

Annapurna Circuit and Annapurna Sanctuary

Trip Code: UAT

Version: UAT Annapurna Circuit and Annapurna Sanctuary



WALK & TREK



GUIDED GROUP



CHALLENGING



HIGHLIGHTS

- Trek the Annapurna Circuit via the challenging Thorung La (5416m)
- Hike from Tatopani to Ghorepani and see the sun rise on Poon Hill
- Trek into the Sanctuary, at the spectacular heart of the Annapurnas

- Views of Manaslu, the Annapurnas, Machhapuchhre and Dhaulagiri
- FREE Sleeping bag and down jacket hire is available for this holiday

AT A GLANCE

- 18 days trekking
- Max altitude - 5416 metres
- Join at Kathmandu

ACCOMMODATIONS & MEALS

- All meals included
- 18 nights Lodge
- 2 nights Hotel with swimming pool
- 1 nights Hotel

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

Introduction

North of the laid-back, lakeside city of Pokhara, the huge mountain massif of the Annapurnas is one of the most popular trekking destinations in Nepal. The highest peak, Annapurna I, was the first 8000-metre peak to be climbed and there are several other summits above 7500 metres in this accessible and magnificent Himalayan range. The circuit of the Annapurnas via the Thorung La is long-established as one of the world's great mountain walks, whilst the trek into the spectacularly enclosed Annapurna Sanctuary provides exposure to the very best of Nepalese culture and landscape. KE is the only company offering a combination of these 2 treks within a single, brilliant 3-week holiday.

Trekking beside the Marsyangdi River, the first part of the itinerary leads to the north side of the Himalaya and into a high valley where the largest village is at Manang and the people are of Tibetan buddhist descent. There is a stunning cliff-side monastery at Braga and great views of the Annapurnas from the north. Beyond the high point of the circuit at the Thorung La (5416m), the route drops down to Muktinath in the Kali Gandaki Valley. Then, after driving to Tatopani, the second phase of the trek heads up to Ghorepani and Poon Hill, before continuing, amongst forest and picturesque farmland, into the Sanctuary. Combining the 2 most famous trails in the region, this is a classic trek and, without doubt, the ultimate Annapurna experience.

Is this holiday for you?

This Annapurna Circuit and Annapurna Sanctuary lodge trek is quite sustained but offers relatively straightforward trekking conditions throughout, following excellent trails which are well-served with tea-houses and lodges. The trek has a number of quite long days and the crossing of the Thorung La will present 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

Version: UAT Annapurna Circuit and Annapurna Sanctuary

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 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

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

Start trekking. Via Chamje and Tal to Dharapani (1860m)

Today we begin our trek around the Annapurna massif. Although the road continues up valley, its

condition is very rough and it is much more pleasurable to walk from here. Where we can, we take the old trekking trail away from the road. From Jagat we start with a steady climb to Chamje, before descending to cross the river on a suspension bridge. Climbing once more, we enter the Buddhist region of Manang at the village of Tal (which means lake in Nepali). Here the terrain levels for a short section and the raging river slows to a lake-like appearance. Beyond Tal, the trail crosses the river again and continues for 4 km to Dharapani (1860m).

Meals: **B L D**






	Accommodation Lodge		Ascent 1060M		Descent 500M		Time 6 hrs trekking		Distance 14KM
---	-------------------------------	---	------------------------	---	------------------------	---	-------------------------------	---	-------------------------

DAY 4

Trek through a number of villages to Chame (2713m) with good views of Manaslu.

The valley now turns towards the west, as we pass through the interesting Buddhist village of Bagar Chap. Manaslu is visible behind us and Annapurna 2 comes occasionally into view to the south. Even during today's walk we will be obliged to follow sections of the new road, as we pass through forested areas and stop off to check out several small settlements en route to our overnight stopping place at Chame (2713m). 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 1300M		Descent 510M		Time 6 - 7 hrs trekking		Distance 18KM
---	-------------------------------	---	------------------------	---	------------------------	---	-----------------------------------	---	-------------------------

DAY 5

Trek to Upper Pisang (3300m).

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 Buradhan, we reach a more open valley with some pasture, where we cross the river to its north bank, to reach the terraced fields of Upper Pisang (3300m). We have great views of the north side of Annapurna 2.





Meals: **B L D**

	Accommodation Lodge		Ascent 1000M		Descent 300M		Time 6 - 7 hrs trekking		Distance 19KM
---	-------------------------------	---	------------------------	---	------------------------	---	-----------------------------------	---	-------------------------

DAY 6**Trek on a high trail through Ghyaru (3720m) and Ngawal (3680m) to Manang (3540m).**

Today's walk will take us even further away from the valley floor and up onto its northern slopes, via the interesting villages of Ghyaru (3720m) and Ngawal (3680m). The main Annapurna Circuit trail follows the river in the valley floor but the views of the Annapurnas from this high level trail are simply stunning and this, together with the fascinating houses and gompas of the isolated settlements that we will see, makes the extra effort involved in walking this trail very worthwhile. Plus, it's great for our acclimatisation. From Ngawal we descend to the valley and rejoin the main Annapurna Circuit trail at Braga, from where we have a mainly level walk for approximately 4km to reach Manang (3540m).

Meals: **B L D**

	Accommodation Lodge		Ascent 980M		Descent 760M		Time 7 - 8 hrs trekking		Distance 20KM
---	-------------------------------	---	-----------------------	---	------------------------	---	-----------------------------------	---	-------------------------

DAY 7**A rest and acclimatisation day, with optional hike. A second night in Manang.**

Manang is a large village inhabited by Tibetan people. We spend a day here, to help with our acclimatisation, prior to crossing the Thorung La. There is plenty to see and do around Manang, which is the last sizeable village on this side of the pass. As a part of our acclimatisation, we will want to get up as high as possible during the course of a short walk. One option is to hike up to the Chongkor viewpoint above Gangapurna Lake and to carry on to a prayer-flagged ridge and deserted village, with great views northwards across the valley and towards the route leading to the Thorung La.


Meals: **B L D**

	Accommodation Lodge		Ascent 460M		Descent 460M		Time 3 hrs trekking		Distance 6KM
---	-------------------------------	---	-----------------------	---	------------------------	---	-------------------------------	---	------------------------

DAY 8**Short trek via several isolated tea houses to Letdar (4250m). Afternoon at leisure.**

In accordance with our programme of careful acclimatisation, we must ascend very slowly and this gives us a relatively short day as we continue toward the Thorung La. Climbing out of the Marsyangdi Valley, there are great views of Manaslu, the Annapurnas and Tilicho Peak as we head northwest up the Jarsang Khola, through scrubby juniper and across alpine meadows up to the settlement of Letdar (4250m).

Meals: **B L D**

	Accommodation Lodge		Ascent 830M		Descent 150M		Time 4 - 5 hrs trekking		Distance 13KM
---	-------------------------------	---	-----------------------	---	------------------------	---	-----------------------------------	---	-------------------------

DAY 9

Trek beside the Jarsang Khola, with views of Gangapurna. Overnight at Thorung High Camp (4750m).

We continue on the east bank of the Jarsang stream to a covered bridge, beyond which a steep trail climbs across scree to reach the tea-houses at Thorung Phedi (4450m) (a name which means 'base of the Thorung La'). To make the crossing of the pass easier tomorrow, we will hike up for a further hour and a half to the single lodge at Thorung High Camp (4750m). Arriving at around midday, we will have lunch and then take it easy and make sure we are well fed and well acclimatised ahead of the pass crossing tomorrow.

Meals: **B L D**

	Accommodation Lodge		Ascent 990M		Descent 330M		Time 4 - 5 hrs trekking		Distance 9KM
---	-------------------------------	---	-----------------------	---	------------------------	---	-----------------------------------	---	------------------------

DAY 10

Early start for the crossing of the Thorung La (5416m) and long descent to Muktinath (3800m).

No need for too early a start from High Camp. After breakfast at around 6 am, 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 2 to 3-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 1, Tukuiche Peak and Nilgiri.

Meals: **B L D**

	Accommodation Lodge		Ascent 670M		Descent 1810M		Time 8 - 9 hrs trekking		Distance 15KM
---	-------------------------------	---	-----------------------	---	-------------------------	---	-----------------------------------	---	-------------------------

DAY 11

Drive south through the Kali Gandaki Valley, via Marpha and Ghasa, to Tatopani (1190m).

The road that for many years has been slowly extended up the Kali Gandaki Valley has now reached Muktinath. rather than walk along this dusty jeep road we now board our transport for the spectacular journey through the World's deepest gorge between the Himalayan giants of Dhaulagiri and Annapurna. This road through the mountains is subject to blockage and landslip so we may have to walk short sections of it as we make our way down through the airstrip town of Jomsom to Marpha with its whitewashed houses, paved streets and numerous well-kept lodges and Tibetan craft shops and then on into the wooded part of the valley and down to Tatopani, where it will feel particularly warm, having descended more than 2500 metres since setting out this morning. Tatopani means 'hot water' in the Nepalese language and there are hot springs here which can provide a relaxing end to a long day of driving. We stay overnight in a lodge at Tatopani.

Meals: **B L D**



Accommodation

Lodge

DAY 12

Trek up out of the valley with great views of Dhaulagiri. Overnight at Ghorepani (2900m).

Leaving the Kali Gandaki behind, we follow a steep trail which climbs the valley of the Gahr Khola. After a couple of hours the scenery opens out and there are fine views back towards the Kali Gandaki and Dhaulagiri, whilst ahead of us lies a steep terraced hillside, dotted with farms and villages. We take lunch in the village of Chitre approximately two-thirds of the way up the 1700 metre climb to Ghorepani. The going is easier after lunch and before long the trail enters an unusual (and cool) forest of moss-hung oak and rhododendrons for the last hour or so to Ghorepani (2855m). Large grey langur monkeys inhabit this high woodland and the sight of these bounding white-furred, black-faced creatures is at first startling. Entering Ghorepani is itself something of a surprise. Numerous tall, chalet-style, wooden lodges crowd around the trail at the ridge crest and present a rather incongruous sight. At this point we are at the junction of several trekking routes and there are likely to be lots of travellers passing through this ridge-top settlement in all directions. Whichever way they have come, they will be tired after a long climb and will stop to slake their thirst at one of the many hostels. Traditionally a stopping place on the route from Pokhara into the prosperous Kali Gandaki Valley, the name Ghorepani means horse-watering place.

Meals: **B L D**



Accommodation

Lodge



Ascent

1830M



Descent

200M



Time

6 - 7 hrs trekking



Distance

16KM

DAY 13**Optional pre-dawn ascent of Poon Hill (3195m), then trek eastwards along a ridge to Chuile (2300m).**

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 - so, we arrange a wake up call at 5 a.m. and those who wish can head up the well-marked track by the light of our head-lamps. The first light of dawn illuminates Dhaulagiri and Tukuiche Peak with a surreal pink glow. You may be able to buy coffee and breakfast from some enterprising Nepali who has carried his wares up to Poon Hill to take advantage of the morning trade. Descending to Ghorepani, we make time for breakfast, before setting off on our trek towards the south side of the Annapurnas and the fabled Annapurna Sanctuary. Our trek today takes us eastwards, through rhododendron forest and along a pleasant ridge-top trail to Chuile (2300m) where we check into our lodge. The figures shown below include the Poon Hill ascent.

Meals: **B L D**

	Accommodation Lodge		Ascent 850M		Descent 1450M		Time 6 hrs trekking		Distance 14KM
---	-------------------------------	---	-----------------------	---	-------------------------	---	-------------------------------	---	-------------------------

DAY 14**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 through 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 800M		Descent 1000M		Time 4 - 5 hrs trekking		Distance 10KM
---	-------------------------------	---	-----------------------	---	-------------------------	---	-----------------------------------	---	-------------------------

DAY 15**Trek through rhododendron and bamboo forest to the collection of lodges at Deurali (3230m).**

From Bhanuwa the trail climbs through terraced fields and then through forest of bamboo and rhododendron to the ridge crest at Sinuwa. 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, passing through Dobhan and then the place known as Himalaya (2920m) to reach our overnight stop at Deorali (3230m).

Meals: **B L D**

	Accommodation Lodge		Ascent 1300M		Descent 180M		Time 6 - 7 hrs trekking		Distance 11KM
---	-------------------------------	---	------------------------	---	------------------------	---	-----------------------------------	---	-------------------------

DAY 16

Ascend via Machhapuchhre Basecamp to Annapurna Basecamp (4130m).

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, there are options to walk on either side of the river as far as Machhapuchhre Basecamp, a level and grassy moraine platform at 3700 metres, 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. It will take around 2 hours to reach Machhapuchhre Basecamp where the trail turns towards the west. From here, it is a straightforward walk of just 3 kilometres to our overnight lodge at Annapurna South Basecamp (4130m). There are increasingly impressive views and jaw-dropping mountain moments as we climb the last steep section before reaching the basecamp area. At this point, the entire south face of Annapurna is revealed. A cirque of stupendous peaks surround us and the feeling of being inside a hidden valley - a sanctuary in fact - is overwhelming. After we check into our lodge we can relax and admire one of the most stunning mountain amphitheatres in the Himalaya.

Meals: **B L D**

	Accommodation Lodge		Ascent 950M		Descent 50M		Time 4 hrs trekking		Distance 7KM
---	-------------------------------	---	-----------------------	---	-----------------------	---	-------------------------------	---	------------------------

DAY 17

Early start for the sunrise views. Then, after breakfast at the lodge, descend to Bamboo (2310).

For those who wish, a pre-dawn wake-up is worth the extra discomfort to catch the sunrise on this unique mountain scene. After breakfast we leave all this behind and retrace our steps first to Machhapuchhre Basecamp then on to Deorali where we take lunch after 3.5 hours of trekking. In the afternoon we continue our descent of the Modi Khola to reach the forest once again and warmer temperatures at Bamboo (2310m).

Meals: **B L D**






	Accommodation Lodge		Ascent 80M		Descent 1900M		Time 6 - 7 hrs trekking		Distance 13KM
---	-------------------------------	---	----------------------	---	-------------------------	---	-----------------------------------	---	-------------------------

DAY 18

Trek down to the Chhomrong River, up to Chhomrong and down to Jhinu Danda (1780m).

The first kilometre of the day is gently uphill as far as the ridge-top at Sinuwa, then it's downhill for an hour and a half through terraced farmland to a bridge over the Chhomrong Khola. A stepped trail then leads up to Chhomrong overlooking the Modi Khola and with great views back up towards Fish Tail Peak. We can have a coffee or Coca Cola stop in Chhomrong and admire the view, before finishing this relatively short day's walk with a steep descent to our lodge, not far above the river, in Jhinu Danda (1780m).

Meals: **B L D**

	Accommodation Lodge		Ascent 550M		Descent 1080M		Time 4 - 5 hrs trekking		Distance 9KM
---	-------------------------------	---	-----------------------	---	-------------------------	---	-----------------------------------	---	------------------------

DAY 19

Cross the Modi Khola and trek through Landruk to Pothana (1890m) on a ridge-top trail.

Dropping down to cross the Modi Khola this excellent final day of trekking leads through the Gurung village of Landruk (1565m) and then traverses above the east side of the Modi Khola, passing several more villages and some section of stone-flagged trail. As the trail climbs again to the ridge at Deurali, there are great views back towards Annapurna South and Hiunchuli. At this point, we gain a ridge top trail with more fine views of the Annapurnas including Machhapuchhre and there's a gradual descent for the last couple of kilometres to our lodge at Pothana (1890m).

Meals: **B L D**

	Accommodation Lodge		Ascent 800M		Descent 690M		Time 7 hrs trekking		Distance 14KM
---	-------------------------------	---	-----------------------	---	------------------------	---	-------------------------------	---	-------------------------

DAY 20

Trek to the roadhead at Phedi and drive to the hotel in Pokhara. Afternoon free to explore Lakeside.

It's just a short walk down to the roadhead at Phedi. The trail descends through pleasant farmland with colourful farms and orderly terraced fields. On our left-hand side we can look across and back to the Annapurna Massif. We are likely to see trekkers heading the other way, ascending the trail that we are descending. At Phedi, we meet up with our transport for the 45 minute ride back 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 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 reputation for great restaurants and this evening we will go out for a celebratory meal.

Meals: **B L D**


	Accommodation Hotel		Ascent 50M		Descent 850M		Time 2 - 3 hrs trekking		Distance 6KM
---	-------------------------------	---	----------------------	---	------------------------	---	-----------------------------------	---	------------------------

DAY 21

Fly to Kathmandu. The rest of the day is free for sightseeing or relaxing.

We take the morning flight to Kathmandu. 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 Thamel's excellent restaurants.

Meals: **B L D**

	Accommodation Hotel with swimming pool
---	--

DAY 22

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

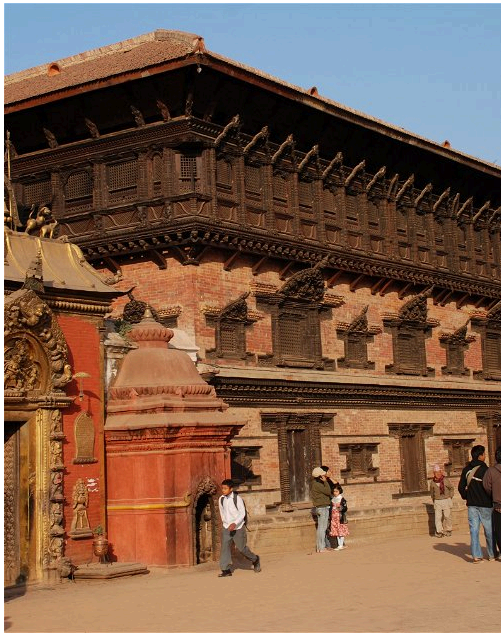
When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



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 in the trip dossier
- 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 22.

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 comfortable 4 and 5 star accommodation including the Hotel Shanker and the Shangri-La Hotel. Located in the heart of the city, these hotels offer a range of first-class facilities including pleasant tree-shaded garden areas complete with swimming pools. The group will also spend a night in Pokhara at a tourist-class hotel near the lake. Whilst on trek there are 18 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 \$2 - \$3 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 (or equivalent in US dollars, Euros etc.) should be allowed for miscellaneous expenses including approximately £80 (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 £80 (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. We also suggest you do some reading about the culture of Nepal and its various ethnic groups.

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. At either of these periods you will encounter a wide range of daytime temperatures during your trip from approximately 25°C in Kathmandu to approximately 14°C at 3000 metres and approximately 3°C at 5000m. The 'real feel' temperature in the middle of the day will be much warmer than this. At night in the rarefied air the temperatures plummet. You can expect to experience overnight temperatures below freezing once above approximately 4200 metres and at our highest camps night time temperatures may drop as low as minus 10 or more rarely to minus 15°C. 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 and the Sanctuary.

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. It is possible to leave clothes or other items not required on trek at the group hotel.

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 -15°C)*
- Washbag and toiletries
- Travel towel
- Toilet paper (you buy this in the lodges)
- Antibacterial handwash
- 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
- Gaiters
- Microspikes (Kahtoola) or similar footwear traction (see notes)
- Spare laces
- Shorts
- 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 offers this amazing (and logical) combination of the Annapurna Circuit and Annapurna Sanctuary treks. With all meals included it's great value for money, too.

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