

Annapurna Sanctuary and Poon Hill Trek

Trip Code: ASL

Version: ASL Annapurna Sanctuary and Poon Hill Trek



WALK & TREK



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Trek to Annapurna Basecamp and spend a night in the Sanctuary at 4130 metres
- Witness the stunning sunrise over the Annapurnas and Dhaulagiri from Poon Hill
- The very best of Nepal; snow-capped peaks, lush valleys and timeless villages
- Travel with a first-class local guide on a route set up to provide the best acclimatisation
- A superb Nepal adventure holiday with time for sightseeing in Kathmandu and Pokhara

AT A GLANCE

- 10 days trekking
- Max altitude - 4130 metres
- Join at Kathmandu

ACCOMMODATIONS & MEALS

- All meals included
- 2 nights Hotel with swimming pool
- 9 nights Lodge
- 2 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

North of Pokhara, one of the finest of Himalayan journeys is the classic trek into the inner sanctum of the Annapurnas. Here, giant peaks such as the 8000 metre Annapurna 1, as well as Annapurna South, Gangapurna and Machhapuchhre, encircle the natural amphitheatre known as the Annapurna Sanctuary. Combining the trek into the Sanctuary with a visit to Ghorepani and the classic Himalayan viewpoint of Poon Hill, this trek manages to cram the full range of Nepalese trekking experiences into 10 varied days of walking.

We encounter sub-tropical forest teeming with wildlife, pretty villages with their neatly terraced rice fields, as well as pleasant ridge walking and spectacular Himalayan panoramas. Passing through the 'gates' of the Sanctuary, we ascend briefly above 4000 metres into a world of ice and snow where we are surrounded by giant Himalayan summits. We then return to civilisation, heading south and following the tumbling Modi Khola (river), whilst passing through a picture-perfect landscape of folded hills and more scattered villages, which are home to people of the Gurung and Magar ethnic groups. With 2 nights in Kathmandu and 2 in Pokhara, we will also be able to enjoy some free time in each of Nepal's main (and very contrasting) cities. In common with all of our lodge treks, this holiday provides a great opportunity to meet and share experiences with like-minded travellers from around the world.

Is this holiday for you?

This short and relatively straightforward trekking holiday in Nepal follows a very popular trekking route and the paths are mostly well-maintained and in good condition. However, the trails are often either steeply up or down and you can expect to encounter lots of long sections of stone steps. Additionally, and especially in the lush sub-tropical forest of the lower parts of the trek, underfoot conditions can be slippery. It should be noted that trekking at altitudes above 3000 metres makes greater demands on the body than walking at lower elevations and can be challenging even for fit hikers. We allow a week (7 days) for the trek to Annapurna South Basecamp, including the hike to the viewpoint of Poon Hill, and this works really well in terms of acclimatisation. You will need to ensure you are physically prepared for the trek and you should be comfortable with walking for 5 to 7 hours each day and for several days continuously.

Itinerary

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DAY 1

Meet at the group hotel in Kathmandu. Kathmandu Airport transfers provided.

Your holiday starts at the hotel in Kathmandu. Transfers from Kathmandu Airport are provided. Depending on your arrival time, you may have the opportunity to explore the immediate vicinity of the hotel and get acclimatised to this bustling city. Alternatively, you may prefer to recover from your journey by relaxing beside the hotel pool. Your guide will take dinner with you and will provide an informal briefing about the days ahead.

Meals: **D**



Accommodation

Hotel with swimming pool

DAY 2

Fly to Pokhara. Explore this beautiful lakeside town with views of the Annapurnas.

After breakfast in the hotel we take a bus to the domestic terminal of Kathmandu Airport for the 30 minute flight to Pokhara. It is a most interesting flight, with the peaks of the Greater Himalaya clearly visible through the right-hand window as we travel westwards. Particularly prominent are Manaslu and the Annapurna group as we approach the airport at Pokhara. Getting off the plane into the heat of Pokhara is impressive, as is the sight of the snow peaks of the Annapurna Himal which form the skyline to the north. After lunch the afternoon is free to explore this laid-back lakeside town. You can go shopping, take a rowing boat out on to the lake of Phewa Tal or hike up to the Peace Pagoda which sits on a ridge overlooking the town. Dinner will be taken in a local restaurant.

Meals: **B L D**



Accommodation






Hotel

DAY 3

Drive to Nayapul, from where we begin trekking to our overnight halt at Ulleri (2050m).

The drive to the start point of our trek at Nayapul (1060m) will take 1 to 2 hours. Here, we set off on our trek, following the Mhodi Khola River for about 20 minutes to the little town of Birethanti with views of the Fish Tail peak (Machhapuchhre) ahead of us. At Birethanti we turn off towards the north-west to ascend the valley of the Burungdi Khola. We will encounter some of the famous Annapurna area steps today and pass through a couple of small settlements including Hille (1500m). The last 3 kilometres are a little steeper as we make the pull up to our lodge in the settlement of Ulleri (2050m). Ulleri is a large Magar village and a place from which many Gurkha soldiers have been recruited over the years.

Meals: **B L D**






	Accommodation Lodge		Ascent 1150M		Descent 160M		Time 5 - 6 hrs trekking		Distance 10KM
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DAY 4

Trek through rhododendrons and pines to Ghorepani (2860m) below Poon Hill.

Trekking as far as Ulleri on the first day means we have less to do today as we make our way up to Ghorepani (a name which means 'horse-watering place'). The well-used trail continues relatively steeply with lots of steps as we ascend to Banthanti, before passing through a forest of rhododendron, magnolia and oak to reach the colourful collection of lodges at Ghorepani (2860m) which occupies a notch in a ridge overlooking the Kali Gandaki Valley.

Meals: **B L D**

	Accommodation Lodge		Ascent 950M		Descent 140M		Time 4 - 5 hrs trekking		Distance 8KM
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DAY 5

Hike up to Poon Hill (3195m) for the dawn views, then trek to Chuile (2309m).

It is a must for those who stay at Ghorepani to make the walk up to the celebrated viewpoint of Poon Hill (3195m) which is a continuation of the ridge to the west of the village. Dawn is the best time to go - sunrise on the Annapurnas is an unforgettable experience. Those who wish to go will need to get up early! Before the first light of dawn hits the mountains, we will trek up the well-marked path by the light of our head torches, reaching the summit as the first rays of the sun illuminate Dhaulagiri and Tukuiche Peak with a beautiful pink glow. The walk will take around 45 minutes to 1 hour. After enjoying the view, we'll retrace our steps to Ghorepani where we'll have a hearty breakfast, before setting off on our trek to Chuile on the south side of the Annapurna Sanctuary. The trail, now heading towards the east, undulates gently through the forest and we should look out for the langur monkeys which live here. During today's walk, we may also get glimpses of sacred Machhapuchhre, the Fishtail Peak, through the trees. The

altitude at Chuile is 2309 metres.

Meals: **B L D**

	Accommodation Lodge		Ascent 900M		Descent 1500M		Time 6 - 7 hrs trekking		Distance 14KM
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DAY 6

Trek to Bhanuwa (2110m) via the village of Chhomrong (2170m).

After breakfast we head steeply down to the river, crossing via another suspension bridge. The next couple of hours see us contour and undulate though the landscape before reaching the steep section of steps that take us up to Chhomrong (2170m) where we take lunch. From here, the true grandeur of the mountains can be seen, with unimpeded views of Machhapuchhre, Hiunchuli and Annapurna South. From Chhomrong it is a steep descent, largely on steps, to the valley bottom and then back up again to our overnight stop at Bhanuwa (2110m).

Meals: **B L D**

	Accommodation Lodge		Ascent 900M		Descent 1100M		Time 6 hrs trekking		Distance 10KM
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DAY 7

Trekking north towards the Sanctuary, we overnight at Himalaya (2920m).

From Bhanuwa the trail climbs through terraced fields and then through forest of bamboo and rhododendron to the ridge crest at Sinuwa Hill Top. We continue through the forest, looking out for troops of monkeys, whilst generally contouring along the valley side, before making a short descent to the collection of lodges known as Bamboo (2310m). From Bamboo we climb again for a further two and a half hours, passing through Dobhan to reach our overnight lodging at the place known as Himalaya (2920m).

Meals: **B L D**






	Accommodation Lodge		Ascent 1000M		Descent 250M		Time 6 hrs trekking		Distance 11KM
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DAY 8

We trek through the entrance of the Sanctuary to Machhapuchhre Basecamp (3700m).

The next part of the trail is subject to avalanche during the winter and often has to be rebuilt at the start of the spring season, a factor which can change the route description from year to year. Mostly the trail-makers do a good job of finding a route through this section, including the construction of some ingenious bridges, and this allows us to make a steady ascent. Along the way we pass the fire-blackened overhang of Hinko Cave, traditionally used as a shelter by porters, and we should reach the lodges at Deorali (3170m) after around 2 hours. Beyond Deorali the valley narrows to a steep sided gorge as we head towards the 'gateway' to the Annapurna Sanctuary. Depending on the trail conditions, we may opt to cross the Modi Khola (at this point little more than a stream) to its east side for a while, before returning to the west bank to climb up to the area known as Machhapuchhre Basecamp (3700m) a level and grassy moraine platform with several lodges. At this point we have passed through the narrow entrance to the Sanctuary and find ourselves in more open country which is dominated by giant snow covered peaks.

Meals: **B L D**

	Accommodation Lodge		Ascent 900M		Descent 120M		Time 4 - 5 hrs trekking		Distance 7KM
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DAY 9

Trek to Annapurna Basecamp (4130m) in the heart of the Sanctuary.

A short but spectacular day of trekking today. It is a relatively gentle walk from our lodge to Annapurna South Basecamp (4130m) and a distance of only about 4 kilometres. Increasingly impressive views and jaw-dropping mountain moments reward us for our efforts, as we climb the last steep section before reaching the basecamp area, where the entire south face of Annapurna is revealed. A cirque of stupendous peaks surrounds us and the feeling of being inside a hidden valley - a sanctuary in fact - is overwhelming. After we check in at our lodge, the afternoon is free to relax and admire one of the most stunning mountain amphitheatres in the Himalaya.

Meals: **B L D**

	Accommodation Lodge		Ascent 550M		Descent 100M		Time 3 hrs trekking		Distance 5KM
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DAY 10

An optional early start for the sunrise views. Then, descend to Dobhan (2540m).

For those who want to experience the very special dawn views, a pre-dawn wake-up is highly recommended. It's worth any discomfort to catch the sunrise on this unique mountain scene. Then, after breakfast at the lodge, we leave all this behind and retrace our steps first to Machhapuchhre Basecamp

and then on to Deorali where we take lunch after around 3 hours of trekking. After lunch, we continue our descent of the Modi Khola and reach the relative warmth of Dobhan (2540m) by mid afternoon.

Meals: **B L D**

	Accommodation Lodge		Ascent 400M		Descent 2000M		Time 6 hrs trekking		Distance 18KM
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DAY 11

Trek via Bamboo and the ridge-top settlement of Sinuwa to Chhomrong (2170m).

We are back into the forests again today at times, as we pass through Bamboo and the ridge top settlement of Sinuwa where we stop at a lodge and take lunch. After lunch we swap the forest for terraced fields, as we descend to the Chhomrong Khola and begin a final climb of one and a half hours up the stone staircase leading to Chhomrong.

Meals: **B L D**

	Accommodation Lodge		Ascent 700M		Descent 900M		Time 4 hrs trekking		Distance 8KM
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DAY 12

Trek out to Syauli Bhatti and then return by vehicle to Pokhara.

After a short climb up and out of Chhomrong we drop steeply down to Jhinu where there are some hot springs. We then cross the Kimrong Khola on a sturdy bridge and follow this tributary river down to a confluence with the Modi Khola. There is very little climbing to do as we navigate the folds of this big river valley and our trend today is mostly downhill. We pass through terracing and small villages which indicate our return to civilisation from the high mountains and finally reach the jeep road at Syauli Bhatti, we say goodbye to our trek crew. Here, we board our waiting vehicles for the relatively short ride to Pokhara, where we check in to our comfortable hotel close to Phewa Tal. After a shower and clean-up, we will have some free time to wander by the lake or to sit in the garden of one of the excellent lakeside restaurants and admire the view of the Annapurnas. Compared to Kathmandu, Pokhara is a very laid-back town and is the perfect place to relax at the end of our trek. Pokhara also has a deserved reputation for great restaurants and this evening we will go out for a celebratory meal.

Meals: **B L D**

	Accommodation Hotel		Ascent 150M		Descent 1000M		Time 5 hrs trekking		Distance 10KM
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DAY 13**Fly to Kathmandu. Afternoon free by the pool or to do some sightseeing.**

We take the morning flight to Kathmandu. Take it easy by the hotel pool in the afternoon or do some independent sightseeing. One of the attractions of any visit to Nepal is the chance to walk the streets of Kathmandu, which presents a fascinating mosaic of shops, cafes and restaurants, food markets and street vendors, as well as a bewildering array of colourful temples and shrines. This evening we will have a dinner in one of Kathmandu's excellent restaurants.

Meals: **B L D**

**Accommodation**

Hotel with swimming pool

DAY 14**Your holiday ends after breakfast. Transfers to Kathmandu Airport are provided.**

Your holiday ends after breakfast. Transfers to Kathmandu Airport are provided. To extend your holiday in Nepal, why not pre-book a day's sightseeing tour in the Kathmandu Valley, or a multi-day excursion to the wildlife reserve at Chitwan. Contact our office for details.

Meals: **B**

Extensions

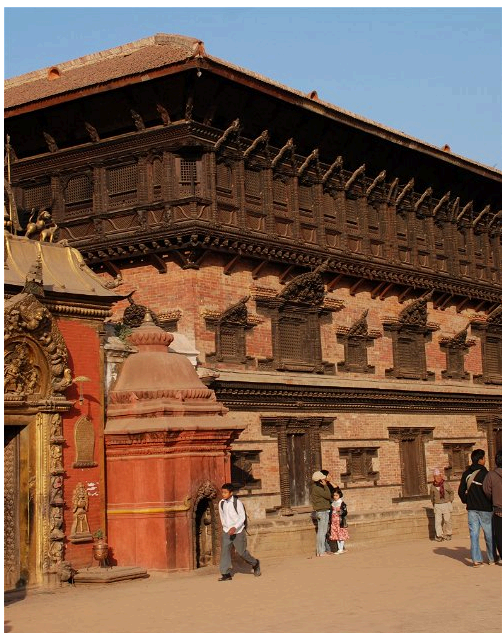
When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Chitwan Jungle Extension

The jungles of southern Nepal are an interesting counterpoint to trekking in the foothills or the high Himalaya. Tiger Tops Tharu Lodge provides a relaxing and comfortable base for a wildlife safari and cultural village experience. During two days of wildlife viewing in the Chitwan National Park 'buffer zone' - the interface area between visitors and the animals that live at Chitwan - you will be accompanied by expert guides on safaris by jeep by boat and on foot.

3 days from
US\$1,545 per person



Kathmandu Tour - Nagarkot and Bhaktapur

The Kathmandu Valley contains the cities of Patan, Bhaktapur and Kathmandu itself, all of which were once independent kingdoms. An exploration of the valley's historic and cultural sights is an excellent way to begin or end your adventure in Nepal. Highlights of this tour includes a very early drive up to Nagarkot on the Kathmandu Valley rim, the perfect place to watch a Himalayan sunrise. This is followed by a tour of the UNESCO World Heritage Site of Bhaktapur, renowned for its temples and traditional buildings.

1 day from
US\$175 per person

Holiday Information

What's Included

- A professional and qualified Nepalese tour leader
- Kathmandu Airport transfers
- Internal flights and all land transport involved in the itinerary
- All accommodation as described
- All meals
- Once on trek the group will be assisted by porters and a local guide
- FREE Sleeping bag and down jacket hire is available for this holiday on request

What's not Included

- Travel Insurance
- Nepalese Visa
- Tips for porters and other trek staff
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will meet at the hotel in Kathmandu.

Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included from dinner on Day 1 to breakfast on Day 14. While staying in Kathmandu and in Pokhara meals will be taken in the hotel or at a local restaurant. On trek the group will take their meals at lodges. Normally this will be a set meal for the whole group. Boiled or purified water is available at all the lodges we stay at. Bottled water is also available to purchase (at additional cost) but we do not recommend this on grounds of environmental care.

Food & Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Typical meals provided in the lodges will include some Nepali dishes but also international cuisine from pizza and chips to apple pie. To ensure that the group can eat together, we order meals in advance and your trip leader will arrange a set menu for the group, which will alternate daily between local and international dishes. Breakfast will usually be porridge, eggs, bread and a hot drink, lunch will be a simple meal with a hot drink, and dinner will be 3 courses consisting of soup, main meal and a simple pudding. Boiled drinking water will be provided at breakfast, lunch and dinner. In Kathmandu and in Pokhara we take our meals in the hotel and also in the excellent local restaurants which offer dishes from all around the world.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

In Kathmandu we use comfortable 4 and 5 star accommodation including the Malla Hotel. Located in the heart of the city, this hotel offers a range of first-class facilities including pleasant tree-shaded garden areas complete with swimming pool. The group will also spend 2 nights in Pokhara at a centrally-located tourist-class hotel. Whilst on trek there are 9 nights in lodges. Accommodation is generally arranged on a twin sharing basis and if you are travelling by yourself you will usually be paired up with someone of the same sex. Please note that at several of the higher lodges we may be forced to use multi-bedded rooms. Nepalese trekking lodges are simple, friendly and atmospheric. They generally have heated dining areas which are often attractively decorated. Bedrooms are, however, basic and unheated with wooden beds and foam mattress. You will need a sleeping bag. The lodges have shared washing and toilet facilities. Some lodges have solar powered showers (charged at \$4 - \$5 per shower) and battery charging facilities (also charged at a rate per hour). Staying at the lodges is a great way to meet fellow hikers and the locals. For the 4 hotel nights single rooms are available for a supplementary cost. It is not possible to arrange single accommodation in lodges. Additional hotel nights in Kathmandu can also be pre-booked.

Internal flights

Access to the high and remote areas of the Himalaya where our treks start is often only possible using internal flights. The changeable nature of mountain weather makes flying conditions complex. In addition, the Civil Aviation Authority of Nepal does not operate to the same standards as those of western nations and all airlines in Nepal appear on the UK Air Safety List (ASL), and are banned from operating commercial air services to, from, and within the United Kingdom. Flying in Nepal is an acknowledged risk, and the UK Foreign and Commonwealth Office travel advice provides further details which you can read on their [website](#). KE is mindful of its duty of care to clients travelling with us in Nepal and we are stakeholders in an annual independent air audit of Nepal airlines undertaken by UK tour operators, most recently undertaken in February 2024. KE uses 5 airlines in Nepal which have been approved by this audit. These airlines are: Buddha Air, Summit Airlines, Shree, Tara and Yeti. We continue to cooperate with other tour operators to monitor aviation safety in Nepal and will ensure we remain a stakeholder in any further air safety audits. While we have taken appropriate action to try to minimise the risks of flying in Nepal, you should be aware that flying in mountainous terrain is not without any risk.

Please note that poor weather can cause delays on internal flights. If at the start of your holiday internal flights are cancelled for the day, you will spend an extra night near the airport (this may be at a hotel other than the group hotel). On the majority of trips there is enough flexibility in the trekking itinerary to make up 1 or possibly 2 lost days, but an alternative trek will be provided if delays to internal flights mean the original itinerary (or a shortened version of it) is no longer feasible.

For trips that end with an internal flight out of the mountains with no alternative road access, we have included 2 nights in Kathmandu as a contingency against delay. In the extremely unlikely event that a delay to your internal flight causes you to miss your homeward international flight, KE will re-book international flights for Flight Inclusive clients, but please be aware that clients booking on a Land Only basis will be responsible for re-booking their onward travel and for any associated costs. We advise you to take out suitable travel insurance and to keep your receipts, as you may subsequently be able to make a claim.

Group Leader & Support Staff

The group will be led by a professional and qualified Nepalese tour leader, assisted by an experienced team including Sherpa guides and porters.

Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on [trekking at high altitude](#). You can also talk to one of our trekking experts if you have any concerns about altitude. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

Spending Money

Approximately £200 (or equivalent in US dollars, Euros etc.) should be allowed for miscellaneous expenses including porter and trek crew tips, beer, soft drinks etc. It is not necessary to obtain local currency prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange in Nepal. Please note: Scottish and Northern Ireland bank notes are not accepted in Nepal. We recommend that you carry your travel money in the form of cash, since you will exchange the majority of this on the day of your arrival in Kathmandu. If you prefer not to carry all of your spending money in cash, it is possible to withdraw money from ATMs in Kathmandu and Pokhara using your debit or credit card. During the trek it is possible to buy snacks, chocolate, soft drinks and beer on most days. Please be aware that since everything has to be carried up, these items become more expensive as you gain altitude.

Guidance on Tipping

Tipping is the accepted way of saying thank you for good service. Normally the porters and any other trek staff are given their tips at the end of the trek and this is best done as a group. Your Nepali tour leader will advise the group on an appropriate level of tipping. Most groups will hand out the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the holiday. As a guide, we recommend that each group member contributes around £60 (in rupees) to these tips. At the end of their trek many people also like to donate various items of equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks are always warmly received by the porters. Your tour leader will make arrangements for a fair distribution (possibly by raffle) amongst the trek crew. Please note that you will have the opportunity to tip your tour leader separately (and additionally) during dinner on the final evening of the holiday.

Beat the Jet Lag

Our holidays are normally designed with minimal 'down time' at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.

Baggage Allowance

Your main item of luggage should be a sturdy kit bag, duffle bag or similar. This will be carried during the trek by porters or pack animals and must weigh no more than 15kg. If you are picking up a sleeping bag and down jacket from KE in Kathmandu, you need to factor in the weight of these items (around 3kg) and allow space in your bag for them. You should also take on your holiday a daypack of approximately 30 litres capacity. It is possible to leave items not required on trek at the hotel in Kathmandu. For your international flights, please check the baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.

Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Visa Nepal

All nationalities require a visa. The visa process is partly automated and the fee is \$30 for 15 days, \$50 for 30 days, \$125 for 90 days. The visa is FREE for children under 10 years. The visa allows multiple re-entry. Payment must be made in cash and USD, GBP or Euros are accepted.

Part of this on-arrival visa process involves filling in a 'Tourist Visa Application Form' and you can simplify the procedure at Kathmandu Airport by filling this form in online (**within 15 days of travelling**) at [this link](#). This generates a receipt which you present (hard copy or saved on your phone) on arrival. This should allow you to go straight to the cashier to pay for your visa and has the potential to save you time in the visa queue.

Whilst these are not now needed for the visa process, we recommend that you travel with at least 2 spare passport photographs.

If you are travelling via India (Delhi or Calcutta) to your destination you may also require a visa for India. This may apply even if you are not leaving the airport unless your baggage has been checked all the way through to your destination. Generally, if you use the same carrier for both legs of your journey, you will not need an India Visa. Please download the detailed information document: [Visa PDF India](#).

TREKKING PERMITS - WHAT DO WE NEED FROM YOU ?

For treks in the Everest region - EBL, EVL, EHW, ELL - we need your passport details and we need you to take with you to Nepal 2 passport photographs. You will hand these over to your local leader on Day 1.

For treks in the Annapurna region - ASL, ACL, UAT, ANL and for the Gosainkund and Langtang Trek - GLT - we need your passport details and we need to send through to Nepal ahead of your departure a scan of a passport-style photograph of yourself. Please send this to us once your holiday is guaranteed.

For these Conservation Area treks and other treks requiring Special Permits - KAN, DLG, NAP - we need to send through to Nepal ahead of your departure a scan of a passport-style photograph of yourself and a scan of the information pages of your passport. Please send these to us once your holiday is guaranteed. On arrival in Kathmandu you will still be required to provide your passport (with your visa) for presentation at the Nepal Tourism Board. Your passport will be returned to you by your tour leader at dinner.

For those trips requiring Climbing Permits - MER, IPC, CTL, YAR - we need to send to Nepal ahead of your departure, a scan of a passport-style photograph of yourself and a scan of the information pages of

your passport. Please send these to us once your holiday is guaranteed. On arrival in Kathmandu, for YAR and for CTL, you will still be required to provide your passport (with your visa) for presentation at the Nepal Tourism Board. Your passport will be returned to you by your tour leader at dinner.

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid.

Malarial prophylaxis is not usually required for trips in the mountains, however if you are visiting rural and remote low lying areas then they might be necessary.

On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

Currency

The unit of currency in Nepal is the Nepalese Rupee.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. We suggest that you adopt a weekly exercise regime leading up to your trip. Regular hiking in hill country is the best training but jogging, squash and swimming are also good for developing cardio vascular fitness and stamina. Note that you will encounter a lot of steps on the trail while ascending the Modi Khola valley and you might wish to tailor your exercise to take this into account. Whatever your preparation you should make time to spend at least a few days prior to your trip making long walks in hilly country. It is also a good idea to do some reading about the country and the culture of the local people before you embark on an adventure holiday.

Climate

October to November and March to May are the best times for trekking in Nepal. These months either side of the summer monsoon season are neither too hot in the foothills nor too cold in the higher elevations and they offer the best conditions for trekking. Pre-monsoon is the best time to see the colourful blooms of the rhododendron at lower elevations. The post-monsoon months usually offer the clearest skies and the most settled weather. At either of these periods you will encounter a wide range of daytime temperatures during your trip from approximately 25°C in Kathmandu and a little higher in Pokhara to approximately 14°C at 3000 metres, and approximately 7°C at Annapurna Base Camp. The 'real feel' temperature in the middle of the day will be much warmer than this but at night in the rarefied air the temperatures plummet and you can expect to experience overnight temperatures below freezing anywhere above 3000 metres. In the Annapurna Base Camp, the night time temperatures may reach -10°C or exceptionally, below this. Extended periods of rain or snow are very unlikely outside of the monsoon period but short lived storms can and do occur.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Lonely Planet Guide to Nepal. Lonely Planet
- Rough Guide to Nepal. Rough Guides
- Trekking and Climbing in Nepal. Steve Razzetti
- Trekking in the Nepal Himalaya. Stan Armington
- Kathmandu and the Kingdom of Nepal. Prakash Raj
- Portraits of People: Nepal Himalayas. Eric Valli
- Annapurna. Maurice Herzog

Maps

Around Annapurna 1:100,000. Nepa Maps

The Annapurna region highlighted on a map at 1:100,000 from Nepa Maps, with alternative variants via the Tilicho Lakes or Naar, treks to the Machhapuchhre and South Annapurna Base Camps (Annapurna Sanctuary) climbing routes to the Chulu Peaks, Pisang Peak and Singu Chuli (Fluted Peak), etc. Coverage extends from Pokhara to Muktinath and Kagbeni in the north, and in the north east includes the route to Phugaon and the trek/climb to Himlung. Contours are at 80m intervals. Available through www.stanfords.co.uk

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your kit bag while trekking should be no more than 15 kgs.

You must bring the following items:

- Hiking boots
- Trekking trousers
- Waterproof overtrousers
- Baselayer shirts
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (down)*
- Sunhat
- Warm hat
- Sunglasses
- Gloves or mittens
- Daypack 30 litres
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Sleeping bag (comfort rated -10°C)*
- Washbag and toiletries
- Toilet paper (you can buy this in the lodges)
- Antibacterial handwash
- Travel towel
- Selection of dry bags (to keep your kit bag contents dry)
- Small padlock (to lock your kit bag)
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets.

The following items are optional:

- Trekking poles
- Microspikes (Kahtoola) or similar footwear traction (see notes)
- Trainers or similar for use in lodges
- Shorts
- Baselayer leggings
- Sleeping bag liner
- Pillowcase
- Travel clothes
- Camera
- Pen-knife (remember to pack sharp objects in hold baggage)

- Reusable cloth bag for shopping (to avoid plastic bags)

Notes

*FREE sleeping bag and down jacket hire is included in your KE holiday booking on request.

Please make all requests at least 4 weeks prior to the trip departure date. Please note all hire / rental equipment is issued in Kathmandu. Please remember to allow room in your kit bag for these items.

The Nepalese are still traditional and conservative in the way they dress. Therefore to avoid embarrassment on both sides we recommend that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach to just above the knee and be modest and for women it is preferable to wear trousers or a long skirt.

Kahtoola Microspikes (or similar) footwear traction can help when trails are icy.

PHD GEAR ADVISOR

PHD specialise in cold weather equipment, from the world's lightest right up to the most protective for Everest or the Poles. It's a large range. So, to help you choose what you need to keep warm, PHD have listed the gear that is appropriate for this holiday.

Click here: http://www.phdesigns.co.uk/gearadviser/destination.php?destinations_id=18

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.
[-> Find out more](#)

Land Only Information

The LAND ONLY dates and prices are for the itinerary starting at the hotel in Kathmandu. Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Kathmandu. Outbound flights will usually depart from the UK in the evening, arriving mid-afternoon on the following day (Day 1 of the Land Only itinerary). Return flights will depart Kathmandu usually in the morning of the last day of the itinerary, arriving in the UK later the same day.

Why Choose KE

Why KE

We've been trekking in Nepal for over 30 years, which means we really know the best way to experience this magical country. We include all meals, because the last thing you want to be worrying about on trek is sorting your sustenance; our itinerary is crafted to ensure excellent acclimatisation, and our expert local guides are the best in the business. Free sleeping bag and down jacket hire is available for this adventure

Please Note This document was downloaded on 14/05/2024 and the trip is subject to change