EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

Annapurna Sanctuary (AS 2015)

TOURDURAT
15
DAYS

Tour Style: Classic
Tour Comfort: Simple
Tour Type: Small Groups
Trek Grade: Challenging
tour Code: AS

Tour Highlights - Annapurna Sanctuary

- ✓ Annapurna Sanctuary trek - Trek through stunning mountain scenery to reach the Sanctuary's natural amphitheatre
- ✓ Pokhara - Relax after the trek by the lakeside or visit the nearby Tibetan village and Buddhist Monastery
- ✓ Kathmandu - Spend time wandering through Durbar Square and exploring the capitals temples and stupas

Tour Essentials

Accommodation:	7 nights Standard Hotel 7 nights Simple Teahouse
Included Meals:	14 breakfasts, 8 lunches, 8 dinners
Start Point:	Join tour: Kathmandu
End Point:	Tour ends: Kathmandu
Maximum Altitude on Trek (m):	4130
Transport:	Bus
Countries:	Nepal

Annapurna Sanctuary

Discover a world of breathtaking mountain peaks on this exciting expedition to the vast natural amphitheatre of the Annapurna Sanctuary. Leaving the foothills behind we pass under the great bulk of Machhapuchhre and spend two nights at Base Camp. After the trek, take time to explore the lakeside town of Pokhara and busy streets of Kathmandu.

Why Book this tour

10 Reasons to trek Nepal with Explore

- Local knowledge: Over 30 years of experience in organising treks in Nepal and long established network of local partners throughout the country
- Our trek leaders in Nepal are consistently voted among the best Explore leaders anywhere in the world
- Our trekking ascent rates are carefully planned to be safe and fall within Wilderness Medicine Society (WMS) guidelines
- All our trek leaders are qualified in first aid and specially trained to recognise and deal with Altitude Sickness
- We carry a Portable Altitude Chamber (PAC) on treks above 3000 metres
- On treks into extremely remote areas we carry a satellite phone for emergency use
- We support our trek crew by following the guidelines of the International Porter Protection Group (www.ippg.net)
- All our trekking staff, from trek leaders to guides, porters and cooks, are Nepali - revenues from our treks benefit the local people
- All meals are included on camping and teahouse based treks making them excellent value for money
- FREE Explore kitbag. If you trek with us in Nepal you will receive a free Explore kitbag when you arrive in Kathmandu

Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

Tour Comfort: Simple

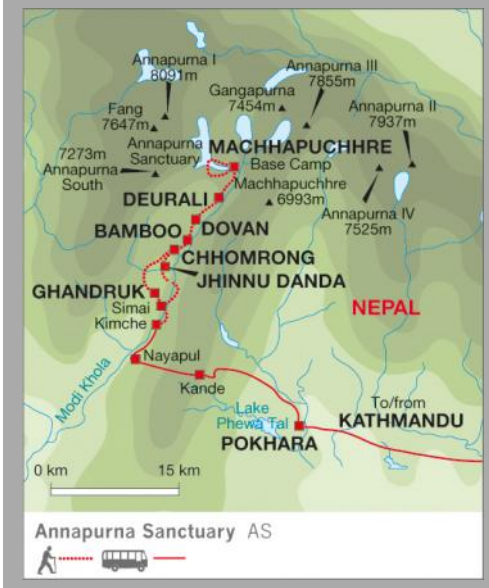
These are often small, family run establishments or campsites which provide a no-frills experience with adequate amenities and service standards. Sleeping arrangements are simple, typically with en suite facilities.

Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

Trek Grade: Challenging

You need to have a good level of fitness and previous trekking experience is recommended. Trekking days are generally longer, challenging and at higher altitudes. Terrain may be difficult and ascents and descents are often demanding.



Your tour itinerary

Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

Your Tour Leader

A Tour Leader is an integral part of any Explore tour and your tour will be led by one of our experienced tour leaders who have been handpicked and expertly trained. We believe that our Tour Leaders are the key to the success of our tours; they are passionate travellers who are bursting with first-hand local knowledge which they love to share. Your tour Leader will also take care of all the planning and organisation throughout your journey. Their passionate approach will make this tour fun and inspiring, bringing the destination to life whether you\ re travelling alone or with others.

DAY 1 Join tour Kathmandu

Our tour begins today in Kathmandu. After time to freshen up there will be a quick briefing with your Tour Leader and the rest of the day is at leisure to relax or take a first wander in the bustling streets of Kathmandu.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: None

DAY 2 In Kathmandu; sightseeing including Pashupatinath

After breakfast there will be a trek briefing by your tour leader to let you know the programme for the next few days, to make sure everyone is properly equipped for the trek and to give you an idea of what to expect on a day to day basis. We have then arranged a walking tour, visiting the bazaar and the Durbar Square area, the centre of old Kathmandu. Much of the day to day life of Kathmandu takes place in the bazaar: a fascinating mixture of people selling fruit, vegetables and spices; potters spinning their wheels to produce small household bowls and containers for temple offerings; devotees visiting their favourite gods at temples and small shrines dotted along the sides of alleyways; rickshaw wallahs honking their horns and the ever present sacred cow wandering amongst it all. In the afternoon there is the option to visit the Temple of Pashupatinath on the banks of the Bagmati River, the holiest Hindu shrine in Nepal, or alternatively visit Bodnath, the largest stupa in the country and a destination for Buddhist pilgrims from all over Nepal.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 3 Drive to Pokhara

Leaving the capital today we drive to Pokhara. The drive will take us much of the day but there is plenty to see as the landscape changes and the Annapurna Range comes in to view.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 4 Drive to Kimche; trek on stone steps to Ghandruk

Today we leave Pokhara and drive via Nayapul to Kimche Village where we begin our trek. Todays walk follows a stone pathway, and for the most time we are climbing roughly hewn steps - it can be tough on the knees so bring walking poles. Our base for tonight is the small settlement of Ghandruk. Approximately 3 hours walking. Overnight altitude 1940m.

Overnight: **Simple Teahouse**

Included Meals: Breakfast, Lunch, Dinner

DAY 5 Trek via Taulung to Chhomrong

Today we start with an ascent before dropping down to cross the Kimrong Khola by bridge, before making a short ascent to Taulung. We then begin the long steep ascent to join the main trail to Chhomrong. The high point above the main valley is a favourite place for soaring vultures, griffons and lammergeiers, providing us with some awesome vistas as we begin the descent to Chommrong (2060m), the last major settlement before the Sanctuary and an attractive place for us to end the day amidst its alpine lodges and scenic views. Approximately 6 hours walking. Overnight altitude 2060m.

Overnight: **Simple Teahouse**

Included Meals: Breakfast, Lunch, Dinner

DAY 6 Trek through rhododendron forest to Dovan

Descending to cross the Chhomrong Khola River by suspension bridge, we enjoy some excellent views of Machhapuchhre today (now exhibiting its distinctive 'fishtail' profile) and Annapurna South. We continue to climb steeply, negotiating a trail that leads us through oak and rhododendron forests until we reach a welcome teahouse on top of the ridge at Sinuwa (2350m). The ascent to Kuldigarth (2470m) is then more gradual, continuing through more lush forest to our lunch stop at the Bamboo Hotel (2340m). This afternoon we continue our ascent towards Dovan, beyond which lies the unofficial gateway into the Sanctuary, walking through wet bamboo forest to reach our accommodation later this afternoon. Approximately 6-7 hours walking. Overnight altitude 2630m.

Overnight: **Simple Teahouse**

Included Meals: Breakfast, Lunch, Dinner

DAY 7 Trek past waterfalls and bamboo forest to Deurali

This morning the track continues up past the so-called 'weeping wall' and the shrine to the 'God of the Jungle', to the Himalaya Hotel (2840m). Passing several spectacular waterfalls which cascade down the opposite side of the Modi Khola, we climb through bamboo forest to reach Hinku Cave at 3100m. We ascend further until we reach the small settlement of Deurali where we will spend the night. Approximately 4 hours walking. Overnight altitude 3200m.

Overnight: **Simple Teahouse**

Included Meals: Breakfast, Lunch, Dinner

DAY 8 Trek to Machhapucchre Base Camp (3720m)

Today we climb further to pass between Machhapuchhre and Huinchuli - the 'Gates' into the Sanctuary. Climbing over rocky moraine we arrive at Machhapuchhre Base Camp (3720m). Overshadowed by Annapurna South and the beautiful shape of Machhapuchhre (machha, fish' and puchhre, 'tail'), one of Nepal's holy mountains, this is a quite awe-inspiring setting in which to end our day's trekking, the mountain landscapes providing us with a sight to raise the spirits of even the most tired amongst us. Approximately 3 hours walking. Overnight altitude 3720m.

Overnight: **Simple Teahouse**

Included Meals: Breakfast, Lunch, Dinner

DAY 9 Trek to Annapurna Base Camp (4130m); descend to Machhapucchre Base Camp

We spend the day enjoying the views within the very heart of the sanctuary. Having made a 'crack of dawn' start to get the best of the day, we follow part of the route taken by British mountaineer Chris Bonnington on the 1970 Annapurna South Face Expedition. Following west along a moraine to the north of Hiunchuli, we reach several stone buildings at 4130m and then ascend to a spectacular viewpoint. Here we have amazing views of the peaks encircling us including close up views of the South face of Annapurna I which towers over the Sanctuary and also of Annapurna South glacier. We will have time to enjoy this special mountain panorama, to sit amongst the edelweiss and watch the ice carving its way from the glacier, before descending back to Machhapuchhre Base Camp. Approximately 3.5 hours walking. Overnight altitude 3720m.

Overnight: **Simple Teahouse**

Included Meals: Breakfast, Lunch, Dinner

DAY 10 Descend to Bamboo

We begin our descent today as we head for Bamboo (2340m), passing through the bamboo forest and crossing a number of rocky avalanche chutes. Approximately 6 hours walking. Overnight altitude 2450m.

Overnight: **Standard Hotel**

Included Meals: Breakfast, Lunch, Dinner

DAY 11 Trek to Jhinnu Danda via Chhomrong

Descending through rhododendron forest full of noisy birds - mostly Black-capped Sibia, we then cross the Chommrong Khola and climb up to Chhomrong village (2060m) where we take a rest break. We then begin a short climb back up through forest to the small village of Komrong Danda (2654m). Shortly after we reach Jhinnu Danda, our home for the night. Approximately 6 hours walking. Overnight altitude 1700m.

Overnight: **Simple Teahouse**

Included Meals: Breakfast, Lunch, Dinner

DAY 12 Trek to KImche, drive to Pokhara

Our final day of trekking sees us first descending to the Kimrong Khola which we cross and then tackle a short ascent. Descending further we follow the Modi River until we reach Kimche where we meet our bus and make the short drive back to Pokhara where a hot shower and one of the towns many bakeries await us. Approximately 5 hours walking.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 13 Free day in Pokhara to relax

Pokhara is smaller and more relaxed than Kathmandu and is beautifully situated on the banks of Phewa Tal (lake). Only foothills separate the town from the high mountains and there are superb views of the snowcapped Annapurna range, including Machhapuchhre - the famous Fishtail Mountain. Our day here is free to relax after the trek. There is the option to take a small boat across the lake and walk to the Japanese Peace Pagoda or simply relax in one of the lakeside cafe gardens after exploring the many souvenir shops.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 14 Drive to Kathmandu

Today we drive back to Kathmandu. The drive itself is fairly long, taking around 6 hours, however along the way we are rewarded with views of the Himalaya.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 15 Tour ends in Kathmandu

Our tour ends after breakfast this morning in Kathmandu.

Included Meals: Breakfast

Accommodation and Meals

Food & Drink

Included meals: 14 breakfasts, 8 lunches,8 dinners included in the price of this tour. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide.Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Nepal

Lunch £: 7.00

Dinner £: 10.00

Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

Nepal

Bottle of Beer £: 3.00

Water £: 0.30

Other Sightseeing & Activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations.

Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Optional Excursions

Bhaktapur - US$ 35 (minimum 4 people)
Swayambhunath - US $20 (minimum 4 people)

Tipping - Tour Leader

Tour Leader: At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Tipping - Local Crew

Local Crew: Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. Accordingly, you should allow £45 for tipping of trek staff, drivers, guides etc.

Foreign Exchange

Nepal

ATM Availability: Although you may occasionally find cash machines these are very unreliable – do not rely on plastic!

Credit Card Acceptance: Credit cards are not generally accepted except in larger establishments in Kathmandu.

Travellers Cheques: Travellers cheques are not accepted as a valid mode of payment in Nepal.

Local Currency: Nepali Rupee.

Recommended Currency for Exchange: US$ or GBP.

Where to Exchange: In major cities and towns

Joining your Tour

Flight Information

You are able to book this tour on a 'land only' basis or as a ‘flight inclusive’ package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a land only package with Explore

Customers who have chosen to book on the ‘Land Only’ arrangements of our tour, please ensure that you have checked your tour specific ‘Joining Instructions’ prior to booking your own travel arrangements. Your joining instructions can be found on our website at www.explore.co.uk, in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to https://www.explore.co.uk/transfers.

Joining Tour Abroad

Customers booked on the ‘Land Only’ arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer please refer to https://www.explore.co.uk/transfers.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Important Information

Travel Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

EXPLORE!
The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE

Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers www.campbellirvinedirect.com/Explore who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

Explore Worldwide is an Introducer Appointed Representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Visa Information

Nepal: An entry visa is required by UK, New Zealand, Australian, USA & Canadian citizens and can be obtained on arrival at Kathmandu Airport and various international border crossings between Nepal and its neighbouring countries. This currently costs 25USD for a 15 day visa, and 40USD for a 30 day visa. All visas are issued as multiple entry visas and are valid from the date they are issued. A passport-sized photograph for immigration is required. Payment must be made in cash, UK sterling and US dollars are both accepted.

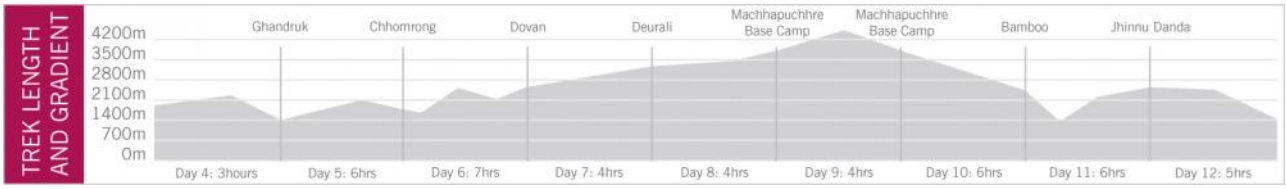
All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure

Vaccinations & Protection

Nepal

Nothing compulsory, but we recommend protection against malaria, infectious hepatitis, typhoid, tetanus, polio and Japanese encephalitis. Consult your travel clinic for latest advice on different prophylaxis available against malaria. Although not compulsory, travellers may wish to take immunisation against meningococcal meningitis.

Preparing for your Tour



Maximum Altitude on Trek (m)

4130

Trekking Details

This is a 9-day trek with an average of 6 to 7 hours walking each day, often on clear trails but with steep stone steps in several sections. There are several ascents of 1000m and the maximum altitude reached will be 4130m. We have graded this trip as challenging.

Altitude Description

This trip goes to an altitude where there is a risk of being affected by Acute Mountain Sickness (AMS), a common and usually harmless condition caused by reduced air pressure and a lower concentration of oxygen. Whilst the itinerary has been specifically designed to allow your body to acclimatise gradually, the speed of onset and severity - as well as the height at which AMS develops can vary greatly between individuals; being physically fit affords no special protection. If symptoms occur while on tour you must let your tour leader know immediately. For further advice when travelling at altitude we recommend visiting the medical advice website of Medex and download their information booklet: http://medex.org.uk/medex_book/english_version.php

We carry a PAC bag (Portable Altitude Chamber) on all Annapurna Sanctuary treks which can be used to treat altitude sickness.

Travellers with heart or lung conditions, anaemia, asthma, high blood pressure, or taking the contraceptive pill must seek the advice of their GP and specifically mention the maximum altitude the trip reaches (please refer to Tour Essentials box on front page of your Tour Notes). Please take these to your medical appointment so that your doctor has the full details of your trip.

You must have adequate travel insurance for your trip. Please ensure that your insurance policy covers you to the maximum altitude indicated above. If you have Explore insurance you will be covered to this altitude.

Climate

Nepal

Temperatures in the lower altitude regions are extremely pleasant. At Pokhara variations in temperature are very limited: from the coldest recorded of 8°C (46°F) to the highest of 31°C (88°F). The mountains are best admired, with greater air clarity, from October to March. Monsoon rains are strongest in June, July and August. The coldest months are December and January.

Clothing

Being properly equipped is one of the keys to a successful trek. The following check list and notes to be sure that you have what you need for the actual trek.

Long Trousers - For everyday walking, light cotton trousers are the most suitable. Knee length shorts are acceptable in the more remote areas, but to avoid giving offence in the villages, you should cover up with trousers. Although comfortable, leggings are also unsuitable as they too cause offence to local people.Jeans are not recommended as they are often difficult to walk in over longer distances and become cumbersome when wet.

Down Jacket - After sunset, temperatures can fall below freezing. A down jacket is the lightest and most convenient way of keeping warm when the temperature drops. Down jackets can be inexpensively hired or bought in Nepal. Details will be given at the briefing in Kathmandu.

Waterproofs - Breathable waterproofs not only protect against rain and wind but also stop you from overheating. They 'breathe' and avoid condensation which you will experience from nylon waterproofs. Rain during the trekking season is fairly rare but can be heavy if it does happen.

Gloves - Especially useful in the morning and in the evening at higher altitudes. Thermal types are most suitable.

Socks - It is best to wear a pair of reasonably thick loop stitch socks. This helps to protect your feet against blisters. Avoid nylon socks, they are abrasive, don't breathe well and can cause blisters.

Lightweight Shoes or Trainers - Useful in towns and when travelling.

Thick fleece pullover/jacket - A thick fleece pullover or jacket is necessary as nights can be very cold at altitude. Make sure that your waterproof jacket is loose enough to wear over your pullover or jacket.

Track Suit - Comfortable and much more practical (and warmer) to sleep in than pyjamas. Alternatively, thermal underwear is good.

Thin Shirt/T-Shirt

Thick Shirt or Thermal Vest

Warm Hat

Equipment

Water Bottle - Water along the trail must never be considered as drinkable. Each day you must sterilise water with Chlorine Dioxide with which to fill your own bottle. 1 litre is the minimum size suitable. If you dislike the taste of sterilised water, it is a good idea to add

some powdered fruit juice. You MUST bring Chlorine Dioxide with you on this trek. For environmental reasons, we do not encourage the purchase of bottled mineral water nor the boiling of water due to fuel and power shortages.

Plastic Bags - If you pack bits and pieces in plastic bags inside your bag they will stay dry in case of rain and be easier for you to sort through in camp. Remember, the less you have to unpack in the evening, the less you have to repack each morning! A bin liner to pack inside your daysac is also a good idea.

Torch/Batteries/Bulb - A small torch is essential for finding things in your room, going to the loo in the night, etc. Petzl head torches are particularly useful. Remember that in most developing countries only a limited selection of batteries is available so bring spare batteries and bulb. The most common are pen cells (or AA size) and SP/HP2 (D size).

Toiletries - Try to keep heavy cosmetics etc to a minimum. Essentials are toothbrush/paste, biodegradable soap, small towel, small nailbrush and toilet rolls! 'Wet Wipes' are great for a quick clean up, so bring a pack of those (non-perfumed to avoid rashes!).

Sunglasses/Snow Goggles - A good pair of sunglasses is essential for protection against UV rays and glare at high altitudes.

Sun Hat, High Factor Sun Cream/Block & Lip Salve Choose a high factor suncream (Factor 15 or more) to protect your skin against the sun at high altitudes. A combination sunblock/ lipsalve is ideal for facial protection.

Personal First Aid Kit - Each trek carries an extensive first aid kit but no prescription medicines. You should have your own supply of plasters, aspirin, diarrhoea tablets and also a comprehensive blister kit as well as any other medicines you and your doctor feels advisable. (Please do not give medicines to local people without consulting the trek leader.) See the list in our General Information Booklet.

Trekking poles - Trekking poles with rubber points are recommended.

Gaiters

Whistle - To attract attention in an emergency.

Spare Laces

Swimsuit

Antibacterial handwash

Sleeping Bag- The teahouses we use on trek all provide bedding and blankets however you will need a 4-season sleeping bag and fleece liner for warmth.

Bandana

Almost every item required for a trek can be purchased or hired in Kathmandu and your Tour Leader can advise on the best shops to visit at your tour briefing.

Equipment Hire.
It is possible to hire equipment for your trek while in Kathmandu. The costs of hiring are as follows:

Please note: each item has a minimum charge of 7 days and then an additional per day charge added every after that if longer than 7 days:

Sleeping Bag (4 season)- Rs.60 per day (Rs.420 for 7 days- minimum)

Cotton sleeping bag inner liner (new)- Rs.150 per day (Rs.1050 for 7 days- minimum)

Down Jacket- Rs.50 per day (Rs.350 for 7 days- minimum)

Footwear

We strongly recommend walking in a good, comfortable, broken in pair of boots. Trainers and tennis shoes do not give the ankle support afforded by a decent pair of walking boots. Ideally, visit a specialist outdoor pursuits shop who will offer advice. It is a good idea to carry your boots in your hand luggage on international flights or wear them.

Trainers and/or sandals are useful for post trek relaxation, whilst travelling and in towns.

Luggage: On Tour

Your luggage should consist of three main pieces:

Main Baggage: The item of luggage used to carry all your belongings in the hold of the plane and used to store all of the items you don't need on trek. This can be left behind at the group hotel used prior to the trek.

Trek Kitbag: Customers on all of our treks in Nepal receive a free Explore kitbag on the tour prior to the start of the trek. Approximately 80 litres in size it's ideal for all items you need to take on trek and the luggage preferred by our porters. The weight limit for this is 10kg but you will probably find that you do not need this much.

Daysac/Rucksack: 30-35 litres recommended. During the course of a trekking day, you do not have access to the luggage which is being carried for you by the porters. In any mountain region the weather can change rapidly and you must be equipped for this eventuality. Your daysac should therefore be large enough to carry waterproofs, fleece jacket/sweater, long trousers (if walking in shorts), warm hat and gloves, sun hat, sun cream, water bottle (minimum 1 litre) and your camera. Most people normally find that this adds up to about 2 to 3kg. Other optional items in a daysac might be a diary or a book to read at lunch time. On a few occasions it is also necessary to carry your own packed lunch. We advise you to take a waterproof rucksack cover or alternatively line the sack with a large plastic bag to keep the contents dry.

Advice on how and what to pack for the trek will be given at the tour briefing but it may be useful to do a trial pack before you leave home.

Luggage allowance on tour: 20kg

General Information

Country details

Nepal

Population: 29,331,000

Size of Country: 147,181 sq km

Major Language: Nepali

Religion: Hinduism

Time Difference to GMT: +5:45

Electric Supply & Plugs

Nepal

2 Pin Round

Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, self-guided, private journeys & tailormade holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, elephant, or any number of unusual forms of transport . Often you will stay in family run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

Our commitment to the environment

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures and traditional, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people), Dekamer (a turtle rescue centre in Turkey) and Kids Saving the Rainforest (a wildlife rescue centre in Costa Rica supported through the LATA foundation). We also care passionately about the world's wildlife. We are patrons of the Born Free Organisation and Friends of Conservation.

Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

Earth Matters

- The Travel Foundation

  Explore are active members and supporters of the Travel Foundation which has established a variety of sustainable tourism projects in destinations and works with industry to improve practice. Visit their website www.thetravelfoundation.org.uk
- Tourism Concern

  Explore support the work of Tourism Concern who campaign for fairly and ethically traded tourism, and are part of its Ethical Tour Operator Group www.tourismconcern.org.uk
- For further information on responsible travel go to www.explore.co.uk/ResponsibleTourism/

Know before you go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office Advice follow the link at www.explore.co.uk/travel-safety

Booking Your Holiday

Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's LicenceÂ granted by the Civil Aviation Authority.Â Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is ‘Available’ or ‘Guaranteed’ we will be able to provisionally hold you a space for up to 48 hours.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2014 and 31st December 2015.

Tour Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2015 itinerary versions are applicable to tours departing in 2015. 2016/17 itinerary versions are applicable to tours departing from 1st January to 31st December 2016.

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