

Annapurna Circuit & Mustang trek

Phone: +64 6 356 7043 or Mobile: + 64 (27) 356 7043
 Email: ann@trekkingadventures.co.nz

Annapurna Circuit & Mustang trek – 33 days

Trip Code: T4W 250

Grade: Challenging

Starts: Pokhara

Group Size: max of 12

Ends: Pokhara

Trip Overview	Highlights
<i>Day 1 Kathmandu</i>	<ul style="list-style-type: none"> • <i>Views on flight to Pokhara</i>
<i>Day 2 fly to Pokhara</i>	<ul style="list-style-type: none"> • <i>Buddhist Monasteries</i>
<i>Day 3 Drive Pokhara – Chamche & trek to Tal</i>	<ul style="list-style-type: none"> • <i>Rhododendrons (in season)</i>
<i>Day 4 Trek Tal - Danaque</i>	<ul style="list-style-type: none"> • <i>Ascend to Thorung La, Taklam La, Yamda La, Nyi La, Lo La, Pang La</i>
<i>Day 5 Trek Danaque - Chame</i>	<ul style="list-style-type: none"> • <i>Muktinath Temple complex</i>
<i>Day 6 Trek Chame – Lower Pisang</i>	<ul style="list-style-type: none"> • <i>Mt Macchapuchhare (fishtail Mountain)</i>
<i>Day 7 Trek Lower Pisang – Manang</i>	<ul style="list-style-type: none"> • <i>Ancient town of Kagbeni</i>
<i>Day 8 Manang – Acclimatisation day</i>	<ul style="list-style-type: none"> • <i>600 year old city of Lo Manthang</i>
<i>Day 9 Trek Manang – Yak Khaka</i>	<ul style="list-style-type: none"> • <i>Horse hire for a size trip from Lo Manthang to the Jong caves on our rest day</i>
<i>Day 10 Trek Yak Khaka – Thorung Phedi</i>	<ul style="list-style-type: none"> • <i>A visit to the 1200 year old Ghar Gompa Monastery</i>
<i>Day 11 Trek Thorung Phedi – High Camp – Acclimatisation day</i>	<ul style="list-style-type: none"> • <i>Historical forts</i>
<i>Day 12 Trek High Camp Thorung La - Muktinath</i>	<ul style="list-style-type: none"> • <i>The old kingdom of the Mustang Valley.</i>
<i>Day 13 Trek Muktinath – Kagbeni</i>	<ul style="list-style-type: none"> • <i>Being in Kali Gandaki, the deepest Valley in the world</i>
<i>Day 14 Trek Kagbeni – Chele</i>	<ul style="list-style-type: none"> • <i>Wooden Carved buildings of Tukcke</i>
<i>Day 15 Trek Chele – Samar</i>	<ul style="list-style-type: none"> • <i>Hot Springs at Tatopani</i>
<i>Day 16 Trek Samar - Geling</i>	
<i>Day 17 Trek Geling - Tsarang</i>	
<i>Day 18 Trek Tsarang– Lo Manthang</i>	
<i>Day 19 Trek Lo Manthang – Rest day (side</i>	

<p><i>trip to Jong Caves)</i></p> <p>Day 20 Trek Lo Manthang – Lo Gekar - Ghemi</p> <p>Day 21 Trek Ghemi – Rangchhyung Cave Gompa - Samar</p> <p>Day 22 Trek Samar - Kagbeni</p> <p>Day 23 Trek Kagbeni – Marpha</p> <p>Day 24 Trek Marpha – Kalopani</p> <p>Day 25 Trek Kalopani – Tatopani</p> <p>Day 26 Trek Tatopani Hot springs chill out day</p> <p>Day 27 Trek Tatopani – Sikha</p> <p>Day 28 Trek Silkha – Ghorepani</p> <p>Day 29 Ghorepani – Poon Hill – Ulleri</p> <p>Day 30 Ulleri – Berithanti – Nayapul – & drive to Pokhara</p> <p>Day 31 in Pokhara</p> <p>Day 32 Fly Pokhara to Kathmandu</p> <p>Day 33 Kathmandu</p>	<ul style="list-style-type: none"> • Annapurna Mountain range from Poon Hill • Tibetan cultural • Views of Machapuchure, Dhauagiri, Manaslu, Bhrikuti, Annapurna range
--	--

“Vote with your feet and come walk with me”

Detailed trip itinerary (quoted trekking hours are estimated trekking times)

Day 1: Kathmandu - 1,400 metres

There will be a meeting at 9am on day one for group introductions and trek briefing followed by sightseeing and visiting monuments of Kathmandu city, with some leisure time to relax as well,

We will meet for a group cultural dinner in the early evening (included in the price).

The rest of your evening will be at your leisure to pack for your departure to the Annapurna region the next day.

Accommodation: Hotel / Guest House

Day 2: Kathmandu - Pokhara

Today we fly to Pokhara and spend the rest of the day at your leisure to explore Pokhara town or maybe take a canoe trip on the Phewa Tal Lake or visit the International Mountaineering Museum .(well worth a visit) or Tibetan refuge village and monastery.

Accommodation: Hotel/ Guest house

Day 3: Drive Pokhara – Chamche & trek to Tal – 820 – 1,700 m – 2 ½ hours

We transfer by road to Chamche from Pokhara, to where we will start the Annapurna trek. From here we will trek approx 2 hours to Tal. We are able to see the first good mountain views of Himalchuli, Ngadi Chuli (also known as Manaslu 2).

We climb up to Tal, passing from the Lamjung district through a large arch entrance into the Manang district. Tal sits in a wide open valley with a swift glacier river flowing and large steep impressive cliffs on each side. There are differences from the Lamjung district in that the people are Buddhist, of Tibetan ancestry. The teahouses are stone buildings with flat roofs. There will be a chance to visit a small monastery, flour mill powered by water and impressive waterfall.

Accommodation: Teahouse

Day 4: Tal – Danaque- 1,700 - 2,300 metres– 4 hours

After being woken early with a caravan of donkey's passing our teahouse with there ever ringing bells, we follow the stone wall out of town across the valley for a short climb to Karte. The sub-tropical vegetation changes to pine trees as we move higher with less chance of rainfall. After passing through the stone entrance to Dharapani and a check post we stop for a welcome break. The track is a pleasant gradual walk to Danaque through Rhododendron forest (in season) and hopefully hot water for showers.

Accommodation: Teahouse

Day 5: Danaque – Chame - 2,300 - 2,670 metres - 4 hours

Today is beautiful through more Rhododendron forests (in season) and Pine trees high above the Marsyandi River. We have excellent views of Mt Manaslu, Annapurna 2 & 4 and Lamjung.

We pass a health post and police check point before arriving in Chame the district

headquarters of Manang, There will be a chance to bath in some hot springs, spin the long wall of prayer wheels, email family or maybe visit a Buddhist temple. Chame is a delightful place to stay and has a bank, post office, health post and many well stocked shops.

Accommodation: Teahouse

Day 6: Chame – Lower Pisang - 2,670 - 3,200 metres – 4 ½ hours

After stocking up with safe drinking water at Chame we head off on the Manang track close to the river passing apple orchards and the ruined Tibetan refugee village of old Bhratang. We pass a magnificent cliff of granite near the bridge of Paungda Danada which looks like a giant wave.

This is a day of fascinating and varying landscapes in the Manang valley with large rocks and boulders, lakes in a large open flat area before reaching Lower Pisang our overnight stop looking over the valley and across to Upper Pisang.

After settling in to our accommodation we take a side trip to Upper Pisang to help with acclimatisation and to visit a very colourful Tibetan Monastery and a humorous monk who shows you around.

Accommodation: Teahouse

Day 7: Lower Pisang – Manang - 3,200 - 3,540 metres – 5 ½ hours (high route via Upper Pisang)

Today we cross a wide open valley for about 30 mins through pine trees passing some impressive lime stone cliffs before climbing steeply to the Upper Pisang track to Ghyaru. The Upper Pisang route to Manang rewards us for our efforts with some of the best views on the Annapurna Circuit, such as Annapurna 2 (7937m) North Face, Lamjung (6,931m), Annapurna 3 (7,555 m), Gangapurna (7,455mt), Pisang, and Tilicho.

We will pass through the ancient village of Ngawal and the ruins of an old fort.

Manang is an interesting village and one of the largest in the valley which some excellent Teahouses. (for those who don't want to take the Upper track there will be the option of walking the lower track to Manang).

Accommodation: Teahouse

Day 8: Manang – Acclimatisation Day

On our rest day we will take a side walk to an Ice lake to help with acclimatisation and maybe get the opportunity to visit historical sites and temples in the area.

At 3pm we visit the Himalayan Rescue Ass and health post (HRA) where Volunteer Doctors give very informative talks to trekkers. Their primary aim of the talk is to save lives and to educate, by alerting trekkers to the dangers of altitude sickness. It is possible to post letters in Manang; take in a video at the cinema, or pass away the time sampling the excellent bakeries (Chocolate cake, cinnamon rolls, apple pie/crumble, and buckwheat bread). There is also a fast internet café to email friends and family.

Accommodation: Teahouse

Day 9: Manang – Yak Khaka 3,450 - 4,018 metres 4 hours

Today we take a very slow pace and leave Manang passing through the old Manang village before reaching a stupa with prayer wheels to spin and wish us luck for our safe journey to Yak Kharka. We pass more stalls selling Tibetan souvenirs and trinkets and climb steeply for approximately 1 hour to Gunsang for a welcome break and hot lemon. There are great views today of the surrounding mountains and yaks grazing on the mountainside.

After reaching Yak Kharka and having lunch we go for a side walk to acclimatise before dinner. The food here is very yummy with a nice warm fire to sit around in the evening and share stories with new found friends. While today is just a short walk it is very important not to walk any further due to the elevation gain and the need to acclimatise.

Accommodation: Teahouse

Day 10: Yak Khaka – Thorung Phedi – 4,018 – 4,450 metres - 3 hrs

Another short and slow walk today to adjust to the altitude in this lunar like landscape with steep glacial valleys and surrounding snow-capped peaks each and every way you look. After lunch we will take a side trip to acclimatise in preparation for our crossing over the pass. The teahouse has very nice fresh baked cinnamon buns or croissants to enjoy with fresh coffee. A small and unexpected luxury amongst the high altitude mountains!

Accommodation: Teahouse

Day 11: Trek Thorung Phedi – High Camp – 4,450 – 4,550 metres – 1 ½ hrs

Today is a steep but short zigzag climb to High Camp where we will have time to relax and also take another side walk to help acclimatise for our climb over Thorung

La pass. If you are feeling the effects of altitude it is possible to hire a pony to take you to Thorung La pass.

Accommodation: Teahouse

Day 12: Trek High Camp – Thorung La – Muktinath – 4,550 – 5,416 – 3,800 – 7 ½ hrs

With a very early morning start and will take approximately 2 - 3 hours to climb to Thorung La pass. We stop after about 1 hr at a café for hot drinks and continue trekking a series of false summits before we reach one of the world's highest passes, the Thorung La at 5,416 metres. We stop to enjoy the moment, have a hot drink and to take commemorative photos in the stony/snowy landscape with prayer flags and mountains abound, maybe play in the snow if we are lucky.(however there is not always snow on the pass). Our steep descent takes us pass a large glacier before reaching our well-deserved lunch stop at Chengur. We arrive at Muktinath/Ranipauwa mid-afternoon for a well-earned rest and showers. There is great shopping with stalls abound here in Ranipauwa with Tibetan scarfs, singing bowls, bracelets and jewellery.

Accommodation: Teahouse

Day 13: Trek Muktinath – Kagbeni - 3,800 - 2,800 metres 3 ½ hours

This morning we will visit Muktinath which is an interesting walled temple complex that has attracted Hindu and Buddhist for centuries. This is considered a holy place for the Hindu and it maybe possible to get a blessing in the temple for a small charge.

There are stalls on the side of the track and entrance to Muktinath temple selling jewellery, scarfs, and Tibetan curios.

After visiting Muktinath temple we will depart for Kagbeni, walking through some interesting villages and pinnacle like landscapes on the other side of the valley.

Kagbeni is a fascinating village dating back to the 11th century and the last village in the Kali Gandaki valley before entering the Mustang district. We will visit a monastery dating back to 1429 with the existing mantra's still visible. There is a great internet and real coffee in this great little village to satisfy your appetite.

Accommodation: Teahouse

Day 14: Trek Kagbeni - Chele - 2,810 – 3,050 metres – 5 ½ hours

From Kagbeni we enter the region of Mustang, which until 1992 was restricted to travelers. The trail climbs for a short stretch from Kagbeni and then on a dusty path we trek on a short downhill section. Chusang and Tetang villages, around 3,000m in altitude, have rich fields of barley, wheat, potatoes and apple orchids.

Caves believed to be created thousands of years ago can be seen shortly before we reach Chele. After a short steep climb, we reach the beautiful village of Chele, our destination for the day.

There are fantastic views of snowcapped mountains of Nilgiri and Tilicho back down the valley.

Accommodation: Teahouse

Day 15: Trek Chele – Samar - 3,050 – 3,660 metres – 3 ½ hours

We start our trek climbing up to Chele La Pass at 3,630m and our first checkpoint. We pass the Samar valley, and other passes like Taklam La (3,820m) and Darjori La (3,650). The village is surrounded by Poplar trees and terraces of Millet.

Accommodation: Teahouse

Day 16: Trek Samar – Geling - 3,660 – 3,570 metres 6 – 7 hours

The trek takes us through the center of Samar to an old Kani then descends to a water course and climbs again on a steep track. We then pass an old stupa and pass the turn off to where the Ramchung cave and chorten-like stalagmites are just nearby (we will visit these on our return journey). Indeed, this section makes for one of the most sacred places in Mustang. We continue on to Bhena La (3,838) and Yanda La (3860) where we are rewarded with great views of Upper Mustang. There are many varying colours of rock faces from brown to Ochre.

From Syangboche we descend to the picturesque valley of Geling, where you can see mostly mud houses. There are two Ngor-pa sects Gompas in the village which date back to the 15th century. These are well worth a visit.

Accommodation: Teahouse

Day 17: Trek Geling – Tsarang – 3,570 - 3,560 metres – 6 - 7 hours

Today will be demanding but well rewarded with great views once we reach Ghemi. We cross the Ghemi River and pass the longest Mani Wall in the Mustang region. After 1 ½ hours we reach the village of Tsarang which was the old capital of Mustang. There are panoramic views of Nilgiri, Tilicho, Annapurna I and Bhrikuti peaks. Tsarang will see us visit to the Red Monastery.

Accommodation: Teahouse

Day 18: Trek Tsarang - Lo Manthang - 3,560 – 3,809 metres – 4 ½ hours

We pass the large Stupa Sungda and cave dwellings on our walk today before reaching Lo Manthang. The walled city of Lo Manthang, the district capital of Mustang, will be visible as we cross Lo La Pass at 3,930m, popularly called Windy Pass. The sight of the old kingdom will make you feel lost in another era. The mystical and isolated city certainly is a major destination of our trip. More than 600 years old, the walls of Lo Manthang are believed to ward off the evil spirits. We'll spend the evening strolling in the narrow twisting alleyways of this surreal town.

Accommodation: Teahouse

Day 19: Lo Manthang - Rest day – side trip – 3,809 metres

There couldn't be a better place than Lo Manthang for a rest day, which was established as the capital of Lo Raja Amapal in 1380's. We will visit three major monasteries (with ancient paintings and art) and a four-story palace of an old Mustangi king. We'll mix in with the locals and observe their lifestyle and how they go about their daily chores. To get around Lo Manthang, we'll hire a horse to visit nearby villages like Choser and other great attractions like the Jong cave tunneling intricately on the mountainside. The experience you get in this old kingdom – of the culture, nature, architecture, people views and the feeling of being in an ancient rustic town – will make special memories.

Accommodation: Teahouse

Day 20: Trek Lo Manthang – Lo Gekar – Ghemi - 3,891 – 3,520 metres 6 hours

The day starts with a hearty breakfast, trekking back to Ghemi through a challenging but exciting alternative route that take us over the Pang La Pass situated 4,132m in altitude. From here a thrilling downhill takes us to Ghar Gompa, a beautiful 1200-year-old monastery, and amazing red and pink cliff landscapes of Dhakmar village. The vegetation at Dhakmar is greener than in other places of Upper Mustang. We reach Ghemi in the late afternoon.

Accommodation: Teahouse

Day 21: Trek Ghemi – Rangchyang Cave Gompa – Samar – 3,520 – 3,660 metres – 7 ¼ hours

We retrace our steps up to Nyi La (4,010) and descend to the junction where we take the right hand track to a large painted Chorten at Chhunggar and onto Syangboche La (3,850metres).

We will have the opportunity of visiting the Rangchyang Cave Gompa. There is a large natural pillar that supports the roof of the cave and carvings can be viewed in the rock face of the Cave. The images are said to be of the 8th & 11th centuries. There are different views on whether these caves were from Tibetan Buddhist Sects or was a religious ritual site from well before Buddhism. After visiting the caves we will continue on down the Kali Gandaki Valley for 2 ½ hours to Samar.

Accommodation: Teahouse

Day 22: Trek Samar – Kagbeni - 3,660 – 2,810 metres - 5 ¼ hours

We will further retrace our steep steps where we register at the check post that we have exited out of the Mustang valley. Kagbeni is a great place to hang out and have a yummy cup of coffee or catch up on emails.

Accommodation: Teahouse

Day 23: Trek Kagbeni – Marpha - 2,800 - 2,670 metres – 4 hours

We leave early to try and avoid the strong winds that blow up the Kali Gandaki valley on our way to Jomsom for our lunch stop. Jomsom is the capital of the Mustang district and houses an airport, postal services, schools, hospital and army base. It is an easy walk down the wide open valley to Marpha. This region is known for the Baragaon (meaning 12 villages), and the Towas caste people. All the house frontages are painted white annually, to keep the high clean standard as ordered by the town council.

There is a 200 year old Monastery with a retreat for meditation and excellent shopping to be had in this very interesting town that you won't want to leave. Marpha is known for its local distillery which makes 80 % of the apple brandy with varieties of peach, or apricot available or apple cider

Accommodation: Teahouse

Day 24: Trek Marpha – Kalopani - 2,670 - 2,530 metres – 4 hours

Today We come back into vegetation walking beside the Kali Gandaki River, which is approx one kilometre wide in places and passing a point where we stand at the bottom (2,540m altitude) of the world's deepest valley, some 5 ½ km below the summit of Dhaulagiri (8,167m). Tonight we stay in a teahouse that has an organic menu and the best Dal Bhat on the Annapurna Circuit. A great stop with great food and excellent Nepalese hospitality.

Accommodation: Teahouse

Day 25: Trek Kalopani - Tatopani - 2,530 - 1,190 metres – 5 ½ hours

On reaching Tukucke we will come across beautifully carved buildings and some of the finest wood carving to be seen in the Annapurna area. Today's walk offers lush green bush, waterfalls, steep gorges and interesting mountains and landscapes. Upon reaching Tatopani there will be the opportunity to relax and soak those tired muscles in the hot tubs beside the kali Gandaki River.

Accommodation: Teahouse

Day 26: Tatopani - Hot springs - rest day – 1,190 metres

Tatopani (name means hot spring) has services such as a bakeries, yummy cakes, food, book exchange, internet, phone office, shopping etc. Tatopani is well known for gold and silver jewellery or if that's not your desire you may choose to just soak in the hot springs for the day.

Accommodation: Teahouse

Day 27: Trek Tatopani – Silkha - 1,190 - 1,935 metres -4 hours

We will make an early start today to climb out of the Kali Gandaki valley before the heat of the day as this is quite an exposed section of track. The walk is mainly all uphill all the way to Sikha through some very interesting valleys amongst terrace fields and settlements. The locals can be seen working the land on lush green hill sides growing barley and maize.

Accommodation: Teahouse

Day 28: Trek Silkha – Ghorepani - 1,935 - 2,750 metres – 3 ¼ hours

This section is full of colour if trekking in the Rhododendron season which gives welcome shade and a good excuse to stop and admire the view. After the long climb through some fabulous scenery we are come to Ghorepani which has some great

teahouses, bakeries, book shops and Tibetan stalls with curios for sale. There will be another chance to catch up on emails and visit the old town of Ghorepani

Accommodation: Teahouse

Day 29: Trek Ghorepani – Poon Hill - Ulleri - 2,750 - 1,960 metres – 3

hours

An early morning start will see us with head torches climbing 40 minutes up to Poon Hill (above Ghorepani) to watch the sun rise over the breath-taking Himalayan Mountains. These stretch from Dhaulagiri at 8,167 m to Manaslu (the world's eighth highest mountain), with the Annapurna range in between them. There are fantastic views of Machhapunchhre on a clear day and then we return through the Rhododendron forest for breakfast to our teahouse before our departure for Ulleri. There is quite a bit of downhill today descending a staircase with some 3,421 stone slabs. Sadly tonight will be our last night on the Annapurna Circuit.

Accommodation: Teahouse

Day 30: Trek Ulleri – Nayapul – Pokhara - 1,960 -820 metres 2 ½ - 3

hours

A refreshing walk through a landscape of rocks, boulders and stone paths to Birethanti and Nayapul the end of our trek. Here we will be met by private transfer to Pokhara, for showers, to relax and unwind with time at leisure. We will meet in the evening to take out our guide and porters for a farewell dinner.

Accommodation: Teahouse

Day 31: Pokhara – free day to explore

A day at your leisure to hang out and shop in Pokhara, catch up on emails, canoe on the beautiful lake, have lunch/dinner in one of the many restaurants, shop to your heart desires.

Accommodation: Hotel / Guest House

Day 32: Fly Pokhara - Kathmandu

We leave early to fly from Pokhara to Kathmandu and the rest of the day will be at leisure to explore the sights or soak up the atmosphere of the hustle and bustle of Thamel. We will meet for a group farewell cultural dinner (at your own expense) in the evening.

Accommodation: Hotel / Guest House

Day 33: Kathmandu

After breakfast the trip will end. You may wish to stay on an extra few days at Tibet Guest House Hotel which has an amazing roof top garden to sit and relax, or enjoy the panoramic vista of the mountains or maybe visit the many historical sights that Kathmandu has to offer.

Price includes:

- **Experienced English speaking Local Guide**
- **Ascend to Thorung La pass, Taklam La, Yamda La Nyi La, Lo La, Pang La and Poon hill**
- **Acclimatisation/ rest days in Manang, High Camp, Lo Manthang and Tatopani**
- **Return flights Kathmandu to Pokhara including transfers & departure taxes (value of USD210.00)**
- **Cultural dinner with local entertainment (valued USD30) –excludes drinks**
- **Half day sightseeing in Kathmandu including entrance fees (value of USD40.00)**
- **Porter to carry your large pack –Trekking Adventures policy of one porter = one pack (which means less weight for the porters)**
- **Guide and porter salaries**
- **Trekking Adventures T-Shirt (value of USD65.00)**
- **Transfers from Pokhara to the beginning and end of the trek**
- **Arrival and departure transfer to Domestic and International airports**
- **Five nights Hotel accommodation in Kathmandu and Pokhara**
- **Twenty seven nights teahouse (lodge type with comfortable foam mattress and pillow) on twin shared basis. Mustang section will be basic teahouses**
- **Upper Mustang special permit plus Annapurna trekking permit and Tims certificate (value USD535.00)**

Local porters:

The guides used are all experienced. Each person will have a porter to carry their baggage however you will be expected to carry your own day pack which should be large enough to carry all you will need throughout the day e.g. raincoat, water bottle, camera, spare clothing, snack food, etc.

Tipping:

It is customary to tip the tour leader, local guides and porters at the end of your trek. Please allow US\$100 which is payable in Nepali rupees **Gifts:** Guides and porters also appreciate any discarded warm clothing, shoes, and packs.

Accommodation:

All accommodation is as detailed in this itinerary and are in teahouses twin/triple/ while trekking. Extra accommodation can be reserved for you in Kathmandu and Pokhara before and after your tour at a discounted price. Please enquire for prices at the time of booking

Nepal Visa:

Prior to departure you may need to obtain certain visas depending on your nationality. Specific information is given to you in your pre departure information. A visa may be obtained at point of entry into Kathmandu at a cost of approx US\$60 for a 100 day entry.

Clothing Note:

While there is no technical climbing equipment required you should take warm and appropriate leather walking boots, sleeping gear and clothing as the trek in the Annapurna region can get very cold in the evenings.

Donations:

Please note that there will be times that you will be expected to make a donation when entering some historical sights, especially Monasteries.

Pre departure information:

Further to the information provided in this dossier, a pre departure information booklet will be sent to you. This Pre departure booklet provides you with information regarding visas, joining instructions, clothing/equipment, health requirements, Vaccinations, hotel accommodation, training tips for fitness etc. Please read it carefully to make sure you are fully prepared.

Important note:

The enclosed notes are intended as a guide only, indicating a typical itinerary and series of activities and highlights. While every effort will be made to follow the route published on

any departure and the distances travelled, driving time and available activities can vary for a number of reasons, in the event of political problems or natural difficulties which are beyond our control and prevent travelling to a particular area, Trekking Adventures reserve the right to substitute an alternative activity for that section of the trip. Overnight stops may vary on occasions from those suggested Please note that your leader has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The leader/Guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if necessary.

Remember if you do not undertake some training before hand and you are found not be fit enough for the trip, this may jeopardise you being able to remain on the trek. (Please read the terms & conditions carefully regarding this).

Price does not include:

- Entry Visa to Nepal,
- Accommodation in Kathmandu or Pokhara except where indicated in itinerary
- Drinks, tips, laundry and other items of personal nature
- All Meals except
- personal gear,
- International airfares and Travel Insurance
- Single supplement

Optional extras before or afterward your trip:

- Chitwan Safari (3 days),
- Everest Mountain Flight (approx. 40 minutes)
- Annapurna Base Camp
- Overland to Tibet (13 days).

Updated March 2014

Trekking Adventures
(Formerly known as Trekking 4 Women),
P O Box 5543, Palmerston North 4441,
Phone: +64 6 356 7043, Mobile: + 64 (027) 356 7043
Email: ann@trekkingadventures.co.nz, web: www.trekkingadventures.co.nz