

EVEREST AND ANNAPURNA LUXURY LODGE TREK



The best of Nepal's Everest and Annapurna areas in a single trekking holiday

- While in Kathmandu, stay at Gokarna Forest Resort
- A trekking holiday that shows off each of Nepal's most popular regions
- Exciting mountains flights to Lukla and Pokhara
- Two great treks and the best Everest and Annapurna lodges



Nepal, Trek & Walk, 15 Days

10 nights comfort lodge, 4 nights hotel with swimming pool, 14 breakfasts, 13 lunches, 14 dinners, max group size: 12, 11 days trekking, max altitude - 3840 metres



Introduction

The Everest and Annapurna regions of Nepal have been amongst the world's 'must see' destination for intrepid trekkers for more than forty years. Up until now, a trekking holiday in these spectacular mountain environments involved either camping or staying at basic tea houses. Now it is possible to trek in these famous valleys whilst taking advantage of comfortable lodges with all the modern conveniences of a hotel. The Yeti Mountain Home lodges that we use in the Khumbu and the Ker and Downey lodges on the south side of the Annapurnas each offer spacious rooms which are pleasantly decorated and which have running hot and cold water in their en-suite bathrooms. Best of all, each lodge has been carefully sited to present a magnificent panorama of the Himalaya or surrounding valley from the lodge itself. For those who would like to see both the Everest and Annapurna areas in a single holiday and would also like to do this in comfort, we can wholeheartedly recommend this holiday. The itinerary has been refined for 2017 and now includes 6 days of walking the Everest area, followed by 5 days of rather more leisurely walking in the foothills of the Annapurnas. Travelling to each of these areas by plane adds to the spectacle of this amazing holiday; the flight up to Lukla will live long in the memory and the flight along the chain of the Himalaya to Pokhara shows off the central part of the Nepal Himalaya to great effect. Our trek in the Everest region takes us up to the Sherpa capital of Namche Bazaar, where we have time to explore this thriving town and to visit the nearby villages of Khunde and Khumjung for world-famous views of Everest and Ama Dablam. We also now include a night at the quieter and very traditional Sherpa village of Thame, before returning to Lukla. In the Annapurnas we trek in the foothills north of Pokhara through picturesque villages and with a sublime backdrop of snowy peaks. Here, too, we have added a day of walking and a night at Ker and Downeys La Bee Lodge in Landruk. One final additional element of this refined holiday is the night we now spend in Pokhara at a luxurious resort hotel. Using first class hotel accommodation in Kathmandu and Pokhara and absolutely the best standard of lodge available in each of the areas where we trek, this really is a 'pampered' trekking holiday.

Is this holiday for you?

Generally, the trekking conditions on this Nepal hiking holiday are straightforward, following good paths and local village trails throughout. The maximum altitude reached on the trip is under 4000 metres. By Himalayan standards this is a fairly modest elevation and the altitude issues attendant on a treks to higher elevations should not be of concern to us on this holiday. It should be noted however, that trekking at altitudes above 3000 metres makes greater demands on the body than walking at low elevations, and is of itself challenging even for fit hikers. Our itinerary is well staged and provides for a gradual approach to the higher elevations encountered in the Khumbu section of the holiday. No camping is involved on this trip and we stay each night in well-appointed lodges with en-suite facilities. The trekking element of this trip is neither long nor sustained. However you need to ensure you are physically prepared for the trek. You should be comfortable with walking for 5 to 6 hours each day with the occasional longer day and with daily ascent and descent figures of around 500 to 600 metres. The second part of the holiday in the Annapurna region is lower than the first and the walking days are shorter and easier. This trekking holiday should be well within the capabilities of all active hikers and hill-walkers.

Holiday Itinerary

Day 1: Meet at the group hotel in Kathmandu. Transfers from Kathmandu Airport are provided.

Welcome to Nepal! On arrival in Kathmandu, you will be met at the airport by your representative. They will have YMH signboard if you have booked directly or the logo of travel agent if you are through your agent.

There is a short drive to your hotel. You'll be served with welcome drink and given keys to your rooms. Rest of the day is for you to prepare for the trek.

We have group welcome dinner where you will be introduced to your other members joining the adventure with you. Your leader will brief you on the program. If you have any questions on the trip, it is the right time to ask.

ACCOMMODATION - HOTEL WITH SWIMMING POOL

MEALS - D

Day 2: Fly to Lukla, then trek mainly downhill to the riverside settlement of Phakding (2610m).

An early start for the flight to the high airstrip in the Everest region known as Lukla. This incredible flight is a highlight of the trip, taking us through the Himalayan foothills and offering perhaps a glimpse of Everest as we come into land on the tiny airstrip at Lukla. After meeting our porters for this section of our trip, we will take lunch in the Yeti Mountain Home lodge and then start our trek with an easy, mostly downhill leg, from Lukla to Phakding. This trek takes us through Sherpa villages and individual farms. Many Sherpas now make their living exclusively from trekking and there are many tea-houses and basic lodges where it is possible to stop for a drink. We will also pass by many stones intricately carved with prayers in the evocative Tibetan script, as well as prayer wheels of all sizes. Everywhere in the valley colourful strings of prayer flags flutter from high points and bridges. Dropping down to a trail above the Dudh Kosi (river) we head north to reach our Yeti Mountain Home lodge at Phakding. The elevation at this first night's halt is actually lower than Lukla at 2610 metres.

**ACCOMMODATION
COMFORT LODGE**

ASCENT 270M

DISTANCE 7KM

MEALS - BLD

DESCENT 520M

TIME 3 hrs trekking

Day 3: Trek through farms and villages to Namche Bazaar (3400m).

Leaving Phakding we head north along the west bank of the Dudh Kosi, passing several lodges and tea houses to a high thin waterfall at Benkar (2710m). Here there are sensational views of Thamserku (6623m). Beyond Benkar, we cross the river on a high suspension bridge and continue along the east bank below high cliffs clothed in rhododendron forest. The trail undulates as we negotiate several side valleys bringing melt water from the high peaks. Crossing the Kyashar Khola, we make a final climb to the village of Monjo (2835m) where we pass the entrance to the Sagarmatha National Park. We then have a short but steep descent on stone steps to another suspension bridge where we cross once more to the west bank of the Dudh Kosi. We continue up the wooded valley on a good trail and cross the river again before reaching a confluence of rivers one coming down from Thame and the other from the main Khumbu Valley. We make a final crossing here on a spectacular high suspension bridge and then begin an hour and half long ascent to Namche on a wide switch-back trail. This is the sting in the tail of today's otherwise gentle ascent, and one of the steepest of the trip. About half an hour below Namche, we gain our first views of Everest. On arrival in Namche, we can take a breather in one of the town's coffee shops before finishing off the climb to our Yeti Mountain Home lodge. The location of our lodge is superb giving us a bird's eye view over Namche and across the Valley to the serrated ridges of the Kongde range, while the magnificent peak of Thamserku (6623m) rises as a back drop. Just a short walk away is a classic view of Ama Dablam, one of the most beautiful mountains in all Nepal and of Lhotse and Everest.

**ACCOMMODATION
COMFORT LODGE**

ASCENT 1000M

DISTANCE 10KM

MEALS - BLD

DESCENT 200M

TIME 6 – 7 hrs trekking

Day 4: At Namche Bazaar. Optional day-walk to Khumjung and Khunde for views of Everest.

Namche Bazaar is tucked away between 2 ridges amongst the giant peaks of the Khumbu. An ancient market place where goods from as far away as Tibet were and still are traded, Namche today boasts an abundance of lodges, cafes, bars and souvenir shops. Close to our lodge is the internationally known Museum of Sherpa Culture and the traditional villages of Khunde (3840m) and Khumjung are a highly recommended half-day excursion.

We spend a second night at our lodge in Namche Bazaar.

ACCOMMODATION COMFORT LODGE	ASCENT 500M	DISTANCE 8KM
MEALS - BLD	DESCENT 500M	TIME 5 hrs trekking

Day 5: Trek above the BhoteKoshi River via Phurte and Thamo to the Sherpa settlement of Thame (3820m).

After breakfast at our lodge we start the day with a 2 to 3-hour walk through forest of spruce, juniper and pine to the village of Thamo. This trail is much less used by trekkers and we will immediately notice the difference. It is, however, an important trail which leads all the way to Tibet via the Nangpa La on the shoulder of Cho Oyu (8012m). On today's trek we are likely to see few other trekkers. We stop for our lunch in Thamo which is the home village of the Ang Rita Sherpa, who has summited Everest 10 times without oxygen. After lunch, we continue walking for another 2 hours to arrive at a deep gorge where the Bhote Koshi River thunders through the narrow defile. We cross a sturdy bridge spanning the gorge to reach Thame (3800m). This important village is the home of many famous mountaineers including Tensing Norgay the first man to reach the summit of Everest along with Sir Edmund Hillary. Apa Sherpa who has reached the summit at least 18 times lives here now. The village is very picturesque and also has a magnificent 16th century Nyingmapa gumpa (monastery) built by Lama Rolwa Dorje. We check into our deluxe rooms with breathtaking views of Thamserku and Kusum Kanguru.

ACCOMMODATION COMFORT LODGE	ASCENT 650M	DISTANCE 13KM
MEALS - BLD	DESCENT 350M	TIME 6 hrs walking

Day 6: Trek back down to Namche Bazaar and onwards beside the Dudh Kosi to Monjo.

We retrace our steps to the Sherpa capital of Namche Bazaar with great views of the Khumbu peaks ahead of us. We have lunch at Namche before continuing our descent, steeply at first, to Monjo where we check in at the Yeti Mountain Home lodge.

ACCOMMODATION COMFORT LODGE	ASCENT 450M	DISTANCE 18KM
MEALS - BLD	DESCENT 1350M	TIME 7 hrs trekking

Day 7: Trek back to Lukla, with the afternoon free to explore this thriving airstrip settlement.

With a chance to take in all of the views that were behind us on the way up, we now walk back to Lukla. The prominent mountain of today is Kusum Kanguru which is prominent from this direction. Descending to ever more lush environs, we walk through several villages before making a final short but steep climb to the airfield at Lukla where we check in at the Yeti Mountain Home lodge. There should be some free time to explore this thriving settlement before returning to our lodge for dinner. This evening we will say goodbye to the trek crew who have been looking after us in the Khumbu.

ACCOMMODATION COMFORT LODGE	ASCENT 500M	DISTANCE 13KM
MEALS - BLD	DESCENT 500M	TIME 6 hrs trekking

Day 8: Fly via Kathmandu to Pokhara. Then transfer to the roadhead and trek to Birethanti (1025m).

We will be up early today to catch the spectacular flight back to Kathmandu. Here we connect with the 30 minute flight to Pokhara. This equally 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 new local team, 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 Ker and Downey Sanctuary 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 Birenthanti (1025m). Alternatively, you can rest at the lodge and do a bit of local exploration.

ACCOMMODATION
COMFORT LODGE

TIME 3 hrs trekking

MEALS - BLD

Day 9: Trek beside the Modi Khola to Landruk (1565m). Optional afternoon guided village tour.

After breakfast at the lodge, we have a pleasant morning of trekking alongside the Modi Kola (the river that flows out of the Annapurna Sanctuary). There are great views ahead of us of the Annapurna peaks and of the sacred 'Fish Tail' peak. We cross a suspension bridge to the opposite side of the river and from here it's about an hour's trek on a combination of a switchback trail and stone steps to reach the village of Landruk (1565m). Landruk affords more glorious views of the Annapurna range. We arrive at the Ker and Downey La Bee Lodge in time for lunch. After lunch, there is the option to accompany the guide on a sightseeing tour of this pretty mountain settlement.

ACCOMMODATION
COMFORT LODGE

TIME 4 hrs trekking

MEALS - BLD

Day 10: 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 Ker and Downey Gurung Lodge near to Majhgaon 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.

ACCOMMODATION
COMFORT LODGE

TIME 4 hrs trekking

MEALS - BLD

Day 11: 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 Ker and Downey Basanta 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.

ACCOMMODATION
COMFORT LODGE

TIME 4 hrs trekking

MEALS - BLD

Day 12: 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, where we check in at a luxurious resort hotel. The afternoon is free for independent exploration of this friendly, lakeside town, before returning to the hotel for dinner.

ACCOMMODATION**HOTEL WITH SWIMMING POOL****MEALS - BLD****Day 13: Fly to Kathmandu. Afternoon free to relax by the pool or to do some independent sightseeing.**

We take the morning flight to Kathmandu. One of the attractions of any visit to Nepal is the chance to walk the streets of Kathmandu, which presents a fascinating mosaic of shops, cafes and restaurants, food markets and street vendors, as well as a bewildering array of colourful temples and shrines. This evening we will have a dinner in one of Kathmandu's excellent restaurants.

ACCOMMODATION**HOTEL WITH SWIMMING POOL****MEALS - BLD****Day 14: A free day in Kathmandu.**

Today we have a day, free to relax in the hotel gardens or beside the pool, or for further independent sightseeing. One of the attractions of any visit to Nepal is the chance to walk the streets of Kathmandu, which presents a fascinating mosaic of shops, cafes and restaurants, food markets and street vendors, as well as a bewildering array of colourful temples and shrines. Kathmandu is a very safe city (provided you watch out for the traffic) and exploring on your own is great fun. This evening we will have a celebratory dinner to mark the end of a most excellent trip.

ACCOMMODATION**HOTEL WITH SWIMMING POOL****MEALS - BLD****Day 15: Departure day. Transfers to Kathmandu Airport are provided.**

Transfers to Kathmandu Airport are provided for international flight.

MEALS - B

Holiday Information

Cost per person : US \$ 3450.00 (Minimum 2 person)
Single Room Supplement : US \$ 870.00

What's Included

- An English-speaking local leader
- Kathmandu Airport transfers
- Internal flights and all land transport included in the itinerary
- 3 night accommodation in Gokarna Resort on B/B Basis/ Twin Sharing
- 6 night accommodation in Yeti Mountain Home on F/B Basis/ Twin Sharing
- 4 night accommodation in Ker and Downey Resort on F/B Basis/ Twin Sharing
- 1 accommodation in Temple Tree Resort and Spa on B/B Basis/ Twin Sharing
- Meals as per the program
- Once 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.

Food

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 trained chefs and food is prepared to the highest quality. In Kathmandu the city's restaurants are internationally known and it is possible to see a restaurant or dish from almost every cuisine in the world.

Meal Plan

All meals are included as per the itinerary.

Joining Arrangements & Transfers

All clients travelling to Kathmandu will be met at the airport by your local representative who will arrange the transfer to the group hotel. Clients MUST provide full details of their flights and should let us know if Kathmandu Airport transfers are not required. Hotel contact details and an emergency number will be provided with your booking confirmation.

Accommodation

While in Kathmandu the group will spend 3 nights at the original Gokarna Forest Resort, While on trek we will have a total of 9 nights in Yeti Mountain Home Lodges, where we stay in comfortable twin or double rooms with attached bathroom and hot and cold running water. While the lodges we use in the Khumbu are vastly superior to standard lodges (which generally do not have running hot water and use shared washing rooms and toilets), they are never-the-less remote. All furnishings fittings and equipment have to be carried long distances by porters. You should therefore not expect the standards that can be achieved in luxury accommodation in the city. 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

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.

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 and 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 alternative arrangements must be made if internal flights are cancelled for a subsequent day. 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. Helicopters can sometimes fly when the scheduled fixed wing aircraft cannot. If your group is offered the opportunity to use a chartered helicopter, either flying up from or back to Kathmandu, the cost will be shared between those choosing to take this option. In the extremely unlikely event that flight cancellations cause you to miss your homeward international flight, local agents will render all assistance, but cannot be held liable for any extra costs incurred. We advise you to take out suitable insurance and to keep your receipts, as you may subsequently be able to make a claim.

Group Leader & Support Staff

The group will be accompanied by an experienced English-speaking local tour leader. There will also be a local crew including additional Sherpa guides and porters for luggage carrying.

Spending Money

Approximately £250 (or equivalent in US dollars, Euros etc.) changed into local currency, should be allowed for miscellaneous expenses including those itemized below. It is not necessary to obtain local currency prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange 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. It is also 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, beer and wine on most days. Please be aware that since everything is 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. Tips do not form part of the wages of your trek crew but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. Normally the tips are given at the end of each trek and this is best done as a group. The group should decide together on the level of tipping but as a rough guide, we suggest that a contribution from each group member of around US dollar 100 - 150 (depending on the number of member in the group) to a tip pool should provide for adequate tips to your local staff. At the end of a trek many people also like to donate various items of their equipment to the porters and trek staff who work so hard to make the trip a success. If you think you would like to donate equipment at the end of your trip, your local trip leader will make arrangements for a fair distribution among the trek crew.

Baggage Allowance

Your baggage on trek will be carried by porters or pack animals. The packed weight of your trek bag whilst trekking should be no more than 15kg (33 pounds). For all flights to and from STOL airstrips in Nepal, the maximum allowance for hold baggage AND hand baggage combined, is 15kg. It is essential you keep the total weight of your baggage within this limit. This weight allowance is normally strictly enforced and excess baggage will be charged. Please be aware that you will have to pay for this at check-in. It is possible to leave clothes or other items not required on trek at the group hotel.

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.

Group Size And 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

A passport with 6 months remaining validity at the end of your stay is generally required. Please check the relevant embassy or consulate for other nationalities. It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Visa requirements and charges are subject to change without notice. If you are travelling outside the EU you should have at least 2 blank pages in your passport for each country that you visit.

Transit Via India

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.

Visa Nepal

All nationalities require a visa. The visa fee is \$25 for 15 days, \$40 for 30 days, \$100 for 90 days and is obtainable on arrival. Payment must be made in cash and USD, GBP or Euros are accepted. You will require 2 passport photos.

Trekking Permits – What Do We Need From You ?

For treks in the Everest region 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.

Health & 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 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.

Currency

The unit of currency in Nepal is the Nepalese Rupee.

Electricity Supply & Plug

We recommend you check if you require an adaptor for your electrical items at: _

<http://www.worldstandards.eu/electricity/plugs-and-sockets/>

Preparing For Your Trip

It makes a lot of sense to spend some time before coming on a trekking holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. Although the trekking on this trip is not difficult or sustained and is mostly on well-maintained trail, hiking at altitude is more demanding than similar terrain 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, squash and 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.

Climate

The months of March to May and October to December either side of the summer monsoon season offer the best conditions for trekking. The post-monsoon months usually offer the clearest skies and the most settled weather while late spring brings the blooms of the rhododendron. In both seasons you should expect pleasant daytime walking conditions, even getting a little hot around mid-day. Above 3000 metres once the sun goes down (around 5.30 pm) the temperature plummets dropping close to freezing or even below beyond November. A selection of layers is the best option for dealing with the range of temperatures you will encounter.

Books

- Lonely Planet Guide to Nepal. Lonely Planet
- Rough Guide to Nepal. Rough Guides
- Trekking and Climbing in Nepal. Steve Razzetti
- Everest: A Trekkers Guide. Kev Reynolds. Cicerone
- Into Thin Air. Jon Krakauer
- The Climb. Anatoli Boukreev
- The Ascent of Everest. John Hunt & Edmund Hillary
- Sherpas & Himalayan Mountaineering. Sherry Ortner
- A History of Nepal. John Whelpton
- Field Guide to Birds of the Himalayas. Bikram Grewal

Maps

Annapurna Base Camp. 1:50,000. Nepa Maps

If you would like to follow the route as you trek, this is a good scale map made by local publisher Nepa. It has with contour interval at 40 metres. This is the definitive map for the Annapurna Sanctuary trek and covers the route of our first trek.

Flight Information

Flight Inclusive Notes

While your domestic flights are pre booked and included with the program, we will be happy to assist you with the international flight booking. The international flight however incurs extra charges and is not included in the price.

Land Only Notes

Clients making their own flight arrangements, Kathmandu Airport is the most convenient for transfers to the group hotel. Please refer to the 'Joining arrangements & transfers' for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation.

We hope that this trip notes has answered most of your questions.

Please feel free to contact us and speak to one of our experts.



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 trek bag while trekking should be no more than 15 kgs. For all flights to STOL airstrips in Nepal, the maximum allowance for hold baggage AND hand baggage combined, is 15 kg. It is essential you keep the total weight of your baggage within this limit. Paying for transportation of excess baggage is not normally an option on these flights. It is possible to leave clothes or other items not required on trek at the group hotel.

You Must Bring The Following Items:

- Hiking boots
- Socks
- Trekking trousers
- Waterproof overtrousers
- Underwear
- Baselayer shirts
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Sunhat
- Warm hat
- Sunglasses
- Warm gloves or mittens
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x2
- Washbag and toiletries
- Antibacterial handwash
- Selection of dry bags (to keep trek bag contents dry)
- Small padlock (to lock trek bag)
- Daypack 20 - 25 litres
- Basic First Aid Kit including: plasters, blister treatment (e.g. compeed), and pain-killers

The Following Items Are Optional:

- Down jacket (recommended - evenings can be chilly)*
- Trekking poles (recommended)

- Trainers or similar (for use in the lodge)
- Spare laces
- Shorts
- Gaiters
- Scarf or buff
- Travel clothes
- Camera
- Penknife (remember to pack sharp objects in hold baggage)
- Repair kit – (eg. needle, thread, duct tape)

Notes

*All the lodges are heated but if you wish to spend time outside in the evening you will require an extra layer. This is optional. Down jackets can be hired through KE. Bedding and towels are provided at the lodges

The Nepalese are still traditional and conservative in the way they dress. Therefore to avoid embarrassment on both sides we recommend that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach to just above the knee and be modest and for women it is preferable to wear trousers or a long skirt.

Fixed Departure Dates for this trip

- | | |
|---------------------------------------|----------------------------------|
| 1. Start: 24 th Feb 2019 | End: 10 th March 2019 |
| 2. Start: 09 th March 2019 | End: 23 rd March 2019 |
| 3. Start: 31 st March 2019 | End: 14 th April 2019 |
| 4. Start: 15 th Sept 2019 | End: 29 th Sept 2019 |
| 5. Start: 01 st Oct 2019 | End: 15 th Oct 2019 |
| 6. Start: 22 nd Oct 2019 | End: 05 th Nov 2019 |
| 7. Start: 05 th Nov 2019 | End: 19 th Nov 2019 |
| 8. Start: 18 th Nov 2019 | End: 02 nd Dec 2019 |