this route makes a full circuit of the Annapurna range over sixteen days. Trek through rhododendron forests, mountain foothills, across barren, rocky landscapes and snow-covered passes, staying in cosy family-run tea house lodges along the way.

- **Thorong La** - Cross this challenging high pass, 5416m, offering stunning views across the Himalaya
- **Poon Hill** - Climb to the top of Poon Hill and enjoy sunrise views across to the Annapurnas and Dhaulagiri
- **Pokhara** - Take a well-earned rest by the lakeside and enjoy a cake at one of the towns many bakeries



**INCLUDED MEALS**  
 Breakfast: 20  
 Lunch: 16  
 Dinner: 16



**TRIP STAFF**  
 Explore Tour  
 Leader  
 Driver(s)  
 Local Guide(s)  
 Porter(s)



**TRANSPORT**  
 Bus



**ACCOMMODATION**  
 4 nights  
 comfortable hotel  
 16 nights simple  
 teahouse



**WALKING GRADE:**  
 Challenging



**GROUP SIZE:**  
 10 - 16

## Itinerary

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

### DAY 1 - Join tour Kathmandu

Our tour begins today in Kathmandu. After meeting up with your tour leader, the rest of the day is left free to relax or perhaps take a first wander in the bustling streets of the Nepali capital.



**ACCOMMODATION:**  
 Hotel Ambassador (or similar)

**Grade: Comfortable Hotel**



**SINGLE ROOM AVAILABLE**

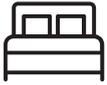


**MEALS PROVIDED: NONE**

### DAY 2 - In Kathmandu

After breakfast we will have a full briefing on the trekking days ahead, followed by a chance to visit a local hire shop to pick up any last minute equipment still needed. Following this, we then have a walking tour of the city, visiting the bazaars and the temples of old Kathmandu in the company of a local Nepalese guide. Nepal's bustling capital is a captivating mix of spice sellers and potters, rickshaws and sacred cows, all crowded together amidst a city of vibrant noise and colour. Our sightseeing this morning takes

in the sumptuous majesty of Durbar Square and its collection of ornate palaces, courtyards and temples, as well as the Asan Bazaar and the Kumari Ghar, home to the living goddess of the Kumari Devi.



ACCOMMODATION:  
Hotel Ambassador (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



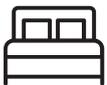
MEALS PROVIDED: BREAKFAST

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### DAY 3 - Drive to Besi Sahar and trek to Bhulbule (840m)

Departing the city this morning we drive west, towards the beautiful mountain landscapes of Central Nepal, home to the towering peaks of the Annapurnas, Dhaulagiri and the iconic Machhapuchhre (the famous 'Fish Tail' mountain). Stopping for lunch along the way, on arrival in the foothills around Besi Sahar (760m) we begin our trek up to the Gurung village of Khudi (790m). Following the gorge we pass a sprinkling of small hamlets and tropical forest, before making our way across the Khudi Khola to follow the trail north along the Marsyangdi Valley to Bhulbule (840m).

Today's four and a half kilometre walk is expected to take around three hours with a total ascent of 80 metres.



ACCOMMODATION:  
Bhuibhule Tea House (or similar)

Grade: Simple Teahouse



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

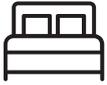
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### DAY 4 - Trek from Bhulbule to Jagat (1300m)

This morning we cross the Ngadi River by way of a high suspension bridge and continue along its east bank up to the settlement of Bahundanda. The route takes us through the villages of Ngadi and Lampata and to the north-east we are treated to some stunning views of Manaslu (8156m). From Bahundanda we then descend to a stream, before climbing to the village of Lili Bir, from where we continue to follow the

trail high above the river. The track then descends to another bridge, at Syange (1190m), where we cross over to the western side of the Marsyangdi and hike up a steep trail to the ancient village of Jagat (1300m).

Today's 14 kilometre walk is expected to take around seven hours with a total ascent of 750 metres and a descent of 350 metres.



**ACCOMMODATION:**

Jagat Tea House (or similar)



**Grade: Simple Teahouse**



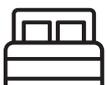
**MEALS PROVIDED: BREAKFAST, LUNCH & DINNER**

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### **DAY 5 - Trek from Jagat to Dharapani (1860m)**

From Jagat the trail descends along a meandering track that follows the Marsyangdi, mirroring the river's course before winding up through forest to the small village of Chamje (1430m). Crossing the river to the east bank again, we then continue up to the large settlement of Tal (1675m), where we find a number of lodges and shops sharing the landscapes with some breathtaking views of the surrounding valleys. This presents us with an ideal spot to stop for lunch, before we resume our journey onto the village of Karte. The afternoon sees us crossing the river back and forth, snaking our way up the valley and passing through a collection of small villages en route to our final destination at Dharapani.

Today's 15 kilometre walk is expected to take around seven hours with a total ascent of 875 metres and a descent of 180 metres.



**ACCOMMODATION:**

Dharapani Tea House (or similar)



**Grade: Simple Teahouse**



**MEALS PROVIDED: BREAKFAST, LUNCH & DINNER**

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### **DAY 6 - Trek from Dharapani to Chame (2670m)**

A rocky trail takes us west, following the Marsyangdi up the Manang Valley, where we enjoy some stunning views out towards Annapurna II (7937m) and Annapurna IV. These remote highlands are home to the Manangi people, itinerant traders who have traded salt and yaks across these mountains for

centuries. Following in the footsteps of these mountain merchants of old, we head up through forests of oak and maple to Dhanakyu (2290m) and then on to the village of Latemarang (2360m). Our route then winds its way across several forested ridges to Kotho (2590m), from where we have a short easy walk down to Chame (2670m), the region's administrative headquarters, where the distant views of Lamjung, Annapurna II and Annapurna IV provide a stunning backdrop to our day's end.

Today's 17 kilometre walk is expected to take around seven hours with a total ascent of 1065 metres and a descent of 390 metres.



**ACCOMMODATION:**

Chame Tea House (or similar)



**Grade: Simple Teahouse**



**MEALS PROVIDED: BREAKFAST, LUNCH & DINNER**

### **DAY 7 - Trek from Chame to Pisang (3190m)**

Departing Chame, we cross over to the northern side of the river and follow a relatively easy trail up through apple orchards to the village of Bhratang (2840m), an old Khampa settlement that is largely abandoned these days. From here we then start along a trail that provides us with some of the most dramatic scenery of the journey so far. Blasted through the surrounding rock, the trail leads through a steep, narrow valley, blanketed in dense forest. As we exit the forest and cross the river over a bridge suspended some 3040m above sea level, we are treated to our first view of the spectacular Paungda Danda, a 1500 metre wall of rock that rises up from the river below. After crossing a ridge that lies festooned with prayer flags and stone cairns, we then reach the large village of Pisang. The village is split into lower and upper Pisang and from the gompa at the top of the town there are some lovely views out across the meandering streets and rambling houses of the lower town.

Today's 14 kilometre walk is expected to take around six hours with a total ascent of 640 metres and a descent of 10 metres.



**ACCOMMODATION:**

Pisang Tea House (or similar)



**Grade: Simple Teahouse**



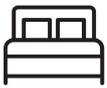
**MEALS PROVIDED: BREAKFAST, LUNCH & DINNER**

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## DAY 8 - Trek from Pisang to Manang (3540m)

Continuing along the south side of the river today we make a long climb up and over a ridge that takes us past 3400 metres. From here we enjoy some truly spectacular views of the surrounding peaks, before we descend into the valley and on to Hongde (3325m), a village that has the distinction of an airstrip, a police post and a truly impressive mani wall. Continuing on to Mungli, we then cross back to the north bank of the river and continue to the Tibetan-style village of Bryaga (3475m), where we find an engaging collection of interestingly stacked houses and the largest gumpa in the district. The houses lie one on top of the other, the terraces of the upper houses forming the roofs of the ones below, whilst the monastery contains a wonderful collection of Tibetan Thankas that date back some 500 years. From here it is just a short walk on to the large community at Manang, our final destination for the day, where we find a settlement of some 500 houses, a chorten and a long mani wall etched with the Buddhist chant of 'Om Mani Padme Hum'.

Today's 14 kilometre walk is expected to take around six hours with a total ascent of 380 metres and a descent of 140 metres.



ACCOMMODATION:  
Manang Tea House (or similar)



Grade: Simple Teahouse



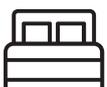
MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 9 - Acclimatisation Day

Today has been left free to get a little more used to the conditions at these higher altitudes before we make the crossing of the Thorong La. You can spend the day exploring the area around the village, taking some shorter hikes into the mountains to enjoy the views of the Chulu ranges and Thorong La in the distance. It is important to get some rest today too though, so remember to conserve some energy for the days still to come.

An optional four kilometre walk is expected to take around one and a half hours with a total ascent of 200 metres and a descent of 200 metres.



ACCOMMODATION:  
Manang Tea House (or similar)



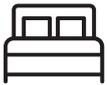
Grade: Simple Teahouse



### DAY 10 - Trek from Manang to Yak Kharka (4018m)

Taking it steady today we trek to Tengi (3620m) and begin a slow climb towards Gunsang (3930m), enjoying the alpine landscapes and abundance of scrub juniper and alpine grasses that grow on these high slopes. The ever expansive views present us with a magnificent panorama that takes in the peaks of Gangapurna (7454m) and Annapurna III (7555m), as we make our way on to our overnight stop in Yak Kharka.

Today's 10 kilometre walk is expected to take around four hours with a total ascent of 510 metres and a descent of 15 metres.



**ACCOMMODATION:**

Yak Kharka Tea House (or similar)



**Grade: Simple Teahouse**



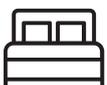
MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 11 - Trek from Yak Kharka to Thorong Phedi (4450m)

Our first port of call today is the small settlement of Letdar (4250m), which we reach after an hour's steady climb out of Yak Kharka. From here we continue to climb along the eastern bank of the Jarsang Khola, making our way up to Thorong Phedi (4450m). Translating as 'foot of the hill', this is the starting point for tomorrow's long trek up to Thorong La Pass.

Today's seven kilometre walk is expected to take around four hours with a total ascent of 470 metres and a descent of 70 metres.



**ACCOMMODATION:**

Thorong Phedi Tea House (or similar)



**Grade: Simple Teahouse**



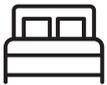
MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 12 - Cross Thorong La (5416m) and trek to Muktinath (3800m)

We make an early start this morning and begin the long climb to the Thorong La, an ascent that should take us some 4 hours (depending upon the fitness of the group and weather conditions). The trail up to the pass follows a route that has been used by local herders for centuries, crossing through moraine and snow and snaking its way steeply up over the rocky ridges. As we approach the pass we are greeted by the sight of a traditional chorten and fluttering prayer flags and as we crest the summit the views before us are simply staggering. A panorama of Himalayan giants lies before us, with the immense Kali Gandaki Valley lying off to the west and the towering peak of Yakgawa Kang (6481m) to the north. After stopping to rest and enjoy the stunning vistas, we then begin the long trek down to Muktinath, a 1600 metre descent that affords us some glorious views of Dhaulagiri (8167m) and Tukucho Peak (6920m). The moraine trail eventually gives way to grassy slopes, with the final part of our journey taking us along the upper reaches of the Jhong Valley to Muktinath and Ranipauwa, where we end our crossing of the Thorong La.

Today's 15 kilometre walk is expected to take around eight to 10 hours with a total ascent of 976 metres and a descent of 1666 metres.



### ACCOMMODATION:

Mukinath Tea House (or similar)



**Grade: Simple Teahouse**



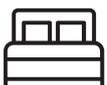
MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 13 - Trek from Muktinath to Kagbeni (2800m)

This morning we visit two small temples, one an important pilgrimage site for Hindus, the other for Buddhists. After visiting the temples we begin our trek to Kagbeni, via the village of Jong, which avoids the newly constructed road. We spend the night in Kagbeni, the gateway to the region of Mustang.

Today's eight kilometre walk is expected to take around four hours with a total descent of 960 metres.



### ACCOMMODATION:

Kagbeni Tea House (or similar)



**Grade: Simple Teahouse**



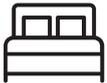
MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 14 - Trek from Kagbeni to Marpha (2670m)

After leaving Kagbeni, we follow the Ekle Bhatti- Jomsom trails on the opposite side of the river to reach Jomsom. Throughout the day we are met with views of Nilgiri and Dhaulagiri. We walk further through Thini Village to reach Dumba Lake and Monastery after which we walk down from the ridge and cross stream to reach Marpha. Marpha is a typical Thakali village and it is famous for its apples and brandy.

Today's 16 kilometre walk is expected to take around seven hours with a total ascent of 240 metres and a descent of 370 metres.



### ACCOMMODATION:

Marpha Tea House (or similar)

Grade: Simple Teahouse



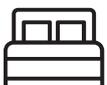
MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 15 - Trek from Marpha to Kalopani (2530m)

We cross the river and walk to Chokhepani through Tibetan Refugee camp at Chairo, before continuing on to Tukuche. From Tukuche the trail is undulating and we pass through the small villages of Sauru, Kobang and Larjung along the way. After lunch we cross the river and continue our walk down to Kalopani.

Today's 17 kilometre walk is expected to take around seven hours with a total ascent of 30 metres and a descent of 170 metres.



### ACCOMMODATION:

Kalopani Tea House (or similar)

Grade: Simple Teahouse



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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## DAY 16 - Trek from Kalopani to Tatopani (1190m)

We come close to one of the main access roads today and so head off the standard trail and follow the river until we reach Ghasa. We descend for most of the day and make a final cross of the river just before

we reach Tatopani. The name Tatopani means hot water and this village is lucky enough to have two hot springs. We can take time to give our legs a well earned dip in the springs before the final stages of our trek.

Today's 20 kilometre walk is expected to take around seven hours with a total ascent of 30 metres and a descent of 1370 metres.



**ACCOMMODATION:**

Tatopani Tea House (or similar)

**Grade: Simple Teahouse**



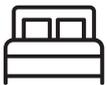
**MEALS PROVIDED: BREAKFAST, LUNCH & DINNER**

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**DAY 17 - Trek from Tatopani to Ghorepani (2860m)**

Today we climb steadily through thick forest until we reach Shikha. From this vantage point we have stunning views down through the Kali Gandaki Valley and across to the Dhaulagiri range. Continuing through rhododendron forest we make our way to Ghorepani.

Today's 14 kilometre walk is expected to take around eight hours with a total ascent of 1690 metres and a descent of 20 metres.



**ACCOMMODATION:**

Ghorepani Tea House (or similar)

**Grade: Simple Teahouse**



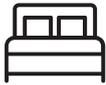
**MEALS PROVIDED: BREAKFAST, LUNCH & DINNER**

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**DAY 18 - Ascend Poon Hill; trek to Birethanti (1025m)**

An early rise this as we leave our teahouse and make the ascent of Poon Hill for sunrise. From the top we have panoramic views of the Annapurna Range and if the weather permits we can watch the sun rise over the peaks of Annapurna 1, Annapurna South Machhapuchhare and Dhaulagiri amongst others. We return to Ghorepani for a well earned breakfast before descending to Birethanti.

Today's 17 kilometre walk is expected to take around seven hours with a total ascent of 420 metres and a descent of 2255 metres.



ACCOMMODATION:  
Birethanthi Tea House (or similar)



Grade: Simple Teahouse



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 19 - Trek to Nayapul; drive Pokhara

We have a short walk this morning to the small village of Nayapul where we say goodbye to our trekking crew and drive to Pokhara. Pokhara is Nepal's second largest town and is far more relaxed than Kathmandu. Its beautiful lakeside setting beneath the imposing shadow of the stunning Annapurna Range, make it the perfect ending point for our trek. There should be time to enjoy some of the town's many attractions today, with options to visit the thriving Tibetan village of Tashiling, or perhaps take a boat trip out onto the lake to visit the small temple of Barahi Mandir.

Today's three kilometre walk is expected to take around 30 minutes with a total ascent of 72 metres and a descent of 30 metres.



ACCOMMODATION:  
Hotel Pokhara Batika (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE

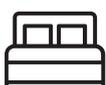


MEALS PROVIDED: BREAKFAST

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### DAY 20 - Drive to Kathmandu

Leaving Pokhara this morning we drive back to the capital. The drive will take us along the scenic Prithvi Highway. The drive will take approximately six hours.



ACCOMMODATION:

Hotel Ambassador (or similar)

**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 21 - Tour ends Kathmandu**

Our tour ends this morning after breakfast.



MEALS PROVIDED: BREAKFAST

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## **Trip information**

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### **Country information**

#### **Nepal**

##### **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.

<b>Time difference to GMT</b>	<b>Plugs</b>	<b>Religion</b>	<b>Language</b>
+5.45	2 Pin Round	Hinduism	Nepali

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### **Budgeting and packing**

#### **Clothing**

Long Trousers - For everyday walking, light cotton trousers are the most suitable. Knee length shorts are

acceptable in the more remote areas, but to avoid giving offence in the villages, you should cover up with trousers. Although comfortable, leggings are also unsuitable as they too cause offence to local people. Jeans are not recommended as they are often difficult to walk in over longer distances and become cumbersome when wet.

**Down Jacket** - After sunset, temperatures can fall below freezing. A down jacket is the lightest and most convenient way of keeping warm when the temperature drops. Down jackets can be inexpensively hired or bought in Nepal. Details will be given at the briefing in Kathmandu.

**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 in the morning and in the evening at higher altitudes. Thermal types are most suitable.

**Socks** - It is best to wear a pair of reasonably thick loop stitch socks. This helps to protect your feet against blisters. Avoid nylon socks, they are abrasive, don't breathe well and can cause blisters.

**Thick fleece pullover/jacket** - A thick fleece pullover or jacket is necessary as nights can be very cold at altitude. Make sure that your waterproof jacket is loose enough to wear over your pullover or jacket.

**Track Suit** - Comfortable and much more practical (and warmer) to sleep in than pyjamas. Alternatively, thermal underwear is good.

Thin Shirt/T-Shirt

Thick Shirt or Thermal Vest

Warm Hat

## **Footwear**

We strongly recommend you bring walking boots with ankle support- leather or fabric are both fine. Make sure that your boots are worn-in and comfortable before the start of the trip. 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. Also trainers or sandals for relaxing and general wear. We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

## **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 jacketweater, 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

**Sleeping Bag** - As you do not carry it yourself this may be down or synthetic, but it should be 4-season (temperature -10°C to -5°C). As most treks pass through a variety of climatic conditions, a long side zip is a good idea. A cotton liner helps to keep your bag clean. Good sleeping bags are expensive but can be rented or bought quite easily and cheaply in Kathmandu, so if you don't own one you could consider this option. Details can be dealt with at the briefing in Kathmandu.

**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 for finding things in your room, going to the loo in the night, etc. Petzl head torches are particularly useful. Remember that in most developing countries only a limited selection of batteries is available so bring spare batteries and bulb. The most common are pen cells (or AA size) and SP/HP2 (D size).

**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, so bring a pack of those (non-perfumed to avoid rashes!).

**Sunglassesnow Goggles** - A good pair of sunglasses are essential for protection against UV rays and glare

at high altitudes.

Sun Hat, High Factor Sun Cream/Block & Lip Salve Choose a high factor suncream (Factor 15 or more) to protect your skin against the sun at high 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 medications you or your doctor feel advisable. (Please do not give medicines to local people without consulting the trek leader.) See the list in our General Information Booklet.

Trekking poles Trekking poles with rubber points are recommended.

Gaiters

Whistle To attract attention in an emergency.

Boot Cleaning Kit

Spare Laces

Swimsuit

Anti bacterial handwash

Equipment Hire in Nepal - 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. The costs of hiring are as follows:

Please note: each item has a minimum charge of 7 days and then an additional per day charge added every after that if longer than 7 days:

Sleeping Bag (4 season)- Rs.60 per day (Rs.420 for 7 days- minimum)

Cotton sleeping bag inner liner (new)- Rs.150 per day (Rs.1050 for 7 days- minimum)

Down Jacket- Rs.50 per day (Rs.350 for 7 days- minimum)

Equipment Hire and Trek Training Days in the UK - Trek Hire UK hire out a wide range of kit including quality sleeping bags, down jackets, therm-a-rest sleeping mats and walking poles <http://www.trekhireuk.com>. They also run regular trek training and preparation days from their base in the Surrey Hills, ideal for getting an indication of your overall fitness level and also covering advice on kit and altitude.

## **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 £55 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

### 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	Dinner price	Beer price	Water price
£7	£10	£3	£0.3

### Foreign Exchange

Local currency	Recommended Currency For Exchange	Where To Exchange
Nepali Rupee.	US\$ or GBP.	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.

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## Transport, Accommodation & Meals

### Transport Information

Bus

### Accommodation notes

Although accommodation choices in Nepal are expanding and overall standards improving, please note that whatever the level, from basic guesthouse to high end city centre hotel, you should always be prepared for standards to be different than in the West. For example, even in the best hotels, plumbing and electricity supplies can be somewhat erratic and although the welcome is always warm, service levels may be less efficient than you may be used to.

Tea houses in Nepal were originally local homes where the family opened their doors to visitors and served drinks and simple meals and a place to sleep for the night. Over time these developed into a

homestay-hotel hybrid and the concept of the 'tea house' was established. At the tea houses on this trek will usually be accommodated in a twin room with a bed, mattress and pillow but you will need to bring your own sleeping bag. Occasionally, when there is a larger group and the trails are very busy, you may need to share a triple or even quad room. Tea houses are sometimes likened to 'indoor camping' - there is no central heating and the usually shared toilet and shower facilities will be basic - there may be a squat style toilet and hot water is not always available.

Meals are taken in the heated communal dining area which also provides a place to relax and socialise after the days walking. Over the course of the trek there will be a range of Nepali, Chinese and some Western dishes provided. Vegetarians are well catered for. A comprehensive range of hot and cold drinks will be available. Staying in tea houses is a great way of meeting the kind-natured men, women and children of Nepal and helps to support the economy in these remote mountain communities.

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## **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.

### **Price Guarantee**

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 and Passport Information**

Nepal: An entry visa is required by UK, New Zealand, Australian, USA & 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. Two passport-sized photographs for immigration are required. Payment must be made in cash, UK sterling and US dollars are both accepted.

Please note: An additional two passport-sized photos are required for the necessary trekking permits

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://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.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

## 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 complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

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, Polar, 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. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. 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)**

5416

## **Altitude information**

This trip goes to an altitude where there is a risk of being affected by Acute Mountain Sickness (AMS), a common and usually harmless condition caused by reduced air pressure and a lower concentration of oxygen. Whilst the itinerary has been specifically designed to allow your body to acclimatise gradually, the speed of onset and severity - as well as the height at which AMS develops can vary greatly between individuals; being physically fit affords no special protection. If symptoms occur while on tour you must let your tour leader know immediately. For further advice when travelling at altitude we recommend visiting the medical advice website of Medex and download their information booklet:

[http://medex.org.uk/medex\\_book/english\\_version.php](http://medex.org.uk/medex_book/english_version.php)

Travellers with heart or lung conditions, anaemia, asthma, high blood pressure, or taking the contraceptive pill must seek the advice of their GP and specifically mention the maximum altitude the trip reaches (please refer to Tour Essentials box on front page of your Tour Notes). Please take these to your medical appointment so that your doctor has the full details of your trip.

You must have adequate travel insurance for your trip. Please ensure that your insurance policy covers you to the maximum altitude indicated above. If you have Explore insurance you will be covered to this altitude.

This trip includes night stops where we sleep at altitudes in excess of 4000m. For this reason it is suitable only for participants aged 16 and over

## **Nepal**

### **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. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

## Walking and Trekking information



### Walking grade

Challenging

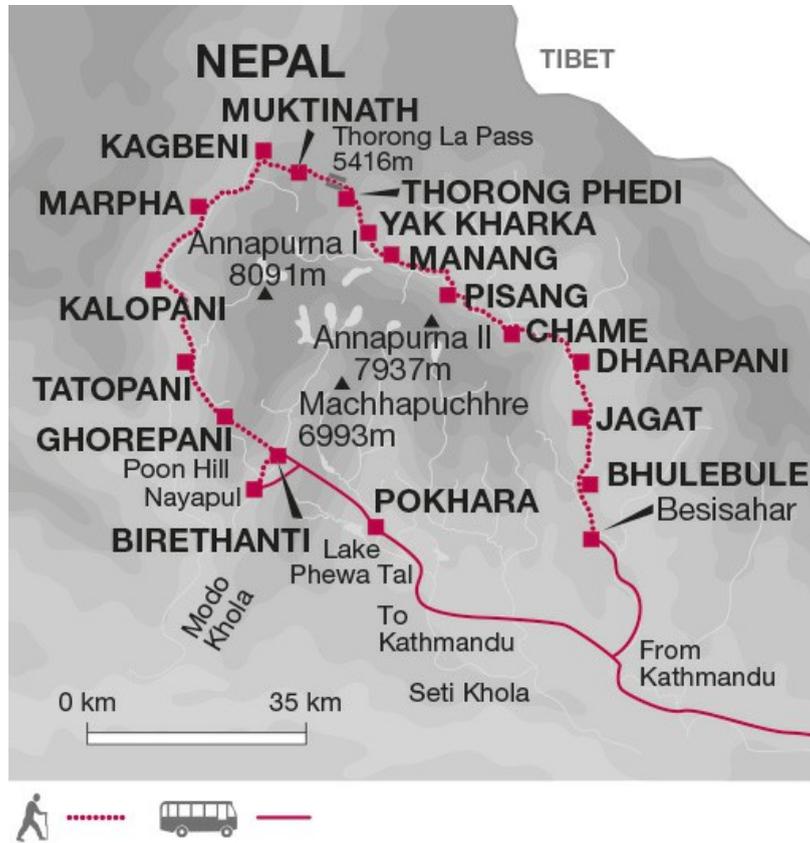
### Trek details

This is a 17-day trek with an average of 7 hours walking a day. On day 12 we hike for about 10 hours to reach a maximum altitude of 5416m. We have graded this route as challenging.

Max walking altitude (m)

5416

**Additional Information**



**Reviews**

 <p>AWARD WINNING EXPLORE LEADERS</p>	 <p>PRICE GUARANTEE PROMISE</p>	 <p>AIRPORT TRANSFERS</p>
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