Annapurna and Bandipur Luxury Lodge Trek

Trip Code: ANL

Version:

WALK & TREK	GUIDED GROUP	3 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

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. Whilst here, we have one night at The Old Inn, a hotel in the town, and one night at Three Mountain Lodge where, on a clear day, 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?

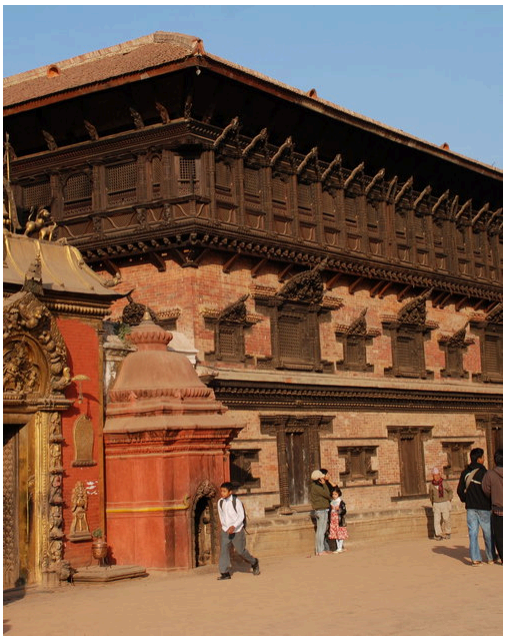
This trekking holiday starts out with 6 days of trekking in the foothills of the Annapurnas. Most days are relatively leisurely, but the second day, from Birethanti to Ghandruk, does involve a long and steady ascent of almost 1000 metres. There follows 3 further days of hiking in the Mahabharat Range on the south side of the Pokhara to Kathmandu highway. The trekking is generally neither difficult nor sustained; most days extend to no more than 4 hours (sometimes spread out over a longer day including stops and visits). 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

Version:

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$1,680 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
- Meals as described in the Meal Plan
- 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
- Some meals as described in the Meal Plan
- 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.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for 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 meals 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.

Food & Water

Drinking 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.

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. At Bandipur we will have one night in The Old Inn, a hotel in the town, and one night at Three Mountain Lodge. 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 2,000 metres but all that is required is a slower pace to compensate. You should pay particular attention to your hydration levels while trekking above 2,000 metres.

Spending Money

Approximately £250 (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 £90 (in rupees) to these tips - although the amount you give is entirely up to you. 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 the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status 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.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

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.

NEW REQUIREMENT - FNMIS - Foreign Nationals Management Information System

The Nepalese Department of Immigration has introduced this system which aims to assist in the tracking of foreign nationals when in Nepal. It is intended to streamline service delivery and to ensure the safety of travellers. It does not collect any additional personal data beyond that which is already obtained through existing immigration procedures.

You are required to download app before travelling. Use the app download links below:

• iOS: https://apps.apple.com/us/app/department-of-immigration/id6749536250

• Android: https://play.google.com/store/apps/details?id=com.govnp.doi

Please Note: The system is not yet operating smoothly and if you have problems accessing the app or making it work, you can travel without it. You will be assisted to register on arrival in Nepal and your details can still be entered manually if necessary at hotel check-in, airport etc..

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

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

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.

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 is 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 before 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. All other nationalities should check their government websites for relevant information.

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 directly 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.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

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.

Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through our international partner. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

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.

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

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

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 09/11/2026 and the trip is subject to change