

Annapurna and Bandipur Luxury Lodge Trek

Trip Code: ANL

Version: ANL Annapurna and Bandipur Luxury Lodge Trek



WALK & TREK



GUIDED GROUP



LEISURELY



HIGHLIGHTS

- Six days of trekking north of Pokhara in the beautiful Annapurna region
- Superb views of the 'Fish Tail' peak, Machhapuchhre from the lodge in Landruk
- Spend time in the beautiful and traditional Newari village of Bandipur

- A free day in Kathmandu with a half-day sightseeing tour
- 5-Star Kathmandu hotels including the Yak and Yeti

AT A GLANCE

- 8 days trekking
- Max altitude - 2012 metres
- Join at Kathmandu

ACCOMMODATIONS & MEALS

- All meals included
- 7 nights Luxury Lodge
- 5 nights Hotel with swimming pool

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

Introduction

This superb, easy-paced trekking holiday has been recently refined and extended and provides the perfect introduction to the foothills of the Nepal Himalaya. We start out with a city sightseeing tour in Kathmandu, before flying on to Nepal's second city, Pokhara. Six days of trekking then take us to some of the prettiest villages in the valley of the Modi Khola, on the south side of the Annapurnas. Staying in comfortable and characterful lodges run by Mountain Lodges of Nepal (MLN), with twin-share rooms and en-suite facilities, we will be able to enjoy some of the most picturesque landscapes in Nepal.

Lush, green farmland, terraced fields, tumbling streams, smiling villagers and the backdrop of some of the world's great peaks, including Annapurna 1 and the stunning 'Fish Tail' peak of Machhapuchhre. Walking through rhododendron forest, with tree orchids, magnificent magnolias and several species of monkey, we will stay each night at a different lodge, each with its own particular charm, great food and outstanding views. Returning to Pokhara, we spend a night at a very comfortable resort hotel, before making the short drive to the Newari village of Bandipur. Famed for the quality of its architecture, which dates back several hundred years, this is a great place to spend a couple of nights, do some exploring, meet the Nepali people and soak up those final views of the Himalayas. The MLN Bandipur Lodge was formerly known as the 'Three Mountain Lodge' for good reason. Three of the world's 8000 metre peaks can be seen from our private balconies - Dhaulagiri, Annapurna and Manaslu. Using first class hotel accommodation in Kathmandu and the very best standard of lodges available on the south side of the Annapurnas, this really is a 'pampered' one week trekking holiday.

Is this holiday for you?

This trekking holiday combines 6 days of very straightforward trekking in the foothills of the Annapurnas, with 3 days of similarly easy hiking in the Mahabharat Range on the south side of the Pokhara to Kathmandu highway. The trekking is neither difficult nor sustained; most days extend to no more than 4 hours (sometimes spread out over a longer day including stops and visits) and several of the days are shorter than this. Throughout, we will be following well-established and well maintained walking trails and the maximum elevation attained on the trip is around 2000 metres which is very low for a Nepal trekking holiday. We do not anticipate any problems with acclimatisation to the altitude. With upgraded accommodation each night, this is a relaxing trekking holiday eminently suitable for a first time visit to Nepal.

Itinerary

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DAY 1

Meet at the group hotel in Kathmandu. Transfers from Kathmandu Airport are provided.

The group will rendezvous at the group hotel in Kathmandu. All clients are met at the airport in Kathmandu by a KE representative who will arrange the transfer to the group's hotel. KE Land Only package services begin with this transfer. After checking in the rest of the day is free and the group will formally meet together for the evening meal which will be taken in one of the city's famous restaurants.

Meals: **D**



Accommodation

Hotel with swimming pool

DAY 2

A free day in Kathmandu with a half-day sightseeing tour.

Today we have arranged a half day's guided sightseeing tour of several of the main sights of the Kathmandu Valley such as the 'Monkey Temple' of Swayanabath, the Hindu Temple of Lord Shiva in Pashupatinath, Durbar Square, and Boudhanath, the largest Buddhist stupa in Nepal. After our sightseeing tour the rest of the day is free to relax in the hotel gardens or beside the pool, or for further independent sightseeing. In the evening, we will meet up again and go out to dinner with our guide in another of Kathmandu's best restaurants.

Meals: **B**



Accommodation

Hotel with swimming pool

DAY 3

Fly to Pokhara, transfer to the roadhead and trek to our first night's accommodation near Birethanti (1150m).

Returning to the airport in the early morning we will check in at the domestic terminal for the highly

scenic 30 minute flight to Nepal's second city, Pokhara. This spectacular flight offers views of the Langtang, Manaslu and Annapurna ranges. We are met on arrival at Pokhara Airport and taken by vehicle (1 hour) to the start of our walk. Together with our local trek crew, we then follow a trail through the lower foothills of the Annapurnas with surrounding views of the Pokhara Valley. Finally we descend to the very comfortable Mountain Lodges of Nepal (MLN) Birethanti Lodge in the valley of the Modi Khola. Lunch is at the lodge and there is the option in the afternoon to walk to the nearby village of Birethanti (1025m). Alternatively, you can rest at the lodge and do a bit of local exploration and birdwatching.

Meals: **B L D**





	Accommodation Luxury Lodge		Ascent 50M		Descent 450M		Time 3 - 4 hrs trekking		Distance 5KM
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DAY 4

Trek to the MLN Ghandruk Lodge in the village of the same name - Ghandruk (2012m).

After breakfast, we leave the lodge and walk out through farmland and scattered small farms, following the course of the Modi Khola, which is the river flowing down from the Annapurna Sanctuary. We follow the river's true right bank, heading generally northwards and with the impressive sacred peak of Machhapuchhre (Fish Tail) ahead of us. Soon we begin to climb out of the valley and up towards the mountains. The trail passes through small hamlets, terraced rice fields and forests with spectacular views of the surrounding valley. Snacks are provided along the trail. We arrive at the MLN Ghandruk Lodge in the early afternoon and a hot lunch is served on arrival. There are fantastic views from the lodge of the arrayed peaks of the Annapurna Massif.

Meals: **B L D**

	Accommodation Luxury Lodge		Ascent 995M		Time 5 hrs trekking		Distance 8KM
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DAY 5

We trek across the valley of the Modi Khola to Landruk (1565m).

After enjoying a relaxing breakfast and the glorious views from the Himalaya Lodge, we start our trek to Landruk. After leaving the village of Ghandruk, the trail descends steeply to the banks of the Modi River. Here, we will be able to see some of the cliffs where the famed honey hunters of Nepal climb on ropes to raid the nests of the world's largest (and most dangerous) honey bees. We cross the river on a sturdy suspension bridge and from here trek up on a switchback trail to the village of Landruk. Here, we have more great views of the Annapurna range. After lunch at the MLN Landruk Lodge, our guide will take us on a sightseeing tour of this pretty mountain village.

Meals: **B L D**

	Accommodation Luxury Lodge		Ascent 250M		Descent 725M		Time 5 hrs trekking		Distance 4KM
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DAY 6

We trek south-eastwards across the grain of the country to Majhgaon (1400m).

Leaving Landruk and the valley of the Modi Khola, today's walk contours the valley-side to the east and heads south, with fairly minor undulations, passing through picturesque villages and farmland with great views looking back to the Annapurnas. We will reach the MLN Majhgaon Lodge in time for lunch. The lodge is built to resemble a traditional Nepalese village and every room has spectacular views of the surrounding valley and mountains. The afternoon can be spent in the lodge gardens or we can opt to do some exploration to nearby villages with our guide.

Meals: **B L D**





	Accommodation Luxury Lodge		Ascent 200M		Descent 350M		Time 4 hrs trekking		Distance 10KM
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DAY 7

Trek to Dhampus (1525m) with great views of the Annapurnas.

This morning we start out trekking through the unspoilt village of Patlekhet. Our walk takes us through sub-tropical forests that include tree orchids, rhododendrons and magnolias. Along the way, we will stop at the village of Pothana where many Tibetan traders live and sell their souvenirs. Once again, we aim to reach our next lodge in time for lunch. Our accommodation for the night is at the small, but splendid MLN Dhampus Lodge, where we are treated to sweeping views of the entire Annapurna Range. After lunch at the lodge there will be an optional walk through the old village of Dhampus.

Meals: **B L D**

	Accommodation Luxury Lodge		Ascent 450M		Descent 275M		Time 4 - 5 hrs trekking		Distance 8KM
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DAY 8

Trek out to the road, return to Pokhara and overnight in a hotel.

After a leisurely breakfast at our lodge, we have a short downhill walk of about an hour and a half along a

scenic ridge to the farmland and scattered houses of the broad Yangdi Khola Valley. Here, we meet the road and our waiting vehicle and make the 30-minute transfer to Pokhara. During this transfer, we have the option to stop at the Tibetan refugee camp, which has an interesting temple complex. Arriving in Pokhara, we check in at a very comfortable resort hotel. Situated on Phewa Tal, one of Nepal's largest lakes, Pokhara is a very laid-back city and its Lakeside district is vibrant with interesting shops cafes and bars, all with the sensational backdrop of the Annapurnas. After lunch the afternoon is free to explore this quite charming town. There is also the option to trek up to the 'Peace Stupa' for a birds-eye view over the lake, or to take a boat out onto the water. We return to the hotel in the evening for dinner.

Meals: **B L D**

	Accommodation Hotel with swimming pool		Descent 450M		Time 1 - 2 hrs trekking		Distance 2KM
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DAY 9

Drive to Bandipur, village sightseeing and short trek to the MLN Bandipur Lodge (1011m).

We will make a reasonably early start ahead of the 2-hour drive to the traditional Newari village of Bandipur which sits on a high ridge above the Pokhara to Kathmandu highway. When we get there we will take our lunch at the 'Old Inn' and here we will meet a local guide who will show us around the village. Bandipur grew up as a part of the Magar Kingdom of Tanahun and dates back several hundred years. It was once a staging post on a trade route between India and Tibet. With its 18th century architecture and narrow streets, it's a great place to spend a couple of hours. We will then set off on a short trek, which involves an initial descent into a valley where we find a mix of forest and farmland. There are several hamlets and schools along the trail and the final 40 minutes involve a steady climb to our overnight accommodation at the splendid MLN Bandipur Lodge. Situated on a ridge at a little over 1000 metres, the lodge command views of three 8000 metres peaks; Dhaulagiri, Annapurna I and Manaslu. After checking in, drinks will be served around the central fireplace. Later, dinner will be served in the dining room.

Meals: **B L D**

	Accommodation Luxury Lodge		Ascent 275M		Descent 250M		Time 3 hrs trekking		Distance 9KM
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DAY 10

A day at the MLN Bandipur Lodge, with optional walks.

We will be woken with a cup of tea or coffee in our rooms. If the mountains are clear, we can sit on our private verandas and enjoy the spectacular views of Dhaulagiri, Annapurna I and Makalu. Then, after breakfast, we will set off on a short walk amongst orange trees to visit 2 local schools. As an alternative,

we can walk to a higher viewpoint peak from where the panorama of mountains to the north is even more impressive and we also have views southwards towards Chitwan and the Terai. We will return to the lodge for lunch and then go out with the guide again to visit a couple of local villages, where we may be able to meet retired Gurkhas. This area has been little visited and retains much of its charm. We return to spend a second night at the MLN Bandipur Lodge.

Meals: **B L D**



Accommodation
Luxury Lodge



Time
2 - 3 hrs trekking

DAY 11

Walk back to Bandipur for a final look around before driving to Kathmandu.

After breakfast at this special lodge, we will walk back to Bandipur, where we meet our transport and set off on the 4-hour drive eastwards along the Prithvi Highway to Kathmandu. After checking in at our hotel, there should be a couple of hours to rest and freshen up ahead of dinner.

Meals: **B L**



Accommodation
Hotel with swimming pool



Ascent
275M



Descent
350M



Time
3 hrs trekking



Distance
6KM

DAY 12

A free day in Kathmandu.

One of the attractions of any visit to Nepal is the chance to walk the streets of Kathmandu, which present 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 get together again for a celebratory dinner to mark the end of a most excellent trip.

Meals: **B D**



Accommodation
Hotel with swimming pool

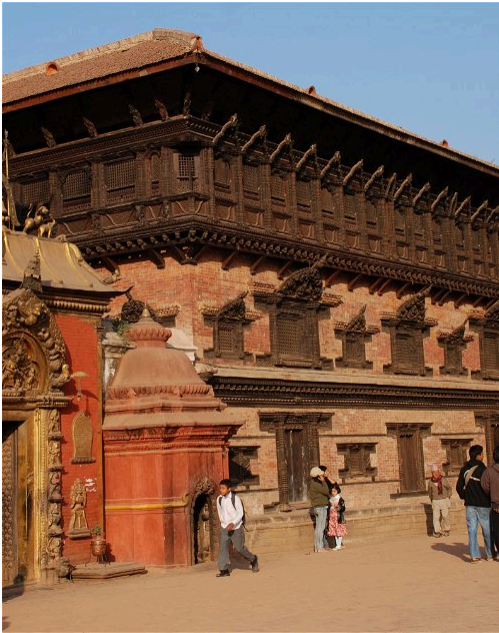
DAY 13**Departure day. Transfers to Kathmandu Airport are provided.**

KE Land Only package services end 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
- All accommodation as described in the trip dossier
- All meals throughout the holiday
- On trek the group will be assisted by porters and experienced Sherpa guides

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 outside of Kathmandu are included. Breakfasts and the first night and last night dinners in Kathmandu are also included.

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.

Throughout this trip there will be the opportunity to sample local cuisine, but there will always be an option for more familiar international dishes. All the lodges on this trek have first class chefs and food is prepared to the highest quality. In Kathmandu and in Pokhara, the cities' restaurants are internationally known and it is possible to find restaurants and food items from almost every cuisine in 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

Whilst in Kathmandu the group will stay in 5-star luxury at the renowned Yak and Yeti Hotel which offers a range of first-class facilities including a fitness centre, luxury spa and swimming pool. The Yak and Yeti will assure you of a restful start and finish to your time in Nepal. There is also a night at the excellent Barahi Hotel in Pokhara. Each night on trek we will stay in one of the very pleasant lodges run by Mountain Lodges of Nepal (formerly Ker and Downey properties) which offer comfortable twin or double rooms with attached bathroom and hot and cold running water. All accommodation is on a twin sharing basis. If you are travelling by yourself you will be paired up with another single client of the same sex. Depending on availability, single rooms can be requested at a supplementary cost. Additional hotel nights in Kathmandu can also be arranged.

Internal flights

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 European Commission's list of airlines that are banned from flying into EU member states. 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 at: www.gov.uk/foreign-travel-advice/nepal/safety-and-security. KE is mindful of its duty of care to clients travelling with us in Nepal and we were stakeholders in a recent independent air audit of Nepal airlines undertaken by UK tour operators during 2013. KE uses only three airlines in Nepal which were approved by this audit as safe carriers. These airlines are: Yeti Airlines, Tara Air and Buddha Air. 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.

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

The altitudes on this holiday are not extreme and the maximum altitude attained is no more than the equivalent of a pressurised cabin on an international flight. You may 'feel' the altitude the first time you trek above 2000 metres but all that is required is a slower pace to compensate. You should pay particular attention to your hydration levels while trekking above 2000 metres.

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 using your debit or credit card. During the trek it is possible to buy snacks, chocolate, soft drinks and beer on most days.

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. 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](#).

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](#).

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.

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 an active holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. Although the trekking on this trip is not difficult or sustained, hiking at even moderately high altitude is more tiring than at lower elevations. We suggest that you adopt a weekly exercise regime leading up to your trip. Regular hiking in hill country is the best training but any regular exercise such as jogging or swimming is also good for developing cardio vascular fitness and stamina. Before coming on the trip we recommend that you make time for some longer walks in hilly country. It is also a good idea to do some reading about the culture of Nepal. There are many books on this subject and some are listed below.

Climate

Whilst October to November and March to May have traditionally been considered to be the best times to visit Nepal (either side of the monsoon and neither too hot nor too cold), these seasons can comfortably be extended to include the period from December to February for holidays which do not trek to the really high altitudes. Pre-monsoon (February to May) the best of Nepal's colourful flora is in evidence, with plants such as rhododendron and magnolia in full flower. This is also the main climbing season for the 8000 metre peaks. The post-monsoon months (October onwards) usually offer the clearest skies and the most settled weather. Temperatures in Kathmandu and during the trekking will range from around 18 or 19 degrees Celsius in December/February to between 22 and 27 degrees Celsius in April/May and September/October. In Pokhara it will be a couple of degrees warmer than this. Outside of the summer monsoon, this part of Nepal receives very little rainfall but mountains do produce their own localised weather and short-lived storms cannot be ruled out at any time of the year.

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
- Kathmandu and the Kingdom of Nepal. Prakash Raj
- Insight Guide to Nepal

Maps

Annapurna Adventure Trekking Map - 1:125,000

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 Annapurnas plus Pokhara. This is an excellent map, although 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 trousers
- Baselayer shirts
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Sunglasses
- Water purification tablets
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Washbag and toiletries
- Antibacterial handwash
- Toilet paper (you can also buy this in the lodges)
- Small padlock (to lock your kit bag)
- Small daypack 20-25 litres
- Basic First Aid Kit including plasters, blister treatment, aspirin etc.

The following items are optional:

- Shorts
- Swimwear (for hotel pools)
- Travel clothes
- Trekking poles - see note below
- Warm (down) jacket - see note below
- Camera
- Pen-knife (remember to pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes

You do not need a sleeping bag. Bedding is provided at the lodges.

Before setting off on trek the lodge company - Mountain Lodges of Nepal - will provide some items of gear including a trekking pole, water bottle, rain poncho, hat and scarf. The first 3 of these items you will be required to return at the end of the trip. The hat and scarf you can keep as souvenirs. Additionally, in your room at each of the lodges, you will find other items of gear including down jackets (one size only - large or extra large) which you can use during your stay at that lodge.

The Nepalese can still be 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

This is one of a number of KE holidays in Nepal where we have chosen to use a very good standard of hotel accommodation in Kathmandu (and in Pokhara) as well as arguably the very best standard of lodges available. Your experience of Himalayan foothills trekking can now be enhanced by the comfort of your overnight accommodation.

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