

Annapurna Trekking Experience

With Chitwan Extension Option

Information and itinerary



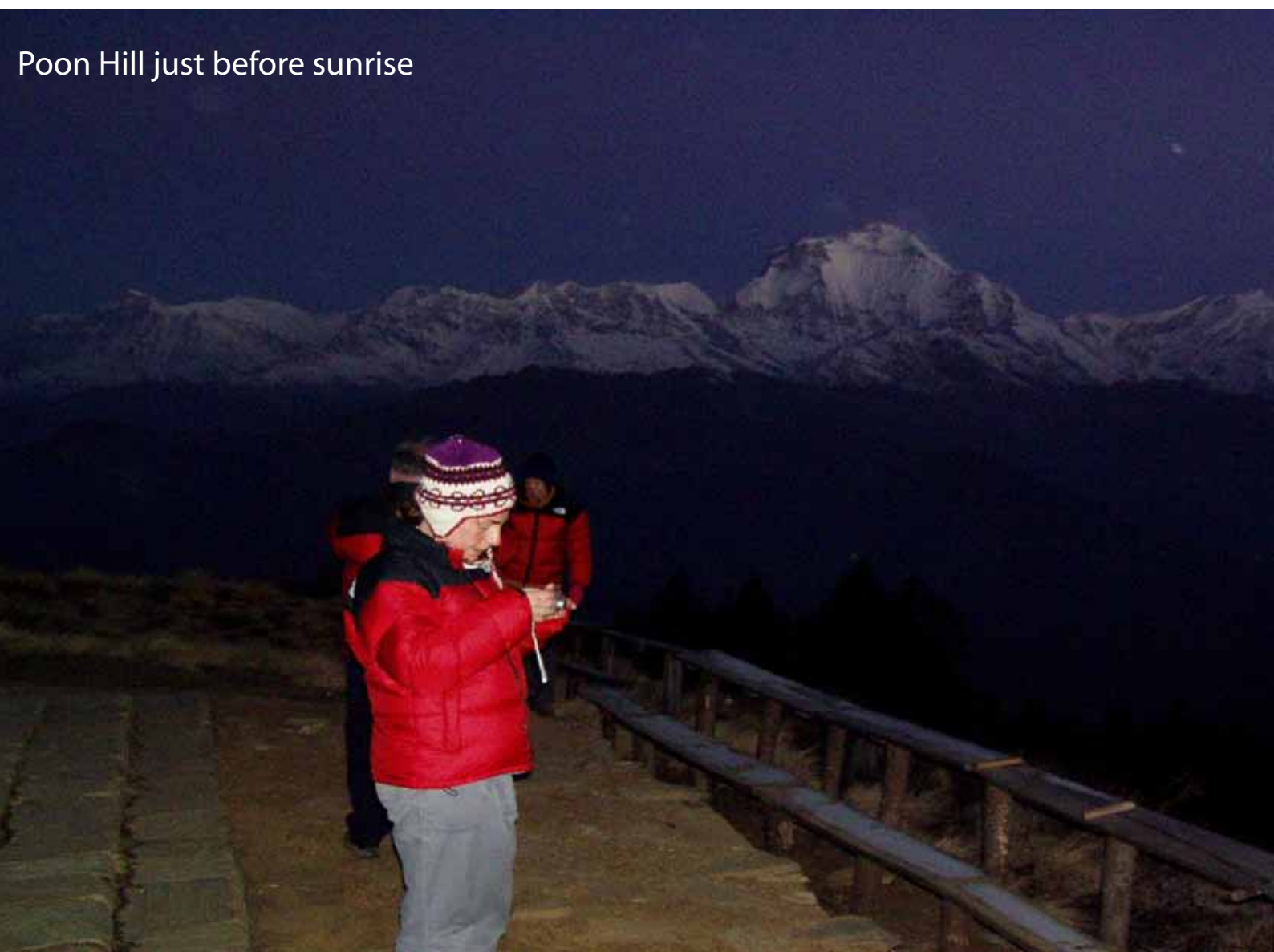
The lower Annapurna region is a superb weeks trek.

Working rural villages in amongst the towering white peaks are a prominent feature of this area.

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Poon Hill just before sunrise



Introduction

Of all the trekking regions that Nepal offers, the lower Annapurna region is arguably the best, ticking all of the boxes regarding variety, stunning scenery, challenges, rural life and flexibility.

Why choose Annapurna?

It is generally lower in altitude (and therefore less problematic), it is greener, full of rural life and has flexible trekking options. It also has the advantage of having Pokhara as its base. It is far better suited to families too.

Within 2 weeks (UK - UK), you can fit in an excellent 7 day trek, two nights in Pokhara as well as four nights in Kathmandu. For an overall experience, it is difficult to beat.

Your adventure starts in Kathmandu when we pick you up from the airport and transfer you to your hotel. You then have about 36hrs to explore this bustling city before you are driven to Pokhara. Your trek starts about 45mins driving time from Pokhara.

This trek begins with a half day walk to either Damphus or Pothana; even at this early stage the views of the Annapurna Massif are superb.

The second days trek to Landruk demonstrates the extent of the hill terracing that these farming people have made for themselves over decades; it is huge. A favourite village for many, the views from here extend up and down the valley as well as up to Ghandruk and beyond.

Trekking here can be tough at times, the terraced hillsides mean that there are a lot of steps but taken at a leisurely pace with plenty of stops, you soon find yourself climbing steadily.

On day 3 you will encounter some more serious ascents on the way to Chomrung. This sprawling village sits high above the valley floor, affording excellent views across to Sinuwa, which marks the entrance of the gully that leads up to the Annapurna Base Camp (maybe next time!).

Tadapani is your next stop and you may well see colonies of grey monkey who live in the thick rhododendron forest that dominates this area. If you travel here in late March/early April, you should see the rhododendrons in full bloom (well worth seeing).

Ghorepani is the highest village that you will sleep in (2900m) and it marks the high point of 5 days of general ascent and is also the gateway to Poon Hill.

At 3200m, this hilltop needs a pre-dawn ascent to obtain the superb sunrise photographic opportunity of not only the Annapurna's but the Dhaulagiri range too. Both ranges contain mountains that are in the top ten biggest in the world (and are easily visible).

After breakfast back at the lodge, it is a day of descent that will take you down to Ulleri at least. You may extend further than this depending on how the group is feeling.

Your final day will be no more than 3 hrs as you reach Naya Pul. Your transport will be waiting for you to transfer you to your hotel in Pokhara. Enjoy a relaxing night in this chilled out lake side town. Depending on your flight time, you will have some time in the morning too before your 30 min flight back to Kathmandu.

Your remaining time in Kathmandu can be used as you wish before your flight back to the UK.

Details
Duration: 13 days UK - UK
Min/Max pers: 2/12
Max altitude: 3200m/10498ft
Accommodation on trek: tea houses (no camping)
Dates: See website
Cost (2012): £760
Add a Chitwan extension? See page 8 for details
Our trips formally begin and end in Kathmandu

When to go
In general terms:
Mar – May Sep – Nov
Although it is possible to trek throughout the year. Ask for details.

Travel and Trek is a truly independent company specializing in adventure trekking and touring. We pride ourselves on the personal touch and whether you are travelling solo or in a big group, we can adjust itineraries to suit you.

Important information

Costs

Costs are based on 2 people sharing and are per person (singles see below)

Fully Bonded

Your money is safe. We are protected by Insurance Passenger Protection (IPP), which protects YOU against OUR insolvency.



Trek Dossier

On booking, you will receive a comprehensive Trek Dossier, which includes:

- Clothing and equipment list
- Medical notes (including vaccination requirements)
- Notes on trekking at high altitude
- Notes on safe drinking water
- Money saving tips for buying kit in Nepal
- What to do on arrival in Nepal
- Visa application form (including what to do)
- Food, money and lots more...

Airport arrivals

We pick you up on arrival and transfer you back on departure.

Passports

Passports should be valid for a minimum period of 6 months on the date on entry into Nepal (source: Nepal Embassy, UK)

Tourist Visa

A tourist visa is required for UK Nationals. This can be done on entry into Nepal or prior to departure. Full details provided on booking including the visa application form if required.

Itineraries

Day 1 of your itinerary is deemed to be your departure day from the UK.

Hotel Accommodation

Our hotels are of 3* standard or higher with very friendly staff to attend to your every need. Our costs are based on a B&B basis, twin share. All rooms are en suite. If you wish to use a higher grade hotel, then please ask us for details.

Accommodation on Trek

Unless you are climbing a trekking peak such as Island Peak, your accommodation will be in tea houses on a B&B, twin share basis.

Singles

Travel and Trek does not believe in penalising single travellers unnecessarily. If you are a single traveller and do not request sole occupancy of a room, you will be accommodated with another member of the group of the same sex. If there is an odd number travelling and you happen to be the odd one out

then you will be allocated sole occupancy at no extra cost. If you do request sole occupancy throughout all or part of the trip, then you will be made aware of the supplement.

Extended Stays

You are free to extend your stay in Nepal with extra days before or after the trek. Travel and Trek can assist you with accommodation if you wish or you are free to make your own arrangements.

Our Guides

Our Nepalese Guides work solely for us and are paid 12 months of the year; not just when they trek. They are all qualified, licenced, English speaking Guides with a wealth of experience and knowledgeable.

Fitness

The perception that you have to be super fit to even trek in Nepal is not true. A reasonable level of fitness based on the ability to walk at your own comfortable pace for 5 - 7 hrs a day (with rest stops), for several consecutive days carrying a day sack weighing approx 5kg is all that is required. If you are in any doubt about whether you are fit enough, please consult Travel and Trek prior to booking.

Clothing and equipment

This information is part of the Trek Dossier and is provided on booking.

Medical/Vaccinations

You are advised to consult your GP if you are in any doubt about your physical condition to undertake your chosen trek. Whilst we do provide information on vaccinations, you should also seek professional advice on what vaccinations you require for Nepal and other locations should you have an extended trip. For planning purposes you should need: Hep A, Typhoid, Tetanus, Polio and Meningitis.

Continued overleaf...

Expert Help

If you have any queries in the planning stage of your trip, call our experts on 01476 562763 or 07725 943108

Altitude Sickness

Formally known as Acute Mountain Sickness (AMS), Travel and Trek has produced a 'Guide to Trekking at High Altitude', which can be downloaded from the website. If you wish to discuss it personally, please call the Travel and Trek office; our experienced staff will be happy to answer any questions that you may have.

Local Payments

Travel and Trek does not charge any local payments.

Travel Insurance

It is absolutely vital that you have adequate travel insurance. See separate page.

How To Book

- Complete the booking form (downloadable from the website) and return it with a deposit of £150 pp.
- Booking forms can be completed electronically and returned as an attachment to an e-mail.
- Details of payment options are on the booking form.
- Balance payments are due 10 weeks prior to departure.



Trip inclusions and exclusions



Inclusions

- Return international airport transfers
- Hotel accommodation in Kathmandu, total 3 nights on a twin share, B&B basis
- Hotel accommodation in Pokhara, total 1 night on a twin share, B&B basis
- Lodged accommodation throughout the trek, including breakfasts
- Domestic flight Pokhara to Kathmandu
- Transfers for domestic flights
- Annapurna entry permit and TIMS certificate (compulsory for all trekking in Nepal)
- Services of an English speaking Nepali Guide throughout the trek
- Porterage
- Comprehensive Trip Dossier

Exclusions

- International flights
- Domestic airport departure taxes (approx £4 return)
- Nepal Tourist visa
- Personal spending
- Staff gratuities, advice will be given if required
- Personal travel insurance
- Food, except breakfasts

Itinerary

1 Depart UK

Our trips formally begin and end in Kathmandu but we can assist you with advice on the best flight routings for your circumstances if you require it.

2 Arrive Kathmandu

You will be collected by our Representative and transferred to the hotel (25 mins), which is perfectly placed in the heart of the city. You are then free to settle in and explore your vibrant surroundings. Our friendly staff are on hand to provide any advice or assistance.

3 Free Day

Meet your trekking Guide for a brief and timings for tomorrow

Final preparations for trek

Pre-arranged cultural tour of Kathmandu (optional), with exclusive transport and Guide or choose to roam as you please.

4 Drive to Pokhara - Phedi, begin trekking

Potential early start for your drive, initially to Pokhara and then onto Phedi, which is the start point of the trek.

The drive is ~6 hrs in your own exclusive transport. You will either trek to Damphus (2hrs) or to Pothana (3hrs).

5 Trek to Landruk

Trek up to the small village of Deurali (potential tea stop) before descending steeply for 40 mins or so. From here, you will contour round for several hours to the lovely village of Landruk. Cracking views up and down the valley. ~5hrs.

6 Trek to Chomrung

An easy start downhill and along the river to New Bridge. From here, it is a decent climb up to the lunch stop of Jinhu.

Rest well for it is a solid 90 min ascent up to Chomrung from here! It's worth it though for Chomrung sits perfectly above the valley floor overlooking the entrance to the gully that leads up to the Annapurna Base Camp. ~6hrs.

7 Trek to Tadapani

Today is a trek of two halves; a glorious trek down to a major river crossing followed by a very stiff ascent up to Tadapani.

You may be rewarded though as the last hour or so is through thick Rhododendron forest; prime country for the Grey Monkey. Keep a look out for them. Tadapani is a great little village with a very small trinket market run by Tibetans; worth a look. ~5hrs

8 Trek to Ghorepani

The first hour is spend descending and re-ascending a small steep sided valley. Once through this, you will be following a stream up through a thick Rhododendron forest; fantastic when in full bloom.

You will continue to ascend gently for several hours until you stop for tea at one of the two villages just before the ridge.

The views from the ridge are really good. You will be able to see many Himalayan peaks as well as Ghorepani itself, all blue roofs just below you (45mins descent).

Ghorepani has many routes converging on it and therefore larger than most. ~6hrs.

9

Trek to Ullerie

Up before dawn and trek the 45mins up to Poon Hill (3200m) to catch the sunrise over the Annapurnas. This is an excellent photographic spot as well as being able to see two 8000m peaks (both top ten in the world). Back to your tea house for breakfast.

Predominantly downhill leg today to the village of Ulleri (and perhaps beyond), which lies on a very big and steep bank.

You could extend today's trek if you wished to reduce the trek to the finish tomorrow. 5—6 hrs.

10

Trek to Naya Pul, drive to Pokhara

Easy few hours down to Naya Pul through Birethani. Your transport will be waiting for you there to transfer you to your hotel in Pokhara.

Time to relax and explore Pokhara.

11

Fly to Kathmandu

Depending on your flight time, you will be transferred to the local airport for your flight back to Kathmandu.

You will be collected on arrival in Kathmandu and transferred to the hotel. Remainder of the day is free.

12

Departure

Depending on your international flight arrangements, you will be transferred to the international airport for your flight home.

Why not extend your stay in Pokhara?

Pokhara is a vibrant lake side town and very different to Kathmandu.

For the more adventurous, there are opportunities to Paraglide, microlite, mountain bike, paddle out on the lake itself or simply chill out in one of the many road side cafes and bars.

We use the excellent 4* hotel Barahi (it has a lovely swimming pool), which is just a few minutes from the centre of Pokhara.

Additional nights costs just £55 per room on a twin share, B&B basis.

Royal Chitwan National Park

Why not add a few days onto your itinerary and visit Chitwan?

Any trip to Chitwan would enhance your experience of Nepal.

Reputed to be one of the best in Asia, this large park is the natural home to over 500 rhino, 80 Bengal tigers, leopards, elephant and over 450 types of bird.

The Park is located between Pokhara and Kathmandu on the southern Nepal/Indian border and has easy access by road and domestic flight. We recommend a 2 night, 3 day stay here; a good 36 - 48 hrs on the ground in order to get out in the vast wilderness on the incredible elephants that carry you. These massive and well trained beasts meander their way through the jungle, the rivers, the high bamboo and grassland almost effortlessly; giving plenty of time to use your camera to capture the wildlife.

Inclusions

- Road transfer Pokhara - Chitwan
- Hotel accommodation in Chitwan, total 2 nights on a twin share, full board basis
- Domestic flight Chitwan (Bharatpur) - Kathmandu
- Road transfer Chitwan to Chitwan domestic airport
- Collection at Kathmandu domestic airport and transfer to hotel
- All jungle activities

Exclusions

- Domestic airport departure taxes (approx £2)
- Personal spending
- Staff gratuities, advice will be given if required
- Personal travel insurance

If you add Chitwan to your trip, this is the adjusted itinerary.

11

Transfer from Pokhara to Chitwan by road

After breakfast, transfer to Chitwan by road.

This journey takes you onto the southern Nepal border with India.

You will be made most welcome, allowed to settle in prior to an evening meal.

Your Guide may brief you on tomorrow's activities

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Full day jungle activities

It will be an early start; a dawn safari into the jungle.

On the agenda today is likely to be a visit to the elephant orphanage, visiting the home of the working elephants, a dug out canoe paddle down the Bagmati river, visiting a local village and more. It does vary.

13

Transfer to Kathmandu by air

After breakfast, you will be transferred to the local airport for your domestic flight back to Kathmandu.

You will be met and transferred back to the hotel.

The remainder of the day is free.

14

Departure

Depending on your international flight arrangements, you will be transferred to the international airport for your flight home.

Details

Duration:
3 day extension, although it adds just 1 day to your overall trip.

Accommodation: Hotel

This cost includes the trek as described in this document and is for a min of 2 people on a twin share basis:

Cost (2012): £940



Travel Insurance

It is absolutely essential that you have adequate travel insurance. Be truthful to your insurance company about precisely what activities you are undertaking and to what altitude (max). Failure to do that may invalidate your policy.

To fly a patient back to the UK under any form of medical supervision (ie on a stretcher) is estimated to cost well in excess of £10,000.

In terms of activities for insurance purposes, you are trekking not climbing. You are not using any form of specialist safety or climbing equipment.

This Foreign & Commonwealth Office link is a useful reference and recommended read:
<http://www.fco.gov.uk/en/travelling-and-living-overseas/staying-safe/travel-insurance/>

So What Happens If I Have An Accident?

If you have an accident that requires professional medical help, your Guide and his staff will get you there as quickly as possible.

Should your injury or illness be serious enough to warrant a helicopter rescue, your travel insurance company will be contacted to handle that.

In either case, you will be taken care of by the local medical facility/hospital.

Please note that it is wise to carry some form of emergency funding to cover such situations as on some occasions, you may have to pay for services yourself prior to the travel insurance assistance kicking in. It is a good idea to carry a credit card.

Note

If you require a helicopter and do not have insurance or cannot pay with a credit card on the spot the helicopters will not take off from Kathmandu or Pokhara.

A Little Preparation May Save Your Life

Some insurance companies provide a very handy credit card sized card with all of their contact details on it. If your company does not, then try using this very handy website Ucardit.co.uk. Travel and Trek clients get a 10% discount.

For about £5 (including P&P), you get a virtually indestructible credit card sized card with all of your important information on it. You can either use one of three pre-designed Travel and Trek cards or design your own. An example is shown below. You can literally put whatever you want on it from flight details, mobile numbers, addresses, insurance details, etc...

To try it, go to the Home page, click 'Travel'. Then scroll down, bottom left, click on the 'Travel and Trek' banner and either use a branded template or design your own. These are example cards from the website (not full size).

