EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

Annapurna Panorama (RT 2015)

WALK & TREK

TOURDURAT
15
DAYS

Tour Style: Classic
Tour Comfort: Standard
Tour Type: Small Groups
Trek Grade: Moderate
tour Code: RT

Tour Highlights - Annapurna Panorama

- ✓ Panoramic trek - Take to the trails and complete a four-day trek through the Annapurna foothills
- ✓ Kathmandu - Explore the temples and Bazaars of Nepal's capital including a visit to Bodnath Stupa
- ✓ Chitwan National Park - Spot a wide variety of animal species and the rare one-horned rhino.
- ✓ Gorkha - Visit the home of the Gurkha soldiers and climb up to the Palace Fort
- ✓ Pokhara - Relax on the banks of Lake Phewa

Tour Essentials

Accommodation:	9 nights Standard Hotel 3 nights Basic Camping 2 nights Standard Lodge
Included Meals:	14 breakfasts, 6 lunches, 7 dinners
Start Point:	Join tour: Kathmandu
End Point:	Tour ends: Kathmandu
Maximum Altitude on Trek (m):	2600
Transport:	4WD, Bus
Countries:	Nepal

Annapurna Panorama

Enjoy a gentle four-day trek in the foothills of the Himalaya with spectacular views of the Annapurna range. We walk among traditional villages and beautifully terraced fields, with the iconic silhouette of Machhapuchhre's 'fishtail' often in sight. We also explore the bazaars of Kathmandu, whitewater raft along the Trisuli River and take an elephant safari through Chitwan National Park.

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: Standard

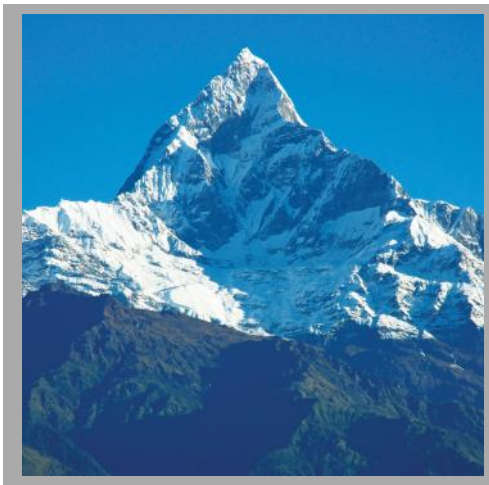
Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

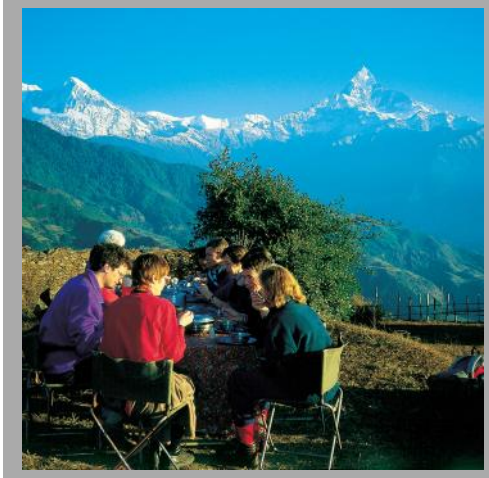
Tour Style: Classic

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: Moderate

For those who are fit and active, these moderate walks are normally on good paths and tracks at low altitude. Days may include some fairly demanding ascents and descents, so previous experience is preferable but not essential.





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 (1300m/4265ft)

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

After breakfast we have arranged a walking tour visiting the bazaar and temples of old Kathmandu, accompanied by a local Nepali guide. Much of the day to day life of Kathmandu takes place in the local bazaar: a fascinating mixture of people selling spices; potters spinning their wheels; rickshaw wallahs honking their horns and the ever present sacred cow wandering amongst it all. In the afternoon we plan to visit the temple of Pashupatinath on the banks of the Bagmati River, the holiest Hindu shrine in Nepal, and also to 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 Kurintar on the banks of the Trisuli River

We drive out of the high Kathmandu valley and descend to the foothills where we overnight at the much lower altitude of approximately 200m. As we leave the valley, we will have views of the Ganesh, Manaslu and Annapurna ranges of the Himalaya. En route we have the option of a half-day's whitewater rafting on the Trisuli River. Whilst lifejackets are supplied for the rafting we recommend you are confident swimming at least 25 metres unaided.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast, Dinner

DAY 4 Visit Gorkha

Today we make our way to the small hill bazaar of Gorkha where the surfaced road ends. The town which gave the feared Gurkha soldiers their name was also the place from which King Prithvi Narayan Shah set out to unify Nepal in the 18th century. A walk up to the ridge on which stands his old palace fort is well worth the climb. The view over the surrounding Annapurna and Manaslu ranges is spectacular.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast, Lunch, Dinner

DAY 5 Drive to Pokhara

Today we continue our journey through the foothills to Pokhara (819m). In the morning, there is an option to visit the nearby Manakamana Temple (1302m) using Nepal's only cable car imported from Austria and inaugurated in 1998. Local people call the goddess the wish fulfilling deity and the temple is a popular pilgrimage site. Pokhara is smaller and more relaxed than Kathmandu and is beautifully situated on the banks of Phewa Tal (lake). From here there are superb views of the snowcapped Annapurna range, including Machhapuchhre - the famous Fishtail Mountain. Only foothills separate the town from the high mountains, making it a fine starting point for trekking. In the afternoon there will be a briefing by your tour leader to give you an idea of what to expect on a day to day basis while on trek and to make sure that everyone is properly equipped.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 6 Trek to Ahal Tal above Badauri

First we drive north west from Pokhara (850m) to our trek start point above the village of Naudanda (1500m). From here we walk across country passing cultivated fields and scattered small settlements to the Gurung village of Badauri (1661m) where several trails cross. We leave habitation behind for a while and ascend into the forest sometimes following a stone paved, all weather trail. Our first campsite is in a clearing in this forest at approximately 1900m from where we have good views back to Phewa Tal, the lake beside Pokhara. Approximately 4 hours walking.

Overnight: **Basic Camping**
Your own tent available

Included Meals: Breakfast, Lunch, Dinner

DAY 7 Trek to Panchase Bhanjyang

It's worth making an early start to catch the sunrise views from the campsite. After breakfast our walk takes us mostly through mixed oak and rhododendron forest to the high point of the trek - Panchase Danda 2500m. The summit has panoramic views of all the Annapurna peaks as well as 8000m Dhaulagiri to the west and 8000m Manaslu to the east. This area is also part of a pilgrimage route and we may visit the nearby shrine to the Hindu god Shiva. We descend to camp in the open expanse of Panchase Bhanjyang - a bhanjyang being the local name for a pass (2100m). There are several local houses at the pass and we have wonderful views of the mountains as well as of Pokhara and Phewa Tal from the campsite. Approximately 6 hours walk.

Overnight: **Basic Camping**
Your own tent available

Included Meals: Breakfast, Lunch, Dinner

DAY 8 Trek to Bumdi

Our walk today is through a largely uninhabited area on a less major trail. We will spend some time in forest but will also pass several open meadows specifically cleared to graze water buffalo. In the spring you can look out for rhododendrons and white orchids in bloom in the forest. There are several welcome stone built resting places along the route which climbs to the top of a ridge and then crosses three small passes on the descent to our overnight stop at Bumdi. We camp just above the village on a grassy campsite at 1500m. Approximately 6 hours walk.

Overnight: **Basic Camping**
Your own tent available

Included Meals: Breakfast, Lunch, Dinner

DAY 9 Trek to Pokhara

We're now coming back into a much more inhabited area and pass many cultivated fields and several settlements. There are lots of cherry trees in blossom here in November. We pass the chhettri village of Pumdi with its distinctive houses to reach the white dome of the Japanese Peace Pagoda all the while with good views of the mountains to the north. From here we descend through Rani Ban (the Queen's Forest) to the end of the trek near the dam at the south eastern end of Phewa Tal. From here we drive a very short distance to our hotel. Approximatley 4 hours walking.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast, Lunch

DAY 10 In Pokhara

The day is free to explore the interesting town of Pokhara. You could visit Tashiling, a thriving village of Tibetan refugees with its own schools and monastery, where you can watch Tibetan carpets being made. Alternatively hire a boat to visit a small temple on an island in Phewa Tal. There will also be time for some souvenir shopping.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 11 Drive to Chitwan National Park

We drive from Pokhara to Mugling then follow the Naryani River to Naryanghat into the flat Terai region of Nepal very close to the Indian border. Our lodge is situated outside the park, near the village of Jagatpur, just across the Rapti river from the Chitwan National

Park. Once a private hunting ground, Chitwan is now a National Park with thick tree cover and tall elephant grass sheltering a wealth of animals. In January the local people are permitted to enter the park to cut the long grass for roof thatching. Total driving approx 5-6 hours.

Overnight: **Standard Lodge**
Single Room Available

Included Meals: Breakfast, Dinner

DAY 12 In Chitwan National Park

Throughout your stay you will be kept busy except for a couple of hours around lunch time when you can read or relax in the shade. Activities available in the Park include elephant back safaris searching out the famous one-horned rhino, bird watching, jungle walks and dugout canoe trips along the Rapti River. An elephant back safari is the best (and safest) way of searching for game in the sanctuary. Although the elephant may make quite a noise pushing its way through the dense jungle, the other animals know that it poses them no danger and seem to completely ignore it. Canoeing on the Rapti River is dependent on the water level. Floating silently along in a traditional dugout canoe you may spot many varieties of water birds. There are more than 450 species to be found here and an early morning walk near the river to visit a watch tower is another great opportunity for keen bird watchers. Alternatively you may wish to visit the nearby small lake which supports a lot of birdlife as well as several marsh muggers - a variety of crocodile. A trained naturalist will help you get the best enjoyment and interest from these excursions.

Overnight: **Standard Lodge**
Single Room Available

Included Meals: Breakfast, Lunch, Dinner

DAY 13 Drive to Kathmandu

We drive back to Kathmandu via Naryanghat and Mugling.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 14 In Kathmandu

Today there is an opportunity to take an optional excursion to the almost perfectly preserved Newari town of Bhaktapur in the eastern corner of the Kathmandu Valley. Also know as Bhadgaun or the City of the Devotees, Bhaktapur evokes the feel of a medieval village, a snapshot of a time when the city lay along the prosperous trade routes between Tibet, China and India. The ancient centre of the town is a dazzling collection of temples, palaces and monasteries that has earned it a place on the UNESCO list of World Heritage Sites.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 15 Tour ends Kathmandu

Our tour ends this morning after breakfast.

Included Meals: Breakfast

Accommodation and Meals

Food & Drink

Included meals: 14 breakfasts, 6 lunches,7 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

Please note: for all excursions the minimum number of participants is 4 in order for it to operate.
Rafting on the Trisuli - A half day white water rafting trip. No previous experience required. Includes all permits, services of experienced river guides, helmet, life jacket and lunch. Cost US$ 60 (payable in US$ cash).
Kurintar - Manakamana Temple US$ 20
Bhaktapur- US$ 35

Tipping - 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

Although entirely voluntary, tipping is a recognised 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. Accordingly, you should allow £40 for tipping of trek staff, drivers, guides etc.

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.

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 joining any of our tours that you must have valid travel insurance. It must indicate that you have cover for (at least) medical expenses and emergency repatriation in the event of illness or injury. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling in England and Scotland. We also strongly recommend your policy includes curtailment, personal effects and cancellation protection as all deposits paid are non-refundable. You will also need to ensure your travel policy covers you for all activities you intend to do whilst on tour.

We are delighted to include FREE travel insurance **for all qualifying customers** who book an Explore trip from 01 January 2015.

For more information about Travel insurance and to check whether you are eligible to receive free cover, please visit www.explore.co.uk/insurance. Explore Worldwide Ltd are an Appointed Representative of Campbell Irvine Limited. who are authorised and regulated by the Financial Conduct Authority. The registration number can be checked by visiting the the FCA's website www.fca.gov.uk or by contacting them on 0800 111 6768.

Visa Information

Nepal: An entry visa is required by UK, New Zealand, Australian, US & 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.

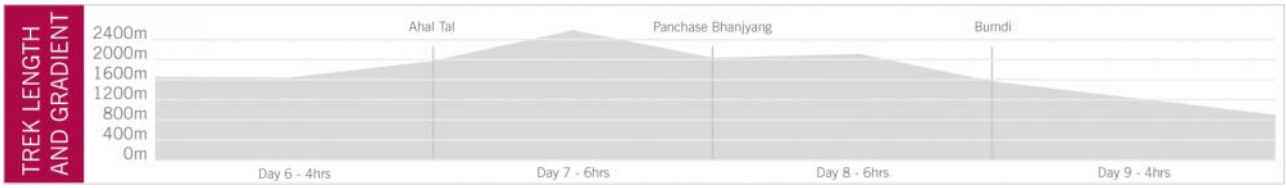
All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure

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)

2600

Trekking Details

We trek for 4 days with an average of 4 to 6 hours of walking a day. We reach an altitude of 2600m and have graded this trip as moderate.

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 downloading their information booklet: http://medex.org.uk/medex_book/english_version.php

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

While you are trekking, daytime temperatures will generally be warm. On this trek you do not go above 2500m, so although you will need a sweater or fleece for the evenings, weather will generally be mild. However it can be chilly in the evenings, particularly between November and February, and at those times you will need warm weather clothing along with a woolly hat and gloves, and a warm down jacket.

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.

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 around camp in the morning and in the evening in the winter months (December/January). Thermals or similar types are most suitable.

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

Fleece pullover/jacket You will need a fleece pullover/jacket for the evenings. Make sure that your waterproof jacket is loose enough to wear over your pullover or fleece.

Track suit Comfortable around the camp and much more practical (and warmer) to sleep in than pyjamas.

Thin Shirt/T-Shirt

Laundry Clothing may be left at the hotel in Pokhara to be washed and ironed ready for your return from trek.

Equipment

The following equipment is provided by Explore once you are on the trek:
Sleeping bag
Cotton liner
Spacious 2-person tents
Dining tent
Foam mats
Stools and table
All cooking and kitchen gear

We recommend taking the following items:
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 tent, going to the loo in the night etc. 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, bio-degradable soap, small towel, small nail brush and toilet rolls. Wet wipes are great for a quick clean up in your tent, so bring a pack of those.

Binoculars - Useful for game viewing in Chitwan.

Sunglasses - A good pair of sunglasses is essential for protection against UV rays and glare.

Sun Hat, Sun Cream/Block and Lip Salve - Choose a high factor suncream (Factor 15 or more) to protect your skin against the sun at higher 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, plus any other items you or your doctor feels advisable. (Please do not give medicines to local people without consulting the trek leader.)

Whistle - To attract attention in an emergency.

Trekking poles - Trekking poles with rubber points are recommended.

Swimsuit

Spare Laces

Chlorine Dioxide for water purification

Anti-bacterial handwash

Ear Plugs- some may find it more comfortable to bring ear plugs with them so that while in hotels and camping they are not disturbed at night.

Insect repellent

Travel Pillow - pillows are not supplied on trek so a travel pillow, or a rolled up jumper will come in useful.

Old Clothes for rafting - If you wish to partake in the rafting on the Trisuli River a pair of shorts and a shirt you don't mind getting wet will be useful.

Neutral coloured clothing - For game viewing in Chitwan National Park neutal coloured clothing is more suitable.

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. Sports sandals are ideal for the optional whitewater rafting.

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: Customer 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 http://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 andÂ security, entry requirements, health, local laws and customs. ForÂ UK Foreign and Commonwealth Office Advice follow the link atÂ http://www.explore.co.uk/essential-travel-information/travel-resources/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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