Poon Hill, Mardi Himal and the Annapurnas

Trip Code: PMH

Version: Poon Hill, Mardi Himal and the Annapurnas

WALK & TREK	GUIDED GROUP	6 MODERATE

HIGHLIGHTS

- Dawn views from Poon Hill of Dhaulagiri and the valley of the Kali Gandaki
- Meeting the Gurung people at mountain villages such as Ghandruk
- Super-scenic trekking on the Mardi Himal Ridge

- Three nights and a full day for sightseeing in delightful Pokhara

AT A GLANCE

- 9 days trekking
- Max elevation 4500 metres
- Join at Kathmandu

ACCOMMODATIONS & MEALS

- All meals included
- 5 nights Hotel
- 9 nights Lodge

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

The ridges and valleys rising towards the Annapurnas from the south provide some of the finest trekking opportunities in Nepal. Terraced farmland, pretty villages and lush forests of rhododendron and fir, set beneath rugged peaks, make this one of the world's special places. There are many picturesque trails and we have picked out the best of them in creating this new trekking holiday. From the laid-back city of Pokhara we trek up to Ghorepani and the fabled dawn viewpoint of Poon Hill (3195m) before dropping down over two days to the natural hot springs at Jinhu Danda beside the Modi Khola, the river flowing out of the Annapurna Sanctuary. From here, we hike up onto the ridge to the east and enjoy several days of great ridge-walking as we approach Machhapuchhre, the sacred and iconic 'Fish Tail' peak. A quite challenging final day up to Mardi Himal Base Camp at 4500 metres, with increasingly spectacular views of the Annapurnas, is just one of the many highlights of this trek. Including a full day for sightseeing in Nepal's laid back, lakeside second city of Pokhara, this lodge-based trek is an exciting addition to our Nepal portfolio.

Is this holiday for you?

Generally, the trekking conditions on this holiday are relatively easy underfoot, following good paths throughout. There are some sections of steep trail through rhododendron forest on the ascent to Forest Camp on the Mardi Himal Ridge and some loose and rocky paths and bare rock sections on the upper part of that ridge. These are straightforward in dry conditions. For the most part, the trekking is straightforward and the itinerary allows for good acclimatisation. You should ensure that you are physically prepared for the trek and comfortable walking 5 or 6 hours each day for several days continuously. The ascent to Mardi Himal West Base Camp at 4500 metres will provide the most challenging day of the holiday. Those wishing to cut short this day can do so in several places without significantly compromising the views. Trekking at altitudes above 3000 metres is tougher than walking at sea-level.

Itinerary

Version: Poon Hill, Mardi Himal and the Annapurnas

DAY 1

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

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

Meals: **D**

Accommodation
Hotel

DAY 2

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

We take a morning flight to Pokhara, with the peaks of the Nepal Himalaya visible through the right-hand window as we travel westwards. Particularly prominent are Manaslu and the Annapurna group as we approach the airport at Pokhara. After lunch the afternoon is free to explore this laid-back lakeside town. Dinner will be taken in a local restaurant.

Meals: **B L D**

Accommodation
Hotel

DAY 3

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

We drive to Nayapul (1060m) and from there set off on our trek, following the Mhodi Khola River on a jeep road to the little town of Birethanti with views of the Fish Tail peak (Machhapuchhre) ahead of us. From here we ascend the valley of the Burungdi Khola, passing through a couple of small settlements

including Hille (1500m). Overnight at Ulleri (2050m), a large Magar village and a place from which many Gurkha soldiers have been recruited over the years.

Meals: **B L D**

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

DAY 4

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

The well-used trail continues relatively steeply with lots of steps as we ascend to Banthanti, before passing through a forest of rhododendron, magnolia and oak to reach the colourful collection of lodges at Ghorepani (2860m) which occupies a notch in a ridge overlooking the Kali Gandaki Valley.

Meals: **B L D**

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

DAY 5

Early morning hike to Poon Hill (3195m) then trek to Tadapani (2630m).

It is a must for those who stay at Ghorepani to make the pre-dawn walk up to the celebrated viewpoint of Poon Hill (3195m) - sunrise on the Annapurnas is an unforgettable experience. This walk will take around an hour. Returning to the lodge for breakfast, we set off eastward on an undulating trail, initially through forest home to grey langur monkeys. We may also get glimpses of the Fishtail Peak through the trees today. Overnight at the hilltop settlement of Tadapani (2630m).

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Lodge	900M	1130M	6 - 7 hrs trekking	12KM

DAY 6

Trek via Ghandruk and down to the Modhi Khola at Jhinu Danda (1700m).

It's largely downhill today, starting out through rhododendron forest with lots of steps on the way to Ghandruk, one of the largest hill villages we will see. Great views of Annapurna South, Hiunchuli and

Machhapuchhre as we continue down to the river through forest and picturesque farmed land to the welcoming natural hot springs pools at Jhinu Danda.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Lodge	350M	1280M	6 hrs trekking	12KM

DAY 7

Jhinu Danda to Landruk to Forest Camp (2450m).

Heading south on forest trails beside and above the Modhi Khola with a couple of suspension bridges to cross, we reach Landruk (1660m) after around 6 kilometres. Here, after stopping for refreshment, we begin the steep climb up onto the prominent ridge on the east side of the Modhi Khola. Stepped paths and dirt trails lead through a lush forest up onto the ridge where we turn toward the north with glimpses of the Annapurnas ahead. Overnight at Forest Camp.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Lodge	1250M	500M	6 hrs trekking	11KM

DAY 8

Trek from Forest Camp to Low Camp (3000m).

We have a couple of short days now as we aim to enjoy the experience of trekking on this atmospheric ridge amongst stands of bamboo and rhododendron, as well as Himalayan fir and oak trees. The views start to open out as the trees thin, with Machhapuchhre again prominent as we reach our overnight lodge at Low Camp. We will get there in time for lunch and have the afternoon free to enjoy the views.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Lodge	560M	10M	3 - 4 hrs trekking	4KM

DAY 9

Trek from Low Camp to High Camp (3530m).

Another not too challenging day, as we continue to ascend the ridge, again through stands of

rhododendrons and fir trees. We pass through the several levels of the ridge-top settlement of Badal Danda. There are some welcoming tea-shops and great views at the upper end of this linear village. After a tea stop, we continue on a good trail with 360-degree panoramic views, and again reach our overnight stop in time for lunch.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Lodge	590M	60M	3 - 4 hrs trekking	5KM

DAY 10

High Camp to Mardi Himal West Base Camp (4500m) and return to Badal Danda (3280m).

We have an early breakfast and make an early start for this longest day of the trek. The route is almost clear of trees now and the prominent ridge narrows, becoming more dramatic, with stepped sections and some straightforward rocky sections. It should take around 4 hours to get to the couple of small tea-shops at the Upper Viewpoint (4200m). It is 2 further kilometres and generally less steep from here to Mardi Himal West Base Camp (4500m). Under clear conditions, free of snow, this return hike will add one and a half to 2 hours to the day's walk - but it's worth it for the increasingly impressive views. We retrace our steps down the ridge to an overnight lodge at Badal Danda.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Lodge	1050M	1300M	8 hrs trekking	14KM

DAY 11

Descend into the valley of the Mardi River. Overnight at Sidhing (1700m).

After an initial hour of descent to Low Camp, we drop down more steeply towards the south-east and into the quiet and quite isolated valley of the Mardi River. We pass from forest and down onto the terraced farmland of a number of small settlements, home to people of the Gurung and Magar ethnic groups. Overnight at Sidhing (1700m).

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Lodge	20M	1600M	5 hrs trekking	9KM

DAY 12

Drive from Sidhing to Pokhara. Hotel afternoon free.

After breakfast at our lodge, we board our 4WD transport for the drive back to the group hotel in Pokhara. We arrive in time for lunch. Afternoon free.

Meals: **B L D**

Accommodation
Hotel

DAY 13

A day for sightseeing in Pokhara

Pokhara is everyone's favourite place in Nepal. A great place to spend some time after your trek. Taking a taxi to Sarangkot for the dawn views, hiking up to the Shanti Peace Pagoda on Anadu Hill and boating on the lake of Phewa Tal are amongst the options for your time here.

Meals: **B L D**

Accommodation
Hotel

Ascent
600M

Descent
1620M

Distance
13KM

DAY 14

Drive back to Kathmandu, arriving in mid-afternoon. Celebratory dinner in a local restaurant.

After an early breakfast, we board our private bus transport for the drive back to Kathmandu. Today's drive will take 6 or 7 hours and we should arrive in Kathmandu by late afternoon. After checking in at the group hotel, we have time to rest and freshen-up, before going out for a celebratory evening meal in one of Kathmandu's finest restaurants.

Meals: **B L D**

Accommodation
Hotel

DAY 15

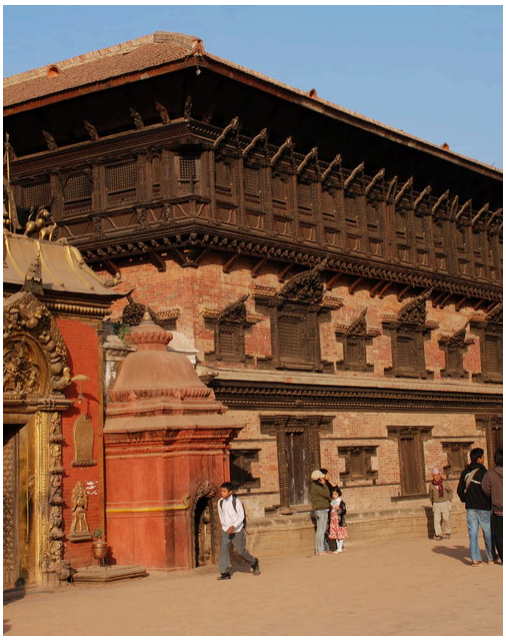
Your holiday ends after breakfast. Transfers to Kathmandu Airport are provided.

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

Meals: **B**

Extensions

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



Kathmandu Tour - Nagarkot and Bhaktapur

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

1 day from
US$175 per person

Chitwan Jungle Extension

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

3 days from
US$1,680 per person

Holiday Information

What's Included

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

What's not Included

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

Joining Arrangements & Transfers

The group will meet at the hotel in Kathmandu.

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

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

Meal Plan

All meals are included from dinner on Day 1 to breakfast on Day 15 of the land Only itinerary.

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.

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.

Breakfasts on trek will generally be a set meal including porridge, bread with jam and/or honey and a small omelette or hard-boiled egg, together with tea or coffee. Lunch will be a set, single-course meal with tea or coffee. Dinner will be a set 3-course meal; soup, main and a simple dessert with tea or coffee. The lodges will typically provide Nepali dishes such as rice and dal, as well as some 'international' dishes like pizza and chips. So that the group can eat dinner together, your trip leader will pre-order the main course, alternating daily between local and international dishes. If you wish to order additional dishes and/or snacks, you should budget accordingly. Boiled drinking water is provided at breakfast, lunch and dinner. Most of the lodges and tea-houses sell snacks, chocolate bars, soft drinks and beer. In Kathmandu and in Pokhara we normally go out to a restaurant for dinner.

Accommodation

In Kathmandu we use a range of excellent hotels including the new and very comfortable 4 star Aloft Hotel. Located in the heart of the city, this hotel offers a range of first-class facilities including fast and free WiFi and a spa and fitness centre. Staying here, you can be assured of a restful start and finish to your time in Nepal. In Pokhara we use the Kantipur or similar, a well respected tourist hotel. Whilst on trek there are 9 nights in lodges/tea houses. Accommodation is arranged on a twin sharing basis where possible (note that some lodges may have only multi bedded 'dormitory' rooms). If you are travelling by yourself you will be paired up with another single clients of the same sex. It is not possible to arrange single room occupancy in lodges. The Nepalese trekking lodges also known as 'tea-houses' are simple, friendly and atmospheric. Far from the nearest roads, they are simple establishments and all consumables have to be brought in by porters or pony trains. Most of these lodges have heated dining areas which are often attractively decorated. Accommodation is basic in unheated rooms with wooden beds and foam mattress. You will need a sleeping bag. The lodges have shared washing and toilet facilities. Some lodges have solar powered showers (charged at $4 - $5 per shower) and battery charging facilities (also charged at a rate per hour). Staying at the lodges is a great way to meet fellow hikers and the locals. For the 5 hotel nights single room occupancy can be booked at supplementary cost. 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. KE only uses airlines in Nepal which have been approved by this audit. We continue to cooperate with other tour operators to monitor aviation safety in Nepal and will ensure we remain a stakeholder in any further air safety audits. While we have taken appropriate action to try to minimise the risks of flying in Nepal, you should be aware that flying in mountainous terrain is not without any risk.

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

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

Group Leader & Support Staff

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

Altitude

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

Spending Money

Approximately £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. Please be aware that since everything has to be carried up, these items become more expensive as you gain altitude.

Guidance on Tipping

Tipping is the accepted way of saying thank you for good service. Normally the porters and any other trek staff are given their tips at the end of the trek and this is best done as a group. Your Nepali tour leader will advise the group on an appropriate level of tipping. Most groups will hand out the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the holiday. As a guide, we recommend that each group member contributes around £100 (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 which will be carried during the trek by porters 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 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

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..

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

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience. You should be aerobically fit and comfortable with walking 5 to 6 hours each day and for several days consecutively. Regular walking in hilly country is the best preparation for a trip of this nature, but running, cycling and swimming are also good for developing better cardio-vascular fitness and stamina.

Climate

October-December and March-May are the best times to visit Nepal. These months either side of the monsoon are neither too hot nor too cold, offering the best conditions for trekking. At either of these periods you will encounter a wide range of daytime temperatures during your trip, from approximately 25ºC in Kathmandu and 30ºC in Pokhara to around 10 to 15ºC at 3000 metres and around 5 to 8ºC at 4000 metres. The 'real feel' temperature in the middle of the day will be much warmer than this in the sun. At night in the rarefied air the temperatures plummet. You can expect to experience overnight temperatures at 3000 metres of around freezing and at 4000 metres of minus 7 or 8ºC. 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 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

- Lonely Planet Guide to Nepal. Lonely Planet
- Rough Guide to Nepal. Rough Guides
- Trekking and Climbing in Nepal. Steve Razzetti
- Field Guide to Birds of the Himalayas. Bikram Grewal
- Portraits of People: Nepal Himalayas. Eric Valli
- Nepal: Lonely Planet Pictorial. Richard I'Anson
- The High Himalaya. Art Wolfe

Maps

Around Annapurna 1:100,000. Nepa Maps

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

Travel Insurance

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

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

Equipment Information

GLT 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 should bring the following items:

- Hiking boots
- Trekking trousers
- Waterproof overtrousers
- Baselayer shirts
- Casual shirt and/or T-shirts

- Fleece jacket or warm jumper
- Waterproof jacket
- Sunhat
- Warm hat
- Sunglasses
- Warm and waterproof gloves or mittens
- 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
- Washbag and toiletries
- Antibacterial handwash
- Small towel
- Toilet paper (you can also buy this in the lodges)
- Selection of dry bags (to keep your kit bag contents dry)
- Daypack approximately 30 litres
- Sleeping bag (comfort rated -10°C)*
- Warm jacket (down)*
- 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).

The following items are optional:

- Travel clothes
- Trainers or similar for lodge use
- Shorts
- Gaiters
- Thermal baselayer - leggings
- Trekking poles
- Microspikes (Kahtoola or similar) footwear traction (see notes)
- Sleeping bag liner
- Pillowcase
- Scarf or buff
- Swimwear (for the hotel pool in Kathmandu)
- 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:

*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.

Footwear Traction. Footwear traction such as the excellent Kahtoolah Microspikes will be helpful if icy or snow-covered sections of trail are encountered.

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 trekking skirt.

Why Choose KE

Why KE

All meals included - the only way to go!Including all meals within our holiday price means that you don't have to worry about the cost of food (at least £30 per day whether in Kathmandu or in lodges). And, you don't have the hassle, three times a day, of having to pay for your food. And, you don't have the extra concern of setting off on trek with a considerable amount of cash in your wallet.

Please Note This document was downloaded on 14/11/2026 and the trip is subject to change