

Annapurna Circuit and the Thorung La

Trip Code: ACL

Version: ACLA Annapurna Circuit and the Thorung La 2024 - Adjusted Itinerary



WALK & TREK



GUIDED GROUP



CHALLENGING



HIGHLIGHTS

- Views of Manaslu, the Annapurnas and Dhaulagiri
- Acclimatise with challenging walks to Ice Lake and Tilicho Lake
- Make the challenging crossing of the Thorung La (5416m)
- Excellent Kathmandu accommodation including the Aloft
- FREE Sleeping bag and down jacket hire is available for this holiday

AT A GLANCE

- 10 days trekking
- Max altitude - 5416 metres,
- Join at Kathmandu

ACCOMMODATIONS & MEALS

- All meals included
- 11 nights Lodge
- 3 nights Hotel

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

Introduction

The Annapurna Circuit trek includes the chance to experience the best of Nepal's landscapes, from the hot and humid farmland in the lower valley of the Marsyangdi and around Pokhara, to the high alpine environment and spectacular mountain scenery above Manang on the north side of the Annapurnas. Access to the major valleys that cut through the Himalayas to the east and west of the Annapurna Massif continues to develop and we have continued to adjust our itinerary to avoid walking on the road and to preserve the classic Annapurna Sanctuary trekking experience.

We begin our trek at Jagat beside the Marsyangdi River and after an introductory walk to Dharapani, we turn towards the west and trek easily into the impressive valley on the north side of the Annapurnas. Here, we can marvel at the spectacular mountain scenery as we hike up to the villages of Ghyaru and Ngawal on the northern slopes of the valley. We are also able to savour the special appeal of this remote Buddhist enclave, with its perched villages and striking monasteries, such as the one at Braga. Then, from Manang, we include two sensational acclimatisation walks, firstly to Ice Lake and then to Tilicho Lake, two of the most spectacular location in the Nepal Himalaya. These two walks provide us with excellent preparation for the crossing of the Thorung La (5416m) which involves an early start from our lodge at Thorung Phedi. Hiking up to the pass, often on snow, we find views that extend to Dhaulagiri and the red ridges of Mustang, before making our descent into the Kali Gandaki via the amazing Hindu temples at Muktinath. From Jomsom we fly to Pokhara and enjoy an overnight stay in this charming lakeside town before flying on to Kathmandu.

Is this holiday for you?

This Annapurna and the Thorung La trek offers relatively straightforward trekking conditions throughout, following excellent trails which are well-served with tea-houses and lodges. The trek is relatively sustained and has a number of quite long days including the 2 stunning acclimatisation walks that we include; to Ice lake and Tilicho lake. And the crossing of the Thorung La also presents a significant challenge to the regular hill-walker. It should be noted that trekking at altitudes above 3000 metres makes greater demands on the body than walking at low elevations, and is of itself challenging even for fit hikers. Our itinerary is well staged to allow the best possible acclimatisation but you will need to ensure you are physically prepared for the trek. 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. Transfers from Kathmandu Airport are 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 at the hotel. Your guide will take dinner with you and will provide an informal briefing about the days ahead.

Meals: **D**



Accommodation
Hotel

DAY 2

Drive towards Pokhara, before turning into the Marsyangdi Valley. Overnight at Jagat (1300m).

We set off after an early breakfast for the drive westwards to the start of the trek, accompanied by our trek crew. After 3 hours or so, we arrive at the town of Mugling and stop for an early lunch at a roadside restaurant. Soon after leaving Mugling, we reach the small town of Dumre, beside the Marsyangdi River. Here, we turn north on a smaller road which follows the river. We cross the river on a long suspension bridge at Syange before climbing to our overnight accommodation at Jagat (1300m).

Meals: **B L D**



Accommodation
Lodge

DAY 3

Drive to Danakyu (2160m) and trek to Chame (2700m).

After an early breakfast, we will be back in our vehicles this morning for the drive to Danakyu (2160m)

which takes about two hours and passes through several villages including Chamje and Dharapani. At Danakyu we begin our trek around the north side of the Annapurna massif, following the road in places and taking short-cuts and village path diversions wherever this makes sense. Approaching Koto, Manaslu is visible behind us and Annapurna 2 comes occasionally into view to the south. We pass through a mix of forested and more open areas and stop off to check out several small settlements en route to our overnight stopping place at Chame (2700m). This is the administrative centre of this region, with shops, a bank and a school, as well as views of the Annapurnas.

Meals: **B L D**

	Accommodation Lodge		Ascent 850M		Descent 310M		Time 5 - 6 hrs trekking		Distance 13KM
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DAY 4

Trek to the more open valley at Lower Pisang (3150m).

We cross the Marsyangdi several times today, in a steep gorge section of the river. The path is sometimes built into the cliffside on wooden piers. Climbing through a forested ridge beyond Bhartang we reach a more open valley where we find, rising up on our right-hand side, the huge and very impressive rock wave of the Swargadwari Danda. Crossing the river a couple more times and passing through sparse forest the trail takes us on to the fields and scattered houses of Lower Pisang (3150m).

Meals: **B L D**

	Accommodation Lodge		Ascent 950M		Descent 500M		Time 6 hours trekking		Distance 16KM
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DAY 5

Trek to Manang (3540m) via Ngawal.

Today's walk climbs above the river on its north side and traverses via the villages of Ghyaru (3720m) and Ngawal (3680m) before descending to the river again and joining the main trail at Braga. This route which offers splendid views across to the Annapurnas is well worth taking but is more challenging than the main trail. At Braga there is a very interesting monastery which sits on and amongst a high crag overlooking the village. From Braga, there is a final, easy 4 kilometre walk to Manang.

Meals: **B L D**

	Accommodation Lodge		Ascent 900M		Descent 510M		Time 7 hrs trekking		Distance 19KM
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DAY 6**Acclimatisation day. An out and back hike to the splendid viewpoint of Ice Lake (4630m).**

We will spend a second night at Manang and there is the option to simply take it easy today. However, a much better idea, both for our acclimatisation and for the amazing views, is the optional and quite challenging hike up to Kicho Tal (Ice Lake) which lies above Manang to the north-east. The route takes us back to Braga and then steeply and continuously up to the lake. The view, looking across the lake to the peaks of the Annapurnas, will stay with you forever. Return by the same route to Manang.






Meals: **B L D**

	Accommodation Lodge		Ascent 1250M		Descent 1250M		Time 6 - 7 hrs trekking.		Distance 16KM
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DAY 7**Trek to Shree Kharka (4060m).**

Leaving the Annapurna Circuit trail we continue our acclimatisation prior to our crossing of the Thorung La by trekking alongside the Khangsar Khola (a tributary of the Marsyangdi) to the pretty village of Kangsar which consists of a collection of flat-roofed stone house seemingly one on top of another. En route, we cross a couple of new bridges and have great views of Gangapurna (7454m) and the glacier hanging from its north flank. Continuing today's relatively short walk beyond Khangsar (and visiting Thare Gompa on the way) we check in at a lodge at the place known as Shree Kharka (4060m). This is a great place, surrounded by snowy peaks and with views back to Manang.

Meals: **B L D**

	Accommodation Lodge		Ascent 620M		Descent 110M		Time 4 - 5 hrs trekking		Distance 8KM
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DAY 8**Trek to the lodge at Tilicho Base Camp (4150m).**

Leaving the lodge we cross a bridge and climb steeply for an hour to a ridge and an area of rough pasture where we may see yaks grazing. From here, we cross scree slopes on a well-marked trail to reach Tilicho Lodge. The lodge is in a stunning location in a basin below a wall of rock and ice comprising the peaks of Khangsar Kang, Tarke Gyang and Gangapurna which was given the name the Great Barrier by climber Maurice Herzog in 1950.

Meals: **B L D**

	Accommodation Lodge		Ascent 350M		Descent 260M		Time 3 - 4 hrs trekking		Distance 6KM
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DAY 9

Trek to Tilicho Lake (5000m) and back to Shree Kharka.

Another dramatic day of trekking today as we hike up to beautiful Tilicho Lake (a little more than 5 kilometres and 900 metres of ascent). This is another simply stunning location and provides us with more excellent acclimatisation - the viewpoint at the lake's southern margin is just over 5000 metres elevation. After spending some time soaking up the views we descend all the way to overnight at the lodge at Shree Kharka.

Meals: **B L D**

	Accommodation Lodge		Ascent 1200M		Descent 1290M		Time 7 - 8 hrs trekking		Distance 16KM
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DAY 10

Trek to Thorung Phedi (4450m) at the foot of the Thorung La.

We take a shepherd's path (now a regular trekking trail) that contours around to rejoin the main valley near Yak Kharka. Just beyond the seasonal settlement of Chyongo there is a great view of Manang and the upper valley of the Marsyangdi. This is a good place to stop and look back at our route and to watch vultures and eagles soaring on the thermals. We overnight at Thorung Phedi (4450m) and, now well acclimatised, we should be in good shape for tomorrow's crossing of the Thorung La.

Meals: **B L D**

	Accommodation Lodge		Ascent 1080M		Descent 690M		Time 7 hours trekking		Distance 17KM
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DAY 11

Cross the Thorung La (5416m) to Muktinath (3700m).

After a reasonably early breakfast, we set off on the steep ascent to the Thorung La. The trail is well defined, though potentially icy in places. After the steep start, it eases off, passing a number of glacial lakes on the slow climb to the cairns and prayer flags at the pass (5416m). At this altitude, this is a tough 3 to 4 hour climb. There are tremendous views in both directions. In addition to the mountains that have been with us for the last few days, we can see the brown and red hills of Mustang to the north-west and

the valley of the Kali Gandaki below us. Descending from the pass is quite straightforward, but hard on the knees. It is three hours (and 1500 metres) down to the sacred village of Muktinath, with excellent views of Dhaulagiri, Tukucho Peak and Nilgiri.

Meals: **B L D**

	Accommodation Lodge		Ascent 940M		Descent 1716M		Time 8 hours trekking		Distance 14KM
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DAY 12

Descend through Lupra to Jomsom (2700m).

Keeping away from the road as much as possible, on its south side, our trek today loops around via Lupra, before descending to the valley floor. It is relatively gentle and very scenic 3-hour descent, with great views of the peaks on the west side of the Kali Gandaki, including Dhaulagiri. Arriving on the stony bed of the Kali Gandaki, we will stop for a cold drink at one of the many tea-houses, before continuing our walk for a further 2 hours to the busy airstrip town of Jomsom. Time to look around this thriving settlement after checking in at our lodge.

Meals: **B L D**


	Accommodation Lodge		Ascent 460M		Descent 1390M		Time 6 hours trekking		Distance 20KM
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DAY 13

Fly to Pokhara. Afternoon free to stroll around the market streets of 'Lakeside'.

We take the short and exciting internal flight to Pokhara. (Please note that if, for any reason, the flight is cancelled, we are obliged to travel from Jomsom to Pokhara by road. This is a long journey of as much as 10 hours on poor roads, but does provide an insight into the spectacular valley of the Kali Gandaki). Assuming we have flown, we can check in at our comfortable hotel close to Phewa Tal in time for lunch. The afternoon is then free to wander by the lake, to browse the bazaar, or to simply sit in the garden of one of the excellent lakeside restaurants and admire the view of the Annapurnas and the spectacular 'Fishtail' peak of Machhapuchhre. Overnight at our Pokhara hotel.

Meals: **B L D**

	Accommodation Hotel
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DAY 14**Fly to Kathmandu, with the remainder of the day at leisure.**

We take the morning flight to Kathmandu and transfer to the group hotel. The afternoon is free to relax at the hotel or for 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. Kathmandu is a very safe city (provided you watch out for the traffic) and exploring on your own is great fun. This evening we will have a celebratory dinner to mark the end of a most excellent trip.

Meals: **B L D**



Accommodation
Hotel

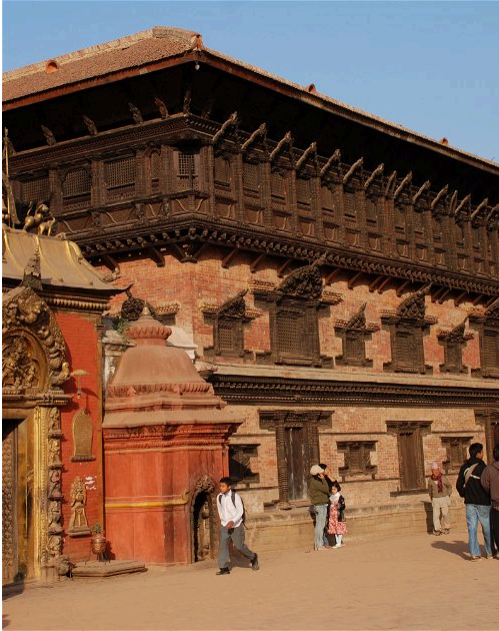
DAY 15**Your holiday ends after breakfast. Transfers to Kathmandu Airport are provided.**

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.



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



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

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
- 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 in the trip price from dinner on day 1 to breakfast on day 15.

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 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. If you wish to order additional dishes and/or snacks, you should budget accordingly. Boiled drinking water will be provided at breakfast, lunch and dinner. All the lodges and tea-houses sell snacks, chocolate bars, soft drinks and beer. In Kathmandu we take our meals in the hotel and local restaurants.

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 a range of excellent hotels including the new and very comfortable 4 star Aloft Hotel. Located in the heart of the city, this hotel offers a range of first-class facilities including fast and free WiFi and a spa and fitness centre. The group will also spend a night in Pokhara at a tourist-class hotel near the lake. Whilst on trek there are 11 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 one or two 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 3 hotel nights single rooms are available at 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 very high altitude. During the course of your trip you will be spending at least one night above 4000 metres and/or trekking to 5000 metres or above. 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](#). Unless you have previous experience of trekking above 4000 metres you should consult one of our trekking experts before embarking on this holiday. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

Spending Money

Approximately £250-£300 (or equivalent in US dollars, Euros etc.) should be allowed for miscellaneous expenses including those itemised below. You should allow approximately £50 - £60 (in equivalent Nepali rupees) for porter and trek crew tips. 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 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 by porters or animals, 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 £70 (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. For all flights to and from STOL airstrips in Nepal the maximum allowance for hold baggage AND hand baggage combined is 15kg and you should make every effort to keep to this total weight. It is usually not a problem to check in a couple of kg more than this, but you may be required to pay a small excess luggage charge. 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.

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. Pre-monsoon is the 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. You will encounter a wide range of daytime temperatures during your holiday. In October/November and April/May this will range from approximately 25C in Kathmandu to approximately 14C at 3000 metres, and approximately 3C at 5000 metres. From December to early April, temperatures will average around 5C lower than this but at any time of the year the real feel temperature in the middle of the day will be much warmer. At night in the rarefied air the temperatures plummet. You can expect to experience overnight temperatures below freezing once above approximately 4000 metre. (above 3000 metres from mid December) and at our highest overnight stops, outside temperatures may drop as low as minus 15C. 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

- Trekking and Climbing in Nepal. Steve Razzetti. New Holland
- Annapurna, a trekkers guide – Kev Reynolds, Cicerone
- Trekking in Nepal. Stephen Bezruchka
- Trekking in the Nepal Himalaya. Stan Armington
- Trekking in Nepal, West Tibet and Bhutan. Hugh Swift
- Kathmandu and the Kingdom of Nepal. Prakash Raj
- Insight Guide to Nepal
- Adventure Treks Nepal. Bill O'Connor

Maps

Annapurna Adventure Trekking Map - 1:125,000. National Geographic & Nepa

Nowadays the best maps of Nepal tend to be produced in Nepal. This map is a collaboration between the Nepal publishers 'Nepa' and National Geographic. It covers the whole of the Annapurna Circuit plus Pokhara. This is an excellent map for the circuiter, though the scale at 1:125,000 does not provide quite enough detail.

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 poles (see notes)
- 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
- Travel towel
- Toilet paper (you can also buy this in the lodges if necessary)
- Antibacterial handwash
- Small 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:

- Trainers or similar for use in lodges
- Gaiters
- Microspikes (Kahtoola) or similar footwear traction (see notes)
- Spare laces
- Shorts
- Thermal baselayer - leggings
- Sleeping bag liner
- Pillowcase

- Swimwear (for the hotel pool in Kathmandu)
- 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.

Trekking Poles and Instep Crampons. For this trip you must bring a pair of trekking poles, even if you only use them as a safety measure for the crossing of the Thorung La. In certain conditions, the trip leader may also issue Grivel Spider 'instep' crampons to group members for this crossing. These are small lightweight crampons, which can quickly and easily be attached to any kind of walking boot. If you have brought your own footwear traction such as the excellent Kahtoola Microspikes you can use these instead.

Respect Nepalese Custom. 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.

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

Unique to KE! No-one else is offering this classic Nepalese adventure, one of the 'Great Walks of the World', within the space of a 2-week holiday!

Please Note This document was downloaded on 20/05/2024 and the trip is subject to change